

Talk-About

The official newsletter for the Aboriginal and Torres Strait Islander Health Unit

July/August 2019

Metro North Hospital and Health Service *Putting people first*



Better Together plan launched at Metro North Caboolture NAIDOC Week Celebration

Australia's largest public health service has launched its plan to improve Indigenous health outcomes at a community NAIDOC celebration.

Over 1,500 people attended the annual Metro North Caboolture Family Fun Day gathering to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people. The Metro North Hospital and Health Service Better Together Aboriginal and Torres Strait Islander Health Plan 2019-2022 was unveiled as part of the event.

The plan outlines the Close the Gap agenda commitments and actions with Caboolture the ideal location to launch the plan with the highest Indigenous population in the catchment of over 6,000 people.

Metro North Acting Chief Executive Jackie Hanson told guests that patients, community groups and partnership organisations helped contribute to the plan.

A/Director of the Aboriginal and Torres Strait Islander Health Unit Paul Drahm, Metro North Board Member Bonny Barry and Metro North A/Chief Executive Jackie Hanson unveil the 'Better Together' health plan as part of the Caboolture NAIDOC Week celebration held on 9 July 2019.

"We received over 600 pieces of individual feedback for our plan and held a consultation event on National Close the Gap day for our valued Aboriginal and Torres Strait Islander elders, staff and patients," Ms Hanson said.

"I am proud to unveil a plan that will guide our organisation over the next four years to achieve meaningful change and ensure all Aboriginal and Torres Strait Islander people accessing Metro North receive high quality person centred care that is culturally responsive, empowers self-care and choice, and is designed to improve health and wellbeing."

Story continues page 4



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Give us feedback

Talk-About

We welcome your feedback, contributions, story ideas and details on any upcoming events. Please contact Aboriginal and Torres Strait Islander Health Unit Communications Manager Renee Simon at Renee.Simon@health.qld.gov.au or phone (07) 3139 3231.

Aboriginal and Torres Strait Islander Health Unit

If you have any feedback regarding the Aboriginal and Torres Strait Islander Health Unit services, programs and initiatives, you can contact the following:

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Email to:

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Alternatively, call and ask for our Safety and Quality Officer on 3647 9531.

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Indigenous Hospital Liaison Officer	Ph: 07 3646 1696
Indigenous Hospital Liaison Officer	Ph: 07 3646 7489
Indigenous Hospital Liaison Officer	Ph: 07 3646 5612
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The Prince Charles Hospital

Indigenous Hospital Liaison Officer	Ph: 07 3139 5165
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Redcliffe Hospital

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After Hours Team

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Saturday and Sunday 10am to 6:30pm	Ph: 07 5433 8249
Indigenous Hospital Liaison Officer	Ph: 07 3647 4183
Indigenous Patient Journey Officer	Ph: 0409 583 967

Indigenous Acute and Primary Care / Sexual Health Team

Team Leader: Tracy Grant	Ph: 07 3492 1851
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A word from the Director



Paul Drahm

Acting Director, Aboriginal and Torres Strait Islander Health Unit



I was honored to unveil The *Metro North Hospital and Health Service Better Together Aboriginal and Torres Strait Islander Health Plan 2019 – 2022* alongside our Acting Chief Executive Jackie Hanson at the annual Metro North Caboolture Family Fun Day event held in July.

The Better Together Plan provides a clear framework to achieve improved health outcomes for our Aboriginal and Torres Strait Islander people and ensure our services are culturally respectful and responsive to their needs.

I would like to thank our staff, patients, and community members for contributing to the development of the plan. In total we received over 600 individual pieces of feedback and we believe the plan is a true reflection of our community needs. I encourage you to access the plan by visiting our website - <https://metronorth.health.qld.gov.au/wp-content/uploads/2019/07/close-gap-plan.pdf>

It was fantastic to see the crowds roll in at our annual NAIDOC Week celebration held in Caboolture. Over 1,500 people attended and 60 government, non-government and community stallholders took part. I had one Aunty tell me she had been attending the celebration for the past three years and she thoroughly enjoyed connecting with other community members for a laugh and yarn. We look forward to hosting the event again in 2020 at the same location of St Columban's College.

