

Aboriginal Kidney Care, Together Improving Outcomes Now AKtion2



Newsletter ~ July 2022

Compiled by Amy Graham & the AKtion2 team



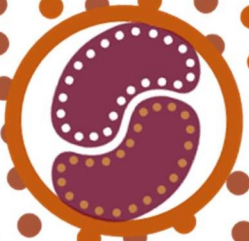
AKtion2
Aboriginal kidney care together -
improving outcomes now



Acknowledgement of Country

We acknowledge the sovereign Kurna people, traditional owners of the Tarntanya, (Adelaide Plains). We respect their spiritual and physical connection to the land, seas, and waterways, and acknowledge that their cultural practices are strong and thriving today. We honour First Nation Peoples, who have passed, our Elders today, and future generations.





Message from the AKAction2 team:

Ngaayi (Barkindji Western NSW, meaning Greetings!)

Get Up! Stand Up! Show Up! Was the theme this year, and that's what we hope you all had time to do! As a nation we have celebrated NAIDOC week, and the theme was adapted by people in different ways. It was deadly to see so many services and community members attend the march in Adelaide on 8th July. If you couldn't attend this year we strongly encourage you to make it next year.

Thank you to everyone who have used the 'pass me around' technique and yarned about AKAction2 with others, shared our newsletters and followed our social media platforms. We'd like to share with you an overview of what we are striving to do.

AKAction2: Aboriginal Kidney Care Together – Improving Outcomes Now

Privileging Aboriginal ways of knowing, being and doing; Combining Indigenous and Western concepts & approaches for responsive co-design & collective decision making

<p>Sub study 1: Indigenous Governance Activities</p> <ol style="list-style-type: none"> 1. Reference Team (ART) members' experiences 2. Health professionals perspectives of ART – in Australia & Canada 3. Reference group establishment & support needs 4. Working effectively at the interface 	<p>Sub study 2: KidneyJourney Mapping Activities</p> <ol style="list-style-type: none"> 1. Map individual kidney journeys, needs & gaps 2. Identify coordination & communication gaps -health professionals 3. Improve coordination and communication within & between sites 4. Review findings, prioritise action 	<p>Sub study 3: Support for Kidney Patients Activities</p> <ol style="list-style-type: none"> 1. Identify patient & family unmet support needs 2. Identify what works in patient support & navigator programs 3. Investigate the feasibility of peer navigators 4. Peer support & information sharing 	<p>Sub study 4: Cultural safety in kidney care Activities</p> <ol style="list-style-type: none"> 1. Identify cultural safety training needs of staff 2. Review cultural safety education approaches in health care & universities 3. Co-create, trial & evaluate a kidney health cultural safety education package 4. Refine package following participant feedback
<p>Methods</p> <ol style="list-style-type: none"> 1. 2. Yarning, Ganma, Dadirri, interviews & focus groups with community members & health professionals 3. Scoping Review 4. Critical Reflection Journals 4. Ganma knowledge sharing with ART & researchers in workshops 	<p>Methods</p> <ol style="list-style-type: none"> 1. Interviews, my kidney my journey mapping tools, photo voice & artwork 2. Mapping journeys against standards & guidelines. Calculate personal & SS costs 3. Co-creation of kidney journey quality improvement tools 4. Key stakeholder workshops 	<p>Methods</p> <ol style="list-style-type: none"> 1. Review journeys, workshop with ART, identify unmet needs 2. Focus groups with patient support /navigator programs 3. Co-create & evaluate a pilot peer navigator project. Adapt mapping tools for use. 4. Peer support & information workshops 	<p>Methods</p> <ol style="list-style-type: none"> 1. Survey kidney care staff - skills, knowledge & training 2. Scoping review 3. Review findings, refine & workshop package, participant evaluation, post training survey. 4. End user workshops
<p>Outcomes</p> <ol style="list-style-type: none"> 1. Identification of the decolonisation processes required to establish and support Indigenous reference groups 2. A "How to Guide" for establishing and sustaining Indigenous Governance in projects and renal care 	<p>Outcomes</p> <ol style="list-style-type: none"> 1 Kidney Specific mapping tools for patients, health professionals & services to use in day to-day clinical practice. CQI, and evaluation 2. Clearer identification of gaps in care, & co-design of responsive strategies for improvement in coordination and care outcomes 	<p>Outcomes</p> <ol style="list-style-type: none"> 1. Better understanding of the key elements of an effective peer navigator program 2. Increased workforce capacity & improved models of care 3. Increased support and recognition of the role of patient experts by experience 	<p>Outcomes</p> <ol style="list-style-type: none"> 1. Targeted cultural safety education for use within renal care 2. Updated cultural safety resources for use in tertiary education 3. Increased cultural safety in practice

