

My Advance Preference Statement – MAPS

Giving tāngata whaiora voice in treatment and care decision making at any time or anywhere on their journey with mental health & addictions services.

TE KETE RONGOMAU RESEARCH PROJECT OVERVIEW

About Te Kete Rongomau Project

[Te Kete Rongomau](#) (TKR) is a research project funded by the Health Research Council at the University of Waikato. This research is a 3-year project (2023 - 2026) aiming to create, implement, and evaluate MAPS (My Advance Preference Statement, also called Mental Health Advance Preference Statements). The research is being implemented along with local project teams in the mental health settings of Health New Zealand Te Whatu Ora Lakes and Waikato. TKR MAPS aims to facilitate and promote supported decision-making through the development and application of MAPS. This project aligns with the updated guidance of the Health & Disability Commissioner regarding Advanced Directives (see www.hdc.org.nz for more information).

MAPS are a tool for tāngata whaiora to tell others what they would like to happen within treatment and care decision making should they become unwell in the future. From a service perspective, this is an opportunity to hopefully reduce the stress and risk when tāngata whaiora become unwell, and also help ensure processes and documents work for staff, which in turn will also help tāngata whaiora. Practice change in the form of MAPS facilitating supported decision-making mechanism will likely lead to improvements in well-being, equity and possibly other social, economic, and cultural benefits for Aotearoa.

Ngā kairangahau/researchers – Who is leading this research?

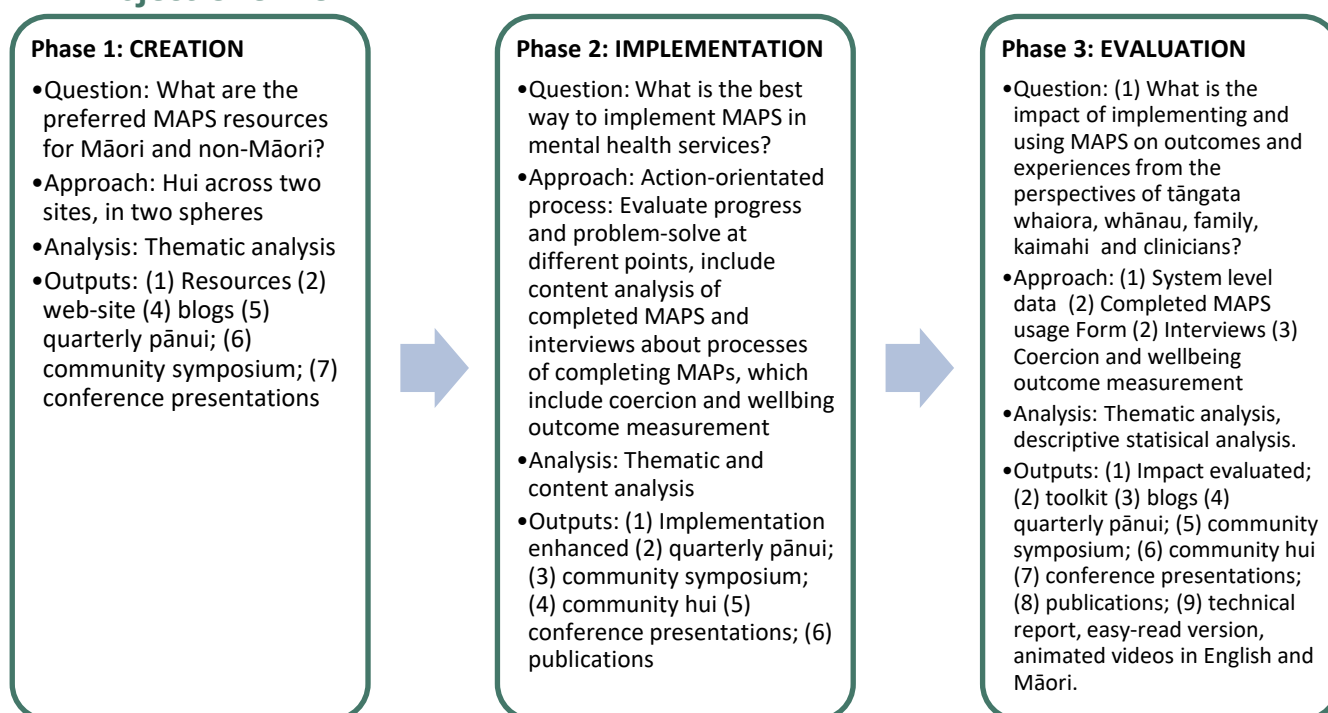
The research is being led by **Dr Sarah Gordon** (University of Waikato), **Dr Katey Thom** (Auckland University of Technology), **Dr Armon Tamatea** (University of Waikato) and **Mr Johnnie Potiki** (Te Whatu Ora Southern). The Waikato project team includes:

