



Western Bay of Plenty
Primary Health Organisation

TŌNGIA TE URURUA KIA TUPU
WHAKARITORITO TE TUPU
O TE HARAKEKE

Pre-course work

LET'S TALK SCREENING!



Welcome, Haere Mai, Fakaalofa lahi atu!

www.wboppho.org.nz

Thank you for joining us for the upcoming “Let’s Talk Screening” training.

This pre-reading has been developed to help you prepare for the training and to help build your understanding and connection with the content of the session.

These reflections are for your personal learning, and you won’t be required to submit them. However, you may find it helpful to keep your answers in mind for the day.





SELF REFLECTION

Self-reflection is important to help us understand our own thoughts, behaviours, and impact - supporting us to grow, learn, and improve how we engage with others.

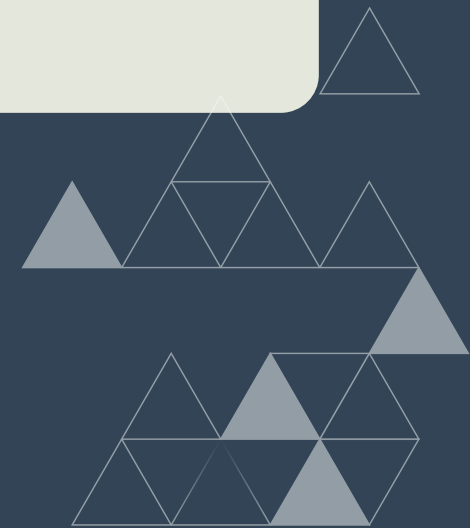
REFLECT

STEP 1

Reflect on ways that uplift and respect people's dignity,
and how you would carry this approach into every
screening kōrero:

Write your answers below...

REFLECT
STEP 1



To connect your understanding of health with the cultural models of wellbeing explored in training, reflect on your values, lived experiences, and worldview in the context of health.

When you hear the word *health*, what comes to mind?

Write your answers below...

REFLECT

STEP 1



What does a *healthy life* look like to you?

Write your answers below...

REFLECT

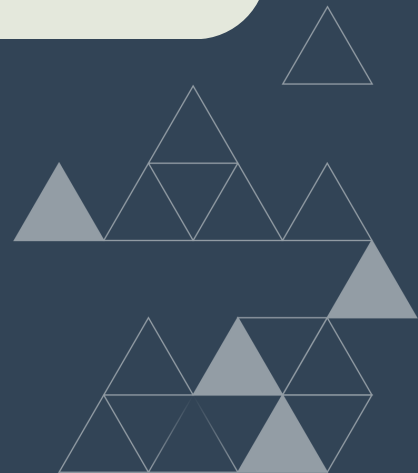
STEP 1

Who or what has shaped your understanding of what it means to *be healthy*?

Write your answers below...

