

Improving Aboriginal people's kidney care journeys - dialysis at Kangawodli hostel

Janet Kelly, Kelli Owen, the AKction team, Central and Northern Renal and Transplantation Service and Kangawodli Aboriginal Hostel



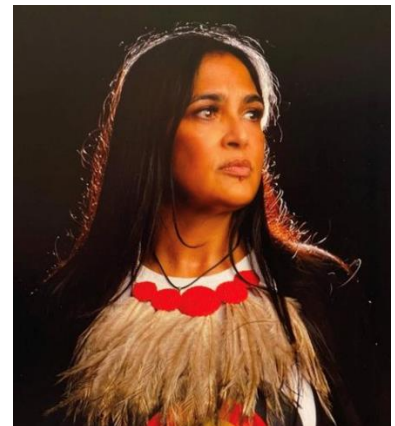
AKction
Aboriginal Kidney Care Together
– Improving Outcomes Now



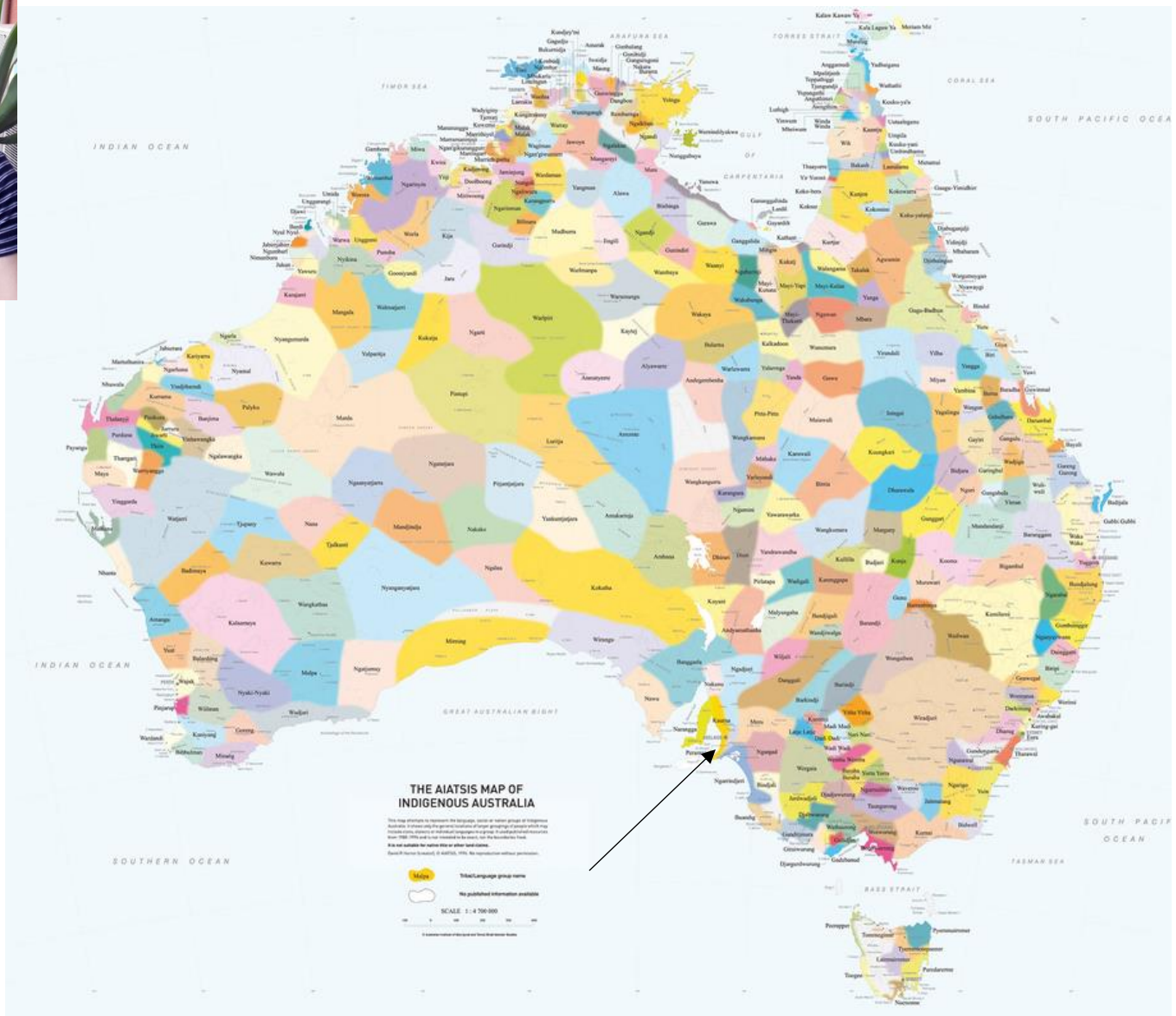
Acknowledgment of Country

We would like to acknowledge the traditional owners and pay respect to their spiritual and physical connections to land, seas, and waterways where cultural practices are strong and thriving today as always.

This presentation includes photos of people who have passed. They and their families have given us permission to share their images to continue their work as kidney warriors.



Kelli Owen



Usual health care & research processes

