

Clinical research trials achieving equitable health outcomes for Māori

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Overview

- NZ context
- Six 'steps' and examples

Achieving Health Equity in Aotearoa: strengthening responsiveness to Māori in health research

NZMJ Viewpoint

November 2017, Volume 130 Number 1465

Papaarangi Reid, Sarah-Jane Paine, Elana Curtis, Rhys
Jones, Anneka Anderson, Esther Willing, Matire
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Treaty of Waitangi

Those who receive government funding have delegated Treaty of Waitangi accountabilities

- Letter of expectation from the Minister
- DHB Annual Plans
- Māori Health Plans
- Waitangi Tribunal Claims

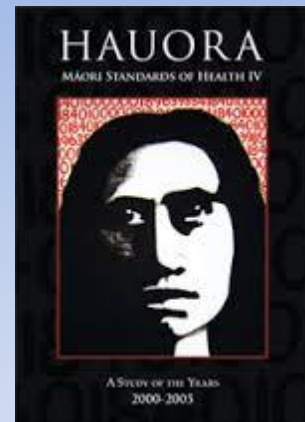
WHAT DOES THIS MEAN IN PRACTICE?

Excellent Clinical Research for Indigenous Peoples:

- is a strategic priority for Māori
- team has any explicit relationships with Māori
- makes the most of opportunities to inform the elimination of ethnic inequities
- actively protects Māori rights, including cultural and intellectual property rights
- incorporates traditional or contemporary Māori processes including Indigenous innovation
- supports Māori development, including workforce development

1. A strategic priority for Māori

- Hauora IV
- Tatau Kahukura
- Unequal Impact reports for cancer statistics
- Te Ohonga Ake series for Māori child and adolescent health
- The New Zealand Health Surveys



Consultation

- Providers
- Experts
- Needs versus rights

The screenshot shows the Ministry of Health website (www.health.govt.nz) with the following content:

- URL: <https://www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory>
- Navigation: Home > Your health > Services and support > Health care services > Māori health providers
- Section: **Māori Health Provider Directory**
- Text: "There are a number of Māori health providers contracted to district health boards throughout Aotearoa – find a provider in your area."
- Section: **In this section**
 - North Island Māori health providers**: Find Māori health providers operating in your district health board in the North Island. [Read more](#)
 - South Island Māori health providers**: Find Māori health providers operating in your district health board in the South Island. [Read more](#)

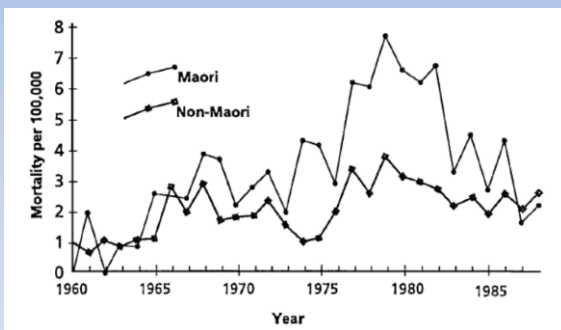
2. Explicit linkages or connections with Māori (individuals or groups)

- quality relationships
- utmost good faith
- consider all the different types of relationships
- include Māori who are colleagues, advisors, partners and governors in addition to Māori whanau/clients

Consultation - respectful information sharing and dialogue.

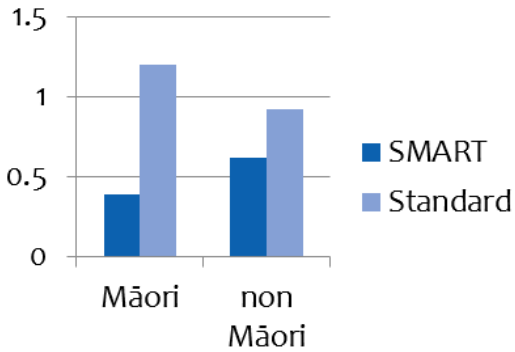
- Not a one way conversation
- Very context dependant
- Minimum requirement is review by authority in Māori health

