

PROSTATE  
CANCER  
OUTCOMESREGISTRY  
AUSTRALIA &  
NEW ZEALANDMONASH  
UniversityCHOMNZ | centre for health outcome  
measures new zealand

## Tauākī Whakamahuki mā te Kaiuru

Kaitūhura Matua o PCOR-NZ: Mr Stephen Mark, Mātanga Aramimi, Ōtautahi, Aotearoa  
Kairuruku Rēhita o Aotearoa: Judith Clarke, Centre for Health Outcome Measures NZ (CHOMNZ)

### HEI PUPURI MĀU

#### 1. He kupu whakataki

Kua whakatūria tētahi Rēhita Putanga Mate Pukupuku Repe Ure o Aotearoa hei whakapai ake i te kounga o ngā tautiakitanga e tukua ana ki ngā tāne e mate ana i te mate pukupuku repe ure. He mea kohi e te rēhita ngā raraunga o ngā tautiakitanga me ngā putanga ā-hauora mō ngā tāne kua tautohua ki te mate pukupuku repe ure i Aotearoa. Ka whai hua tō reo me ō wheako mate pukupuku repe ure, nā reira e kohi kōrero ana mātou i te huhua tāne e pā ana ki te kounga o te ora i mua, i muri hoki i te whai rongoā.

Ko PCOR-NZ te wehenga o Aotearoa o te Prostate Cancer Outcomes Registry Australia and New Zealand (PCOR-ANZ), he rēhita e whakakapi ana i Te Tai o Rehua e tautokona ana e The Movember Foundation, i runga hoki i te tautoko a te Manatū Hauora me ngā pāpori rongoā mātanga e whakahaere ana i te mate pukupuku repe ure.

Kua tukuna ki a koe tēnei Tauākī Whakamahuki mā te Kaiuru hei urupare ki te whakamōhihia o PCOR-NZ e pā ana ki tō tautohutanga o nā noa nei ki te mate pukupuku repe ure. Kua tae mai te whakamōhiotanga i tō hōhipera/whare rongoā, i te Rēhita a NZ Cancer rānei. Ko te pūtake o tēnei tauākī ko te kōrero ki a koe e pā ana ki te rēhita me te whakamārama i ngā āhuatanga ka pā ki a koe mēnā koe ka whai wāhi mai.

*Tēnā, kia āta pānuihia ēnei kōrero.* Ki te kore koe e mōhio, ki te pīrangī rānei ki ētahi whakamārama atu anō e pā ana ki tāu e pānui nei, tēnā, me pātai mai. Kei te pai hoki te kōrero tahi mō te rēhita ki tētahi whanaunga, hoa, ki tō kaimahi hauora ā-rohe rānei i mua i te whakatau kia whai wāhi mai.

Māu anō e kōwhiri kia whai wāhi mai. Ka kounga te tautiakina ōu ahakoa ka whai wāhi mai, kāore rānei. Ka uru aunoa koe ki te rēhita, māna, ka "puta" koe. E pai ana te puta ahakoa te wā. **Ki te kōwhiri koe kia puta i te rēhita, tēnā whakapā mai mā 0800 008 436, īmēra mai rānei mā [pcornz@chomnz.org.nz](mailto:pcornz@chomnz.org.nz)**

#### 2. He aha te koronga o tēnei rēhita?

Ko te whāinga o PCOR-NZ ko te whakapai ake i te kounga o ngā tautiakitanga e tukua ana ki ngā tāne e mate ana i te mate pukupuku repe ure. He tuatahitanga tēnei, tā ngā tākuta, ngā kairangahau, me ngā tāne e pāngia ana e te mate nei, mahi tahi ki te whakapai ake i te oranga o te hunga kua tautohua, ā, e mate ana i te mate pukupuku repe ure. I tōna tikanga ka āhua 3000 te nui o ngā whakamōhiotanga mate pukupuku repe ure puta noa i Aotearoa i ia tau.

#### 3. He aha ngā āhuatanga o te whai wāhi ki tēnei rēhita?

Ka kohia e PCOR-NZ ngā kōrero e pā ana ki tō ingoa, tō nama Tauine Hauora ā-Motu, tō rā whānau, tō mātāwaka, tō wāhi noho me ō taipitopito whakapā; te rangi i whakawhitia ai koe ki te whai tautohutanga; te ingoa o tō tākuta tautohu/ rongoā me te whare rongoā; ngā kōrero ā-rata e hāngai ana ki tō tautohutanga pēnei i ngā taumata me ngā putanga mātai māuiui, ngā rangi me ngā

