

# IP FOR LIFE



COMPASS  
RESEARCH CENTRE

FACULTY OF ARTS  
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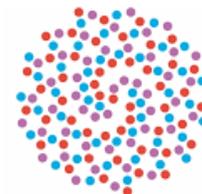
## COLLOQUIUM 2022



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**Tongan Health Society Inc**  
Sosaieti Tonga ki he Mo'ui Lelei  
Langimalie Integrated Family Health Centres



MAURICE WILKINS CENTRE  
FOR MOLECULAR BIODISCOVERY





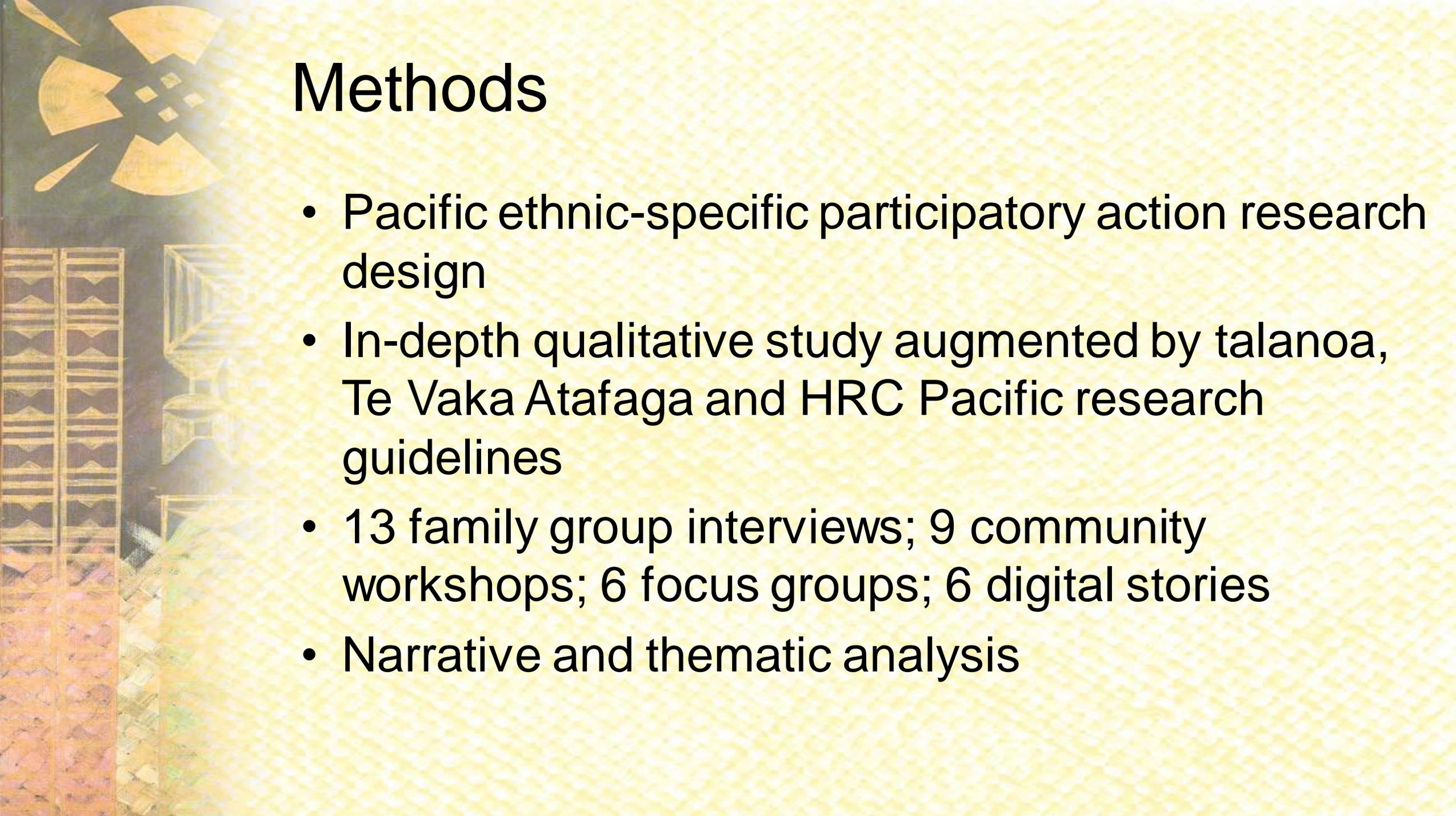
# Background

- Debilitating effects on sufferers of chronic disease and their families
- Family approach to life-course research essential to inform policy and programmes
- Build on research investigating experiences of Pacific family carers
- Create new methods for examining the context for health and wellbeing across life's journey



# Aims

- Understand the impact of chronic conditions on families with an emphasis on outcomes that have life-long benefits
- Co-develop a sustainable and culturally-centred life-course programme for overall health and wellbeing



# Methods

- Pacific ethnic-specific participatory action research design
- In-depth qualitative study augmented by talanoa, Te Vaka Atafaga and HRC Pacific research guidelines
- 13 family group interviews; 9 community workshops; 6 focus groups; 6 digital stories
- Narrative and thematic analysis



# Work in progress

- >100 participants
- Community-led intervention ongoing; pending evaluation and focus group interviews, digital stories
- Maintain connections with community leaders and participants and their families



# Themes: Formal support

- Primary health care
- Self-management
- Hospital care
- Home-based services
- Government services
- Media e.g. ethnic-specific programmes



# Themes: Informal support

- Family carers
- Friends
- Church community
- Social groups
  - Older adults
  - Technology
  - Coconut wireless



# COVID-19 issues

- Family group interviews conducted 2020–May 2021
- Additional challenges for participants and families due to the pandemic, and for research team
- Working the frontline with Tongan Health Society and Pacific communities



# Preliminary results

- Range of lived experiences within families
- Significant lifestyle changes and coping strategies (faith, family board meetings)
- Accessing formal support mixed
- Caring for family at home important
- Informal support played key role
- COVID-19 severely impacted families spoken to



# Implications for practice and policy

- Pacific peoples, families and communities, have the experience and knowledge to inform health and wellbeing policies and programmes that will make a positive difference for them
- Empower them! And watch them win!



# Next steps to June 2023

- Complete community intervention and evaluation, focus group interviews, and digital storytelling
- Analyse full data set
- Disseminate study findings
- Work with stakeholders to translate findings into action
- Host next fono tentatively planned for Cook Islands in 2023



# References

- Book: Ageing Well National Science Challenge. Celebrating Ageing Well. The first five years of the Ageing Well National Science Challenge, 2021 University of Otago, New Zealand. <https://www.ageingwellchallenge.co.nz/wp-content/uploads/2021/07/Celebrating-Ageing-Well-Book.pdf>
- Ministry of Social Development. 2019. Mahi Aroha Carers' Strategy Action Plan 2019-2023
- Dewes O, Milne B, Sporle A. Intergenerational, integrative and intellectual Pacific properties and pathways for life: a study protocol. Journal of Primary Health Care 2022; 14(2): 173–178.

# Acknowledgements



- Tongan Health Society, NZCCSS, COMPASS
- Ministry for Business, Innovation & Employment – National Science Challenges
- University of Otago & University of Auckland
- Each one of you at this COMPASS Colloquium