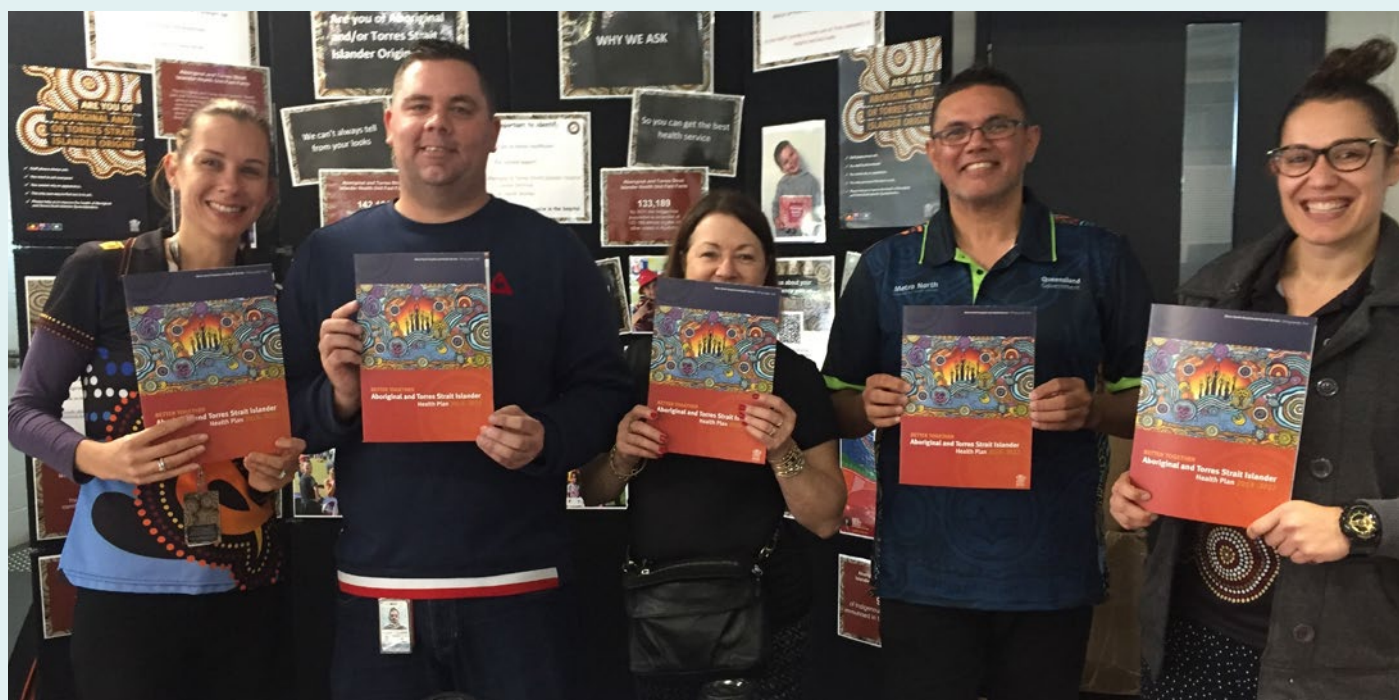
Our Indigenous Hospital Services and Cultural Capability Services are now operating under the hospital governance structures. The Acute and Primary Care Team and Sexual Health Service are now aligned to the Referral and Navigation service model within the Community and Oral Health Directorate. We expect these changes to see a direct positive impact on the patient, with a streamlined care model from hospital to the community.

Finally, if you are visiting The Royal Brisbane and Women's Hospital please drop into the new Indigenous Hospital Liaison community space located on Level 1 of the Ned Hanlon Building (right beside the newsagency). The relocation will help increase the visibility of services and offer easier access for Aboriginal and Torres Strait Islander patients. A seating area will also be located just outside the office area for patients, carers and community.

Paul Drahm

Acting Director, Aboriginal and Torres Strait Islander Health Unit

L-R: Renee Simon, Vaughan Travers, Maxine Goulston, Paul Drahm and Natasha White pictured with the new 'Better Together' plan.



Caboolture NAIDOC Week Family Fun Day showcases culture and community

More than 1,500 people joined in a celebration of Aboriginal and Torres Strait Islander culture and community at the annual Metro North Caboolture NAIDOC family fun day in July.

Professional athlete and mental health advocate Joe Williams joined Caboolture Hospital staff, patients and members of the local community for the day that is part of national NAIDOC Week Celebrations (7-14 July).



Lyndon Davis from the Gubbi Gubbi group delivers the Welcome to Country.



Former NRL star Jamal Idris with Megan McKenzie from Redcliffe Hospital.

A highlight of the day was the formal unveiling of Metro North's Better Together Aboriginal and Torres Strait Islander Health Plan 2019-2022.

The family fun day at St Columban's College is fast becoming the biggest NAIDOC Week celebration on the north side of Brisbane.

It featured a Welcome to Country from the Gubbi Gubbi group, traditional dancing, art and cultural workshops, information stalls from community organisations and government departments, activities and a free barbecue lunch.

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The plan includes a focus on four clinical priority areas of a strong start to life for maternal and child health; reducing the burden of disease in relation to cancer screening; crisis and complex care for support and advocacy within the emergency department and living well, living longer to trial new approaches to improving connectivity to care.

Metro North Board Member Bonny Barry said in addition to the plan individual hospital level Reconciliation Action Plans (RAP) are well underway.

"Metro North is proud to be leading the way with our RAP launched last year by Community and Oral Health," Ms Barry said.

"The 'Innovate' RAP has made some positive gains already, including forming relationships with Aboriginal and Torres Strait Islander Traditional Owners, Elders and community groups, increased supplier diversity for Indigenous owned businesses and improved cultural capacity of staff delivering care to the Indigenous community.

"RAP working committees have since been established at The Prince Charles Hospital, Redcliffe and Caboolture Hospitals and the Royal Brisbane and Women's Hospital."

Guests enjoyed learning about the story behind the naming of the plan, inspired by artwork created by Aboriginal artist Elaine Chambers-Hegarty.

The design focuses on the Moreton Bay region and highlights the positive outcomes the plan will bring to the health and wellbeing of the Aboriginal and Torres Strait Islander community.

To view the plan, visit <https://metronorth.health.qld.gov.au/wp-content/uploads/2019/07/close-gap-plan.pdf>

OUT&ABOUT



Overlooking the crowd enjoying NAIDOC Week.



Steve Riley, Kay Locke, Jean McKellar, Terry Williams and former Olympic sprinter Patrick Johnson enjoy the event.



A family affair with mum Emma, son Jack and daughter Izzobel enjoying themselves.



Andrew from Metro North Public Health Unit talking about mosquito-borne diseases.



Mental health advocate, author and former boxer / NRL star Joe Williams was the MC for the day and delivered his 'Enemy Within' session.

Musgrave Park Family Fun Day

Held on the Friday of NAIDOC week each year, the Musgrave Park event delivers family friendly entertainment and activities to showcase aspects of Indigenous Australian culture and heritage across various mediums of performing arts, traditional foods, arts and crafts, to contemporary aspects promoted by Australian Indigenous Entrepreneurs.

