

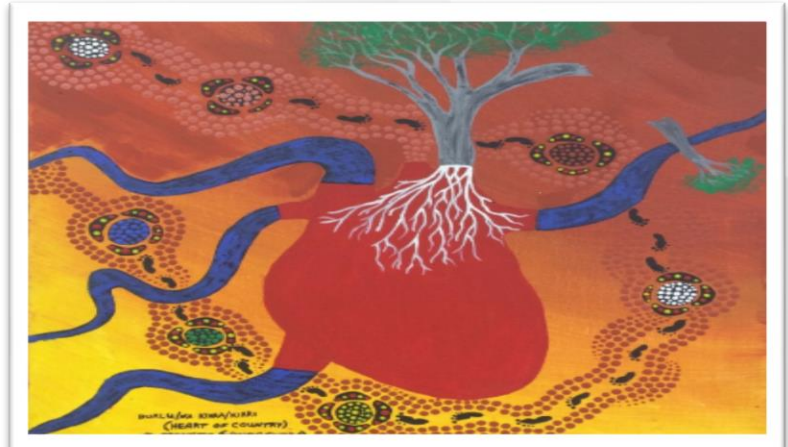


# BETTER CARDIAC CARE FOR ABORIGINAL PEOPLE

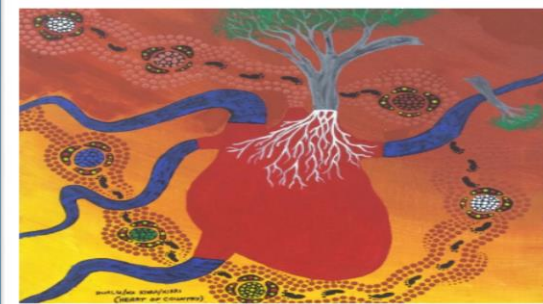
Burlu Kirra Kirra/NA

“Heart of Country”

Michael Spencer  
Georgina Drewery



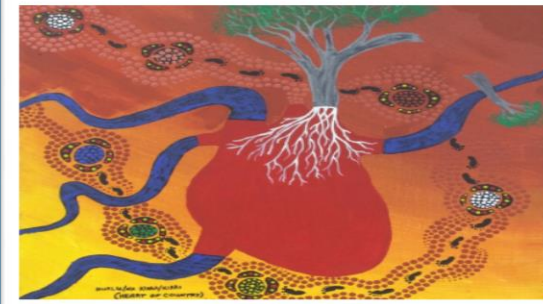
# Existing Issues



- **Current mainstream program not culturally appropriate**
  - Aboriginal people feel mainstream program is 'not for them'
  - Mainstream program does not provide a comfortable place for Aboriginal people to participate - as they feel judged
- Current venue not culturally suitable
- **Aboriginal People often view the hospital as a place for dying**
  - Traditionally program was run without a cultural context for Aboriginal people
- **Lack of standardised referral pathways**
  - Complexity in referral system, including the reliance for referrals on other services - Cardiac conditions are fluid and unpredictable, complex medical needs require a change to occur.

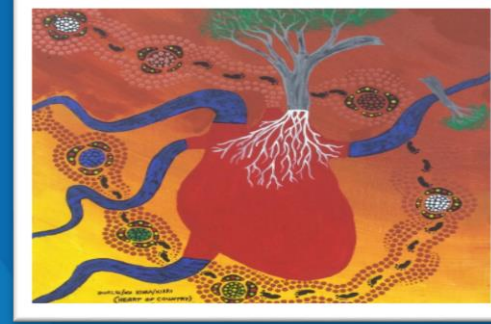


# Solutions



- **Current mainstream program not culturally appropriate**
  - Ownership, design of own T shirts, cooking traditional foods, kangaroo and emu
  - Exercise - bush walking on the land
  - Education - informal yarning
  - Reward- Family dinner vouchers for completing program
- **Aboriginal People often view the hospital as a place for dying**
  - Aboriginal Medical Service or 123 Aboriginal Community Hub
- **Lack of standardised referral pathways**
  - Development of Aboriginal specific standardised referral pathways (paper and electronic)

# Outcomes and Sustainability



- Collaborative partnerships with Maari Ma Aboriginal Medical Service to deliver cultural appropriate program.
- Referral Pathways in place for 3 x 8 week Programs
- 8 Patients enrolled to the program
- 5 Patients active
- 4 Patients completed Program with improved outcomes with incentives.
- Compared to data 2016-2018 N=102 Non AB Patients, 4 AB Patients participated and nil had completed the Mainstream program.
- Transferability to other sites

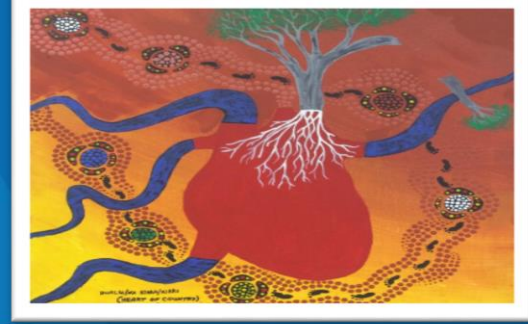
# Key Take Home Message



- Go slow to go fast.
- Key Stakeholder engagement takes time.
- Keeping patients and stakeholders engaged through continuous communication.
- Importance of a vast range of re-enforcing sponsorship to embed change.
- Partnerships important for program sustainability.



# Contact Details



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