



Tu Kotahi Maori Asthma Trust
Assisting whanau with management of their asthma

Tena Koutou Katoa

He mihi mahana ki a koutou nga kaimahi Hauora Maori, tena koutou katoa.

Tu Kotahi Maori Asthma Trust is the key Asthma training provider for Maori health providers in the lower North Island.

The Trust is contracted by the DHB to serve the Wellington/Wairarapa region, Kapiti Coast, Wanganui/Manawatu, Kahungunu and Tairāwhiti areas.

Tu Kotahi Maori Asthma Trust's membership comprises Marae-based educators in the Wellington region. Tu Kotahi Maori Asthma Trust employs 7 staff, one full-time coordinator/trainer, three asthma nurse educators, a community asthma educator, a community health worker and an administrator and accounts person.

Staff

Cheryl Davies – *Ngati Raukawa, Coordinator/Trainer*

Cheryl is an Asthma Foundation qualified trainer and has approximately 10 years experience working in the asthma area. Over the last 7 years, Cheryl has provided nine Stage 1 asthma education training programmes to Maori Community nurses/educators in the lower North Island. Cheryl has mainly focused on providing support to trained educators and advocacy/support services to clients.

Marina Kirikiri – *Ngati Porou, Community Health Educator*

In 1997 Marina became a qualified asthma educator. Marina has many roles, she is also a quit coach for the Kokiri Marae Aukati Kai Paipa programme and works specifically with Asthmatics that want to quit/have quit by giving them continual support.

Another role that Marina has is as a coordinator for the Kokiri Marae Nutrition and Exercise programme. This role includes working with children in Kura kaupapa, teaching correct breathing techniques, safety and the importance of breathing correctly through exercising. All of which are important aspects of educating on asthma.

Lyn Brown – Educator/Maori Asthma Correspondence Course facilitator

Lyn Brown has extensive knowledge in the asthma area and has been working as an asthma educator for the past 20 years. She has supported Tu Kotahi's training programmes over the years and we are fortunate that she joined our Tu Kotahi team in January, 2004. Lyn provides the asthma medications and devices session as well as the asthma management session for the Level I and II programmes.

Services and Structure

Currently we are contracted by the ministry of Health to provide one Stage 1 Training Programme for Maori in the lower North Island over the next three years.

Topics covered during the programme will include:

- * He aha tenei te huango (What is Asthma)
- * Te Tinana (Anatomy)
- * Timatanga/Nga Whakatupato (Triggers)
- * Auahi Kore (Smokefree)
- * Health Promotion
- * Nga Ahuatanga (Signs and Symptoms)
- * Nga Rongoa/Nga papu (Medications)
- * Nga Whakahaere mo te Huango (Management of Asthma)

Training is provided over a three day timeframe at a venue that is central to the participants in that rohe. Certification is awarded at the completion of the three day training.

Qualification

By the end of the Stage 1 training programme, educators will be able to:

- Communicate with whanau on what asthma is.
- Understand and korero about medicines, preventers and relievers.
- Demonstrate how the devices work.
- Understand the impact of smoking and asthma.
- Provide basic Asthma management education

Support Services

A resource manual, pamphlets, posters and information will be part of the training package provided to each participant. Updated information will be provided to you on a regular basis for your manual. We are only able to train a limited number of people at each training (approximately 15-20 maximum), please ensure your registration is forwarded early.

Naku noa na

Cheryl A Davies
Asthma Coordinator