



Collaborative Approaches to Aboriginal Health Research

Presentation to Freiburg University Nursing Academics - 27 June 2023

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Acknowledgement of Country

A person with long dark hair, seen from behind, looking out over a green landscape. The person is wearing a dark top. The background is a blurred view of a green landscape with some buildings in the distance.

- Kurna country and people
- Aboriginal people with lived experience of kidney disease
- Our colleagues and teams

Collaborative Participatory Action Research

- Action Research - Plan Do Study Act Review
 - For situations when it is clear what needs to happen
- Look & Listen, Think & Discuss, Take Action Together, Review Effectiveness
 - For cross cultural situations, recognising multiple perspectives, power imbalances, impact of colonisation

Increasing Indigenous governance & partnership



AKction

Aboriginal Kidney Care Together
– Improving Outcomes Now



- Aboriginal patient experts as chief investigators & project leads
- Aboriginal health practitioners, nurses, and doctors working alongside community members to improve care

Community consultations & Networking



Patient navigators

Peer support

Health information & education

Cultural safety

Health Journey Mapping

Kanggawodli Dialysis



Dialysis trial focusing on culture boosts health options for Indigenous patients

By Patrick Martin
Posted Thu 28 Nov 2020 at 5:44am





Health journey mapping tools & resources

- Collaborative research, from the ground up
- Flexible, adaptable, can be scaled up or down
- Pragmatic, problem solving
- Helps identify, plan, support and record what cultural safety looks and feels like in practice

<https://www.lowitja.org.au/page/services/tools/health-journey-mapping>



Aboriginal Kidney Care Together – Improving Outcomes Now: AKAction1 → AKAction2

Working Together

Community

Health, Renal & support services:
CNARTS
CALHN
NALHN

National Indigenous Kidney Transplant Taskforce

SAHMRI

Universities

Aboriginal Chronic Disease Consortium

Aboriginal Health Services

Kidney Health Australia

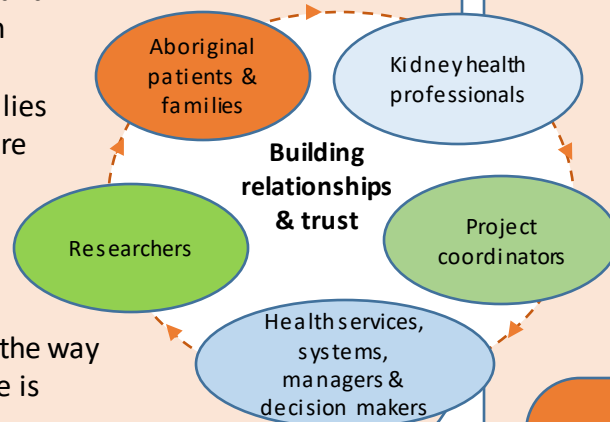
CARI guidelines

Purple House

AKAction1

- Aboriginal Reference Group
- Community Consultations
- Patient journey mapping
- Stakeholder workshops
- Networking - local, NT, international
- New national clinical guidelines

Building relationships and trust between Aboriginal patients, families and health care professionals



Changing the way kidney care is provided

HTSA/MRFF Funding

Working with

NIKTT: National Indigenous Kidney Transplant Taskforce

- IRG – Indigenous Reference Groups
- National Community Kidney Panel
- Peer navigators
- Cultural Bias report & policy document

AKAction2

Decolonising approaches & methodologies

Indigenous methods

Yarning – relaxed conversations
Dadirri – deep listening
Ganma - knowledge sharing

Interface – working in Brave Spaces

combining Indigenous and Western concepts
Co-design, collective decision making
Participatory Action Research
Look & Listen, Think & Discuss, Take Action Together

Western methods

Interviews, focus groups
Surveys, evaluation
Critical reflection

4 sub studies

1. Indigenous governance *“We are more than our disease!”*
2. Kidney journey mapping *“No one else should have to experience this”*
3. Support for Aboriginal kidney care patients *“We know what it is like”*
4. Cultural safety in kidney care *“Sometimes they just don’t get it”*

