

Mana Tū, a whānau ora approach to long term conditions

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Introduction: Type 2 Diabetes Mellitus (T2DM) disproportionately affects Māori, the Indigenous people of New Zealand. There is huge scope to reduce T2DM inequities in NZ but a comprehensive approach, tackling the wider determinants for causes, management and complications, is required. Mana Tū, an indigenous led programme co-designed with whānau (patients and their family), clinicians, health service planners, and whānau ora (family orientated) providers, aims to address these issues and improve T2DM outcomes.

Methods: Mana Tū, is based in primary care and has three components: a Network Hub, Kai Manaaki (skilled case managers working with whānau with poorly controlled T2DM) and a cross-sector network of services to whom whānau can be referred to address the wider determinants of health. The Network Hub supports the delivery of the intervention through operational leadership, workforce training and development, cross-sector network development and quality improvement activities. Importantly, Mana Tū is decolonising in its approach to T2DM management. It is currently being tested in a two-arm cluster randomised controlled trial with Māori, Pacific people and/or those living in areas of high socioeconomic deprivation who also have poorly controlled diabetes (HbA1c, > 65 mmol/mol). 400 participants were recruited from 10 general practices (5 practices per group, 40 participants per practice).

Results and analysis: The primary outcome is Change in HbA1c at 12 months' post intervention. Preliminary results (at 9 months) show a between groups difference of 7.17 mmol/mol. Secondary outcomes, including other clinical and social outcomes, as well as qualitative feedback on the decolonising aspects of the programme will be presented.

Conclusions: Mana Tū is an Indigenous-led innovative model of diabetes management. Early results are promising.

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