3. Opportunities to reduce and eliminate ethnic inequities

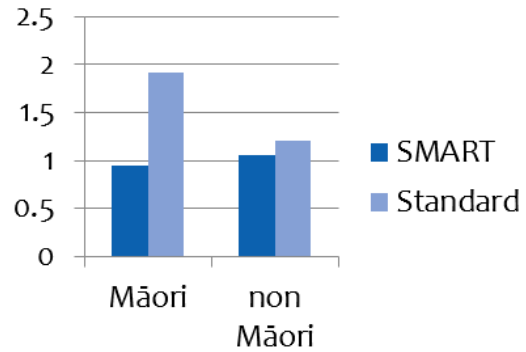


Asthma Outcomes

Severe asthma exacerbation

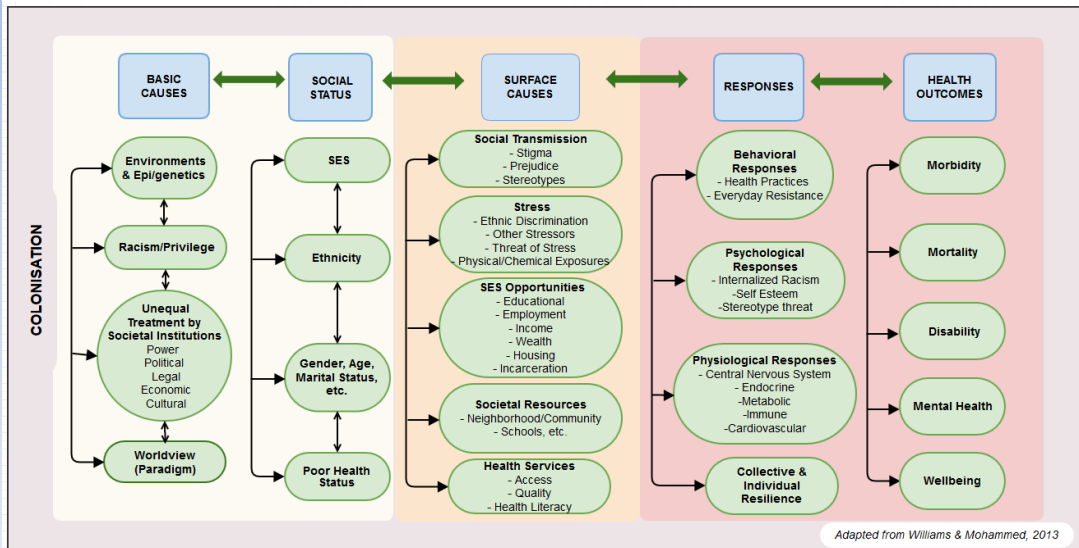


ACQ -7 at Visit 5



Wider determinants

Explaining Ethnic Determinants of Health
TMWM - TKHM Modified Williams Model

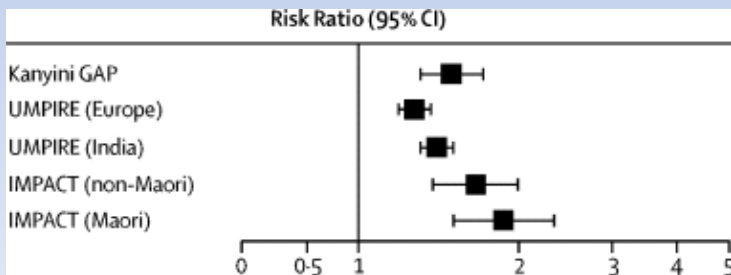


Is it achieving equity?

- Accurate ethnicity (or other diversity) data
- Equal explanatory power
- May not be specific to the 'health issue' ie WFD, environment

IMPACT – the Polypill trial

- 50% of participants were Maori
- Targeted clinics with high numbers
- Maori researchers, advisors, workers, authors
- Reduced inequities



1. Selak et al. Recruiting equal numbers of Indigenous and non-Indigenous participants to a 'polypill' randomized trial. *Int J Equity* 2013
2. Pandian et al. Prevention of Stroke: a global perspective. *The Lancet* 2018

participants Baseline characteristics	Māori (n=257)	Non-Māori (n=256)	Total (n=513)
	Number (%) or mean (SD)		
Age (years)*	59 (8)	64 (8)	62 (8)
Women*	117 (46%)	70 (27%)	187 (36%)
History of CVD*	83 (32%)	150 (59%)	233 (45%)
Coronary artery disease*	60 (23%)	126 (49%)	186 (36%)
Cerebrovascular disease	22 (9%)	32 (13%)	54 (11%)
Peripheral vascular disease	9 (4%)	10 (4%)	19 (4%)
Diabetes*	124 (48%)	94 (37%)	218 (42%)
Type 1*	0	12 (5%)	12 (2%)
Type 2*	124 (48%)	82 (32%)	206 (40%)
Systolic blood pressure [^] (mm Hg)	142 (21)	145 (19)	144 (20)
Diastolic blood pressure [^] (mm Hg)	85 (13)	81 (11)	83 (12)
Total cholesterol (mmol/l)*	4.60 (0.96)	4.21 (0.93)	4.41 (0.97)
LDL cholesterol (mmol/l)*	2.70 (0.85)	2.38 (0.78)	2.54 (0.83)
HDL cholesterol (mmol/l)	1.14 (0.26)	1.13 (0.30)	1.14 (0.28)
Total:HDL cholesterol ratio*	4.18 (1.08)	3.86 (0.96)	4.02 (1.05)
Triglycerides (mmol/l)*	1.70 (0.76)	1.54 (0.70)	1.62 (0.73)