This event is the largest of its kind in Australia and brings together Indigenous and non-Indigenous communities from near and far across Brisbane, Queensland and New South Wales.

The Metro North Deadly Start Program, Ngarrama Maternity Program and the Aboriginal and Torres Strait Islander Health Unit all attended the gathering as a stallholder.



Indigenous Service Improvement Officer, Rayna Cowburn, pictured with Uncle Gordon Cowburn and Uncle Robert West at the event.



Vivienne Hassed and Tamika Birch promote the Deadly Start program to families attending the event.



Denise Spokes and Kelly Smith from the Aboriginal and Torres Strait Islander Health Unit discussed the Ngarrama maternity program for mums to be.



The Better Together stand proved popular amongst the attendees.



Bubbles of fun for the children.



Indigenous Hospital Officer Mark Budd with the Aboriginal and Torres Strait Islander Health Unit team.



Ronald Agie pictured with community Elder Uncle Darryl Lingwoodock.



Rayna Cowburn and Auntie Brenda Kanofski.

Northside NAIDOC

The annual Northside NAIDOC attracted a large crowd, with community members celebrating the NAIDOC theme Voice, Treaty, Truth.

Metro North Board Member Bonny Barry delivered a welcome address and our staff participated in a variety of health promotion stalls.

There were plenty of smiles all around as community members enjoyed connecting, yarning and celebrating National NAIDOC week.



Community Liaison Officers Hayley, Delma and Jarrod at the Better Together health stall.



Elwyn and Temiah Henaway.



Above: Aleacha Hopkins pictured with her daughter Jaleacha and granddaughter.

OUT&ABOUT

Mental Health Team partners with local education centre to celebrate NAIDOC Week

The Indigenous Mental Health team at Chermide organised an early NAIDOC Week event in partnership with The Prince Charles Early Education centre. Children and staff enjoyed learning about different animals and traditional instruments with Uncle Anthony Newcastle.



Uncle Anthony pictured with the children at Chermide Community Health Centre.



Staff from the Indigenous Mental Health Team pictured with Uncle Anthony Newcastle.

Reconciliation Week Redcliffe Flag Raising



Megan McKenzie and Stella Laidlaw.



L-R Aleacha Hopkins, Jodie Dyer and Natasha White.



Paul Drahm Acting Director Aboriginal and Torres Strait Islander Health Unit.



Welcome to Country acknowledgment with Uncle Alan Parsons and Auntie Selena Seymour.

In May, a Raising of Flags ceremony was held at Redcliffe Hospital as a mark of respect to Reconciliation Week and the Indigenous Community across the Peninsula.

Community and staff were invited to attend the ceremony, enjoy Welcome to Country acknowledgement by Auntie Selena Seymour and Uncle Alan Parsons. Both elders spoke of the respect they have for the Redcliffe Hospital and the involvement of staff with the Indigenous Community. Both made mention of feeling very comfortable attending as a patient knowing that staff offer a respected cultural awareness to Indigenous patients.

Louise Oriti Executive Director of Redcliffe Hospital spoke of the commitment of the Redcliffe Hospital and staff to continue to engage with community to both Reconciliation and Closing the Gap on Indigenous health.



Indigenous Health – We must ask everyone!



Flag Raising Committee from Redcliffe Hospital.

Redcliffe Hospital Race to the Roof

A very fast paced Mitch Robbins who set a speed record in the annual Reconciliation Race to the Roof at Redcliffe Hospital ensured the Physiotherapy team claimed top prize making it their third win in a row. The record time was just 20.9 seconds, a fantastic effort. The annual event is exceptionally well supported by staff at the hospital.



Indigenous Hospital Liaison, Rox-Anne Currie said Redcliffe's Race to the Roof was run each year as part of the hospital's Reconciliation Week events as a fun activity that brought Indigenous and non-Indigenous staff together.

"We had more competitors than last year, with around 30 participants this year, including teams of nurses in fancy dress, and staff who were running the race competitively," Rox-Anne said.

"It's a fast race, with runners sprinting up ten sets of stairs from the ground level to Level 6 in the hospital's main stairwell," Rox-Anne said.

"Mitch won this year's race setting a record time of just 20.9 seconds, shaving more than three seconds off last year's record."

The Race to the Roof trophy remains in the Physiotherapy Department for the third year running.

Reconciliation Display Competition

At the heart of reconciliation is the relationship between the broader Australian community and Aboriginal and Torres Strait Islander peoples.

Rosa Bibby from the Redcliffe Community Health Centre created a display by yarning with her Indigenous clients, learning about their mobs and what 'Reconciliation' means to them.



Staff from the Redcliffe Community Health Centre pictured with the display they created with their Aboriginal and Torres Strait Islander clients.

"As a fairly new Australian, it allowed me to learn about the Aboriginal and Torres Strait Islander culture, to form new relationships and create a deeper bond with my clients' stories and their journey as first nation peoples," Rosa said.

As the winner of the display competition, Rosa and her clients enjoyed a traditional catered lunch from Indigenous owned business Game Enough and a cultural information session by Nyanda Cultural Tours.



Rosa pictured with Paul Drahm receiving the award for the best Reconciliation Week display with the Community and Oral Health Service.



TPCH Executive team members holding a rainbow of Indigenous coloured hands for planting in the garden.

Sea of Hands Supports Reconciliation at The Prince Charles Hospital

Staff, patients and visitors of The Prince Charles Hospital (TPCH) came together to celebrate National Reconciliation Week.

Reconciliation is a time for all Australians to learn about our shared histories, cultures and achievements, and to explore how they can contribute to achieving reconciliation.