taipitopito e pā ana ki ngā mahinga hauora, ngā rongoā rānei i tukua mō tō mate pukupuku repe ure. I muri i te 12 marama nō te tuku-rongoā, ka kohi e PCOR-NZ tō taumata PSA o te 12 marama me te āpiti i ētahi rongoā atu anō kua whāia nō te kohinga raraunga tuatahi. Ka kohia ngā kōrero mā te toro i ū mauhunga ā-rata matihiko, pepa rānei mā te toro ā-tinana atu, mā te toro i mamao rānei ki te hōhipera/ te pūnaha whakahaere tūroro tūmataiti rānei, ā, i runga anake i te whakaaetanga o ēnei whare. Ka kohia ngā raraunga e ngā kaimahi kua whakaaetia e mahi ana i roto, i te taha rānei o tō hōhipera, o tō whare rongoā mātanga rānei. Waihoki, mēnā koe kua whai rongoā i wāhi/whaitua kē atu i Ahitereiria, i Aotearoa rānei, ka tuarihia pea ū kōrero ki ētahi atu rēhita o PCOR.

Ka tonoa pea koe ki te whakakī i tētahi rārangi pātai e 5 mīniti te roa hei aromatawai i te kounga o tō ora, i mua i te whai rongoā (hei tauira, i roto i te 90 rā nō te tautohutanga), ā, i te kotahi tau hoki i muri i te whai rongoā (ka uru ki te whai rongoā ko te whakatau ki te whai i te rautaki "Tūtei Mataara", te "Mātakinga me te Tāringa" rānei). E taea ana te whakakī i ngā rārangi pātai mā te poutāpeta, mā te waea, mā te ipurangi rānei. Ki te whakakī mā te ipurangi, tēnā tukua ū wāhitau īmēra ki [pcornz@chromnz.org.nz](mailto:pcornz@chromnz.org.nz), ā, mā mātou e tuku tētahi tūhononga ki a koe.

Ka waeahia pea koe e tētahi kaimahi nō PCOR-NZ mēnā kāore anō mātou kia whiwhi i tō rārangi pātai, ā, kāore koe i puta i te rēhita. He arawātea tēnei waeatanga e tuku mai ai koe i ū pātai e pā ana ki te rēhita, ki te whakamōhio mai rānei mēnā koe kei te hia puta.

#### **4. He aha ētahi hua o te whai wāhi mai?**

Ahakoa kāore he hua hāngai tonu ka hua ake i tō takoha ki tēnei rēhita, ka whai hua ū wheako. Mā tō whai wāhitanga e whāngai te nui ake o te mārama ki te pānga o ngā momo rongoā maha o te mate pukupuku repe ure me te tohu i ngā whakapaitanga ki ngā tautiakitanga ā-rata. Ko tētahi hua matua o te rēhita ko te āheitanga ki te aroturuki i te kounga o ngā tautiakitanga puta noa i Ahitereiria me Aotearoa ki te whakaū i te tukunga o ngā ratonga hauora pai katoa ki ngā tāne e mate ana i te mate pukupuku repe ure.

#### **5. He aha ētahi o ngā tūraru?**

Ko ngā kōrero kei te rēhita he whai tautohu. Ko ngā raraunga tautohu ko tō nama Tauine Hauora ā-Motu (NHI), tō ingoa, tō rā whānau me tō wāhi noho. Me mātua whai ēnei kōrero e pai ai tā PCOR-NZ kohi raraunga e pā ana ki ū tautiakitanga mai i ngā hōhipera me ngā tākuta e whai wāhi mai ana. Ka whai toronga hoki tētahi kaimahi nō PCOR-NZ ki ū mauhunga ā-rata; heoi anō, me ū ia ki ngā mātāpono tūmataiti taikaha rawa atu. Ka tiakina ū raraunga e ngā kaupapahere o Aotearoa me ngā tukanga, ngā ture, me ngā aratohu e kāwana ana i te tūmataiti me te matatapu.

Kua whakaaetia e te Health and Disability Ethics Committee te puritanga o ngā kohinga raraunga i ngā tūmau whakamaru ki Poihākena me Kanipera, ki Ahitereiria. Ka puritia te kōnae pūrua ki Aotearoa ki Centre for Health Outcome Measures NZ (CHOMNZ), 132 Peterborough St, Ōtautahi.

#### **6. Me whai wāhi rānei ahau ki te rēhita?**

Māu anō e kōwhiri kia whai wāhi mai. Ki te kore e hiahia whai wāhi mai ki te rēhita, māu e kōwhiri kia:  
A: puta i te rēhita, māna

B: kohia ngā raraunga ā-rata engari ka kore e whakakī i ngā rārangi pātai [Kohi Raraunga anake]

Ki te puta koe, katoa ngā kōrero kua kohia pea e mātou, ka tangohia i te rēhita, hāunga rā tō nama Tauine Hauora ā-Motu (NHI), tō ingoa, tō rā whānau, te rā tautohu/rata/whare rongoā. Ka puritia ēnei taipitopito kia kaua mātou e whakapā anō ki a koe.