Update from AKAction and the Renal Space:

Ethics

We now have ethics approval from both CALHN and AHREC. Ethics are being further amended to include two NALHN sites: Kanguawodli and The Lyell McEwin hospital. - Thank you to Janet and Tahlee for leading the ethics application process. Your persistence, patience and perseverance, is appreciated by AKAction2.

Publications

We have just published two articles in the Australia and New Zealand Journal of Public Health:

- “Aboriginal patients driving kidney and healthcare improvements; recommendations from South Australia community consultations”

Check out the picture showing emerging themes from article

To access the article please visit:

<http://doi.org/10.1111/1753-6405.13279>

- Real Ways of Working Together: Co-creating meaningful Aboriginal community consultations to advance kidney care

Check out the articles image showing the community-based participatory action research process

To access the article please visit:

<https://doi.org/10.1111/1753-6405.13280>

Twitter & Croakey

AKtion2 took control of the Croakey Twitter account @WePublicHealth for one week, where we shared knowledge, language and insights into the cultural determinants of health.

Check out our hashtag #AKtioninAction

To access a summary and highlights of our post please visit:

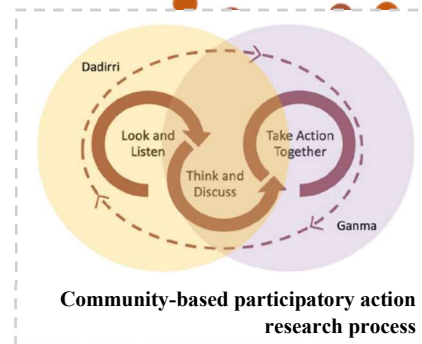
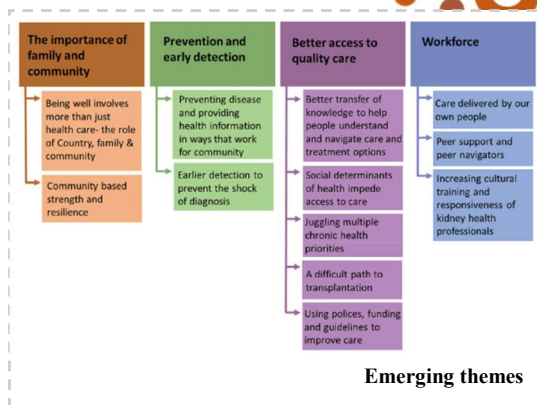
<https://www.croakey.org/sharing-vibrant-productive-and-creative-journeys-to-improve-kidney-care-for-first-peoples/>

Thank you Alyssa, Amy and Kynesha for driving this platform.

Tweeting and twittering tips are appreciated to promote this work.

Coober Pedy

Janet & Rhaneé visited Coober Pedy with financial support by CARI to discuss the near final draft of the National Clinical Guidelines with health professionals and community members. These are ongoing conversations with plans to also share the drafts with community members in Adelaide, Port Augusta and Ceduna and to seek final feedback from members. This will close the consultation loop on our AKtion 1 community engagements in each of these locations before the final guidelines are published.





Tafe SA

Janet and Nari were invited to attend the TAFE SA Interprofessional Learning Day with a focus on Aboriginal and Torres Strait Islander kidney and oral health care. They yarned with students, teachers, dentists and other key stakeholders about Yarning and cultural safety and Nari shared her kidney journey. They received lots of positive feedback, including from a dentist who, despite being in dental practice for 40+ years, learnt about respecting the needs and expectations of First Nations people. Students and TAFE staff also reflected that the open discussions led by Nari and Janet were really beneficial from both a cultural awareness/safety and a critical reflection on practice and unconscious bias perspective.



Cooper Pedy – Janet discussing kidney care guidelines.

Yarning with...

Dr Kim O'Donnell, Malyangapa/Barkindji nhuungu (woman) with a dash of Irish, mother, nanna and auntie public health researcher from far Western NSW.

