

Aboriginal Kidney Care Together Improving Outcomes Now AKTION2 Newsletter

February Edition, 2023



Acknowledgement of Country

We acknowledge the Kaurna people, traditional owners of the Tarntanya, (Adelaide Plains). We respect their spiritual and physical connection to the land, seas, and waterways. We acknowledge their deep connection to the community and pay our respects to the Kaurna Elders who fought and paved the way for future generations.

We acknowledge all other Aboriginal and Torres Strait Islander people who live and work on Kaurna Yerta and acknowledge the allies who know when to walk beside us, in front of us and behind us.



MESSAGE FROM THE AKction2 TEAM

Hello AKction Family,

Welcome to the February edition of our monthly newsletter. We hope that everyone is settling back nicely into their new 2023 routines and that we are caring for ourselves in this space as we continue to advocate and create real changes for First Nations Australians within our health systems.

It is crazy to think how time flies and things change, as we head into the second month of this year the AKction Team have had a few staff changes with some of our very passionate and intelligent team members moving into new spaces in both work environments and location.

Within our administration structure Kim, Amy and Rhanee have taken on the responsibility of bringing you our monthly newsletter and we encourage our AKction networks to send in any stories that highlights challenges you may be facing and/or celebrate any achievements and goals you have reached. Our newsletters are a form of knowledge translation where we share our stories across the AKction network, this helps to create a flow in communication and keeps everyone updated on the overall progress of the AKction2 research project.

In this edition you will be able to find links to new articles that have been released from within our AKction networks, an update from the AKction2 Reference Team (A2RT), a yarnning up snapshot from one of our AKction team members and some feel good stories

and photos from the work that has happened since our last newsletter.

So, grab a cuppa, enjoy the read and keep up to date with how the AKction movement is taking shape as we move forward in 2023.

AKction OUT!



Team AKction2 Newsletter Editors

Kim O'Donnell | Rhanee Lester | Amy Graham



AKction Project Team

Back R-L: Melissa Arnold-Chamney, Jared Kartinyeri, Isaac Brown, Liz Rix, Kelli Owens
Midde R-L: Amy Graham, Alyssa Cormack, Kynesha Temple-Varcoe
Front R-L: Kim O'Donnell, Nari Sinclair, Janet Kelly



YARNING UP WITH ... RHANEE LESTER

My mob is ... *Adnyamathanha I was born in Adelaide (Kurna)*

I grew up in ... *Port Augusta (Bungala) I now live in Adelaide (Kurna)*

I work as a ... *Chief Investigator for AKtion2 and as a Patient Navigator in the Port Augusta Renal Unit*

Favourite bush tucker?

Kangaroo Tail and Damper

Favourite saltwater food?

Oysters & Prawns

Favourite drink?

Water

Favourite music at the moment? Why?

Afrobeats because it motivates me to move and stay active

Favourite saying(s)?

"Attitude reflects leadership, Captain!" -
Remember the Titans movie quote

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference

"You can do this be brave, you've done hard things before" – Bug the Kimochi Toy

Favourite holiday destination:

Anywhere that's not Home

Favourite movie /tv show at the moment? Why?

Currently watching Married at First Sight because it's entertaining and dramatic xD

Favourite book?

Walking to Corroboree by Rhanee Tsetsakos & Anne Kerr

What makes you happy?

Being with friends and family and doing fun

activities like beach visits and playing pool. All my babies make me happy

What brings you down?

Thinking about how the world does not value or appreciate First Nations Australians and the rich culture and history we come from. But it also picks me up knowing that I come from this beautiful ancient culture

Who would you invite for a night around the campfire? My family. Elders, Aunts, Uncs, Nephews, Nieces, Sisters and brothers. Who/what inspires you? Seeing everybody working together as a team and my elders before me that taught me wisdom and strength

What do you do to improve the lives of Aboriginal and Torres Strait Islander people?

