

Aboriginal Kidney Care Together Improving Outcomes Now AKCTION2 Newsletter

February Edition, 2024



We believe the Ancestors have brought Aboriginal and Torres Strait Islander patients, family members, health professionals, health services, academics and researchers together at this moment in time to collectively make a difference to improve kidney care for our peoples.

Acknowledgement of Country

We acknowledge the original custodians and Elders whose lands we live and work upon, the Kurna people as the original owners. We respect their spiritual and physical connections to land, seas, skies and waterways where cultural practices continue to thrive, as always.

Sovereignty has never been ceded.

We also acknowledge other Aboriginal and Torres Strait Islander people from afar who live and work on Kurna Yarta (lands) South Australia, and research activists.



THE UNIVERSITY
of ADELAIDE

2024 Newsletter Schedule

- 2) Mar-April end of April
- 3) May– June end of June
- 4) Jul—Aug end of Aug
- 5) Sept—Oct end of Oct
- 6) Nov—Dec by Christmas

POETRY

At the last AKction meeting for 2024 Ramon recited this beautiful poem in memory of Nari.

Spiritual Song Of The Aborigine – Hyllus Noel Maris Aboriginal Poet 1934 – 1986

I am a child of the Dreamtime People
Part of this land, like the gnarled gumtree
I am the river, softly singing
Chanting our songs on my way to the sea
My spirit is the dust-devils
Mirages, that dance on the plain
I'm the snow, the wind and the falling rain
I'm part of the rocks and the red desert earth
Red as the blood that flows in my veins
I am eagle, crow and snake that glides
Through the rainforest that clings to the mountainside
I awakened here when the earth was new
There was emu, wombat, kangaroo
No other man of a different hue
I am this land
And this land is me
I am Australia.

On National Sorry Day, Janet and Kim presented to Adelaide University's Research Tuesday forum.

Kim shared this **Brave poem by Micky Scottbey Jones**

Together we will create *brave* space
Because there is no such thing as a "safe space" –
We exist in the real world
We carry scars and we have all caused wounds
In this space
We seek to turn down the volume of the outside world.
We amplify voices that fight to be heard elsewhere,
We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.
We will not be perfect.
It will not always be what we wish it to be
But
I will be *our brave space together*,
And
We will work on it side by side

AKction2 REFERENCE TEAM (A2RT)

What deadly things have A2RT been doing recently?

The AKction2 Reference Team met up for a social gathering in January to reconnect ready for the New Year. Jared was thrown into the role of barista and there were some lovely informal chats among the group. In February we welcomed people back officially and those who could make it came into the University again, with Lilli joining online. Nari's daughter was unexpectedly delayed at the last minute and we plan to present her with Nari's book in March.

Penny walked the group through the Lowitja Introduction to Research online learning module, despite the technical difficulties. Some members propose the group take 30 minutes each A2RT meeting with the module to engage our research brains.

Penny and Tahlee have had yarns with people in the School of Nursing and the IT Crowd (Information Technology). We hope we can get the technology working properly next meeting.

Jared ventured into the classroom as a presenter this month with Janet by his side – more about that later.



PLEASE JOIN US, AS WE PARTNER WITH THE COMPASS TEAM FOR THE 2024 KEY STAKEHOLDER MEETING



Save the Date – 13th of June 2024

Aboriginal Kidney Care in South Australia - Key Stakeholder Meeting

You are invited to the 2024 Aboriginal Kidney Care in South Australia - Key Stakeholder Meeting on the 13th of June 2024. This event will be held within the SAHMRI Auditorium and facilitated by the Aboriginal Kidney Care Together - Improving Outcomes NOW (AKction2) and COMPASS teams.

This workshop will bring together Aboriginal and Torres Strait Islander Kidney Warriors, their families and community, health and oral health care professionals, health and support services, project officers, decision makers, educators and researchers. The aim of the event is to provide an update on AKction2 and COMPASS activities, current and future collaborations and plans moving forwards. Lunch and light refreshments will be provided.

For more information contact: Akction@Adelaide.edu.au
Event program to come - closer to the event date.

