



Acknowledgement of Country

We acknowledge the original custodians and Elders whose lands we 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 who walk with us so that together we

KEY STAKEHOLDER WORKSHOP

On Thursday 13th June the AKtion and COMPASS teams co-facilitated a Key Stakeholder meeting that brought together people with lived experience of kidney disease, researchers, students, health services, and kidney health projects and organisations. We gathered to share stories about the AKtion and COMPASS work, to share ideas and discuss priorities for Aboriginal People receiving Kidney Care in South Australia. The event was held in the SAHMRI Auditorium and 41 people attended.

The opening panel discussion explored Indigenous Governance, the significant difference Indigenous workforce is making and the importance of strong Indigenous representation at executive levels of health care and research.

The highlights of the event were:

- The opportunity to connect, reconnect and network with colleagues, allies and friends.
- Sharing the significant progress being made through effective and respectful partnerships with communities, health professionals, allied health services and researchers.
- Group discussions and decision making on priorities moving forward



AKtion Project Review

The AKtion team reported on collaborative work with Kate Tyrell and the CNARTS team regarding Health Journey Mapping, and partnering with Adelaide University Rural Health Alliance for the Yalata Kidney Festival.



Above: Rhanee, Penny Kate and Janet talk about care coordination and Journey Mapping.



Above: Eden and Rhanee talk about Yalata Kidney Festival

The AKtion2 Reference Team discussed what the AKtion project has meant to them and the personal and professional growth they have experienced.



Pictured above: AKtion2 reference team members from left Jared K, Rhanee L, Auntie Christine F and Kelli O

COMPASS Project Review

Project lead Kelli Owen, and project team members Issy and Kate spoke about the work they have been doing to introduce and embed patient/peer navigator positions at the Royal Adelaide Hospital. They have successfully onboarded 2 people with lived experience of kidney journeys into these roles, who will be supported by Arna, a First Nations women and Registered nurse. Arna and the team shared how they work together in the health care setting to maintain a culturally safe space, and what they do to keep their spirits strong.



*Pictured above: The COMPASS and AKAction teams
Front row) Sam Bateman, Kim O'Donnell, Arna Westhead, Rhanees Lester
Back Row) Janet Kelly, Kate Tyrell, Kelli Owen, Issy Haklar, Katie Cundale*



Pictured above: Issy, Kelli and Katie talking about the COMPASS project

Workshop—Agreed Priorities

Collective priorities and key areas for action moving forward were identified during group discussion during the workshop on 13th June. These are:

1. *Culturally Safe and responsive kidney care*
2. *Family and community centred engagement and involvement in managing CKD*
3. *Transport and accommodations services for First Nations People*
4. *Screening and referral of CKD*
5. *Screening and early detection programmes for CKD*
6. *First Nations kidney health workforce*
7. *Public awareness, education and self-management*
8. *Models of care*



AKTION 2: Reference Team Activities in 2024

AKtion 2 Reference Team members (A2RT) have been yarning and sharing ideas about how they manage medications while on their kidney journeys and after transplant. There are many things to consider when managing medications, such as how to arrange regular supply, how to pay for medications and the benefits and possible side effects of each medication. A2RT members shared what helps them manage their medications; some use Webster packs, others fill their own dosette boxes and some require medications in liquid form.



Above: A2RT member Kelli showing the reference team how she manages her medication supply and dosette box.



The A2RT members then brainstormed ideas for an AKction medication checklist, and graphics design whiz Lili Simpson-Lytle brought the checklist to life (featured above on page 2).

Upcoming Events

ANZSN Adelaide Conference - 31st of August –4th of September.

The Australian and New Zealand Society of Nephrologists is holding their annual conference in Adelaide this year. The consumer day on Sunday the 1st of August will be free to attend and kidney warriors are encouraged to come and share and learn from one another. Members of the AKction reference team will be co-presenting.

Publications

1. *WANNAPI; MIWI; TUWILA: Australian First Nations Peoples keeping spirit strong while living with kidney disease—by Kynesha Temple-Varcoe, Rhanee Lester and Kelli Owen.*

Over the last 18 months, Kynesha, Rhanee and Kelli have worked together to produce this beautiful article that was recently published by Croakey Health Media. Thankyou to Liz Rix for supporting this writing team.



The paper can be accessed via this link: <https://www.croakey.org/wannapi-miwi-tuwila-australian-first-nations-peoples-keeping-spirit-strong-while-living-with-kidney-disease/>

2. *Codesigning culturally safe oral health care with First Nations Kidney Warriors experiencing kidney disease in South Australia*

Recently published in BMC Oral Health, this paper explores the collaborative processes and outcomes from working with the dental mob. The article can be found at: <https://doi.org/10.1186/s12903-024-04617-8>

Thankyou and Farewell to Penny Clough

Penny has been working with the AKction team for the last 12 months, in the role of project co-ordinator. In August she is returning to work in the clinical renal space, while also completing a graduate certificate in clinical education. We wish you all the best Penny.



Kidney Warrior returned to the Dreaming

The AKction team would like to acknowledge the passing of Trudy Reid's son who had just begun coming to AKction2 Reference Team meetings and Marissa Wilson's mum. Our heartfelt condolences for all family and community members.

Stay up to date with AKction

Contact us: AKction@adelaide.edu.au

Website: [AKction- Aboriginal Kidney Care Together Improving Outcomes Now | University of Adelaide](#)

Facebook: [AKction: Aboriginal Kidney Care Together Improving Outcomes NOW \(public group\)](#)

Instagram: [@akction_group](#)

