

# Pepa Whakamārama mā te Kaiwhakauru

## CENIC-NZ



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**Taitara Rangahau:** CENIC II New Zealand Supplement. Ngā Kitenga, Ngā Māharahara, Ngā Hiahia me Ngā Koronga e Pā Ana ki te Whakaiti i te Paratupeka i roto i te Tupeka Ngingiha

**Kaitautoko:** Wake Forest University School of Medicine, USA (Takuhe NIH)

**Kaitirotiro Matua Aotearoa:** Ahorangi Chris Bullen

**Ngā Kaitūhura a Wake Forest University School of Medicine:** Ahorangi Eric Donny rāua ko Ahorangi Tuarua Rachel Denlinger-Apte

**Tau Waea o te Rangahau:** 0800367644

**Tau Tohutoro Komiti Matatika:** 2023 AM 12747

He tono tēnei ki a koe kia whakauru mai ki tētahi rangahau ki te tuku i ō whakaaro, māharahara me ngā hiahia hei tangata momi hikareti tupeka, mō te Mahere Mahi Auahi Kore Aotearoa 2025.

Kei a koe te tikanga ki te whakauru mai, kāore rānei. Mēnā kāore koe i te hiahia ki te whakauru mai, ehara i te mea me tuku whakamārama. Mēnā kei te hiahia koe ki te whakauru mai i tēnei wā, engari ka huri ō whakaaro ā muri ake, ka taea te wehe mai i te rangahau ahakoa te wā.

Ka āwhina tēnei Puka Mōhiohio mā te Kaiwhakauru i a koe ki te whiriwhiri mēnā me uru mai koe. Ka whakamārama tēnei he aha e mahia ai e mātou te rangahau, he aha te aha o tō uru mai, he aha pea ngā painga me ngā mōrea ki a koe, ā, ka aha i muri i te mutunga o te rangahau.

Ehara i te mea me whakatau koe i tēnei rā mēnā ka whakauru mai koe ki tēnei rangahau. I mua i tō whakatau, me kōrero koe ki te rangahau me tō whānau, ō hoa, te rōpū rangahau rānei, ō kaiwhakarato hauora rānei pērā i tō rata.

Mēnā ka whakaae koe kia whakauru mai ki tēnei rangahau, ka tonoa koe kia tuku whakaae tuihono e ai ki tēnei pepa whakamārama mā te kaiwhakauru me te puka whakaae. Ka taea e koe te tikiake tētahi kape o tēnei tuhinga hei tirotiro māu, me toro rānei ki te paetukutuku rangahau ahakoa te wā hei tiki atu i tētahi kape. Mēnā koe he kōrero me te pānui Māori, Tonga, Hāmoa rānei, ka hoatuna e mātou tētahi tānga pepa o te tuhinga whakaae ki a koe engari ka hopukia tuihonotia tonu tō whakaae. I te wāhanga i raro e kīia ana ko 'He aha te āhua o taku whai wāhi mai ki te rangahau?' he mōhiohio atu anō kei reira mō te āhua o te mahi a tēnei hātepe.

He whārangi te roa o tēnei tuhinga, tae atu ki te Puka Whakaae. Me āta whakarite kua pānui koe i ngā whārangi katoa, kei te mārama hoki ēnei ki a koe.

### He aha te kaupapa o tēnei rangahau?

E whakahaerehia ana tēnei rangahau e ngā kairangahau o Waipapa Taumata Rau me Wake Forest University School of Medicine i Amerika. Ko Ahorangi Chris Bullen te kaitūhura matua o tēnei

rangahau i Aotearoa. He kairangahau hauora a Ahorangi Bullen i tētahi pokapū rangahau e kīia ana ko te National Institute for Health Innovation (NIHI), kei te School of Population Health, Waipapa Taumata Rau, Tāmaki Makaurau, Aotearoa.

He kairangahau a Ahorangi Eric Donny, Wake Forest University School of Medicine, Amerika, e tino aro ana ki te arotake i ngā paerewa paratupeka hou mō ngā hikareti, ā, i whiwhi ia i tētahi takuhe mai i te National Institute for Health (NIH) hei whakaoti i tēnei rangahau.