I try to lead by example by being a voice for our mob and speaking up around important issues that affect us and then using my skills, knowledge and networks to create and advocate for changes that will improve our quality of life



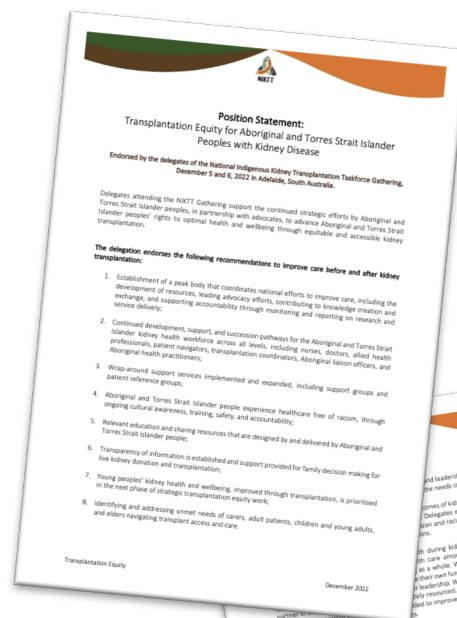
CONFERENCES AND COMMUNITY CONSULTATIONS

The National Aboriginal Kidney Transplantation Taskforce Gathering December 2022

During the month of December the AKtion2 Team attended and supported the work of the organiser's and delegates attending the NIKTT Gathering, and agreed to support the ongoing strategic efforts by all Aboriginal and Torres Strait Islander peoples, in partnership with advocates, to advance Aboriginal and Torres Strait Islander peoples' rights to our optimal health and wellbeing, through equitable, accessible and culturally safe kidney transplantation care. An outcome of the gathering came in the form of a group position statement which can be found in the link below:

<https://www.niktt.com.au/positionstatement>

Photos by Ngarla Photography ©



AKction 2 Planning Days, 15 – 16 February

Last week the AKction2 Project Team held two consecutive planning days to unpack and reflect on 2022, and discuss the future direction and priorities for 2023.

Janet & Kim provided a helpful overview of slides that showed how the AKction space has evolved and the different hats that each member has added to their collection.

An outcome of the planning day sessions was clearly identifying which team members were the leads of each sub studies

Indigenous Governance – Kim O, Kelli O & A2RT

Health Journey's – Janet, Sam, Amy, Alyssa & Tahlee

Peer Support – Rhanee, Nari, Kynesha & A2RT

Cultural Safety – Janet, Liz, Melissa, Amy, Rhanee, Kelli, Kim, & Kynesha

AKction 2023 Planning Meetings

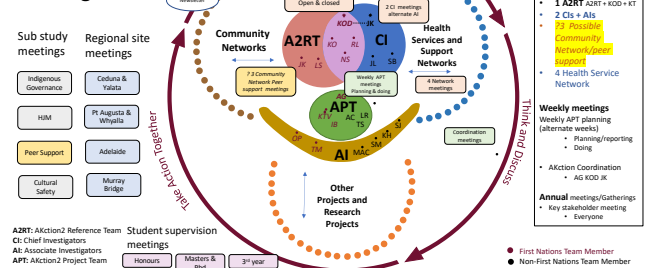


Photo by Rhanee Lester

AKction Planning day

Back R-L: Rhanee Lester, Kynesha Temple-Varcoe, Janet Kelly, Amy Graham

Front R-L: Sam Bateman, Kim O'Donnell, Auggie, Shilpa Jesudason

Sonder: Closing the Gap 2023, Thursday 6 March

Last year our AKction team attended the Closing the Gap Day event, and it was a nice way to connect with people in our Adelaide community. A2RT and APT have again decided to host a stall at the event as a way of stay connected to community.

Kynesha, Rhanee and Jared are working together in preparing resources needed for CTG stall. If any of our AKction2 networks would like to be involved or have any of your resources added to our stall please contact Rhanee and/or Kynesha via the AKction email: akction@adelaide.edu.au

3rd International Indigenous Health & Wellbeing Conference, 14 – 16 June

AKAction2 REFERENCE TEAM (A2RT)

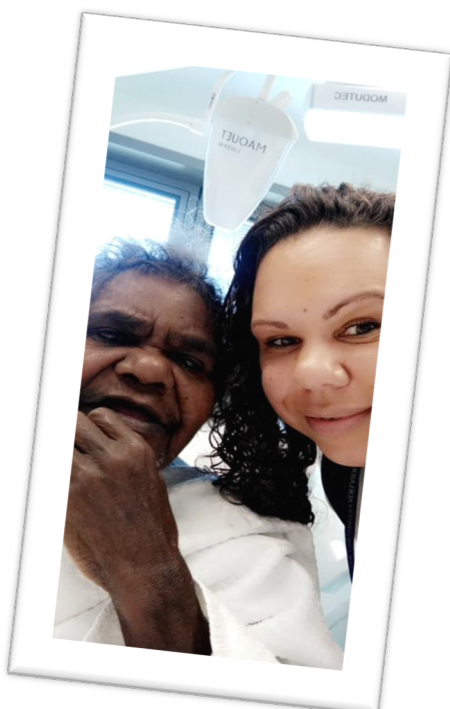
WHAT DEADLY THINGS HAVE A2RT BEEN DOING RECENTLY?

