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Media release



“I think we are often overwhelmed into activity by the complexity of inequity” –  
Dianne Davis, Northland HealthPathways and eReferral clinical lead.

Inequity is a big issue to tackle in healthcare, but an update to HealthPathways is showing us one way forward. In mid-April, two diabetes pathways were changed to include equity components as well as best-practice guidance. The updated *Non-insulin medicines for type 2 diabetes* and *Insulin for type 2 diabetes* pathways are now available for the Te Manawa Taki (Midland) region covering Bay of Plenty, Lakes, Taranaki, Waikato and Hauora Tairāwhiti DHBs.

HealthPathways is an online resource providing best-practice advice, treatment options and region-specific provider information. The online manual covers over 550 conditions and focuses on how to manage patients from a local context. Primary care clinicians can freely access HealthPathways through their DHB.

With Māori over the age of 25 being around 1.5 times as likely as non-Māori adults to have been diagnosed with diabetes, the equity lens added to these pathways is a logical and necessary step. Pathways of Care manager Chris Scott highlights the need for the inclusion of equity information. “Diabetes has significant inequities in health outcomes, especially for Māori, therefore the region’s governance group prioritised the development of these pathways.”

Throughout the updated pathways clinicians can find equity information, keeping front of mind the inequities that exist in healthcare. As well as highlighting these issues, the updates also provide a framework for reducing inequity. A link to He Ako Hiringa’s free EPiC dashboard can be found in both pathways. EPiC provides GPs with a way to monitor their diabetes prescribing and look for any disparities or inequities across their patient population.

By tackling one aspect of inequity, the updated pathways provide clinicians with a way to overcome the overwhelming complexity of inequity.

More information on the updated diabetes HealthPathways can be found [here](#) in an article written for He Ako Hiringa by Lisa Dick. GPs can also explore their own diabetes prescribing behaviours with He Ako Hiringa’s free EPiC dashboard. Sign up for He Ako Hiringa and the EPiC dashboard [here](#).

**HE AKO HIRINGA**

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