

Title	Implement and evaluate hauora practices that whakaohoho te hinengaro		
Level	6	Credits	8

Purpose	People credited with this unit standard are able to explain, develop a plan, and implement and evaluate, hauora practices that whakaohoho te hinengaro.
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Classification	Te Ara Hou ki te Ora > Hauora
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Available grade	Achieved
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Guidance Information

- 1 Definitions of Māori words will be those relevant and in common usage in a hauora context. However, the local iwi and/or hapū must verify the local dialect.
- 2 Definitions

Hauora means the appropriate practices associated with the holistic wellbeing of an individual as a member of a whānau, hapū, and iwi. For the purpose of this unit standard, these practices are determined by service providers or entities that operate within a hauora context.

Hauora context refers to hauora service provision for Māori.

Maori customary practices refer to the accepted day-to-day activities within whānau, hapū, iwi.

Hauora practices refer to Māori health practices.

Hauora setting refers to home care, hospital, residential care, rehabilitation centre, marae.
- 3 Outcome 3 will be presented as a case study
- 4 Legislation and conventions relevant to this unit standard may include but are not limited to: the Health and Safety at Work Act 2015; *Standards for Traditional Māori Healing* (Wellington: Ministry of Health, 1999); and the Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996 and any amendments.
- 5 Glossary

Whakaohoho - stimulate

Hihiko - brisk, quick, joyous, cheerful

Maia - brave, bold, capable

Akiaki - dynamic, incite, urge,

Whakatenatena - encourage, hearten, egg on.

Outcomes and performance criteria

Outcome 1

Explain hauora practices that whakaohoho te hinengaro.

Performance criteria

- 1.1 Māori customary treatments that whakaohoho te hinengaro are identified in relation to tikanga.
- 1.2 Māori customary treatments that whakaohoho te hinengaro are described in relation to hauora practice.
- 1.3 Examine and compare Te Whare Tapa Whā and Te Pae Mahutonga and their impact on te hinengaro.

Outcome 2

Identify a range of activities that whakaohoho te hinengaro.

Performance criteria

- 2.1 A range of activities to whakaohoho te hinengaro are identified and demonstrated.

Range activities may include but are not limited to – hei tama tū tama, whakaropiropi, kopikopi, mū tōrere, kī-ō-rahi, karakia, waiata, mōteatea, whaikōrero, karanga, whakataukī, pepeha, poi, tītītōrea, whai, whakapapa, developing te reo, pūrākau, pakiwaitara; evidence of three activities is required.
- 2.2 Activities are examined in relation to hauora setting and capabilities.

Range capabilities may include but are not limited to – access to services, at-risk participants, crisis situations, relevance; evidence of one setting and three capabilities is required.

Outcome 3

Develop a plan that includes relevant whakaohoho te hinengaro activities.

Performance criteria

- 3.1 Plan includes tikanga related to whakaohoho te hinengaro.

Range plan may include but is not limited to – karakia, kanohi-ki-te-kanohi, kōrerorero, whanaungatanga, manaakitanga, aroha, kaitiakitanga; evidence of three is required.

3.2 The plan includes expected outcomes.

Range expected outcomes may include but is not limited to – oranga, āhua, katakata, kōrero, hihiko, maia, akiaki, whakatenatena; evidence of three outcomes is required.

3.3 Evaluate the plan.

Range includes but is not limited to – what worked, what didn't work, what you would do differently.

Planned review date	31 December 2022
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 October 1998	31 December 2012
Review	2	18 December 2002	31 December 2012
Review	3	20 August 2010	31 December 2017
Review	4	10 December 2015	N/A
Revision	5	28 September 2017	N/A
Rollover and Revision	6	23 April 2020	N/A

Consent and Moderation Requirements (CMR) reference	0165
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact the NZQA Māori Qualifications Services mqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.