

Dr Matire Harwood

Ngāpuhi, Ngāti Hine, Te Mahurehure, Ngāti Rangī

*“I like seeing
how my work
makes a
difference in
people’s lives.”*

**General practitioner and
health researcher**

*Family doctor; studies how to improve results for
Māori with long-term health problems*



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New Zealand Association of Science Educators

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Matire's work

GP (family doctor), Papakura Marae Health Clinic.

Matire sees people of all ages in the health clinic every week, and works with hospital staff to help people stay well and get the care they need.

During the worldwide infection (pandemic) of Covid-19, Matire was involved in the national Māori pandemic group, Te Rōpū Whakakaupapa Urutā, which provided expert advice for whānau, iwi, and health providers. She represented Te Rōpū on the Ministry of Health's Technical Advisory Group for Covid-19.

Research

Matire is also the Deputy Dean for Medical and Health Sciences at the University of Auckland, training doctors, nurses and other health professionals as well as doing research.

Matire studies how to reduce inequities (avoidable and unjust differences) between Māori and non-Māori in long-term health conditions such as cardiovascular disease (heart problems and strokes), asthma and diabetes, and in results from surgery.

For example, Matire found that discrimination in the health system against Māori and Pacific peoples caused more disability for them after strokes (brain attacks, caused by a blockage or burst blood vessel in the brain). She developed a simple Take Charge advice session for stroke patients, which led to improved recovery in Māori and Pacific peoples as well as Pākehā.

*Scroll down to see her complete profile from May 2020 -
<https://nzase.org.nz/resources/?resource=scientist-profiles>*