REFLECT

STEP 1

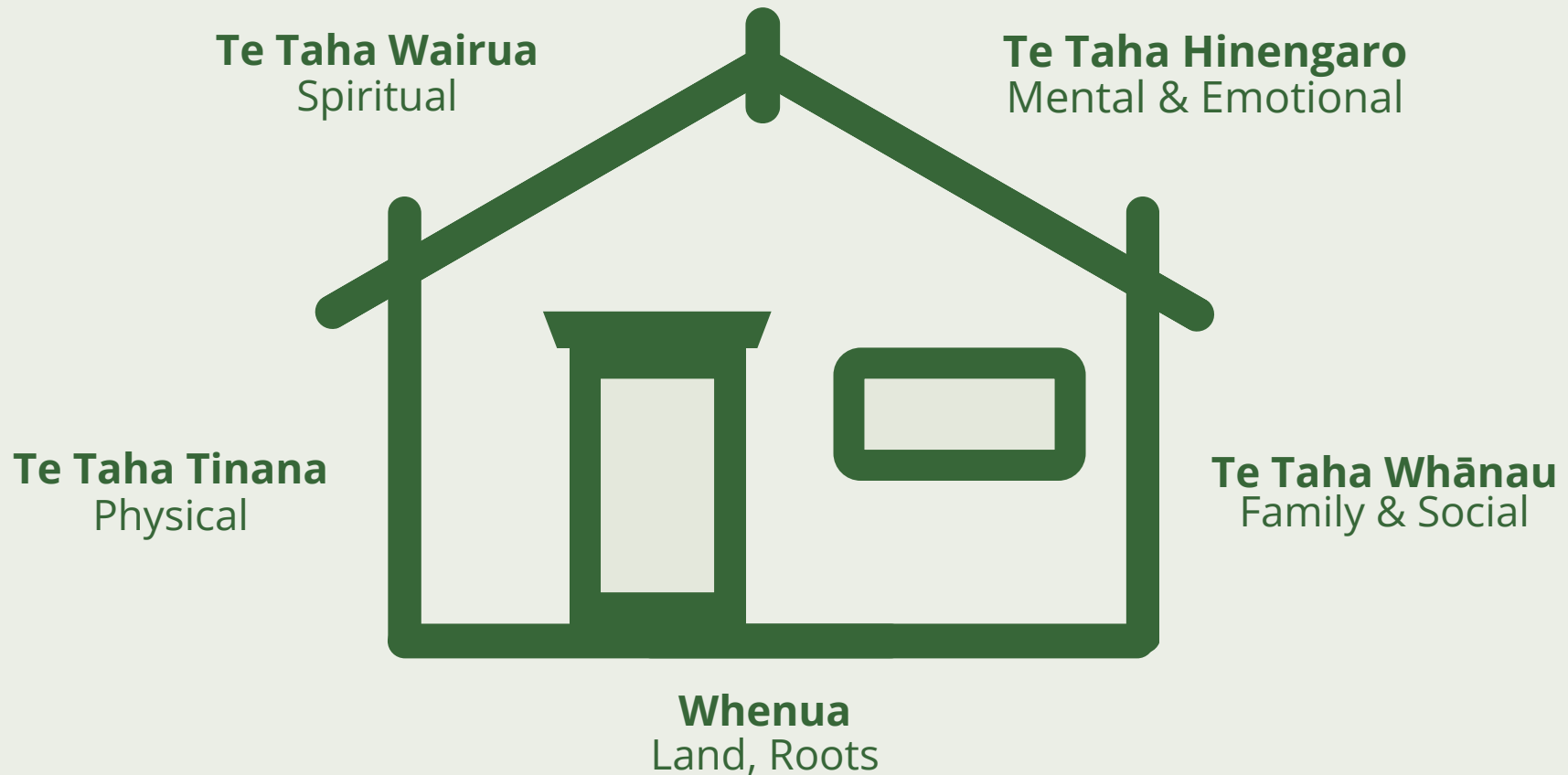


The background features a complex geometric pattern of triangles. Some triangles are filled with a light green color, while others are white with green outlines. The pattern is composed of various sizes of triangles, creating a tessellated effect. The overall color scheme is a range of green tones, from dark forest green to light sage green.

PRE-READING

PRE-READING
STEP 2

1. Health Model of Care: Engaging with Tangata Whenua



PRE-READING

STEP 2

Te Whare Tapa Whā

Developed by Sir Mason Durie

1. Health Model of Care: Engaging with Tangata Whenua

What is Te Whare Tapa Whā?

Developed by Sir Mason Durie in the 1980's, Te Whare Tapa Whā is a model that represents health and wellbeing through the metaphor of a wharenui (meeting house).

Each wall symbolises one of the four taha or dimensions of wellbeing:

- taha tinana (physical)
- taha hinengaro (mental/emotional)
- taha wairua (spiritual)
- taha whānau (family)

All of which stand upon the foundation of whenua (land, roots), highlighting the vital connection to place and identity.

Using Te Whare Tapa Whā model helps us to strengthen and maintain balance across all four taha of wellbeing, supporting our overall hauora and helping us to thrive in all aspects of life.