Please register to confirm your attendance: [Aboriginal Kidney Care in South Australia - Key Stakeholder Meeting | Humanitix](#)

GET YOUR FREE TICKETS HERE: <https://events.humanitix.com/aboriginal-kidney-care-in-south-australia-key-stakeholder-meeting>

Or scan the QR code



INDIGENOUS GOVERNANCE & DECOLONISATION

STATE FUNERAL FOR DR LOWITJA DONOGHUE AC CBE DSG

At the beginning of our Newsletters we acknowledge Ancestors that have come before us and who have influenced our being here. With the passing of Dr Lowitja O'Donoghue we have another Ancestor walking with us. Some of us have memories of working with and meeting Lowitja and for those of us who did not get that privilege we have been influenced by her life and work.

A state funeral to honour the life and achievements of Dr Lowitja O'Donoghue AC CBE DSG, a proud Yankunytjatjara woman and highly respected Aboriginal leader, will take place at 1pm on Friday, 8 March 2024 at St Peter's Cathedral, Kaurana Country, North Adelaide



Photo Credit : Leanne King

<https://www.dpc.sa.gov.au/news/state-funeral-to-honour-the-life-of-dr-lowitja-odonoghue-ac-cbe-dsg>

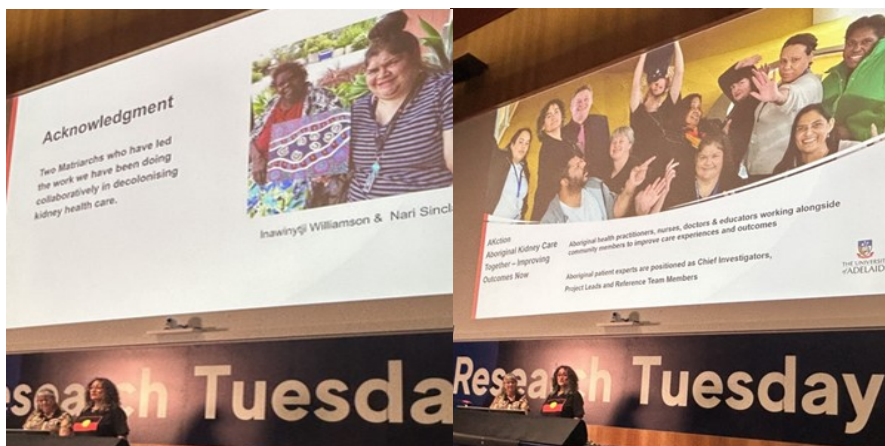
RESEARCH TUESDAY

Janet was invited to present at the Research Tuesday Adelaide Health and Medical Sciences Faculty Webinar which is an open public forum held monthly.

This was discussed at an AKction 2 reference team meeting, and the decision was made that it would be better as a co-presentation with Kim.

Together they co-presented about decolonising health care with a focus on the AKction project.

The presentation recording can be found here: <https://youtu.be/PMINTPbFNiw>



SA first Nations Voice

South Australia is pushing ahead with a First Nations Voice to state parliament and AKction team members have been keenly following the process. For information about the SA First Nations Voice you can visit the website <https://savoiceelection.sa.gov.au/>

For eligible voters there is a public forum being held in Mitcham for candidates to learn more about the Voice to parliament and hear from First Nations candidates.

The forum will be held Monday the 4th of March 2024 at 2 Young St Blackwood from 7 – 9pm.

For more information about attending the forum please contact Nat at the City of Mitcham 0419 969 165 email nfranklin@mitchamcouncil.sa.gov.au

PEER SUPPORT

AKtion will have a presence again at this year's Close the Gap day at Wayville Showgrounds. It will be a great opportunity to network and promote our research before the Key Stakeholder workshop in June.

Registration is free and you can get your tickets from Sonder by following this link:

[Register now – Closing The Gap Day](#)



HEALTH JOURNEY MAPPING

Interest in health journey mapping is gaining momentum and the leadership team at CNARTS are keen for us to work with the CNARTS teams to embed tools that support the care coordination work the Aboriginal Health Practitioner and Renal Nurse Consultant – Aboriginal Health do with people across the many CNARTS sites.