Favourite bush tucker? Yellow belly perch cooked on the hot coals.

Favourite saltwater food? Prawns.

Favourite drink? These days...top shelf tequila!

Favourite music at the moment? MoJo Juju

Favourite saying? Plant seeds of change in the gardens of the minds you meet. (A KO'D original from way back)

Favourite holiday destination: Back to country, Mutawintji Lands NSW and Hungary

Favourite movie? The Sapphires

Favourite book? Another Day in the Colony by Chelsea Bond

What makes you happy? Spending quality time with my 'mixed grill' family and grannies- seeing them happy and content.

What brings you down? Too much sorry business and our peoples' lives cut short, way too soon.

Who would you invite for a night around the campfire? My brothers, sisters and parents...for regular healing time together.

Who/what inspires you? My mum, Mary Ann Hausia and non-egotistical people who work respectfully together with communities at the heart of their actions.

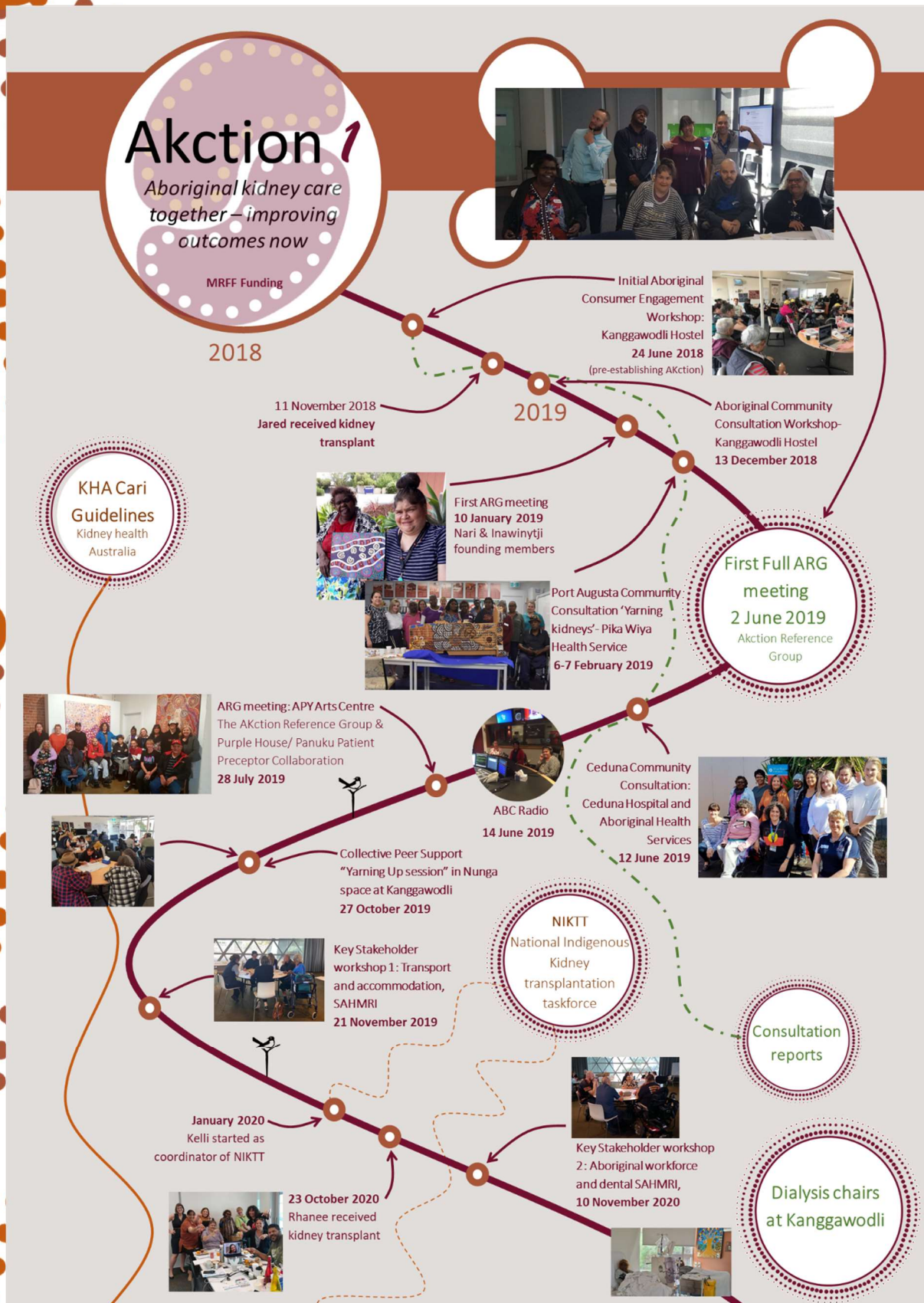
What do you do to improve the lives of Aboriginal and Torres Strait Islander people? I co-lead Akktion2 'wirikara' way (alongside) Assoc Prof Janet Kelly, am Deputy Chair of the Blackwood Reconciliation Group, our home 'Give Me Shelter' is open to family and friends who need a place to rest their spirit so they can stand strong and tall again as sovereign people.