Mō tēnei rangahau ka whakatūria e mātou tētahi rōpū tāngata kai paipa hei whai haere i roto i te wā i te whakatinanatanga o te Mahere Mahi Auahi Kore Aotearoa 2025. E rapu ana mātou i ō rātou whakaaro mō te momi hikareti tupeka i te mea kei te huria e te kāwanatanga o Aotearoa ana kaupapahere mō te tupeka.

Ka kohia e mātou ngā whakaaro o te hunga ka whakauru mai mā ngā rangahau tuihono poto, ā, mō ngā kaiwhakauru ka hiahia, tētahi uiui takirua i runga waea, toronga ā-tinana rānei.

Ka whakamahia ngā kitenga mai i tēnei rangahau hei whakamōhio i ngā hātepe kaupapahere tupeka a te kāwanatanga o Aotearoa, te US Food and Drug Administration's Comprehensive Plan for Tobacco and Nicotine Regulations me te āwhina ki te whakarite mahere mō tētahi rangahau hou mō te pānga o te tupeka paratupeka iti i Aotearoa

## **He pēhea te hoahoa o tēnei rangahau**

Ka tū tēnei rangahau mai i te Hūrae 2022 ki te takiwā o te Maehe 2024. I te wāhanga tuatahi, ka tono mātou ki te tāngata kia whakauru mai mā Horizon Research Limited, kei Tāmaki Makaurau, he kamupene rangahau e matatau ana ki te whakahaere rangahau tuihono. Ā muri ake, ka whakamahia e mātou te pāpāho pāpori me te pānuitanga hāngai, te kōrerorero tahi rānei ki ngā rōpū hāpori/ngā kaiwhakarato hauora hei whakamōhio i ngā tāngata mō te whakauru mai ki te rangahau.

Tuatahi, me whakautu koe i ētahi pātai hei āwhina i a mātou kia mōhio ai mēnā ka taea e koe te whakauru mai ki te rangahau.

Mēnā ka whakaae koe ki te whakauru mai, ka tonoa koe ki te whakauru ki te “Rōpū Kōrero Ngā Whakaaro mō te Kai Paipa”, ā, e 3 ngā rōpū kai paipa rerekē. Ka rapu haere tonu mātou i ngā tāngata hei whakauru mai kia eke rā anō ki te 150 tāngata kei ia rōpū.

Ka tonoa ia kaiwhakauru ki te whakaoti i ngā rangahau tuihono atu ki te 5 tae noa ki te takiwa o te Maehe 2024.

Otirā, atu ki te 72 ngā tāngata ka pōwhiritia e mātou mai i te rōpū mō tētahi uiui waea takirua kōwhiringa, zoom rānei.

Ko ngā tāngata katoa ka whakaoti i te Rangahau 2 ka tonoa ki te tuku i tētahi tīpako hūare (engari ia mēnā kua tukuna kētia i tētahi toronga) kia rokirokitia i rō pouaka tio i Waipapa Taumata Rau kia whakamātauria e te rōpū rangahau mō te whakamahi tupeka, paratupeka rānei ā muri ake. Kāore e mahia ētahi atu whakamātautau me te hūare i tukuna.

Mēnā ka whiwhi pūtea anō mātou, e manako ana ka mau tonu taua rōpū tāngata anō mō ētahi atu rangahau ki tua atu o te Maehe 2024. Ka whakamōhio atu mātou ki ngā kaiwhakauru ka whakaoti i te Rangahau 4 mō ngā whai wāhitanga rangahau ā muri ake.