At TPCH, the theme - Grounded in Truth Walk Together With Courage – was celebrated with a special Torres Strait Islander dance performance, staff BBQ and a Sea of Hands display to show collaboration with and support for the Aboriginal and Torres Strait Islander community.

TPCH has a strong commitment to improving the health outcomes of Aboriginal and Torres Strait Islander patients, providing care to approximately 20,000 Indigenous patients each year.

TPCH is one of 18 Australian hospitals to participate in the Lighthouse Project, a joint initiative of the Heart Foundation and the Australian Healthcare and Hospitals Associations, aimed at reducing the incidence and impact of discharge against medical advice for Aboriginal and Torres Strait Islander peoples with acute coronary syndrome.



Cherie and Michele keenly participating in the sitting dance.



Cutting the cake to be shared at the TPCH Reconciliation celebration.

OUT&ABOUT

Reconciliation Shield Challenge – Barefoot Bowls

MABO Day and the final Day of Reconciliation Week 2019 was celebrated by Metro North Staff from Community and Oral Health, Metro North Board Member Bonny Barry and Metro North Acting Chief Executive Jackie Hanson who all attended the Barefoot Bowls competition at the Brighton Health Campus as part of the Reconciliation Week events held across Metro North Hospital and Health Service.

Uncle Sam Watson, guest speaker for the event spoke of Reconciliation and the history of MABO and acknowledgement of Welcome to Country.

At the end of the formalities, twelve aptly named teams such as “Bowling Lorikeetz” and the “Bowling Bandits” took to the greens in an enthusiastic effort all vying for the honour of bringing home the 2019 Reconciliation Shield to their work space.

An initial round robin drawcard had all twelve teams on the greens at one time, bowls going in many directions much to the amusement of spectators and judges waiting at the other end of the green to score the closest to the kitty.

Many laughs filled the air during the afternoons’ games. After round one, twelve teams became six and into more serious rounds of semi-finals and the nail biting preliminary final.

The winners on the day “Unbelievabowls” played a match winning bowl to clinch the 2019 Reconciliation Shield and a framed artwork titled “Better Together” by esteemed artist Elaine Chambers-Hegarty.

It was great to witness the team spirit and comradeship from all the attendees at the event, every game was played in the spirit of reconciliation. The day was certainly a great success and received very positive feedback from players and spectators.

Some very happy smiling staff posed for the camera!



Renee, Vaughan, Maxine and Chloe showing their enthusiasm for the day.



Executive staff lining up to cheer on the teams.



The Unbelievabowls - winners are grinner!



Team colours the theme for the day.

Facilitator Training – Cultural Capability

Staff from the Aboriginal and Torres Strait Islander Health Unit recently attended training at the Queensland Health Aboriginal and Torres Islander Health Branch in the CBD of Brisbane.



L-R Ronald Agie, Stella Laidlaw, Temiah Henaway, Bernadette Bird at the training day.



Staff enjoying the cultural experience.



Staff Yarn – Nyanda Tour

In June, Staff Yarn members took part in a cultural day with Nyanda Cultural Tours which is an Aboriginal owned enterprise that supplies authentic Aboriginal experiences to schools, conferences and corporate clientele. Nyanda is situated at the Nudgee Waterholes, 25 minutes from the CBD of Brisbane.

The Director, Madonna Thomson is a member of the Jagera People and is a grand-niece of the late Senator Neville Bonner. Madonna has worked with Aboriginal Communities in South East Queensland with a focus on developing and sharing traditional knowledge about management of the State's natural resources and environment.

Staff had a fantastic day, albeit a wet afternoon, and thoroughly recommend the tour to other staff members wishing to undertake a beautiful cultural experience.

<https://www.nyandaculturaltours.com.au/>



Neressa, Tamika and Caley enjoying the presentation.

Darling Downs – QIP project

In May, Kelly Smith and Denise Spokes were welcomed by the team at the Indigenous Health Management Offices in the Admin Building – BHH, Toowoomba Hospital to discuss and share strategies, interventions and ideas to support the Statewide Indigenous Antenatal QIP.



Photo (L-R) Johanna-Lee Bou-Samra, Pharmacist Community Health, Toowoomba Hospital. Denise Spokes, Senior Project Officer, Metro North Aboriginal and Torres Strait Islander Health Unit. Kelly Smith, Service Development Officer, Metro North Aboriginal and Torres Strait Islander Health Unit. Jenny Minchell, Dual Diagnosis Coordinator & Tobacco Treatment Specialist, Co-chair of Statewide Smoking Cessation Workgroup, Division of Mental Health, Alcohol & Other Drugs, Darling Downs Health. Rica Lacey, Director Indigenous Health in the Office of the Chief Executive, Darling Downs Health. Hope McMillan, Indigenous Health Programs manager – BAIBS Project, Darling Downs Indigenous Health.

As co-leads of the Statewide Aboriginal and Torres Strait Islander Pregnancy Care Working Group, Kelly and Denise are keen to understand the preferred local strategies other Hospital Health Services (HHS) are using to encourage Indigenous antenatal smoking cessation, not only for pregnant Indigenous women but also for their partners.

Aboriginal and Torres Strait Islander women are four times as likely to smoke during pregnancy as non-Indigenous women.

The Darling Downs showcased their talented and enthusiastic specialists who are committed to improving the rates of smoking cessation in the Darling Downs.

As one of the few modifiable risk factors, we are privileged in Metro North to have a specialised team of Ngarrama midwives who guide women through their pregnancy journey. It is our hope to encourage and support women to quit smoking before 20 weeks of gestation and close the gap.

Thank you, Toowoomba, for your beautiful Autumn weather, with the sprinklers on and for the beautiful nostalgia at your heritage listed 'Jofre' office building!