CULTURAL SAFETY

JARED PRESENTS TO DENTAL HYGIENE STUDENTS BEFORE PLACEMENT AT KANGGAWODLI

Jared and Janet presented together at the Giles Planes TAFE campus. Their audience was a group of dental hygiene students who will be doing a dental clinic placement at Kanggawodli.

In true Jared style he used humour to ease his nerves and settle into the groove.

Jared presented his kidney journey, touching on the main points of his life living with kidney disease. He shared the struggle with feeling tired and rough after dialysis and his transplant story, which happened while the bigger community was also dealing with the COVID pandemic.

Jared was impressed with the questions the students asked after they saw the CARI guidelines video and heard his story. They were concerned about how to care for people with kidney disease who have fluid restrictions, how that works when they have dental work and cannot chew or eat solid foods and need fluids to maintain nutrition as well as how a fluid restriction impacts oral care.

Jared enjoyed the experience and is keen to work with Janet again when future teaching opportunities arise.



RHANEE & PENNY DISCUSSED THEIR KIDNEY JOURNEYS IN A PRESENTATION AT A CKD WORKSHOP FOR RENAL NURSES IN SA



The idea for this presentation was planted in Penny's brain in 2019 when she heard Rhanee's story for the first time on World Kidney Day at a function held at RAH.

The ancestors brought Rhanee and Penny together in 2023 when Penny joined the AKtion team as a project coordinator. Penny works one day a week in the renal clinical space as a dialysis nurse and was chatting to one of the RAH renal nurse educators about her kidney journey and the idea blossomed into life.

By comparing the 2 journeys through yarning about their kidney stories Rhanee and Penny found a way to teach others about CKD, about racism that persists in health care systems and what white privilege looks like when the 2 stories are told side by side. The theme for the workshop - Chronic Kidney Disease CKD. Their presentation was called Compare the Pair.

ADELAIDE UNIVERSITY HEALTH AND MEDICAL SCIENCES FACULTY AWARDS



Each year within the University, the Faculty of Health and Medical Sciences holds an Executive Deans Award ceremony to acknowledge and recognise outstanding contributions of staff across the faculty.

On the 22nd of February Janet attended and much to her surprise was presented with an award acknowledging her incredible contributions as a mentor!

We want to take this opportunity to congratulate Janet and thank her for always supporting others to achieve their goals and dreams.

REGIONAL SITES



Murray Bridge

The AKction team have been connecting with Moorundi Aboriginal Health Service and Murray Bridge Dialysis Unit. The team plans to visit and connect with community in March!

Ceduna and Yalata

Janet has been writing up a short report on AKction 1 & 2 collaborative activities in Ceduna and Yalata. Reflecting on community priorities, work with Yadu Aboriginal Health Service and Ceduna Hospital and Dialysis unit will help inform AKction collaborations in Murray Bridge.

We have also started planning the 2024 Yalata Kidney Festival with AUHRA – Adelaide University Rural Health Alliance health students, Yalata School, Tullawon Aboriginal Health Service, RFDS, Purple House, The SA Health Dialysis Truck and Sam Bateman who is the visiting nephrologist for the area. The Yalata Kidney Festival will be held 19th – 23rd August. Rhanee is working with Shellander to involve community members more in the planning and Festival events.



Port Augusta

Kylie joined us in the recent AKction network meeting and shared the challenges of updating the unit's water treatment system. This involves moving dialysis people to other sites and getting the Dialysis Truck onsite. The Health Journey Mapping Team have also been discussing how the coordination tools may help with dialysis patient coordination in Port Augusta and transfers to and from Adelaide. This follows recent kidney warrior experiences navigating our complex health system.



To keep up with the AKction project check out our website:

[AKction- Aboriginal Kidney Care Together Improving Outcomes Now | University of Adelaide](https://www.akaction.org.au/)

Or check out our Facebook page: <https://www.facebook.com/groups/akaction2/>

Or email us: AKaction@adelaide.edu.au