## **Ko wai ka āhei ki te whakauru mai ki tēnei rangahau?**

Ko te hunga kei te ū ki ēnei whakaritenga e whai ake ka āhei ki te whakauru mai ki te rangahau:

- 18 tau, pakeke atu
- E tohu ana kotahi te rā i te marama he kai paipa. (“kaipaipa onāiane”) tērā rānei
- E tohu ana he auau te kai paipa, engari kua kore kē e kai paipa ināiane, Ā, i mutu mā te whakamahi hikareti me te momi tupeka i te 12 marama kua hipa. (“kaipaipa o mua”) tērā rānei
- E tohu ana kāore i auau te kai paipa. (“kāore i kai paipa”)
  
- E hiahia ana ki te whakaoti atu ki te 5 rangahau tuihono poto
- He kōrero, he pānui, he mārama hoki ki te reo Ingarihi, Te Reo Māori, Tonga, Hāmoa rānei
- He kirirarau nō Aotearoa, he kainoho tūturu rānei nō Aotearoa

## **He aha te āhua o taku whai wāhi mai ki te rangahau?**

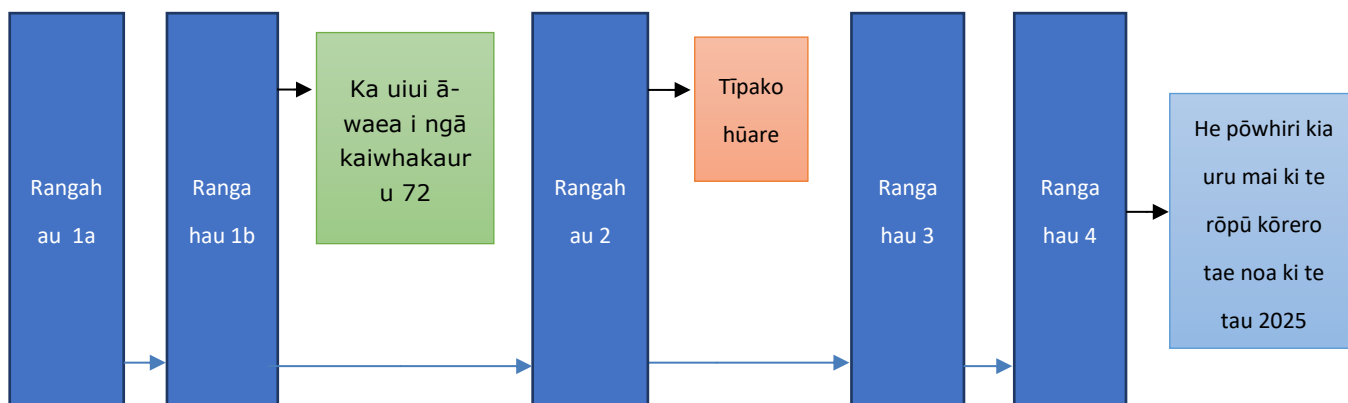
Mēnā kei te hiahia koe ki te whakauru mai, ka tonoa koe ki te tuku whakaae tuihono i mua i te whakaoti i te rangahau tuatahi. E pātai ana te Rangahau 1a mō tō mātāwaka, te whakamahi paratupeka me te tupeka, te whakamahi waipiro me te tarukino me tō oranga. E pātai ana ngā Rangahau (1b, 2, 3 me te 4) mō ō whakaaro mō te kai paipa me te Mahere Mahi Auahi Kore Aotearoa 2025. Ko te tikanga kāore e neke atu i te 10 meneti te roa mō te whakaoti i ēnei rangahau tuihono. Kei roto katoa tēnei pepa whakamārama mā te kaiwhakauru me te puka whakaae me ngā rangahau i te reo Ingarihi i te paetukutuku a Horizon Research Ltd. Nō reira, mēnā kāore koe i te mōhio ki te kōrero, pānui, ā, he kūare ki te reo Ingarihi, ā, kei te hiahia tonu koe ki te whakauru ki te rangahau, ka tukuna he whakamāoritanga o tēnei pepa whakamārama mā te kaiwhakauru me te puka whakaae ki te reo Māori, Hāmoa me te Tonga. Mēnā e whakaae ana koe ki te whakauru mai ka hopukia tō whakaae i runga ipurangi, ā, ka whakamāoritia ā-wahatia ngā kōrero o ngā rangahau ki a koe. Ka hopukia ō whakautu ki te rangahau tuihono e te kaiwhakamāori. Tērā pea te kaiwhakamāori ko tētahi o tō whānau, he ngaio hauora, tētahi rānei o te hāpori e pono ana koe. I ia wā ka whakaoti koe i tētahi rangahau me tētahi kaiwhakamāori ko tā mātou he hopu mēnā i pēnei te tuku mai i ō whakautu. E pērā ana mātou kia pai ai tā mātou whakaatu i ō whakautu ki a koe anō, ā muri ake, kei puta he māharahara i a koe, tētahi mema rānei o te rōpū rangahau mō ngā kōrero i roto i ō whakautu rangahau.

