

INTRODUCTION TO THE HUA ORANGA (Information handout)

What is the Hua Oranga?

The Hua Oranga is a brief, one-page Māori health outcome measure that takes less than five minutes to complete. Hua (to bear fruit or be abundant) and Oranga (wellbeing) reflects the focus on developing, working towards, and measuring wellbeing for tangata whaiora (person seeking wellbeing).

Why is using the Hua Oranga important?

The Hua Oranga ensures that practitioners, tangata whaiora and whānau reflect on their work together to adjust and improve the quality and effectiveness of their approaches to wellbeing.

Taking a broad focus on wellbeing also ensures that we look beyond the symptoms of a problem to build on our collective strengths and notions of wellbeing.

Who can use it?

Tangata whaiora 16 years and older; and any individual the tangata whaiora consider whānau. This does not have to be a blood relative, but it is preferable that this person knows the tangata whaiora and will be a point of contact across the intervention.

The practitioner working alongside the tangata whaiora can also complete the measure allowing for an opportunity for discussion and different perspectives.

When do we use it?

At the first appointment to assist us to identify strengths and challenges and, to set goals. The measure is also used periodically across the period of time the tangata whaiora is in the service. This enable those involved to 'step back' and discuss how the work is going. The measure should also be used as part of creating a summary of progress, often at the last planned session.

What is it measuring?

The Four interrelated areas of wellbeing

Taha Tinana Physical Wellbeing	centres on the physical body, its growth, development, and ability to move, and ways of caring for the body.
Taha Wairua Spiritual Wellbeing	focuses on the values and beliefs that determine the way people live, the search for meaning and purpose in life, personal identity, and self-awareness. This may be linked to religion or the belief in a higher form of existence.
Taha Hinengaro Mental & Emotional Wellbeing	explores coherent thinking processes; being able to acknowledge and express thoughts and feelings, and to respond constructively to others.
Taha Whānau Social Wellbeing	considers family relationships, friendships and other interpersonal relationships, feelings of belonging, compassion and caring, as well as social support.

What is done with the information?

The measure is scanned and kept on the file of the tangata whaiora, and the results (score) from the measure is entered into the notes on the day it is completed. The results are also sent to the Ministry of Health as part of the services funding obligations. These scores are sent anonymously (it does not have tangata whaiora information attached). information attached).