Brighton Health Club Opening

Brighton Health Campus has a strong tradition for being part of the fabric of the Moreton Bay community, and a treasured part of the history of the region.

This tradition will continue to grow as we open our doors wider with the introduction of the Brighton Wellness Hub which will become a valuable meeting place and asset for the local community to enjoy.



Staff and community enjoying the event.



Officials cutting the cake for the opening of the Brighton Wellness Hub.

The Brighton Wellness Hub, which was formally known as the Eventide Bowls Club, has been refurbished so that it can become an important community space where people can gather, host their events and share information. It was officially opened on 6 June 2019 and all are welcome to use this great facility!



The groundsman were happy to be part of the official gathering.

Smoking ceremony celebrates hospital land's cultural connection



“That trust extends to everything we do here, from the care our clinicians provide, to the way that we grow and build on our hospital campus.

“As part of the planning around the construction of the multi-storey car park, the hospital agreed to facilitate a smoking ceremony to recognise that cultural connection.

“The smoking ceremony was performed by Gubbi Gubbi Dance, who provided a moving, entertaining, and educational performance of traditional dance and song.

“It was an uplifting experience for everyone to be a part of, and one which demonstrated our desire to acknowledge the past, create the present, and inspire the future,” Louise said.



A traditional Aboriginal smoking ceremony has been held on the site of our new multi-storey car park, as preparations continue for construction to get underway later this year.

Redcliffe Hospital Executive Director Louise Oriti said that it was well known and recognised that the land on which the hospital sits has significant Aboriginal and Torres Strait Islander significance.

“As a hospital, we’re committed to ensuring that this cultural connection continues, and that we continue to build trust with our local communities,” Louise said.



Cultural Gatherings – Men's and Women's Business



Staff enjoying the Women's Cultural Event at Nungeena

Women's Business

Over the past two months, staff across Metro North have attended two separate days experiencing both men's and women's business.

The females attended a full day at Nungeena in the Glass House Mountains in one of the most serene settings imaginable.

It was here that ladies from Metro North Hospital and Health Service ventured by bus to spend a calming day with elders. The day included a leisurely stroll around the ancient sacred land, a visit to the birthing tree and sharing of beautiful food in the restaurant area was an ideal meeting space also, it contains a kitchen, dining area and undercover area.

After lunch staff were given the chance to create their own dot painting with valued input from elders on the day, all the while, in the background is the magnificent view across to the Glass House Mountains, a very sacred sight for our First Nations Peoples.



A very spiritual view of Tibrogargan as you enter the Nungeena Aboriginal Corporation site.

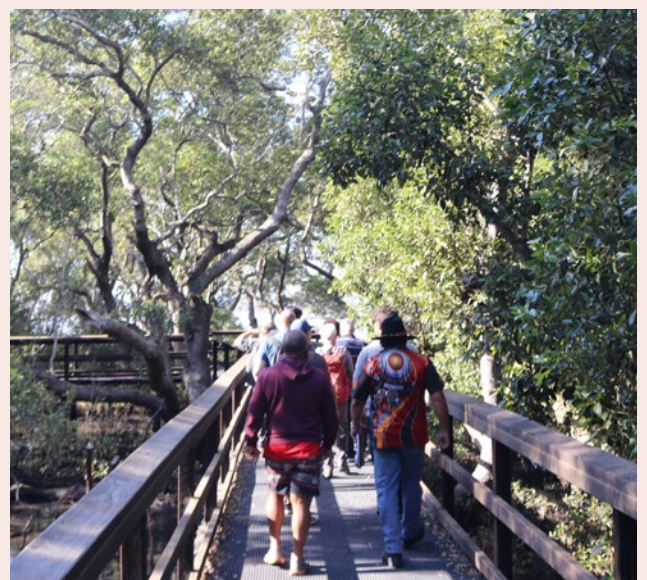
Nungeena is about strengthening traditional values by sharing of cultures in art, dance and food. Staff have relayed their sense of peace and tranquillity while visiting Nungeena, a deserved reward and cultural experience for staff who work with Aboriginal and Torres Strait Islander patients on a day to day basis.

Men's Business

The Men's Gathering was attended by fifteen staff who visited Blackcard Cultural Tours at Southbank.



A guided tour of the Mangrove Boardwalk and the Bayside parklands along beside Lota Creek completed a full day for the men's gathering.



OUT&ABOUT

The time spent at Blackcard was well received by attendees, all agreeing the information received from the very knowledgeable guide was a highlight of the morning. Lunch was delicious and catered for all dietary requirements on the day, the team was very impressed with Blackcard and the cultural time spent together there.

The second half of the day saw the group move on to Wynnum to visit the Mangrove Boardwalk and the Bayside parklands along beside Lota Creek. Attendees were impressed with the high level of knowledge of the area shown by guides and certainly regarding the Native Title Act of the boundaries. The day was heralded as a great success by everyone and all are looking forward to the next event.



The men started their day with a trip to Blackcard Cultural Tours at Southbank.

IN FOCUS

Will's way to support Indigenous workforce across the State

William Bern has joined Queensland Health as the new Aboriginal and Torres Strait Islander Workforce Development Coordinator for the Alcohol and Other Drugs service based at Biala.

The newly created role delivers culturally appropriate training to clinicians across the State and builds partnerships with remote, regional and urban organisations to highlight their work and share with other organisations that could benefit.

William previously worked with the Institute of Urban Indigenous Health (IUIH), a role he started in 2011 when the service was part of a mainstream practice with three Aboriginal nurses and a health worker. The IUIH model has since expanded to 20 multidisciplinary primary health clinics across South East Queensland.

He worked his way up within the organisation and studied a Bachelor of Social Work to further enhance his skills.