## **Ngā Uiui ā-Waea**

Ka pōwhiritia e mātou ngā tāngata 72 ka whakaoti i te Rangahau 1b kia whai wāhi mai ki te uiui ā-waea kōwhiringa me ngā kairangahau o Waipapa Taumata Rau (he tata ki te 30-45 meneti) ki te kōrero mō te Mahere Mahi Auahi Kore Aotearoa 2025 a te kāwanatanga. Ka whakamahia ngā otinga uiui hei āwhina i a mātou kia mōhio ai ki ngā pātai tika hei tuku i te Rangahau 2, me muri mai.

Ka tonu i tō whakaae mō te whakauru mai i te tīmatanga o te uiui. Ka whakahaerehia ngā uiui e ngā kaimahi mai i te NIHI i Waipapa Taumata Rau, ā, ka whakarite te NIHI ki te tuku mai i ngā kaiuiui e ōrite ana ki tō tuakiri ahurea.

Ka hopukia ā-orotia tō kōrerorero, ā, ka tuhia ia kupu, i muri i te uiui hei tātari mā ngā kairangahau. Hei tiaki i a koe, kāore e whakaurua tō ingoa me ngā mōhiotia e mōhiotia ai koe, ētahi atu tāngata rānei ki te tuinga. E whakaatu ana te pikitia ka pēhea te whakahaere i te rangahau:



### Rangahau-āpiti kohinga hūare

E ai ki tērā i kōrerohia i mua, ka tonoa ngā tāngata katoa ka whakaoti i te Rangahau 2 mēnā ka hiahia rātou ki te tuku i tētahi tīpako hūare (engari ia mēnā i tukuna e rātou he tīpako i roto i tētahi rangahau-āpiti kua oti kē). Mā tēnei ka taea e ngā kairangahau o Waipapa Taumata Rau te whakamātautau mō ngā tohu matūkoiora e whakaatu ana i te whakamahi tupeka me te paratupeka i nā tata nei. Ko te hunga e whakaae ana ki te tuku i tētahi tīpako ka tukuna atu he kete tango hūare hei whakamahi me te whakahoki atu ki ngā kairangahau mā te karere. Ka rokirokitia ngā tīpako ki tētahi pouaka tio i te -80C i Waipapa Taumata Rau kia tātarihia ā muri ake mō ngā tohu matūkoiora o te whakamahi hua paratupeka me te tupeka pērā i te momi hikareti, NRT, rehupeka rānei. E rua ngā tohu koiora kua whakaritea i tēnei wā: Te ōwehenga whakarau pūngao paratupeka (NMR) me te Kotinine (he wāwāhi i te hua paratupeka). Kāore e mahia ētahi atu whakamātautau ki te hūare.

Ka noho haumarua tō hūare ki tētahi pouaka tio mō te 36 marama, kātahi ka whakakorehia e ai ki ngā tikanga a Waipapa Taumata Rau.

Kei a koe pea ētahi tikanga tapu, āhuetanga hoki e pā ana ki ngā tīpako pūtautau, toto rānei ka tangohia. Me kōrero koe ki tō whānau mō ngā take ahurea e pā ana ki te rokiroki i ō pūtautau ina tika ana. Kei reira ētahi tūmomo whakaaro a te Māori mō ēnei take; e whakahē ana ētahi iwi kia rokirokitia ngā tīpako nā te whakapapa te take me te tohutohu i tō rātou iwi kia whakawhiti kōrero i

mua i te whakauru ki ngā rangahau e pā mai ai tēnei. Engari, e whakaaetia ana kei te tangata anō te tikanga.

Mēnā ka hiahia koe, ka takia he karakia i te wā ka whakakorehia e mātou ngā tīpako. Tē taea e mātou te whakahoki tō tīpako ki a koe, kei tūpono he matū mate hōrapa kei roto. Kāore e tukuna he tīpako ki tāwāhi.