The AKAction2 Reference Team met up at the University of Adelaide in the beginning of this month and reconnected, refocused and re-centred the strategic position that they hold as the community voice representatives within the AKAction2 Research Project.

Decisions were made regarding events that allow us to stay connected with the communities targeted for the project. Our Sonder presence will be an important opportunity to show case the different elements and partnerships within the AKAction2 Family and we encourage people within our networks to attend, offer support where possible and provide resources about renal services within South Australia.

The AKAction2 Project Team have been supporting us with admin support and more recently in developing a website to collate and share all of our AKAction2 data and information, including bios and pictures of our AKAction2 Reference Team members.

Watch this space!



CURRENT AKAction2 REFERENCE TEAM MEMBERS:

Kunmanara (I.T.) Williamson (AKAction2 Elder)

Kelli Owens

Nari Sinclair

Rhane Lester

Denise Champion/Shellander Champion
(Patient/Carer)

Roman Gadd

Jared Kartinyeri

Lili Simo

SUB STUDY FOCUS OF THE WEEK: HEALTH JOURNEY'S

KIDNEY MUM'S LED BY ASSOCIATE PROFESSOR SHILPANJALI JESUDASON



As Shilpa continues to work on the Aboriginal Kidney Mum's project as a collaboration within AKAction2 she has just returned from a 'Women in Nephrology Conference' in

Athens, which she described as "very inspired and inspiring". This work sits nicely in Health Journey's Sub Studies as it will follow the journeys of Kidney Mums.

Kelli, Amy and Janet have been involved in the early discussions and planning, and have been joined by [Erandi Hewawasam](#) (research staff) and Nishanta Tangirala (Nephrologist doing a masters). Louise Channing (3rd year Health and Medical Sciences student) conducted a literature last year, supported by Mitra Javanmard (Adelaide Nursing School), looking at research approaches for projects about pregnancy involving Aboriginal women who have chronic conditions.

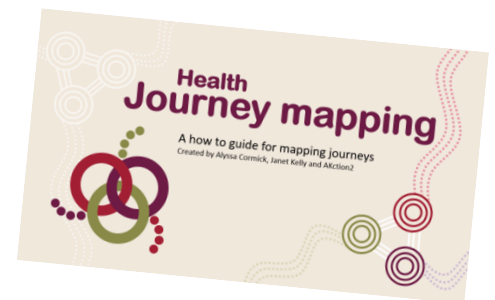
The first steps for Aboriginal Kidney Mums for 2023 are:

1. Introduce Nishanta and Erandi to the AKAction team and start building the trusted relationships that underpin everything we do in AKAction
2. Develop the methodology around the Aboriginal component of the Kidney Mums project, co-designed with the reference group and based on the work Louise has already done in her student project
3. Ethics amendment to AKACTION ethics
4. Write a study protocol paper that outlines the preferred methodology

HEALTH JOURNEY MAPPING UPDATE

Work is continuing on developing a range of kidney health specific journey mapping tools and the team have been reviewing Health Journey Mapping approaches in AKAction 1, the Health Journey Mapping Project with Lowitja Institute, AKAction student approaches and HJM work with other projects.

Alyssa has brought together diverse information into a 'how to guide' in Power Point, and we have used this to map one of the AKAction2 Reference Team member's journeys. We have been exploring different ways of mapping journeys collaboratively with the person who is experiencing the journey, and analysing their journey in a range of ways, including against the new CARI guidelines.



We are also working closely with the NIKTT Peer Navigator Research Project as it begins to get off the ground and into health services and communities. We are also working with Michelle Sweet around the Menzies Standing Strong App to develop resources that community members can easily use themselves.