PRE-READING

STEP 2

1. Health Model of Care: Engaging with Tangata Whenua

Why it matters:

Te Whare Tapa Whā represents a Māori worldview of wellbeing that goes beyond physical health. It highlights the importance of mental and emotional well-being, spiritual connection, and strong whānau relationships.

Grounded in Māori values, this model reminds us that hauora is holistic — each taha is interconnected and essential to overall wellbeing.

PRE-READING
STEP 2



1. Health Model of Care – Engaging with Tangata Whenua



Getting Ready for the Session



Click the Link!

Explore the Healthify site and review the available videos and information on Te Whare Tapa Whā



Click the Link!

Review the Mental Health site and read the additional information about Te Whare Tapa Whā



Click the Link!

Mana Enhancing Communication - a Framework
Review handout from the Mental Health Foundation

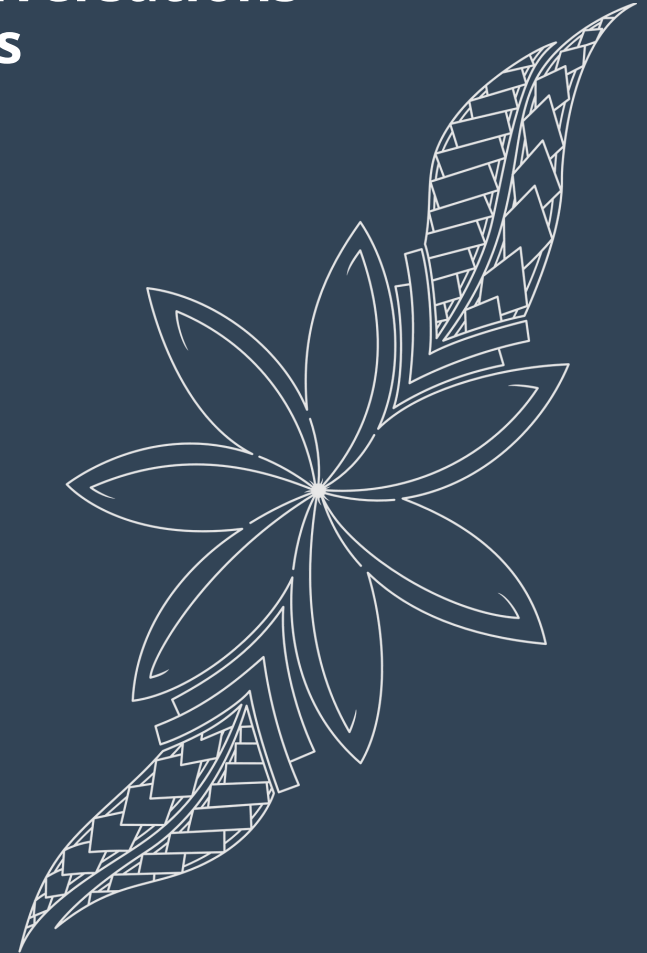
PRE-READING

STEP 2

2. Participating in Early Screening Conversations for Pasifika Women & Their Families

The term “Pasifika” is an umbrella term used to collectively describe Pacific Island people living in Aotearoa New Zealand.

For the purpose of this workshop, the collective term “Pasifika” will be used – however the information shared will include specific examples of the distinct differences between Pasifika Peoples, which will support in shaping the context of understanding Pasifika women and their families and how to best engage with them.



PRE-READING

STEP 2



The term “Pasifika” itself is not embraced by everyone who are descendants of the Pacific with some academics calling for it's use to be stopped, while others support its use