Ka whakaurua te whakaae mō te tīpako hūare ki te Rangahau 2.

### **He aha ngā mōrea me ngā painga o te rangahau?**

Kāore he painga hāngai wawe tonu ki a koe mō te whakauru mai ki tēnei rangahau, engari mā tō whakauru mai ka āwhina i a mātou kia mārama ki ngā whakaaro o ngā tāngata mō te Mahere Mahi Auahi Kore Aotearoa 2025. Kāore e kore ka āwhina ēnei mōhiohio i ngā whakataua a ngā kāwanatanga i Aotearoa me te ao whānui mō te whakarite i ngā hua tupeka i raro i te ture.

Kāore mātou i te kite mōrea me tēnei rangahau. Engari, mō ētahi tāngata, ka whakararuraru pea ngā pātai mō te kai paipa, te waipiro, te hauora hinengaro rānei i a rātou. Mēnā ka pā mai te mamae ki a koe, e wātea ana ngā tautoko koreutu me te matatapu mā ēnei waea āwhina nei:

- Waea ā-motu. Waea koreutu, patowaea rānei ki 1737 ahakoa te wā mō ngā tautoko mai i tētahi tumu kōrero matataua
- Quitline i 0800 778 778 mō ngā tautoko me ngā tohutohu mō tō kai paipa
- Alcohol Drug Helpline' i 0800 787 797, mēnā kei te māharahara koe mō tāu ake whakamahi waipiro, tā tētahi atu rānei

### **Ka ahatia aku mōhiohio?**

I roto i tēnei rangahau ka hopu ngā kaimahi rangahau i ngā mōhiohio mōu me tō whai wāhi mai ki te rangahau. Kei roto i tēnei ko ngā whakautu ki ngā pātai rangahau/uiui. Kāore koe e āhei ki te whakauru mai ki tēnei rangahau mēnā kāore koe i te whakaae kia kohia ēnei mōhiohio.

### **Ngā Mōhiohio E Mōhiohia Ai te Tangata**

Ko ngā mōhiohio e mōhiohia ai te tangata ko aua mōhiohio e mōhiohia ai koe (hei tauira, tō ingoa, rā whānau, wāhi noho rānei).

Ka whai wāhi pea ngā rōpū tāngata e whai ake ki ngā mōhiohio e mōhiohia ai koe:

- Ngā kaimahi rangahau kua whakaaetia e whakahaere ana i ngā rangahau me ngā uiui, te tukatuka i ngā tīpako hūare me te huna i ngā mōhiohio e mōhiohia ai koe
- Ngā kaimahi taiwhanga, he tukatuka i ō whakamātautau hūware, mēnā kei roto koe i te rōpū kohikohi hūare
- Ngā komiti matatika, ngā tari kāwanatanga rānei mai i Aotearoa, i tāwāhi rānei, mēnā ka ōtitahia te rangahau. Ka mahia ngā ōtita hei whakarite kei te tiakina ngā kaiwhakauru, kei te tika te whakahaere i ngā rangahau, ā, kei te tika ngā raraunga i kohikohia.

- He tino rerekē mēnā ka mate a Ahorangi Bullen ki te tuari i ō mōhiohio ki ētahi atu tāngata. Hei tauira, mēnā he mōrea nui ki te hauora, te haumaruru rānei o te iwi whānui, tō ora, tō hauora rānei, tētahi atu tangata rānei, mēnā rānei e hiahiatia ana ngā mōhiohio i ngā āhuatanga ture tauwhāiti.

### Ngā Mōhiohio Kirimuna (Kua Waeheretia)

Hei whakarite ka noho tino matatapu ō mōhiohio, kāore e whakaurua mai ngā mōhiohio e mōhiohia ai koe ki roto i tētahi pūrongo, pukapuka rānei i whakaputaina e te NIHI, ngā mōhiohio rānei i tukuna ki ngā kaitūhura a Wake Forest University School of Medicine. Engari, ka tautuhia koe e tētahi waehere. Ka puritia e te rōpū rangahau he rārangi e hono ana i tō waehere ki tō ingoa kia mōhiohia ai koe mā ō raraunga kua waeheretia mēnā e hiahiatia ana.