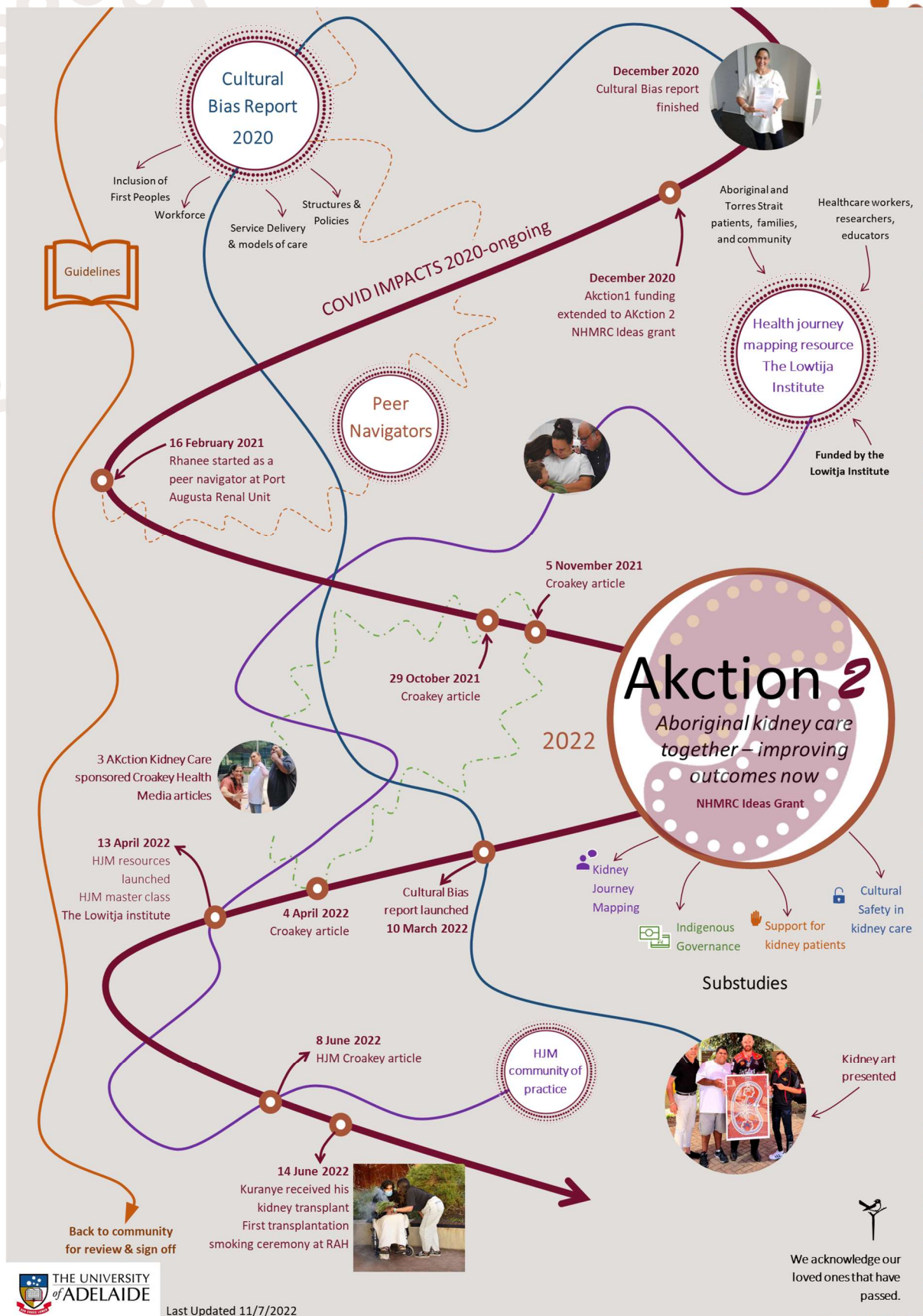


Kim, and parents, Koli and Mary Ann Hausia (nee: Bates)

AKtion1 to AKtion2 Journey so far....