## **7. Ka ahatia ōku kōrero?**

Ko ētahi o ngā kōrero ka kohia e PCOR-NZ ka whai wāhi hoki ki te PCOR-ANZ ā-motu-rua. He mea whakahaere ngā purihanga me ngā whakamarutanga raraunga e Dacima Software me Movember kua whai i ngā Pūnaha Whakahaere Whakamaru, whakamanatanga ISO 27001. Nā te mea he rēhita mauroa tēnei, ka puritia pūnoatia ngā raraunga ki tētahi wāhi whakamaru.

Ki te kore koe e puta, ka whakahokia pea ō raraunga whai tautohutanga ki tō tākuta rongoā, ki te hōhipera rānei hei whakaūtanga ā-kounga, ā, mō ngā take tautiaki rānei. Ka whakamahia hoki pea ngā kōrero tautohu-kore mōu mō ngā kaupapa rangahau i Aotearoa, i tāwāhi anō hoki, heoi anō, ka hāngai anake ki ngā rangahau e tika ana i raro i te pūtaiao, ā, kua whāia hoki ko ngā whakaaetanga tika. E kore koe e tohua i roto i ngā mahi whakaputanga.

Ka whakamahia pea tō nama Tauine Hauora ā-Motu ki te hono atu ki ētahi atu raraunga e hāngai ana ki te Manatū Hauora hei whakaū i te tika me te whānui o ngā raraunga o PCOR-NZ me ēnei kohinga. Ka whāia anake tēnei mēnā ka whakaaetia te taha matatika, ā, ka hāngai hoki ki ngā ture tūmataiti hāngai me ngā tukanga a te Manatū Hauora. Kei roto pea i ngā hononga ko ēnei:

- Rēhita NZ Cancer
- Ngā mauhunga o te Rēhita a NZ Births, Deaths and Marriages
- Te huinga raraunga ā-motu a NZ Radiation Oncology
- Te huinga raraunga a NZ NHI (hei tauira, ki te kohi i ngā raraunga mātāwaka mēnā e ngaro ana i tō mauhunga ā-rata; ki te kore he mātāwaka, ka tuhia 'kāore i te mōhiotia' ki PCOR-NZ)
- Te huinga raraunga a Urology Tumour Standards

## **8. E taea ana te toro i ngā kōrero e puritia ana mōku?**

E ai ki ngā ture tūmataiti o Aotearoa, nōu te mōtika ki te toro i ngā kōrero e kohia ana, e puritia ana mōu e PCOR-NZ. Tēnā, whakapā mai mēnā koe kei te hia toro i ō kōrero.

## **9. He aha te tāwharau o te rēhita nei?**

Kua arotakehia motuhakehia tēnei rēhita, ā, kua whakaaetia e te Northern A Health and Disability Ethics Committee e arotake nei i ngā mātaitanga ā-motu, ā-rohe-maha hoki [nama tohutoro matatika 15/NTA/92]. Ko ngā whare e whai wāhi mai ana, kua whai whakaaetanga matatika ā-rohe, waihoki, kua tika te whiriwhiri tahi me ngāi Māori.

## **10. Me whakapā ahau ki a wai?**

Kitea ai he whakamārama anō e pā ana ki tēnei rēhita mā te whakapā mai ki a mātou mā tēnei nama utu-kore 0800 008 436, mā te īmēra mai rānei mā [pcornz@chomnz.org.nz](mailto:pcornz@chomnz.org.nz), mā te paetukutuku a PCOR-ANZ rānei ki [www.prostatecancerregistry.org](http://www.prostatecancerregistry.org).

Ka kapi i te rārangī pātai kua tāpirihia ngā kaupapa whānui e hāngai ana ki te hauora me te oranga. Ko ētahi he kaupapa uua, he whaiaro rawa atu rānei. Mēnā e māharahara ana koe i te āhua ki tō hauora ā-kare ā-roto, ā, kei te hia āwhina, me whakapā pea ki:

- Tō rata arowhānui, tō tākuta rongoā rānei
- Cancer Society Helpline: 0800 226 237
- Prostate Cancer Foundation New Zealand: 0800 477 678
- Lifeline NZ: 0800 543 354

Mēnā kei te hia whakapā ki tētahi, e motuhake ana i te mātaitanga, e pā ana ki ō take matatika, ki ō mōtika rānei, ki te tuku amuamu rānei, me whakapā ki tētahi māngai hauora me te hauātanga motuhake mā: Te waea: 0800 555 050, te īmēra rānei: [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)