- **Dr Rees Tapsell** (Ngāti Whakaue) is the Director of Clinical Services and Director of Area Mental Health Services (DAMHS) for Waikato, a senior psychiatrist, with experience as a whānau member of someone with lived experience, a deep understanding of and commitment to Te Ao Māori, and research experience.
- **Suzette Poole** (Tuiwi) is the Kaiwhakahaere Neehi-Nurse Director with Waikato.
- **Areann Libline** (Waikato Tainui) is a Clinical Nurse Specialist with Waikato.
- **Dave Snell** (Tuiwi) is a service user, social psychologist, and Lived Experience Community Development Advisor with Waikato.
- **Wheeti Maipi** (Waikato Tainui) has a deep understanding and commitment to Te Ao Māori and is a whānau advisor with Waikato.

- **Dr Debbie Goodwin** (Ngāi Tūhoe, Whakatōhea, Pākehā), is an independent kaupapa Māori researcher with experience working with community youth mental health and addictions services, providing project management support.
- **Areta Ranginui Charlton** (Ngāi Tūhoe, Ngāti Ruapani ki Waikaremoana) is an emerging Kaupapa Māori research supporting the project manager role.

The Waikato project team's role is to support implementation, by promoting MAPS to tāngata whaiora and staff. This will be undertaken through hui, workshops, webinars and will include a package of resources that detail processes for using the MAPS template.

Project Overview



TKR project has received Te Whatu Ora Waikato local research approval for all three phases (approved 26/09/2023). Phase 1 was ethically approved by the University of Otago. Phase 2 has received approval from the University of Waikato with Phase 3 being welcomed as an amendment.

Phase 1 – Creation

Phase 1 involved the creation of MAPS tools through hosting a series of hui alongside a total of 125 tāngata whaiora, whānau, and mental health kaimahi to understand what was important to create MAPS templates. Rigorous analysis resulted in the creation of a localised Waikato MAPS tool which can be accessed by tāngata whaiora and staff on the TKR website.

Phase 2 will use action research, informed by change theory, to complete the evaluation and iterations of the implementation of the suite of resources and resources to support

the creation of. Phase 3 will involve a mixed methods impact evaluation of MAPS, focusing on health, equity, social and cultural benefits

Current research phase: Phase 2 – Implementation

Phase 2 includes engaging up to 100 tāngata whaiora to complete a MAPS. The availability of the Waikato TKR MAPS template will be promoted through lived experience networks and staff meetings. The live date for tāngata whaiora to start accessing and using the TKR MAPS template is **mid-November 2024**. Resources to support the creation of MAPS including an *Information Pamphlet, Poster, Fact Sheet for tāngata whaiora, and Staff Process Document* have been created to guide tāngata whaiora and staff.

Tāngata whaiora may then choose to opt-in to the research project after the completion of their MAPS. The research activities will be managed by the TKR project team. By opting in, tāngata whaiora will be contacted by the research team to complete informed consent to participate in:

1. **An interview** (with or without whānau/support people) about their experience creating a MAPS.
and/or
2. **Allow researchers to analyse their completed de-identified MAPS.** The analysis will review the MAPS content, compare it to others, and better understand the core information to help improve education, resources, and awareness.

Phase 3 – Evaluation (2025 onwards)

Phase 3 will focus on evaluating the impact of MAPS in practice, with tāngata whaiora, whānau and staff. Staff will be invited to complete two research activities: filling in a simple one-page feedback form after MAPS are used by services and completing a general online survey towards the end of the project. Staff participation in the research project is voluntary and doesn't require a formal consent process as submitting your responses to the feedback form and survey is considered consent.

Te Kete Rongomau research contact

For further details regarding the TKR Research Project please go to the website www.teketerongomau.com or contact the project team using the email below:

Te Kete Rongomau Research contact teketerongomau@otago.ac.nz