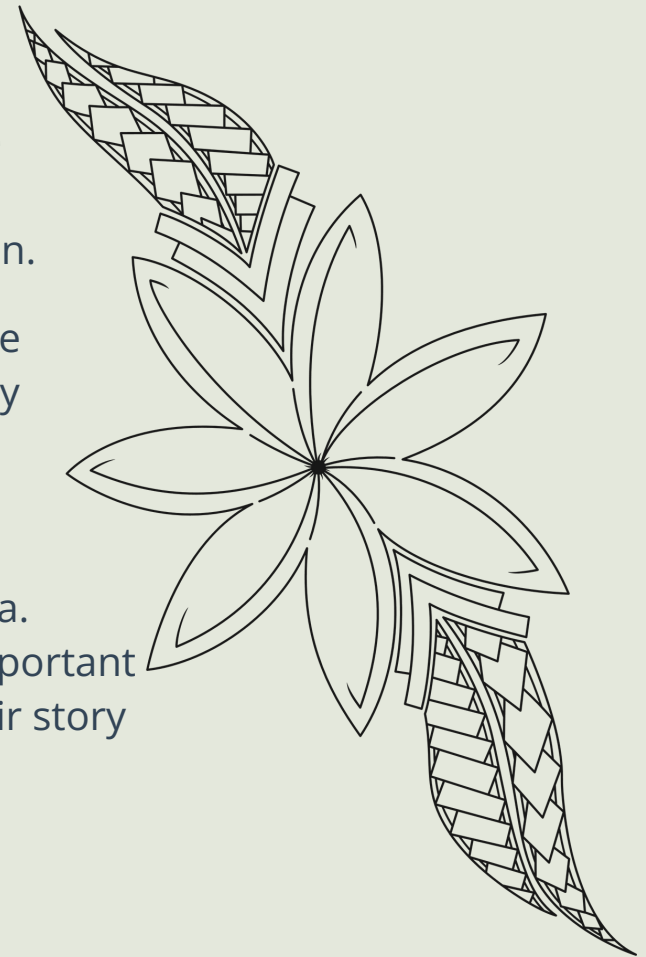
2. Participating in Early Screening Conversations for Pasifika Women & Their Families

Screening for Breast, Cervical & Bowel Cancer

It is important that Pasifika women understand the reasons they are encouraged to attend screening appointments. Understanding the history of how these services have come about would go a long way in improving engagement and uptake with Pasifika women.

If Pasifika women are to actively and willingly participate in screening programmes, they need to understand why and what the impacts are of not getting screened for breast, cervical and bowel cancers.

They also need to know it is free if they meet the criteria. Understanding why early screening and detection is important and sometimes having another Pasifika women tell their story is just as powerful to motivate other women.



PRE-READING

STEP 2

2. Participating in Early Screening Conversations for Pasifika Women & Their Families



Click the Link!

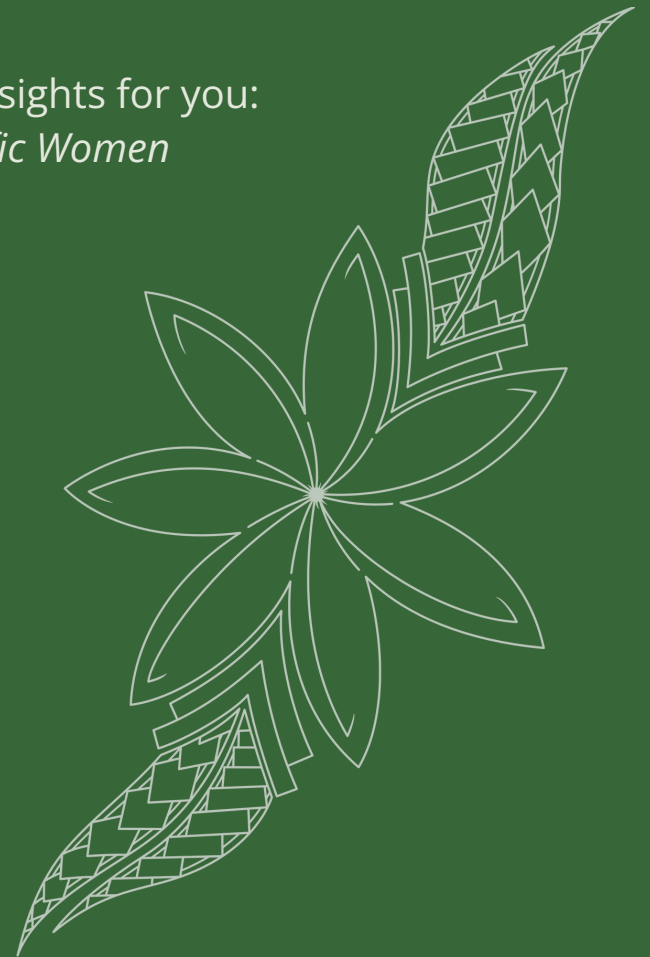
Debbie Sorensen's story can help provide some insights for you:
Shedding Light on Breast Cancer Awareness for Pacific Women



Watch this Video!