*Difference between Māori and non-Māori statistically significant, $p < 0.05$.
[^]Measured using an automated blood pressure monitor (Omron T9P).

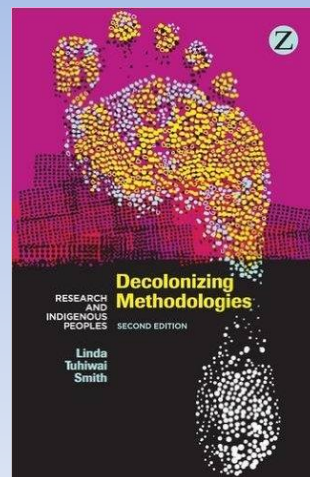
4. Protection of Māori rights including those to cultural and intellectual property

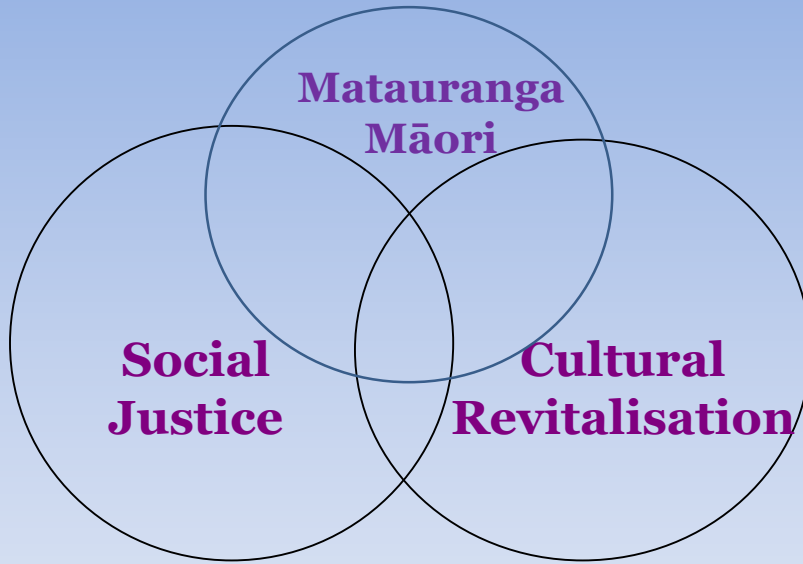
- Human tissue
- Genomics
- Rongoā
- Informed consent including collective consent



5. Traditional or contemporary Māori processes are incorporated in meaningful ways

- Kaupapa Māori Theory
- Advisory versus Governance and Leadership





Prof Charles Royal, Author VM
for MoRST

Wahakura



- Safe
- Other benefits –
breastfeeding, weaving
- ‘Space’ interventions
associated with reduction in
SUDI rates in Aotearoa

5.5. Potential for indigenous innovation

Stroke Robotics

- ★ Inequities in stroke outcomes
- ★ Engineering/Health/KMT
- ☆ • Desire because current challenges
 - Conditions
 - Potential for indigenous innovation



6. Workforce development



Māori Doctors	6.1% (2015)
Māori Nurses	Most in DHBs
Māori Physio	4% (2010)
Māori Pharmacist	2% (2010)
Māori CHWs	~ 50%

6.5 Other forms of development

- Environment ie Climate Change
- New knowledge, practice
- Non-Māori development in ways that benefit Māori - cultural safety
- Collaborations

Summary

- Potential for EXCELLENCE!
- However, some still approach Māori responsiveness as a last-minute task, or in a naïve manner
- Provided a framework – use it!

Questions	Your responses
Is it a priority area? Why?	
Key relationship – who needs to be engaged. When? What?	
Will it achieve equity? How will you measure this?	
How are Indigenous rights being met?	
How is tikanga being incorporated? Who oversees this?	
Potential for Indigenous Innovation?	
Māori (WF or other) development?	

Ngā mihi