In 2016, Will was the Regional team leader for a program called 'Improving Indigenous Access to Mainstream Primary Care', where he delivered GP education workshops and training from anywhere between Beaudesert and Kilcoy.

Within this role he discovered a deeper appreciation of how different Aboriginal and Torres Strait Islander communities are across the state, particularly from the North to the Southside of Brisbane.

"If I looked at two similar areas like Bribie Island to the north and Wynnum / Stradbroke Island in the south, both are vastly different in terms of services for the community. Bribie Island has a women's group, whereas in Wynnum there is an Aboriginal Medical Centre and various organisations.

"From a work perspective there is so much unique identity. Now that I'm working in a state wide role it's completely different again."

Just a few months into the role, Will has a vision to create a statewide digital platform to share good news stories to



focus on the strengths and positives to fill the gaps for Aboriginal and Torres Strait Islander programs.

"My vision is to engage with community on what they want in terms of training. It's also trying to understand services with great models of care. It's about looking at these models for other organisations' to learn from and to use for positive outcomes.

"When you come from an Aboriginal and Torres Strait Islander organisation it seems like we're always in a rush and we never have the chance to consolidate, pat ourselves on the back and share what we are learning. We have conferences, but we need to do it as a weekly practice. It can be upsetting as we are always talking about things that impact us – family, community and connection – sometimes we need to have a weekly consolidation to say 'we did this really well', to network and share that kinship with communities."

Metro North trials new Redbook cover for Indigenous families

Indigenous babies born in Brisbane north will be able to track their first year of healthcare with a unique record book.

The Redbook for newborns has been designed with a new cover by artist Ronald Abala (Wulukantha – little spirit man) especially for infants born within the Ngarrama maternity services across Metro North Hospital and Health Service.

The dedicated cover prompts healthcare providers to offer enhanced screening, additional immunisations and referral pathways within the community for children who identify as Aboriginal and/or Torres Strait Islander.

Midwife and nurse Kelly Smith said there were a total of 659 Indigenous births in Metro North in 2018 and the new cover would be used to assist accurate identification.

“Over 1,000 copies will be provided to Aboriginal and/or Torres Strait Islander children over the next 12 months as a trial to support access to culturally and clinically responsive care for families,” Kelly said.

“Our aim is for the covers to be used as a visual prompt for health professionals to the identification of the child at regular antenatal and postnatal appointments.

The covers are part of a broader campaign initiated in 2016 to improve the health outcomes of Queensland’s Aboriginal and Torres Strait Islander population.

The Accurate Indigenous Identification campaign is designed to highlight the importance of Aboriginal and/or Torres Strait Islander patients to identify when accessing Metro North hospitals and facilities.

Acting Director of the Aboriginal and Torres Strait Islander Health Unit Paul Drahm said Aboriginal and Torres Strait Islander people are under-identified in many health-related data collections.

“The accurate identification of Aboriginal and Torres Strait Islander patients in our data collection systems help us to achieve improving health outcomes by supporting the measurements of the Indigenous health status and the effectiveness of intervention programs,” Paul said.

The initiative is part of a clinical focus area – Strong Start to Life – in the Metro North Hospital and Health Service Better Together Aboriginal and Torres Strait Islander Health Plan 2019-2022.

“Our focus on a strong start to life is to work with families to co-design services that improve continuity of care models, supporting timely interventions for Indigenous women, babies and children that reinforces cultural knowledge and pride,” Paul said.

The new plastic cover is attached over the Redbook to maintain the identity of the current book. Feedback on the effectiveness of the cover for both families and health professionals is encouraged via a survey at <https://metronorth.citizenspace.com/atsi-health-unit/proud-to-identify-personal-health-record/>



Deadly Start earns a highly commended in this year's Reconciliation Awards

If you've noticed a few young people wearing Deadly Start t-shirts around our hospitals and dental clinics this year, chances are they're part of our inaugural class of school-based trainees, who are learning and earning on site while completing their senior school studies.

The Deadly Start education2employment program partnership between Metro North, Brisbane North West Trade Training Centre, Mater Education and OSMAC has just landed a highly commended in this year's Reconciliation Awards, for its contribution to Closing the Gap.

Deadly Start student Cecilia Anson has been spending one day a week working in Women's and Newborns and intends on doing a university degree in nursing, before one day taking her skills back home to her community in the Torres Strait.

"I know that my community would be really proud of me to get all of these qualifications and come back to the island and practice," Cecilia said.

"The nurses inspired me to understand more about how you can help people. Some of the things I've learnt already are how to talk to a patient in bed, making their beds and how even having a crease in their bed can cause a lot of damage to them," she said.

The program has been designed to inspire, educate, engage and motivate Indigenous students through a culturally-supported education journey into their dream health career through a school-based traineeship in nursing, allied health and dental.

MNHHS Indigenous Midwife Sonita Giudice couldn't wait to become involved with the new program, to provide essential guidance and mentorship to students like Cecilia in caring for new mums.



It's been Deadly Start for student Cecilia – the school-based program has given her the chance to realise her life-long dream of working with new mums and babies. The Deadly Start program also earned a highly commended in this year's Reconciliation Awards.

"My own journey into health was guided and shaped by elders who taught me valuable lessons on our cultural history, and this is something I now take into my own work at the Ngarrama Midwifery Group Practice," Ms. Giudice said.

"Understanding this shared culture is crucial when it comes to caring for our Indigenous patients, so this program is two-fold.

It gives young Indigenous kids much greater opportunities to have careers in the health sector, while helping us build the workforce we need to provide culturally-appropriate care for our Indigenous patients," she said.

"I'm very proud to be involved in this program, and to continue sharing the knowledge with a new generation of young workers, that has been shared with me," she said.