Watch Debbie's story in the video here

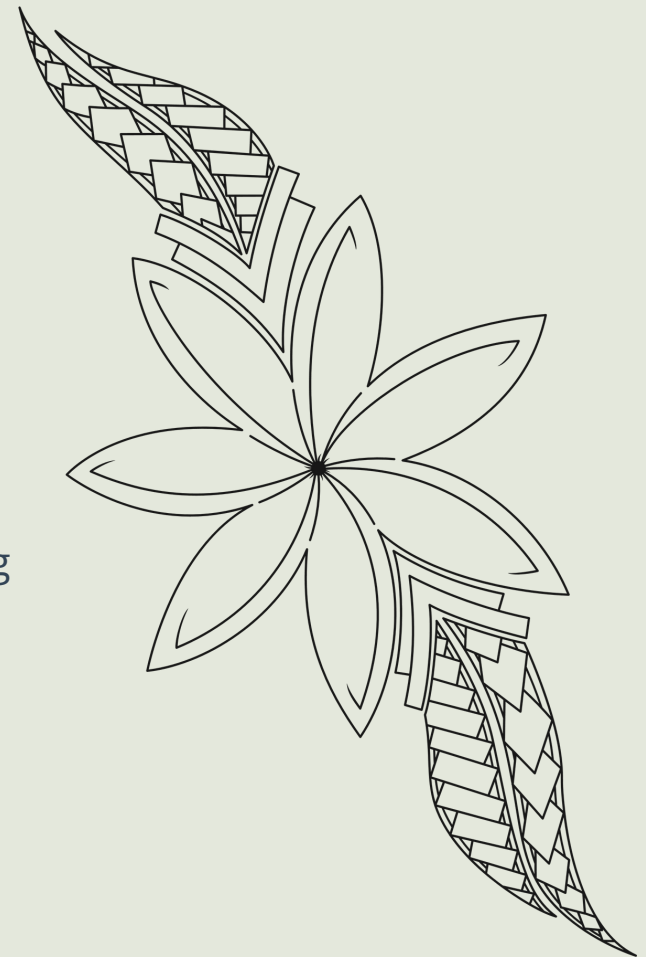
PRE-READING
STEP 2



2. Participating in Early Screening Conversations for Pasifika Women & Their Families

Key Messages You Can Share

- Tests are free if you meet the criteria.
- You can take someone with you in a supportive role when you attend your appointment
- You can only provide the information - it is up to the people to act on that information
- Adapt written information into pictorial information, noting the process from arrival to completion of screening
- Encourage the women to ask questions



PRE-READING

STEP 2

2. Participating in Early Screening Conversations for Pasifika Women & Their Families

Getting ready for the session - explore the links below!



Click the Link!

Explore Healthify - Pacific Health Overview



Pasifika health overview

Find out more about a range of resources relating to Pasifika health.

 Healthify



Click the Link!