AKtion

Top Down
Health care & research

Disconnect

Bottom Up
Patients, family & community

Patient experts,
family &
community
members

Co-design

Health services &
health professionals
practice, policy,
clinical guidelines &
data interpretation

Resources & support

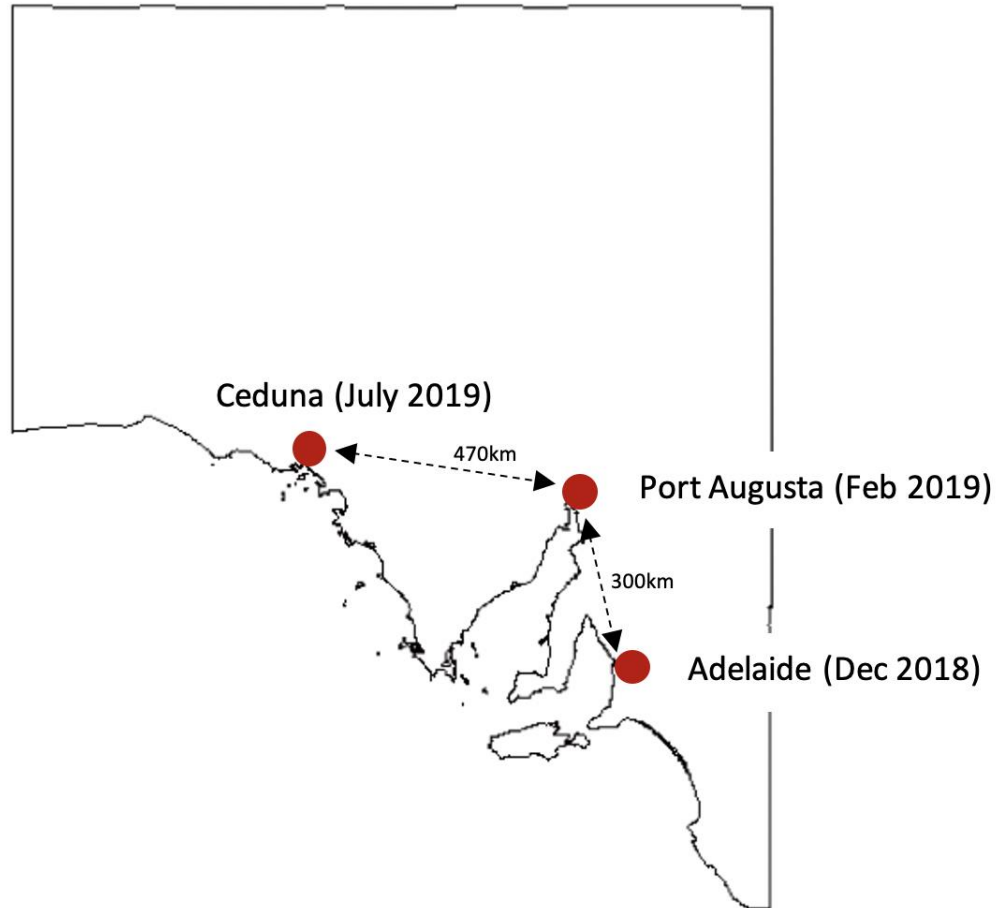
Willingness to listen,
engage & respond

Equity

Providing community members with additional resources
and support to enable equitable involvement & outcomes



Community Consultations



THE TRANSCONTINENTAL PORT AUGUSTA

Home / News / Local News

FEBRUARY 7 2019 - 3:52PM

Kidney health consultation in Port Augusta

Marco Balsamo

Local News

f t e A A A



HEALTH: Inawintji Williamson paints the story of her life on an old renal dialysis machine, with help from her nieces, Kani George and Rhoda Tjitayi.