With a long-term focus on creating a sustainable Indigenous workforce who can deliver culturally-appropriate care to patients and to improve health, education and career outcomes for Aboriginal and Torres Strait Islander peoples. The team is hoping to build the program to recruit hundreds of students over the coming years.

It's ok to talk about cancer - Yarn for Life

In a national first, Cancer Australia has launched Yarn for Life, a new initiative to reduce the impact of cancer within Aboriginal and Torres Strait Islander communities by encouraging and normalising discussion about the disease.

Cancer is a growing health problem and the second leading cause of death among Indigenous Australians who are, on average, 40 percent more likely to die from cancer than non-Indigenous Australians.

The multi-faceted health promotion Yarn for Life has been developed by and with Indigenous Australians and weaves the central message that it is okay to talk about cancer by sharing personal stories of courage and survivorship from Aboriginal and Torres Strait Islander people.

Yarn for Life features three individual experiences of cancer which are also stories of hope.

While significant gains have been made with regard to cancer overall, Aboriginal and Torres Strait Islander

people continue to experience disparities in cancer incidence and outcomes. Cancer affects not only those diagnosed with the disease but also their families, carers, Elders and community," said Dr Helen Zorbas, CEO, Cancer Australia.

Professor Jacinta Elston, Pro Vice-Chancellor (Indigenous), Monash University, said that finding cancer early gave people the best chance of surviving and living well.

Yarn for Life aims to reduce feelings of shame and fear associated with cancer and highlights the importance of normalising conversation around cancer and encouraging early detection of the disease," stated Professor Elston. "It also emphasises the value of support along the patient journey."

Australia's first Australian Aboriginal surgeon Associate Professor Kelvin Kong, University of Newcastle said, "Yarn for Life seeks to empower Aboriginal and Torres Strait Islander people to participate in screening programs, discuss cancer with their doctor or health care worker openly, and if cancer is diagnosed, complete their cancer treatment."

Associate Professor Kong said it was also important for health services to support better outcomes for Indigenous patients by being culturally aware.

For Aboriginal and Torres Strait Islander people, health and connection to land, culture, community and identity are intrinsically linked. Optimal care that is respectful of, and responsive to, the cultural preferences, sensitivities, needs and values of patients, is critical to good health care outcomes."

The Yarn for Life initiative is supported by two consumer resources which outline what patients should expect at all points on the cancer pathway.

IN THE NEWS

Antibiotic resistance in remote Indigenous Communities up to 50 percent

Australia's infectious disease experts are urgently calling for high rates of antibiotic resistance in remote Indigenous communities to be addressed before communities come to a point where there are no treatment options available.

Research has shown these communities have the highest rates nationwide of antibiotic resistance to bacteria like golden staph, which can cause skin infections and in the most serious cases, sepsis.

<https://nit.com.au/antibiotic-resistance-in-remote-indigenous-communities-up-to-50-percent/>

New initiative encouraging cancer conversation in Indigenous communities

Cancer Australia is encouraging conversations around cancer and its impact within First Australian communities.

The organisation's program, Yarn for Life, is a nation-first, brand new initiative aimed at normalising discussions to limit the emotional impacts on family, friends and communities affected by cancer.

Cancer Australia CEO Dr Helen Zorbas said the program aims to address the disparities in the occurrence and outcomes of cancer that Indigenous Australians experience.

<https://nit.com.au/new-initiative-encouraging-cancer-conversation-in-indigenous-communities/>

New research hub promotes holistic approach to Indigenous well-being

Indigenous academics have come together to launch Ngarruwan Ngadju: First Peoples Health and Wellbeing Research Centre, on the south coast of New South Wales.

Based within the Australian Health Services Research Institute (AHSRI) at the University of Wollongong (UOW), Ngarruwan Ngadju will be a focal point for high impact, Indigenous-led, health and well-being research.

The centre will maintain partnerships and relationships with Indigenous communities in the south coast region and beyond.

<https://nit.com.au/new-research-hub-promotes-holistic-approach-to-indigenous-well-being/>

A Young Man's quest to improve Indigenous health standards

Yarlalu's father's country is on the edge of the Western Desert in a place called Mijijimaya. A Nyangumarta man, named after a hill where his grandfather was born.

Yarlalu left Warralong to study at Scotch College in Perth, on a MADALAH scholarship. Upon graduating, he attended the University of Sydney on a MADALAH tertiary scholarship, where he studied a double degree in medicine and medical science.

<https://nit.com.au/a-young-mans-quest-to-improve-indigenous-health-standards/>

IT'S OK TO TALK ABOUT CANCER



**YARN
FOR
LIFE**

**Finding cancer early gives you
the best chance of getting better.**

It's important you stay strong and healthy for yourself, your family and community.
Cancer screening can find cancer early. So have a yarn with your doctor or
health worker about healthy living and what screening tests are right for you.



**Australian Government
Cancer Australia**

www.yarnforlife.com.au



Join up today!

An online community for Aboriginal and Torres Strait Islander staff at Metro North Hospital and Health Service.

Join the online discussion and the cultural connection within the workplace. Search 'Metro North Staff Yarns' on QHEPS to join.

All new members signing up before 31 December 2018 will receive a welcome pack including a drink bottle, lanyard and flag pin.

For further information email
MNstaffyarns@health.qld.gov.au

A Day in the Life of Richard Abednego



What does your role involve?

As a project officer, I am currently engaging in a three-month project to work on workforce initiatives and pathways for prospective interns in MNHHS. The Indigenous Internship Project fits directly in all four priority areas outlined in the new The Metro North Hospital and Health Service Better Together Aboriginal and Torres Strait Islander Health Plan 2019-2022. This position will also support the A&TSIHU and MNHHS and lead the delivery of projects aimed at better health outcomes for Aboriginal and Torres Strait people. It's an exciting project because I will work in partnership with various staff members and teams.