Ka whai wāhi pea ngā rōpū e whai ake ki ngā mōhiohio kua waeheretia:

- Te rōpū rangahau i NIHI me Wake Forest University School of Medicine USA, mō ngā kaupapa o tēnei rangahau
- Ngā tari ā-ture, ētahi atu tari kāwanatanga rānei i Aotearoa me Amerika

Ka tukuna ngā raraunga otinga kirimuna ki tāwāhi ki te rōpū e whai ake:

- Te rōpū rangahau i Wake Forest University School of Medicine, Amerika hei tātari tatauranga atu anō. Ka tukuna ngā raraunga ki Wake Forest University School of Medicine i raro i ngā ture me ōrite ngā whakamaru raraunga ki ērā i raro i ngā ture tūmataitinga o Aotearoa.

Ka whakaputaina pea ngā otinga o te rangahau, ka whakatakotohia rānei, engari kua mā tētahi āhuatanga e mōhiohia ai e koe.

### Te Haumarutanga me te Rokiroki i Ō Mōhiohio

Ka puritia ngā mōhiohio e mōhiohia ai koe ki ngā tūmau rorohiko i Aotearoa e whakahaerehia ana e Waipapa Taumata Rau me Horizon Research Limited i te wā o te rangahau. Ko ngā mōhiohio kirimuna ka tukuna atu ki Wake Forest University ka puritia ki ngā tūmau rorohiko i Amerika.

Ka puritia ō mōhiohio rangahau kua waeheretia ki tētahi whakaurunga rokiroki haumaruru, ā-kapua mō te 10 tau i te iti rawa. Ka ū ngā rokiroki katoa ki ngā aratohu haumarutanga raraunga paetata, ā-ao hoki/rānei.

### Ngā Mōrea

Ahakoia ka whakapau kaha ki te tiaki i tō tūmataitinga, tē taea te whakapūmau ka noho matatapu ō mōhiohio. Ahakoia ngā mōhiohio waehere me te kirimuna, e kore e taea te whakaoati kāore koe e tautuhia. He iti noa te mōrea i tēnei wā o te uru atu me te raweke (hei tauira, ka uaua ake mōu ki te whai mahi, te pupuri i te mahi, te inihua hauora rānei) a te tangata engari ka nui haere pea ā tōna wā i te kitenga a te tangata i ngā tikanga hou o te rapa mōhiohio.

### Ngā Motika Kia Āhei ki Ō Mōhiohio

Kei a koe te motika ki te tono kia uru atu ki ō mōhiohio e puritia ana e te rōpū rangahau. Ka pātai mai pea koe kia whakaūngia e mātou he aha ngā mōhiohio whaiaro e puritia ana e mātou mōu, me te tono kia āhei atu, kia whakatikahia hoki/rānei aua mōhiohio. I ētahi āhuetanga kāore pea e taea e mātou te tuku kia uru atu, kia whakatikahia rānei, hei tauira, mēnā i kohia ngā mōhiohio i roto i ngā mōhiohio rangahau, ā, he mea nui kia whakaatahia ngā mōhiohio i tukuna tuatahitia i taua wā. Mēnā he pātai āu mō te kohinga me te whakamahinga o ngā mōhiohio mōu, me pātai atu koe ki a Ahorangi Chris Bullen (kei te whārangi 8 ngā taipitopito whakapā).

### Ngā Motika Tango i Ō Mōhiohio

Ka āhei koe ki te tango i tō whakaae ki te kohi me te whakamahi i ō mōhiohio ahakoa te wā, mā te tuhi atu ki a Ahorangi Chris Bullen (kei te whārangi 8 ngā taipitopito whakapā). I taua wā ka mutu tō whai wāhi mai ki te rangahau, ā, ka mutu te kohikohi mōhiohio a te rōpū rangahau mai i a koe.