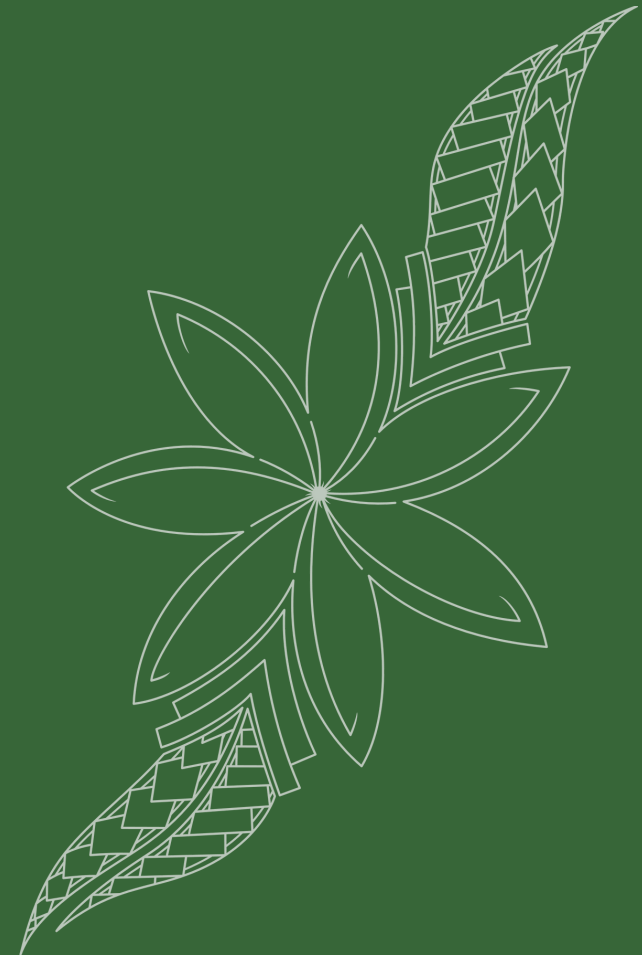
Review the Breast Cancer Aotearoa Coalition page on Māori and Pasifika women



Breast cancer in Māori and Pasifika women | BCAC Breast Cancer Aotearoa...

For BCAC, the care of our Māori and Pasifika women with breast cancer is of great concern because we...

 Breast Cancer Aotearoa



3. Overview of Cancers: About the Diseases

Breast Cancer Screening: Helping Save Lives Through Early Detection

Getting Ready for the Session



Click the Link!

Visit Time to Screen and read through the [Breast Screening.page](#)



Click the Link!

View the breast cancer screening statistics for the priority population and get some clarity around the “why”

PRE-READING

STEP 2



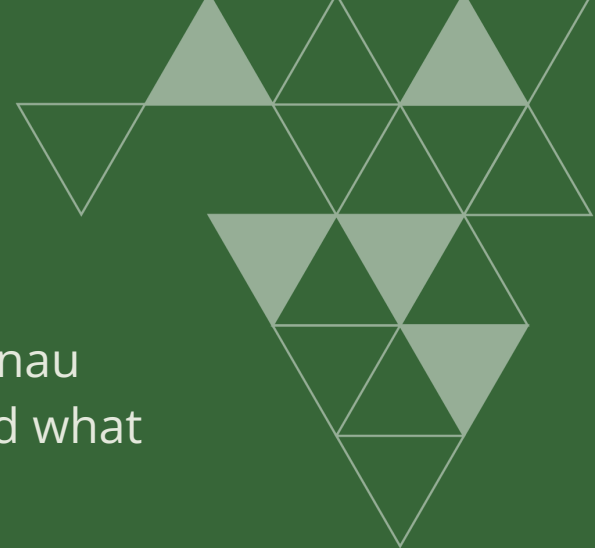
3. Overview of Cancers: About the Diseases

Reflect on any kōrero (conversations) you've had with whānau or patients around breast screening — what went well, and what was tricky?

Write your answers below...

PRE-READING

STEP 2



3. Overview of Cancers: About the Diseases

Cervical Cancer Screening: Supporting Whānau to Stay Well

Getting Ready for the Session



Click the Link!

Visit Time to Screen and read through the Cervical Screening page



Click the Link!

Visit Healthify: Cervical screening page - this includes information and videos



Watch this Video!

