

# Summary



Promoting good health has been defined as the process of enabling people to control and improve their health, not by changing their beliefs or values, but by helping and encouraging them to determine their own good health and wellbeing.<sup>31</sup>

For Pacific peoples, promoting good health involves assisting the communities to make the right choices to enhance and maintain health.<sup>31</sup> However, Pacific communities can only actively work to improve health if the necessary resources – including doctors – are accessible, available, acceptable, and culturally appropriate.<sup>31</sup>

As for other cultures, most Pacific peoples think it important to establish trusting relationships with their health-care providers. If providers and patients understand each other, patients are more likely to be satisfied and to accept treatment. Knowing different Pacific traditions will increase your cultural competence, and help you to communicate better with Pacific patients. In turn, this will encourage patients to seek care more promptly, will improve the collection of clinical information, will help providers to understand their Pacific clients, and will help Pacific clients and their providers to communicate better.

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**Contact details**

Medical Council of New Zealand  
Level 13  
139 Willis St  
PO Box 11649  
Manners Street  
Wellington 6142

**PHONE** 0064 4 384 7635

**FREEPHONE** 0800 286 801

**FAX** 0064 4 385 8902

**EMAIL** [mcnz@mcnz.org.nz](mailto:mcnz@mcnz.org.nz)

**WEBSITE** [www.mcnz.org.nz](http://www.mcnz.org.nz)

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