Pictured: Some of the Patient Navigator Research Project Chief Investigators



NURSING & CULTURAL SAFETY TEACHING

WHAT IS HAPPENING IN THIS SPACE?

Cultural safety/decolonisation training – collaborative project between CALHN and AKction

Kelli Owen and Kate Tyrell have been working with Liz Rix, Janet Kelly and Mellissa (Arnold-Chamney – insert new surname) during 2022 on co-designing a decolonisation course for CALHN renal staff. This will be an online course and filming the first sessions is underway.



DENTAL CATCH UP

Teaching student nurses

Amy and Nari have been teaching into the undergraduate courses at University of Adelaide with Janet, bringing in their lived experience, health care expertise and highlighting kidney health care needs. Amy now has a one day/fortnight contract with the University of Adelaide to co-teach, co-write curriculum and assignments and mark across both semesters in 2023, and to help support Aboriginal nursing students.



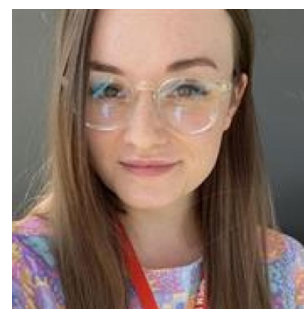
<https://www.cariguideelines.org/guidelines/management-of-chronic-kidney-disease-among-first-nations/>



AHP CATCH UP

Working with the Adelaide Simulation Centre, Medicine, Health Sciences and AHCSA

Amy, Janet and Tahlee have been involved in early discussions between the Adelaide Simulation Centre, Medicine and Health Sciences staff and the Aboriginal Health Council of SA about increasing Aboriginal involvement in student learning and simulation across the faculty – which includes nursing, medicine, allied health, dentistry, public health. There is growing interest in the role that Aboriginal health practitioners may have in this space.



Tahlee Stevenson

Cultural safety in kidney care

Melissa, Liz and Janet co-wrote the cultural safety section of the national (CARI Guidelines – correct title). Melissa is now focusing on the emergence of cultural safety in kidney care in Australia as part of her PhD, drawing on, and extending the CARI literature review. Janet, Kim and Liz are her supervisors.

KNOWLEDGE TRANSLATION

AKtion2 CROAKEY ARTICLES

Download the articles from AKtion2 written in Croakey:

[https://protect-
au.mimecast.com/s/1v73Cp815qIEYX
RLCPygha?domain=croakey.org](https://protect-au.mimecast.com/s/1v73Cp815qIEYXRLCPygha?domain=croakey.org)

UPCOMING REFERENDUM – STAY IN THE LOOP

Stay informed about the next Referendum fast approaching. Here is the Background to the Statement from the Heart. Share far and wide. It's time for national healing together.

Please click play and learn about the Uluru Statement from the heart:

<https://vimeo.com/346347606>

PEER REVIEWED PUBLICATIONS

Renal healthcare: Voicing recommendations from the journey of an Aboriginal woman with chronic kidney disease Alyssa Cormick, Kelli Owen, Deborah Turnbull, Janet Kelly and Kim O'Donnell

[https://search.informit.org/doi/pdf/10.3316/i
nformit.814739633206710?casa_token=x1QS
VKPAb_sAAAAA:h1xVh5ZmZ6cKHANLFXwK-
R0WXC3p-
BFUiK6sx1gJK0MiBCOdp7AqI_WlShK-3-
OTdvgEqhR247okjE](https://search.informit.org/doi/pdf/10.3316/infornit.814739633206710?casa_token=x1QS VKPAb_sAAAAA:h1xVh5ZmZ6cKHANLFXwK-R0WXC3p-BFUiK6sx1gJK0MiBCOdp7AqI_WlShK-3-OTdvgEqhR247okjE)

HISTORY IS CALLING

*What is the Uluru Statement from the Heart?
What is the 'Voice' and how will it work?
Why do we need a referendum?*

Come to hear Teela Reid and other First Nations leaders
at a community forum on the

VOICE to PARLIAMENT

Friday 17 March
7:00-8:30 pm
Concordia College,
Cnr Balmoral Street and
Cheltenham Street, Malvern

