



# Māori Injury and Disability

**Overview:** Injury is the second leading cause of death and disability for Māori aged 15-64 years (Office for Disability Issues, 2010). Māori adults have more than twice the mortality risk and more than 1.5 times the risk of hospitalisation due to unintentional injuries compared to non-Māori (Ministry of Health, 2010). Improving injury outcomes for Māori will result in longer life expectancies, better quality of life, and less disability. Below are some key findings from research undertaken at the University of Otago.

3 months post-injury

Adverse outcomes 3 months post-injury



**69%**

experiencing pain and discomfort



**59%**

experiencing difficulties with usual activities



**41%**

experiencing difficulties with mobility

**10%**

of Māori experience high levels of psychological distress after injury

12 months post-injury

Injury is the **2<sup>nd</sup>** leading cause of disability for Māori

## Predictors of disability 12 months post-injury

- 2 or more chronic conditions
- Trouble accessing healthcare services
- Hospitalisation due to injury
- Inadequate household income

Injured Māori experiencing disability (compared to 13% for non-Māori)

**21%**

24 months post-injury

## Māori experience higher levels of adverse outcomes than non-Māori including:

- pain and discomfort
- difficulties with mobility and usual activities
- psychological distress
- reporting 'barely/not enough' household income

**40%**

of Māori participants who had a disability at 24 months post-injury had had trouble accessing health care services

**Difficulties accessing health services** contribute to Māori experiencing long-term disability after injury, even for less severe injuries.

**Māori are not receiving adequate access to health services after injury**

## Māori working for pay post-injury



3 months post-injury

**64%**

12 months post-injury

**>90%**

## Factors predicting being in paid work 3 months after injury

- Professional occupation
- Financial security pre-injury
- Job satisfaction pre-injury
- Low-moderate injury severity
- Not hospitalised due to injury
- Occupation requiring less frequent hand movements
- Occupation requiring no physical exertion

**71%**

of Māori reported being satisfied with life 3 months post-injury (compared to 93% pre-injury)

Māori hospitalised for injury are **1.8** times as likely to experience disability 24 months post-injury compared to non-Māori

## Subsequent injuries

**DISLOCATIONS, SPRAINS** and **STRAINS** of the **SPINE** are the most common type of ACC subsequent injury

## Predictors of reduced participation in paid work for Māori with a subsequent injury

- Assault
- ACC entitlement claim
- 2 or more subsequent injuries
- Non-work-related subsequent injury

**62%**

of Māori had at least one subsequent injury in 24 months

## Subsequent injuries affect participation 12 months after an initial injury

less paid work   less unpaid work



**35%**

**16%**

## Research Project Details

### Māori Disability Outcomes: Pathways and Experiences After Injury

#### Team members:

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- Matire Harwood

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### Subsequent Injury Study (SInS): Improving outcomes for injured New Zealanders

#### Team members:

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**Funding:** Health Research Council of New Zealand (HRC15/091)

### Prospective Outcomes of Injury Study (POIS)

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