Watch a short video about the Cervical Screening self-test

PRE-READING

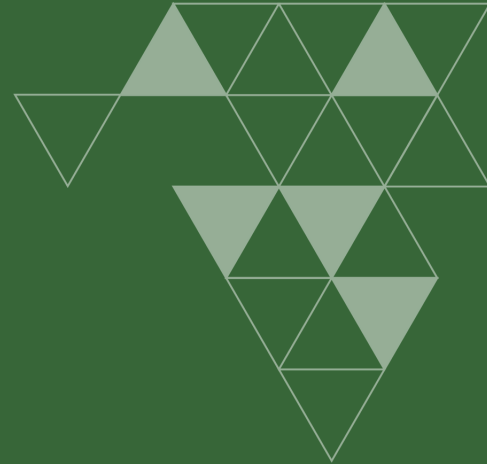
STEP 2



3. Overview of Cancers: About the Diseases

Reflect on any kōrero (conversations) you've had with whānau or patients around cervical screening — what went well, and what was tricky?

Write your answers below...



PRE-READING

STEP 2

3. Overview of Cancers: About the Diseases

Bowel Cancer Screening: Helping Our Communities Take Part

Getting Ready for the Session



Click the Link!

Visit Time to Screen and read through the Bowel Screening Page



Watch this Video!

Watch a short video on how the Bowel Screening Test Works

PRE-READING

STEP 2



3. Overview of Cancers: About the Diseases

Think about any pātai (questions) or experiences you've had with bowel screening conversations:

Write your answers below...

PRE-READING

STEP 2



PRE-TRAINING PREPARATION CHECK-LIST

This checklist will help you prepare in advance for the upcoming session and guide you through the Pre-Reading materials.

PREPARATION
STEP 3



Read and Prepare

- ☐ I have reviewed the Te Whare Tapa Whā health model of care
- ☐ I have reviewed the Mana Enhancing Communication handout:
mentalhealth.org.nz/resources/resource/mana-enhancing-communication-a-framework
- ☐ I have read reviewed information about Pasifika health
- ☐ I have reviewed the videos and read information about cervical, bowel, and breast screening.
- ☐ I have made a note of questions I want to bring to the training day.

Access and Explore Resources

- ☐ I am aware that I will be given access to Resources after the training is complete.
- ☐ I have bookmarked key links for future use – or followed up with additional resources where I am interested in Learning more