More information from
uluru.statement@theheart@gmail.com

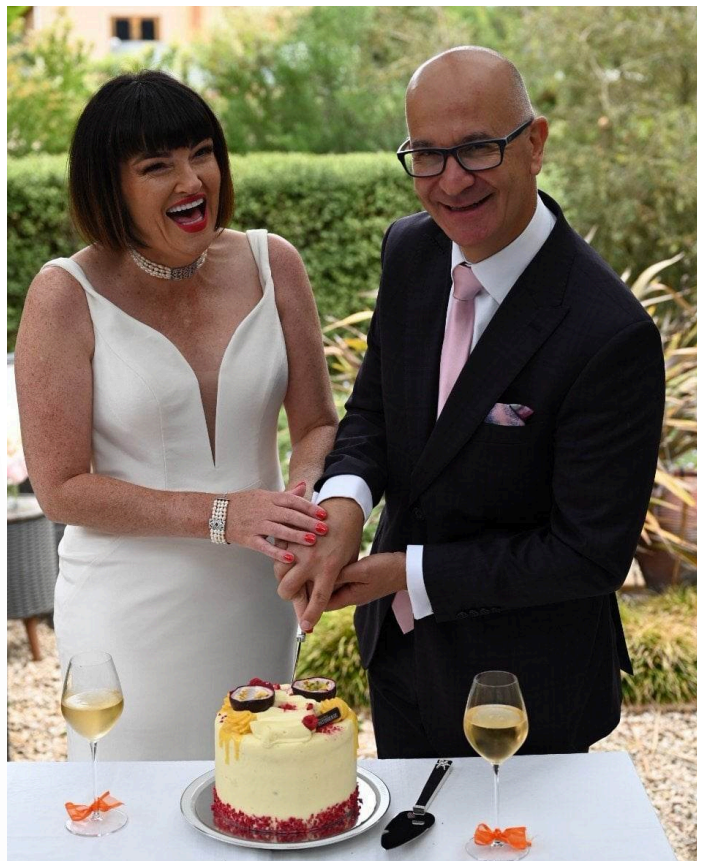
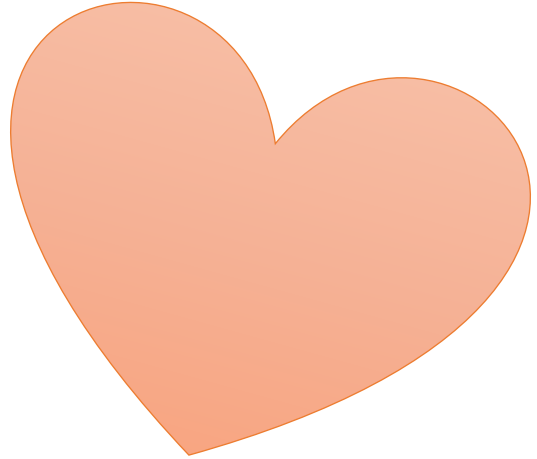
Bookings: Google
'Humanitix Teela Reid'
or use QR code

Hosted by the Unley Uluru Statement from the Heart Support Group and
Blackwood Reconciliation Group

@ulurustatement

CONGRATULATIONS GOES TO ...

A big
Congratulations to
Melissa and Kaz
Ujvari, who tied the
knot this month! The
AKction2 Family wish
you all the best on
your new
adventure in life
together.



Introducing Mr & Mrs Ujvaro

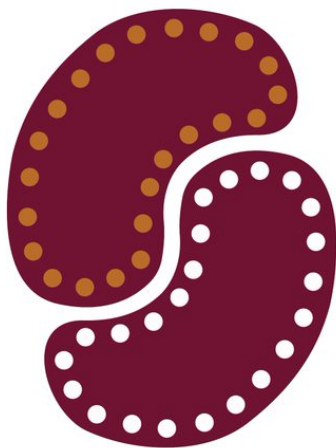
**Anu nginti –
(Ngarrindjeri word for Thank you)**

Thank you for keeping updated with AKction2. If you would like to promote any work/training currently happening within the renal space, we would love to hear from you! Deepest thanks to everyone working towards improving outcomes, de-colonising and co-designing safer health and wellbeing spaces.

FOLLOW US ON INSTAGRAM



FOLLOW US ON FACEBOOK



AKction2

**Aboriginal kidney care together -
improving outcomes now**

***We appreciate those that continue to advocate for better
health outcomes in the renal space.
AKction2 look forward to working in partnership with you all
in 2023.***