The two-day Indigenous Voices Yarning 'Kidney Health' consultation brought researchers and nurses together with Aboriginal people with kidney diseases to discuss the best ways to improve kidney care.

West Coast Sentinel

JUNE 14 2019 - 12:00PM

Ceduna hosts kidney health consultation

Luca Cetta

Local News

f t e A A A



Ceduna hosted three days of Indigenous Voices Yarning 'Kidney Health' consultation sessions this week aimed at improving kidney care in Aboriginal communities.



Yarning

Chris Forbes, CEO Kidney
Health Australia

Sue Crail,
Nephrologist

Location: Pika Wiya
Aboriginal Health Service
teaching space

Tahlee Stevenson,
Registered Nurse



Roxanne Sambo,
Aboriginal Health
Practitioner

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



The importance of family and community

Being well involves more than just health care- the role of Country, family & community

Community based strength and resilience

Prevention and early detection

Preventing disease and providing health information in ways that work for community

Earlier detection to prevent the shock of diagnosis

Better access to quality care

Better transfer of knowledge to help people understand and navigate care and treatment options

Social determinants of health impede access to care

Juggling multiple chronic health priorities

A difficult path to transplantation

Using policies, funding and guidelines to improve care

Workforce

Care delivered by our own people

Peer support and peer navigators

Increasing cultural training and responsiveness of kidney health professionals

Australian and New Zealand Journal of Public Health

Aboriginal patients driving kidney and healthcare improvements: recommendations from South Australian community consultations

Janet Kelly ✉, Tahlee Stevenson, Melissa Arnold-Chamney, Samantha Bateman, Shilpanjali Jesudason, Stephen McDonald, Kim O'Donnell, Odette Pearson, Nari Sinclair, Inawinytji Williamson



Mapping kidney journeys - dialysis

Aboriginal people from city, rural and remote locations

- Separated from family, community, culture and supports
- Experience significant accommodation and transport challenges, particularly when transferred to the city for dialysis
- Sometimes miss dialysis and appointments
- Become increasingly unsupported, lonely and unwell