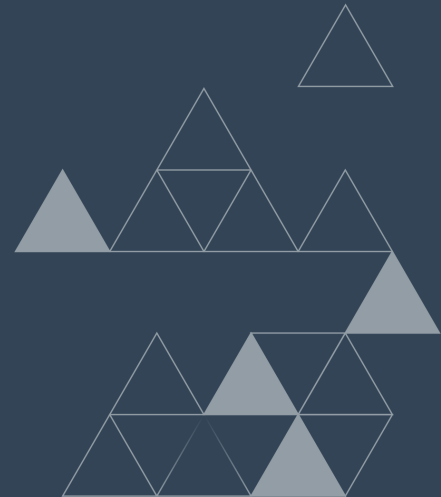
Logistics Check-in

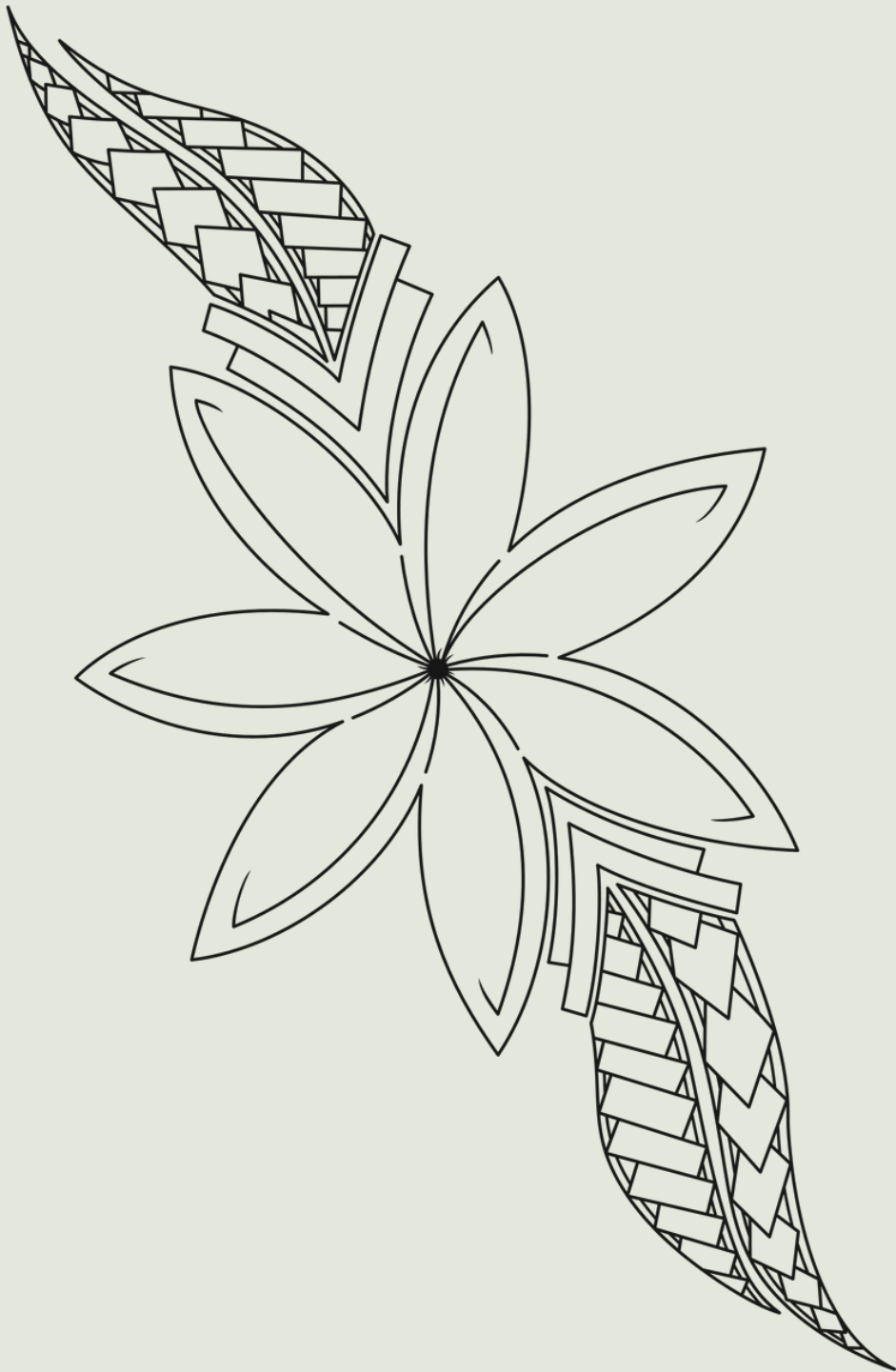
- ☐ I know the time and location for the training
- ☐ I have arranged time in my calendar to attend the full session
- ☐ I have contacted the facilitator if I have any access, support or dietary needs

Bring along to the session

- ☐ I am bringing an open mind and a willingness to learn
- ☐ I am excited to engage in the session – and to participate in each module

We look forward to seeing you!





Artwork: Lumana'i

Original image by Tenmark Nielsen, adapted by Ann Sarten.

Named by Liz Moli, Lumana'i ("Future" in Gagana Samoa) reflects unity, legacy, and collective hope.

It reminds us:

"They were before, We are now, Theirs is the future."

Thank you AvaNiu Pasifika for the koha (gift) of allowing us to share this message via this beautiful artwork.



Thank You to the Funders Who Supported This Mahi:



Thanks to all our co-design partners:

- Chrissy Paul
- Rozanne Young
- Gemma Pearson
- Sameli Tongalea
- Hayley Honana
- Sela Tu'uholoaki
- Koratika Tiban
- Sénae Mitchell
- Mary Ann Nixon
- Tiana Bennett
- Myra Pourau
- Wendy Dillon
- Rebecca Shooter
- Laura Penny