Thank you to our Research Assistant Alyssa Cormick for designing, creating and capturing the journey of AKtion1 to AKtion2







Good News Stories

A reflection of NAIDOC week by our Chief Investigator Rhanee Lester

The theme for this year's NAIDOC sits perfectly alongside the work AKtion has been doing over the past 12 months. As I look back and see all the milestones and achievements made by the AKtion Team, I see how NAIDOC becomes this really precious and beautiful time of gathering and celebrating Our Mob, Our Land and Our Culture. Working in this space means we are constantly getting up, standing up and showing up to do the work we know makes a difference, and for some of us it means we have to leave our country, our place of peace and healing to make it all happen.

This year I was honoured to be invited to return home to Adnyamathanha yarta in the Northern Flinders Ranges to run a storytelling and cultural education workshop alongside my mothers and sisters at the Hawker Area School. In 2018 my children's book 'Walking to Corroboree' was published, which tells the story of an Aboriginal family walking softly in the land before "The Others" arrived. Since then I have been using it as a tool to teach and educate children, young people and their families about the true history of Australia and gently invite them into conversations through interaction and engagement with the extra tools in the book.

It was lovely to breathe in the fresh country air, and smell the earth and trees of home. On arrival the camp fires filled the air with the beautiful aroma of smoke and the preparations for Urdlyu (roo tail), Damper and Jubardis (Jonny cakes) were being made. Fresh tea from the Billy can hot off the coals.

The children, teachers and staff sat around the camp fires listening to my Ngarlami (Mothers oldest sister/Big mother) Aunty Denise Champion, as she told stories of our Yura Muda (History). She welcomed everyone with a calling mantra "Yanakanai, Yanakanai" ("Come here, Come here"), as she opened her arms and gestured everyone one to gather in closer. I spoke about the importance and difference between a Welcome To Country and an Acknowledgement Of Country, and shared how living off country I very rarely get to come back and Welcome people to my Yarta (land/country). I shared about how Returning to Country brings healing and peace and re-energises you to go back out into the world.

Having time and space like this is priceless and needs to be valued. We need to remember our places of peace and healing and return to them for nurturing of the mind, body and spirit so we can continue to Get Up, Stand Up and Show Up.

Upcoming Events / Presentations / Conferences

- Save the Date – 22nd and 23rd September “Standing Strong and Yarning Up Loud” This event is being co-designed and supported by staff and students of University of Adelaide, University of South Australia and Flinders University in collaboration with CATSINaM – the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives. A two-day event to bring together A South Australian gathering of Aboriginal and Torres Strait Islander nurses, midwives and student nurses and midwives, Aboriginal maternal and infant care and cultural capability workers, and allies.

Events / Presentations / Conferences

- **Men’s kidney yarning group** – Wednesday 3rd August Jared Kartinyeri will be holding a men’s kidney yarning group at Tauondi, to discuss and explore preventative kidney healthcare measures and physical exercise. It is facilitated in collaboration by AKction2 and Paul Bennett from Uni SA with a focus on Aboriginal men, their families and physical exercise.
- **Standing Strong / Yarning Up Loud** – The University of Adelaide will host a save the date 22nd & 23rd September event – co-designed and supported by staff and students of University of Adelaide, University of South Australia and Flinders University in collaboration with CATSINaM – the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives – Invites will be out soon.

Moments in time...

The AKction2 Reference Team meeting and ‘stylin up’ with Prof Steve Larkin, Dr Sam Bateman, our flying AKction baby Augie, Christine Doolan, Melissa Arnold-Chamney and WELCOME to new A2RT member and Educator Lili Simpson-Lyttle.



Nukuta- *Kaurna* word for “see you next time”

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.

AKction contact details

Email: akction@adelaide.edu.au
Ph Amy Graham: 08 83130267