Mēnā e whakaae ana koe, ko ngā mōhiohio me ngā otinga tīpako ka kohia tae noa ki tō wehe mai i te rangahau ka whakamahia tonuhia, ā, ka whakaurua ki te rangahau. Ka āhei koe ki te tono kia mukua ina wehe koe, engari anō mēnā ka wehe koe i muri i te tātaritanga o ngā rangahau.

### Mana Raraunga Māori

*Ko te kaupapa o te mana raraunga Māori* he whakamaru i ngā mōhiohio, ngā mōhiotanga rānei mō te iwi Māori (mai i a rātou rānei). E mōhio ana mātou he taonga ngā raraunga ka kohia mō tēnei rangahau. Hei āwhina ki te tiaki i tēnei taonga:

- I kōrero atu mātou ki a Tākuta George Laking (Te Whakatohea), o Waipapa Taumata Rau mō te kohikohi, te mana, me te whakamahi i ngā raraunga rangahau mai i ngā kaiwhakauru Māori.
- Ka āhei ngā whakahaere Māori ki te uru atu ki ngā raraunga rangahau kirimuna, mō ngā whakamahinga e whiwhi painga ai pea te Māori.
- Ka arotakehia e ngā kairangahau hauora Māori ngā otinga rangahau me te whakamāoritanga o ērā i mua o te tuku i ngā otinga ki ētahi atu i roto i ngā pukapuka, whakaaturanga rānei.

### **Ka taea e au te whiwhi ngā otinga o te rangahau?**

Ka āhei ngā kaiwhakauru ki te tono i tētahi whakarāpopototanga o ngā otinga rangahau ina wātea mai te pūrongo rangahau whakamutunga (atu ki te iwa marama pea mō tēnei i muri i te mutunga o te rangahau).

### **Ko wai kei te Utu i te rangahau?**

E utua ana tēnei rangahau e te takuhe USA National Institutes of Health (NIH) i whakawhiwhia ki a Ahorangi Eric Donny i Wake Forest University School of Medicine.

### **Ka whakahokia atu ngā utu?**

Mō tō whai wāhi ki tēnei rangahau, ka pēnei te utu i ngā kaiwhakauru

- He torō moni \$100 i ia marama mā ngā kaiwhakauru kei te whakaoti i ngā rangahau
- He torō moni \$200 atu anō i te mutunga o te rangahau mā te hunga ka whakaoti i ngā rangahau katoa
- \$20 mā ngā kaiwhakauru kei te tuku i tētahi tīpako hūare

### **Nā wai tēnei rangahau i whakamana?**

He mea whakamana tēnei rangahau e tētahi rōpū motuhake e kīia nei ko te Health and Disability Ethics Committee (HDEC), ā, ka tiroiro mēnā kei te ū te rangahau ki ngā paerewa matatika pūmau. Kua whakaaetia e te Komiti Matatika Hauora me te Hauā o Central Health tēnei rangahau.

### **Me whakapā atu ahau ki a wai mō ētahi atu mōhiohio, mēnā he āwangawanga rānei ōku?**

Mēnā he pātai āu, he māharahara, he amuamu rānei mō te rangahau ahakoa te wāhanga, ka taea e koe te whakapā atu ki:

Ingoa: Ahorangi Chris Bullen

Waea: 021415267

Īmēra: [c.bullen@auckland.ac.nz](mailto:c.bullen@auckland.ac.nz)

Mēnā e hiahia ana koe ki te kōrero ki tētahi tangata kāore i roto i te rangahau, ka taea e koe te whakapā atu ki tētahi kaitaunaki hauora me te hauātanga i:

Waea: 0800 555 050

Waea whakaahua: 0800 2 SUPPORT (0800 2787 7678)

Īmēra: [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)

Paetukutuku: <https://www.advocacy.org.nz/>

Mō ngā tautoko tikanga Māori, me whakapā atu ki a:

Ingoa: Tākuta George Laking (Te Whakatōhea)



Īmēra: [g.laking@auckland.ac.nz](mailto:g.laking@auckland.ac.nz)

Mō ngā tautoko tikanga Pasifika, me whakapā atu ki a:

Ingoa: Ahorangi Tuarua Vili Nosa

Īmēra: [v.nosa@auckland.ac.nz](mailto:v.nosa@auckland.ac.nz)