What we want to achieve - our end goals

Patients & families

Better kidney care, dialysis & transplantation experiences & outcomes
Access, education & prevention
Peer support

Health professionals

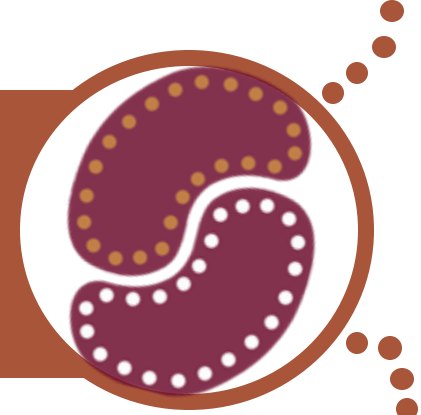
Cultural safety training & tools
Effective partnerships with patients, families and communities
Increase Indigenous workforce

Health services and systems

Improved coordination of care - within and across health services & systems
Improvements in care processes and outcomes
Implementation of new guidelines & standards
Increased Indigenous workforce
Reducing racism

NHMRC Ideas Grant Funding

Meaningful approaches



- Acknowledge Aboriginal people as experts of their own lives, health and wellbeing needs and priorities
- Prioritises Aboriginal knowledges, ways of being, knowing and doing
- Flips typical colonial hierarchies on their heads e.g. community members as chief investigators

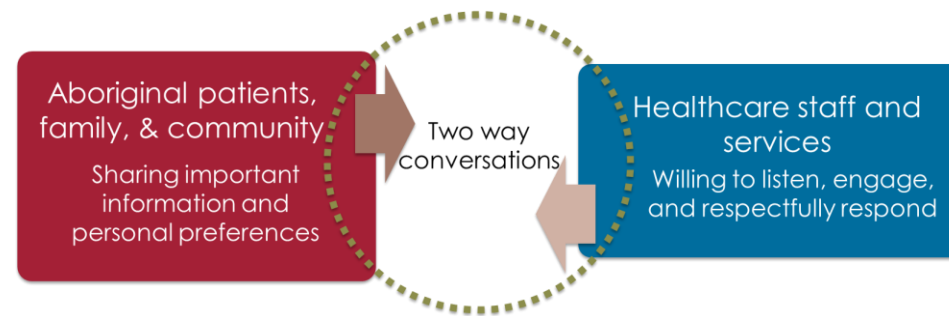
Top down

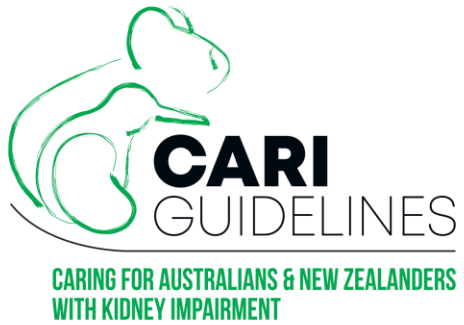
What often happens in healthcare & research



Co creation & codesign

What should happen in healthcare & research





<https://kidney.org.au/get-involved/advocacy/yarning-kidney-consultations/cari-guidelines-recommendations-for-culturally-safe-kidney-care-for-first-nations-australians>

 www.cariguideines.org

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INDIGENOUS GUIDELINES

MANAGEMENT OF CHRONIC KIDNEY DISEASE AMONG ABORIGINAL AND/OR TORRES STRAIT ISLANDER PEOPLES



- 1**
 - INSTITUTIONAL RACISM
 - CULTURAL SAFETY
- 2**
 - COMMUNITY AND FAMILY INVOLVEMENT
- 3**
 - TRANSPORTATION
 - ACCOMMODATION NEEDS
- 4**
 - ABORIGINAL AND/OR TORRES STRAIT ISLANDER HEALTH WORK FORCE
- 5**
 - RISK FACTORS
 - SCREENING
 - REFERRAL
- 6**
 - PUBLIC AWARENESS
 - EDUCATION
 - SELF MANAGEMENT
- 7**
 - MODELS OF CARE
 - PRE-DIALYSIS
 - KIDNEY-FAILURE,
 - TRANSPLANTATION



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