

Improving access to Cardiovascular Disease Risk Assessments (CVRA) for at-risk young **Māori and Pacific men**



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Ō Matau Uara (Our Values)

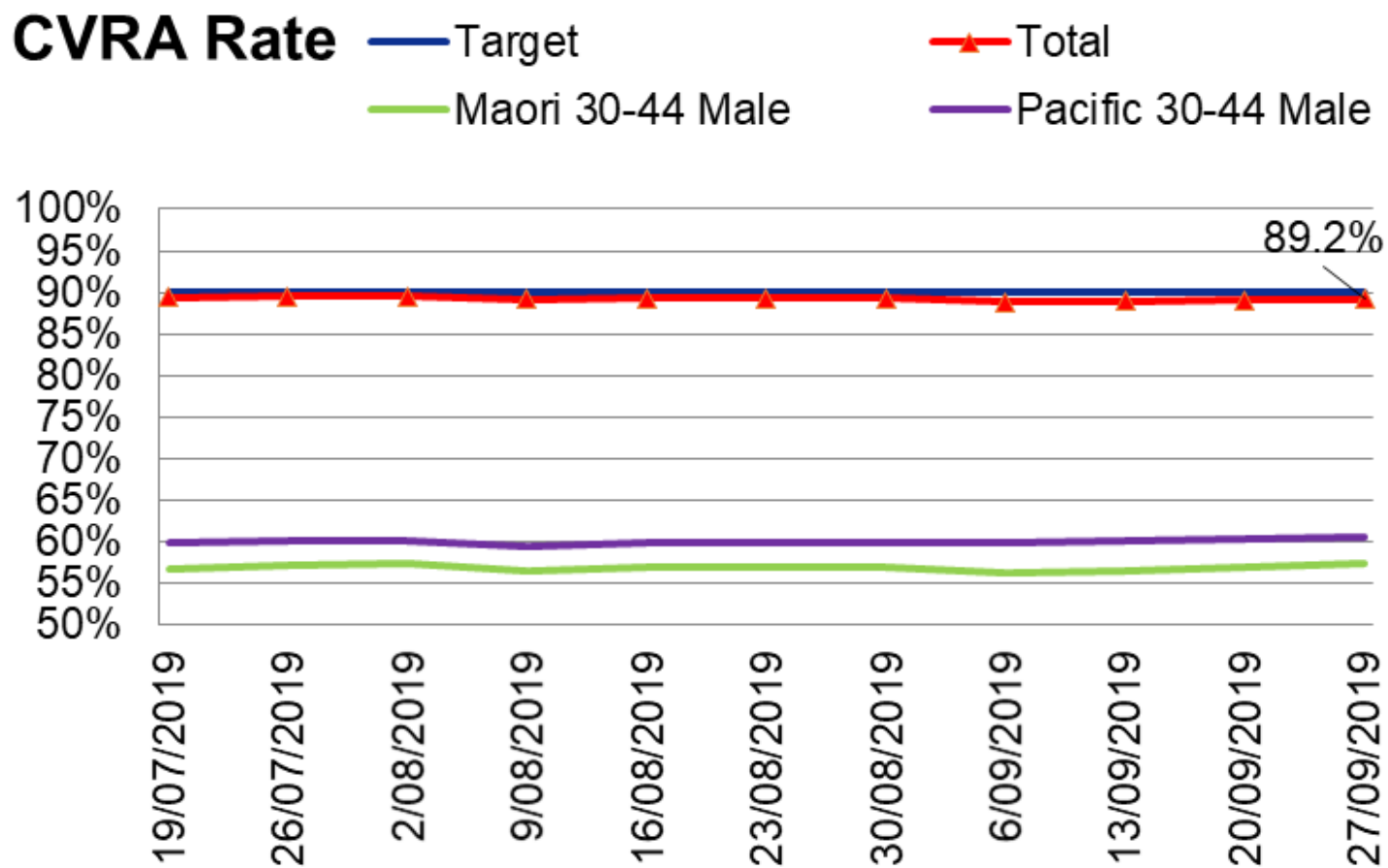
- Manaakitanga (Caring and respect)
- Kotahitanga (Team work)
- Ngākau Pono (Integrity)
- Whakapai (Continuous improvement)

Context



- Cardiovascular disease is a leading cause of premature and preventable death in Māori and Pacific men
- CVRA and Management for Primary Care 2018 Guidelines recommend earlier screening for Māori, Pacific and South East Asian men (aged 30- 44)
- The purpose of having a CVRA is to assess the risk of cardiovascular disease & initiate a preventative management plan

Problem



Aim & Methodology



- Aim - Support two general practices to reach their Māori and Pacific men (30 to 44yrs) to complete their CVRA.
- Questionnaire conducted with a community based sample of men.
 - Key theme: Kanohi ki te kanohi, tangata ki te tangata.
- Approach – A community/breakfast event was discussed.

Preparation for event - Plan



- Invitation process (Whakawhanaungatanga)
- Venue & programme
- Staffing & resources
- Incentives (free heart check, petrol voucher, t-shirt, water bottle, bag, breakfast)
- Follow up

CVRA breakfast event - Do



Key learnings - Study



- Results - 55% attendance
- Kanohi ki te kanohi, tangata ki te tangata approach had a positive impact
 - “I was going to sleep in but thought about all the work you guys have done to make this happen”
 - Practice nurse – “if we’d sent letters no one would’ve come”
- Labour intensive approach = high impact
- Better planning of venue layout to improve flow

Future plans - Act



- Co-design with practices on the approach
- Link with internal teams
- Filmed Cliff's story
- Social media campaign – viewed over 4,000 times

Cliff's reflections



**Engaging with younger Māori and
Pacific men around Heart and
Diabetes checks – *Cliff's reflections***