Dialysis Project – health service perspective

**CNARTS - Central and Northern Renal and Transplantation
Service, Brian Farmer**

Key Issue

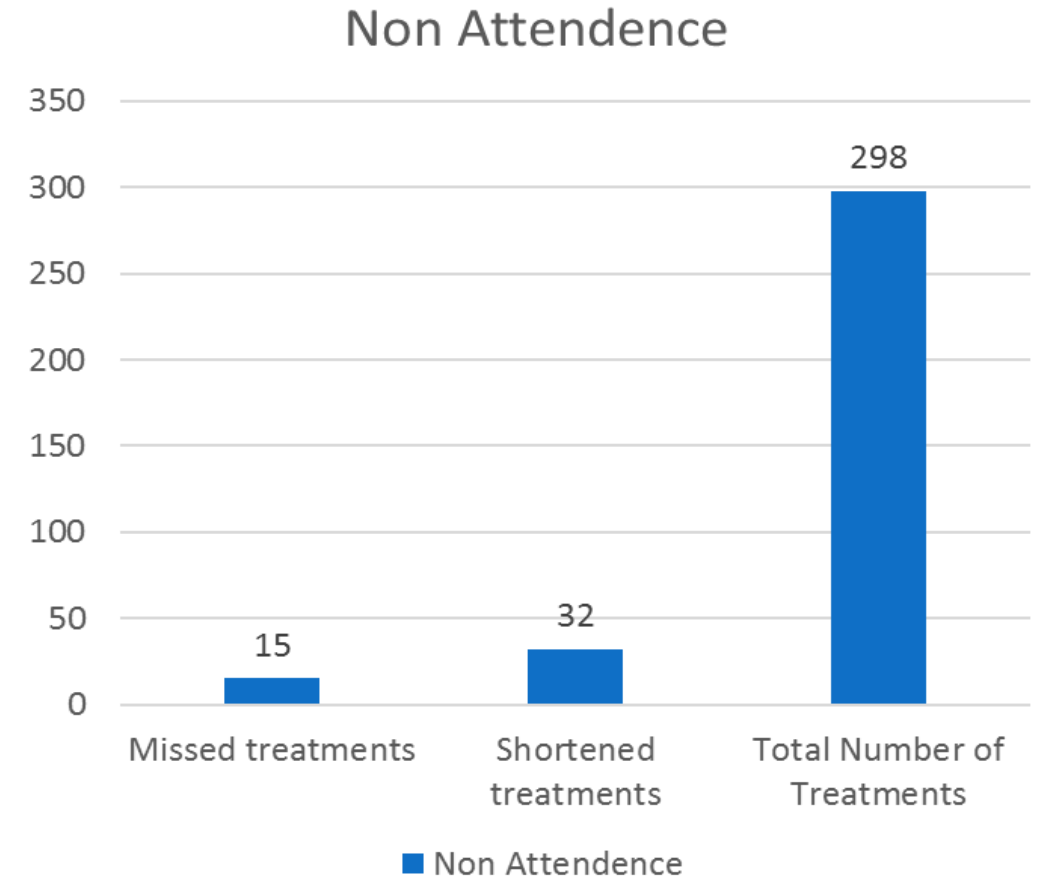
- A cohort of consumers regularly missed dialysis
- Over a 6 month period a total of 5% of available sessions were lost.
- 8% of available sessions were shortened. I.e. Full dialysis time not completed.
- Lost time equated to 1 weeks worth of dialysis per patient
- Reasons for missed or shortened dialysis were mainly cultural in nature
- <https://www.abc.net.au/news/2020-11-26/sa-dialysis-trial-has-promising-results-for-aboriginal-patients/12914018>

Goals

- **Improved Consumer Engagement**
- **Provide Dialysis in a culturally safe appropriate environment**
- **Improve attendance to dialysis.**
- **Reduction in out of hours presentations due to missed dialysis**

Nonattendance to dialysis

- Non Attendance to dialysis and subsequent associated complications.
- Within the focus group (4Pts) over a six month period a total of 15 dialysis sessions were lost and 32 sessions were shortened.
- Regular nonattendance led to out of hours admissions due to complications of missed dialysis.



Nonattendance to Dialysis and associated costs

- 14 hospital presentations in 6 months costing approximately \$23K to SAAS and RFDS
- 35 occupied bed days in same period ? Cost \$105K
- 10 occupied bed days in 6 month period of trial program. ?cost \$30k
- SAAS costs \$5K
- Cost Saving of approximately \$93K

Key Changes Implemented

- Commenced Dialysis in a culturally safe place
- 2 Chairs treating 4 patients on M/W/F
- Operating 2 dialysis shifts between 0700hrs to 1900hrs
- Located in the main dining room
- Mixed staffing model with RN's and Aboriginal Health Practitioners (AHP's)



Key Changes Implemented

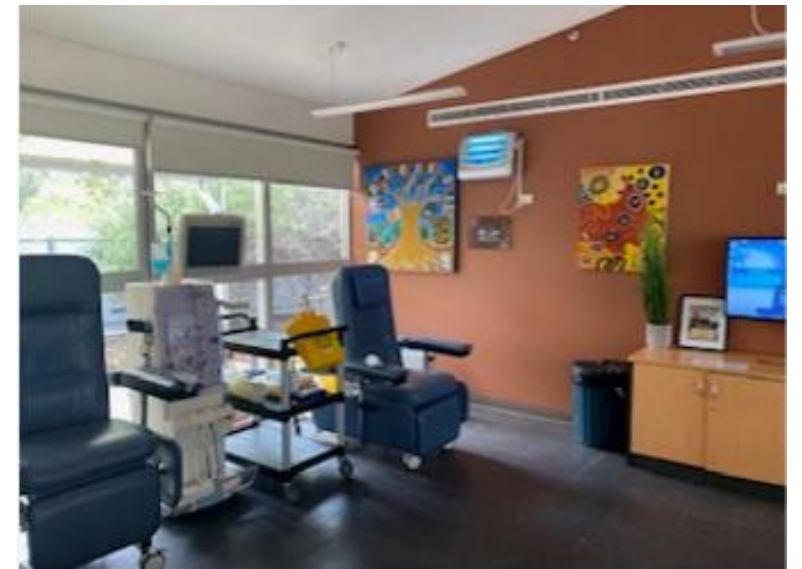
- **Consumers given full access to stable accommodation including**
 - **Access to GPs**
 - **Access to AHP's**
 - **Diabetes Nurse Educators**
 - **Dieticians**
 - **Social Worker**