# Puka Whakaae (tuihono)

## CENIC-NZ



**NIHI**  
The National Institute  
for Health Innovation



### Mā te whakaoti i tēnei puka whakaae tuihono e whakaae ana ahau:

Kua pānui ahau, kua pānuitia rānei ki ahau, ā, kei te mārama hoki ahau ki ngā mōhiohio kei te Pepa Whakamārama mā te Kaiwhakauru.
He nui te wā kua hōmai hei whakaaro mehemea ka whai wāhi ki tēnei rangahau, kāore rānei.
I whai wāhi ahau ki te whakamahi i tētahi rōia, kaitautoko whānau, hoa rānei hei āwhina i ahau ki te tuku pātai, ā, e mārama ana ahau ki te rangahau.
Kei te rata ahau ki ngā whakautu mai ki ahau e pā ana ki te rangahau, ā, e whai wāhi ana ki tētahi 1-kape o tēnei puka whakaae me te pepa whakamārama, i whiwhi rānei ahau i tētahi tānga pepa i tōku reo kōrero (Ingarihi, Te Reo Māori, Hāmoa, Tonga rānei).
Kei te mārama ahau he tūao (kei ahau te tikanga) tōku whai wāhi atu ki tēnei rangahau, ā, kei ahau anō te tikanga ki te wehe mai i te rangahau ahakoa te wā, me te kore whai pānga ki taku mahi, manaaki hauora rānei. Ki te whakatau au ki te wehe i te rangahau, e whakaae ana ahau kia whakamahia tonutia ngā mōhiohio i kohia mōku tae noa ki te wā ka wehe mai ahau, ā, me tukatuka haere tonu.
E mārama ana ahau he matatapu taku whakauru ki tēnei rangahau, ā, kāore e whakamahia he kōrero ki ngā pūrongo o tēnei rangahau e mōhiohia ai ahau. E mārama ana ahau ka tukuna atu ngā raraunga otinga kirimuna ina tātari i Aotearoa ki Wake Forest University School of Medicine, Amerika.
E mārama ana ahau ka tuarohia ngā mōhiohio ki ētahi atu rangahau, rēhita rānei, i rō pūrongo rānei mō ngā tari kei te arotake i te hekenga o te paratupeka i rō hua tupeka, engari kāore e whakamahia he mōhiohio e mōhiohia ai ahau.
E mōhio ana ahau me whakapā atu ki a wai mēnā he pātai āku mō te rangahau.

**Whakapuakanga tuihono a te kaiwhakauru i te Rangahau 1:** E whakaae ana ahau ki te whakauru atu ki tēnei rangahau

### Ka whakaurua mai ngā pātai e whai ake ki ngā rangahau e ai ki tērā i whakaaturia

Rangahau 1b E whakaae ana ahau kia uru atu ki tētahi uiui waea takirua (30-45 meneti) mēnā ka tīpakohia ahau	Āe <input type="checkbox"/>	Kāo <input type="checkbox"/>
Rangahau 2 E whakaae ana ahau ki te tuku i tētahi tīpako hūare kia tātarohia mō te pānga ki te paratupeka me te tupeka mēnā he kai paipa ahau i tēnei wā, he kaipaipa ahau i mua rānei. Ka rokirokitia te tīpako i Waipapa Taumata Rau atu ki te 36 marama. Ka whāiti te tātari ki ngā tohukoiora o te pānga ki te paratupeka me te tupeka.  E hiahia ana ahau kia karakia i te wā ka whakakorehia taku tīpako hūare	Āe <input type="checkbox"/>	Kāo <input type="checkbox"/>
Rangahau 4 E hiahia ana ahau ki te whiwhi i tētahi whakarāpopototanga o ngā otinga mai i te rangahau.	Āe <input type="checkbox"/>	Kāo <input type="checkbox"/>
Rangahau 4 Mēnā ka whiwhi pūtea atu anō, e whakaae ana ahau kia whakapā mai ki te rapu mēnā kei te hiahia ahau kia whai wāhi atu ki ētahi atu rangahau anō.	Āe <input type="checkbox"/>	Kāo <input type="checkbox"/>

