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HEALTH CARE WORKERS TO IMPROVE KNOWLEDGE OF URINARY INCONTINENCE AMONGST MAORI IN NEW ZEALAND

Aims of Study

To assess the efficacy of health care workers in improving knowledge of urinary incontinence amongst Maori in New Zealand

Methods

Amongst Maori, the indigenous people of New Zealand, urinary incontinence is a taboo subject. In conjunction with a group of health care workers based in the Maori community we sought to increase awareness of urinary incontinence and give Maori more confidence about seeking help for urinary incontinence. After attending an education workshop and provision of a teaching kit the health care workers of 'Ringa Atawhai' presented education to their community. We surveyed those who attended these health care worker led discussions for their satisfaction about the education they received.

Results

80% of those surveyed stated they not felt confident about seeking help about urinary incontinence. 75% of those surveyed said they knew of someone with urinary incontinence. Over one third of subjects would have like to receive information about urinary incontinence in their own language, Te Reo Maori.

Conclusions

Use of community health workers to provide education about urinary incontinence leads to a high level of satisfaction with the information provided and may lead to increased health seeking in this otherwise silent group of sufferers with urinary incontinence.