

A Clinician's Guide to Inequity in Healthcare

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Cardiovascular disease (CVD) is the leading cause of death in Maori. CVD outcomes for Maori continue to be worse than for NZ Europeans, a disparity that is also seen in many other diseases. NZ's health system has been unable to close this gap despite treatment advances. This inequity is also reflected in other areas of socio-economic importance such as income, wealth, employment, education, housing standards and crime. Ultimately these differences are rooted in historical events, and the shared history between Maori and NZ Europeans has shaped cultural views of one another and contributes to both individual and system biases.

In this presentation, I'll review data that highlight inequities in CVD outcomes for Maori, systems that allow these inequities to be perpetuated, and how inequity can be improved at a clinical level. I'll also explore how our own cultural background and biases can influence patient care, what we can do to mitigate those biases, and the political implications of addressing these challenges.