Key Changes Implemented

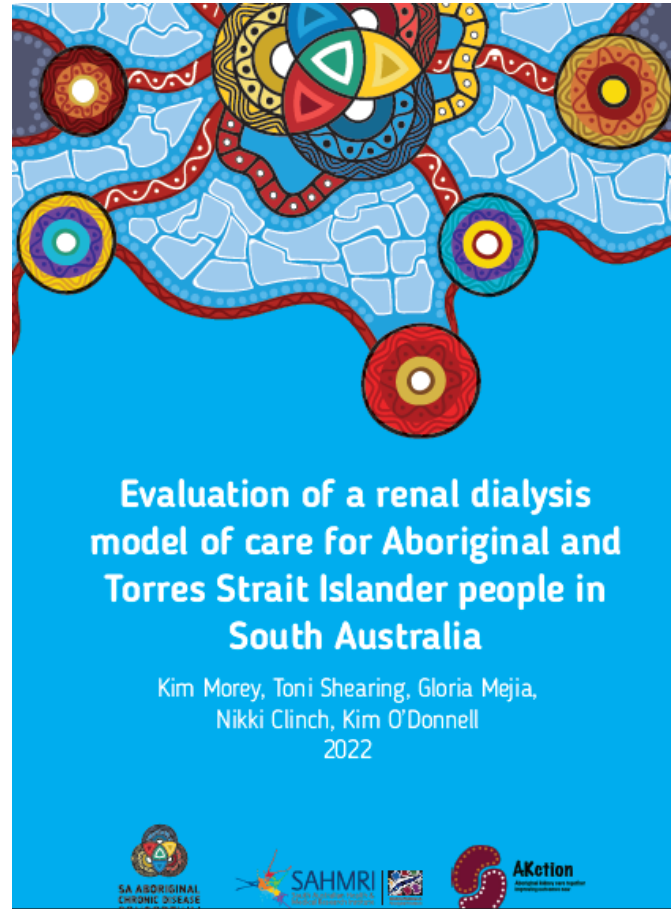
- Renal Physician Clinics
- Podiatry services
- Assistance to get to and from Outpatient appointments
- Entry onto Integrated Pathways Program while resident at Kanggawodli.

Now a 3 chair unit!



Lessons Learnt

- **Consumer engagement is the Key**
- **Providing dialysis in a culturally safe environment as identified by the consumer group has improved attendance to regular dialysis.**
- **Being sensitive to consumer needs and not applying a one size fits all model has shown to have a positive effect**
- **Finding the right partners to work with is paramount**



Dialysis trial focusing on culture boosts health options for Indigenous patients

By Patrick Martin
Posted Thu 26 Nov 2020 at 5:44am



Donald 'Bluey' Roberts had been undergoing dialysis treatment in Adelaide. (ABC News: Patrick Martin)

Results

Improved patient experiences and patient-centred culturally responsive care

Improved:

- Safety of physical environment (distance, stairs, temperature)
- Positive social interaction with other people
- Cultural appropriateness of service
- Access to the service
- Connection with family

Service provider experiences

Improved:

- Nutritional options for patients
- Access to clinical services, specialists and medications
- Access to other services
- Social and emotional wellbeing of patients
- Flexibility of dialysis treatment
- Empowerment and quality of life
- Rapport and communication between health providers and patients



Some dialysis patients have become well enough to travel home for cultural / respite dialysis.

More people have completed kidney transplantation workup, so that they can return home, permanently





Nakutha!

Thank you for Listening!

[See more on the AKction website](https://health.adelaide.edu.au/nursing/aboriginal-kidney-care/)

<https://health.adelaide.edu.au/nursing/aboriginal-kidney-care/>