
CONFERENCE ABSTRACT

Ha ngawiri (Breathe Easy)

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Breathe Easy is a local program that has evolved in response to Wairarapa hospitals high ASH rates for respiratory admissions in 0-4 year olds living within the Wairarapa.

This program shoulder taps and selects whanau of 0-4 year olds who present frequently at the Emergency Department. These whanau are invited to participate in our Breathe Easy workshop which educates, dispels myths and empowers whanau; thus reducing Emergency Department admissions. Our data suggests that these workshops are indeed reducing respiratory admissions in 0-4 year olds.

The program works by bringing together professionals who can all be in one venue to deliver information in a culturally safe way to whanau.

The purpose of our workshops are to

- Create "time" to spend with whanau
- Support cultural safety
- Increase health literacy
- Empowerment of whanau to self manage mild to moderate asthma
- To promote awareness of signs of worsening illness
- To provide insight into ALL factors that influence respiratory illness
- Whanau stories and networking within their communities
- Re- Engagement in physical activity
- Create healthy communities and health champions
- Re-engagement of whanau to their medical homes
- Intersectorial collaboration

The speakers for each workshop include registered nurses, community health workers, nutritionists, work and income, pharmacists, quit smoking coaches and traditional rongoa practitioners.

To date, 90% of attendees have suggested from feedback that they are more confident in managing mild to moderate respiratory illness having attended these forums.

Inker; Ha ngawiri (Breathe Easy)

This program is a true example of collaboration between professionals and highlights the whanau ora model in action. The results being reduced presentations to the emergency departments and improved whanau self management.

Keywords: respiratory; collaboration; health literacy; improved health outcomes