Tell me about your project with Metro South?

I worked on a project called Courageous Conversations about Race (CCAR), this project aimed to build relationships among staff to effectively breakdown institutional barriers impeding effective delivery of health services to Aboriginal and Torres Strait Islander people in Metro South Health. I engaged with the Institute for Courageous Conversation about Race (iCCAR) South Pacific (NZ) and Metro South HHS (Health Equity and Access Unit (HEAU), Queensland Transcultural Mental Health Centre and Way Forward Program) to train local facilitators and practitioners and deliver seven 2-day Beyond Diversity Workshops in Metro South. Currently, eight staff have achieved accreditation (four are fully accredited Racial Equity Facilitators and four are accredited Practitioner Affiliate).

My project shares the same concept with iCCAR, and that is, to operate on the belief that an organisation cannot become culturally responsive and inclusive in professional practice until it can discuss race and racism. Systemic racism and discrimination have a known impact on health outcomes for Aboriginal and Torres Strait Islander people and closing the gap on Indigenous health outcomes will continue to be a challenge for health services. The CCAR protocol provides a contemporary practical approach to achieving systemic racial equity transformation. It also provides an opportunity for Metro South to become culturally relevant in working with the culturally diverse population that exists in the Metro South area.

What do you hope to achieve here – your goals?

I hope to engage as much with key stakeholders to ensure that there is a successful pathway for Aboriginal and Torres Strait Islander interns who have a passion to work within the Metro North community, and that pathway includes a heightened experience in cultural appreciation/capability entwined in a world class health industry practice.

Tell us what you like doing outside of work?

I enjoy NRL, watching my favourite team the mighty Penrith Panthers. I enjoy family time, so singing and playing (try to) guitar with my son is challenging, because he can do both and I can't.

Word of the Month:

“Dhambu”
(pronounced darm-boo)

From the Gangulu language of the Central Queensland.
Continuing the theme of cold weather at this time of the year, it means ‘frost’.

<http://blogs.slq.qld.gov.au/ilq/2019/06/18/2019-international-year-of-indigenous-languages-word-of-the-week-week-twenty-five/>

HERSTON STATE OF THE ART HEALTHCARE SYMPOSIUM

Metro North Hospital and Health Service *Putting people first*

9-12 SEPTEMBER 2019

Education Centre
Royal Brisbane and Women's Hospital
Butterfield Street, Herston

MONDAY 9 SEPTEMBER 2019

ALL KEYNOTE SPEAKERS: 11AM-MIDDAY.



SHAUN DRUMMOND



PROFESSOR
ELIZABETH EAKIN



PROFESSOR VIVIENNE
TIPPETT OAM



PROFESSOR
FRANK GANNON



PROFESSOR
PAUL SCUFFHAM

Shaun Drummond Health Service Chief Executive will be joined by **Professor Elizabeth Eakin** Associate Dean of Research, Faculty of Medicine, The University of Queensland; **Professor Vivienne Tippett OAM**, Director of Research, School of Clinical Science, QUT; **Professor Frank Gannon** Director, Queensland Institute of Medical Research (QIMR) Berghofer Medical Research Institute and Chief Executive Officer; and **Professor Paul Scuffham** Deputy Director, Menzies Health Institute Queensland and Director of the Centre for Applied Health Economics to discuss their **VISION FOR THE HERSTON HEALTHCARE AND RESEARCH PRECINCT**.

TUESDAY 10 SEPTEMBER 2019



PROFESSOR
KEITH MCNEIL



ASSOC. PROFESSOR
CLAIR SULLIVAN

BIG DATA: THE ANSWER IS DIGITAL, BUT WHAT IS THE QUESTION?

Professor Keith McNeil Assistant Director-General and Chief Clinical Information Officer, Queensland Health and **Assoc. Professor Clair Sullivan** Chief Digital Health Officer, Metro North Hospital and Health Service; Co-Director OCCIO, Clinical Excellence Division; Assoc. Professor of Medicine, The University of Queensland.

WEDNESDAY 11 SEPTEMBER 2019



DAVID BUNKER



DR CHIRAG PATEL



DR CAMERON CURLEY



ASSOC. PROFESSOR
LATA VADLAMUDI



DR PATRICK HARRIS

TRANSFORMING HEALTHCARE: IMPLEMENTING GENOMICS IN QUEENSLAND

David Bunker Executive Director, Queensland Genomics Health Alliance; **Dr Chirag Patel** Genetic Health Queensland; **Dr Cameron Curley** Royal Brisbane and Women's Hospital; **Assoc. Professor Lata Vadlamudi** Royal Brisbane and Women's Hospital; and **Dr Patrick Harris** Pathology Queensland.

THURSDAY 12 SEPTEMBER 2019



PROFESSOR SUNIL
LAKHANI



PROFESSOR JANET DAVIES

BUILDING A SUSTAINABLE BIOBANKING INFRASTRUCTURE IN QUEENSLAND: OPPORTUNITIES AND CHALLENGES

Professor Sunil Lakhani Executive Director of Research, Pathology Queensland and **Professor Janet Davies** Faculty of Health, School of Biomedical Sciences, QUT

FOR MORE INFORMATION VISIT
METRONORTH.HEALTH.QLD.GOV.AU/EVENTS/HERSTON-HEALTHCARE-SYMPOSIUM



We welcome your feedback, contributions, story ideas and details on any upcoming events.

Please contact Aboriginal and Torres Strait Islander Health Unit Communications Manager Renee Simon at Renee.Simon@health.qld.gov.au or phone (07) 3139 3235.



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