



Resources to aid the development of cultural safety and Māori and Pacific public health competencies

The following is a short list of potential resources that may provide for self-reflection and the development of Māori and Pacific public health competencies.

These resources aim to support the New Zealand College of Public Health Medicine's intention to recruit and develop registrars committed to: Te Tiriti o Waitangi obligations and responsiveness; Māori and Pacific health gain; and the elimination of ethnic health inequities.

These resources are not intended for those with lived experience of these skills and competencies and are only intended as suggestions for places to start in this development process. They are not intended to be exhaustive and will need to be continually updated and added to throughout each individual's development plan.

Some ideas...

Initiate a personal plan which could include:

- familiarising yourself with the concept of cultural safety, for example, by reading the Medical Council of New Zealand's [Statement on Cultural Safety](#); the Council of Medical Colleges / Te ORA's [Cultural Safety Training Plan](#); and Curtis E., Jones R, Tipene-Leach D, Walker C, Loring B, Paine S-J and Reid P. *Why cultural safety rather than cultural competency is required to achieve health equity: a literature review and recommended definition*, <https://equityhealthj.biomedcentral.com/articles/10.1186/s12939-019-1082-3>
- keeping a reflective journal as you develop your understanding of historical and contemporary racism towards Māori and Pacific peoples; ask yourself, and others, 'how can I be a better te Tiriti o Waitangi and equity partner?'
- becoming involved in Māori and Pacific groups in some capacity, e.g., volunteering for community projects
- doing courses with a focus on Māori / Pacific health, equity, and te Tiriti o Waitangi
- applying for a role that will develop your Māori and Pacific public health competencies
- developing a reading list including 'Bula Sautu – A Window on Quality 2021: Pacific Health in the Year of COVID-19' and articles/chapters/writings by esteemed academic Māori and Pacific Public Health Medicine Specialists such as 'Understanding Health Inequities', <https://www.otago.ac.nz/wellington/otago067740.pdf>
- signing up for the Māori Health Research Review and the Pacific Health Research Review

Readings:

- a. Read and reflect on the Phase 1 Hauora Report of the Waitangi Tribunal WAI2575 Inquiry into Māori Health Outcomes
- b. Read and reflect on the chapter '*Racial discrimination and Racial disparities in health*' by Naomi Priest and David R Williams
<https://www.oxfordhandbooks.com/view/10.1093/oxfordhb/9780190243470.001.0001/oxfordhb-9780190243470-e-7>
- c. Read and reflect on the book '*White Fragility*' by Dr Robyn DiAngelo

Courses:

- a. Enrol and complete the MIHI 501 post grad short course at Otago University [Application of Hui Process / Meihana Model to Clinical Practice 2020, About us, Continuing Education, University of Otago, New Zealand](#)
- b. Enrol in self-directed Te Reo Māori me ōna tikanga study
- c. Enrol in and attend other seminars and courses run by Māori and Pacific Public Health Medicine Specialists and those that focus on understandings of cultural safety, Māori health and Pacific health.

Websites:

- a. Familiarise yourself with the resources and teachings of STIR (Stop Institutional Racism), <http://www.stirnz.org> and engage with Dr Heather Came and Andrew Judd for advice on how to be a Te Tiriti o Waitangi ally
- b. Familiarise yourself with Tāwharautia: Pūrongo o te wā report, Royal commission of inquiry into state care abuses, <http://www.abuseincare.org.nz/>
- c. Familiarise yourself with the reports and enquiries that are relevant to cultural safety, Māori health and Pacific health, including those published by the Waitangi Tribunal, <https://waitangitribunal.govt.nz/publications-and-resources/waitangi-tribunal-reports/>