



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

Healthy Minds, Healthy Lives

Poche Centre for Indigenous Health

Final Report 2017

Message from the Director

The Poche Centre for Indigenous Health has had a challenging yet rewarding year with major achievements in all its key focus areas: Culture, Wellbeing and Mental Health; Aboriginal Children Health and Development; and Chronic Diseases.

This includes the completion of major health research projects and reports; development of teaching and community resources; community outreach programs in health and health-related activities; collaborations with other Poche centres and successful funding bids for key new initiatives. Professor Dawn Bessarab, Professor Sandy Thompson and Mr William Thorne represented UWA Poche at the Poche Indigenous Health Network (PIHN) National Meeting hosted by the University of Queensland Poche Centre in Brisbane on 14-15 August 2017.

UWA moved to its new academic structure from 1 January 2017. Professor Dawn Freshwater, appointed as the new Vice-Chancellor, has been a strong supporter of the Poche Centre since its establishment at UWA. UWA also has a new PVC and Executive Dean of the Faculty of Health and Medical Sciences, Professor Wendy Erber, who is keen to support the work and development of the Poche Centre.

UWA had 17 Aboriginal students in Medicine and four Aboriginal students in Dentistry in 2017. We had four medical graduates in 2017; our six Aboriginal medical graduates from 2016 are completing their internships in 2017. The Poche Leadership Development Awards in 2017 supported UWA Indigenous medical students to lead two health workshops, attend three conferences and undertake two regional placements.

In 2017, we welcomed two new Indigenous researchers to the UWA Poche team, Associate Professor Daniel McAullay in Aboriginal Children's Health and Ms Barbara Ahmat in the Culture, Wellbeing and Mental Health area. We also

said farewell to Carolyn Moylan, who was our first UWA Poche Research Fellow appointment. In 2018, we are pleased to welcome Professor Helen Milroy to the UWA Poche team as she returns to UWA following her role as a Commissioner on the Royal Commission into Institutional Responses to Child Sexual Abuse.

We look forward to an exciting year for UWA Poche Centre in 2018.

*Professor Jill Milroy
Poche Executive Director
Pro Vice-Chancellor Indigenous Education*



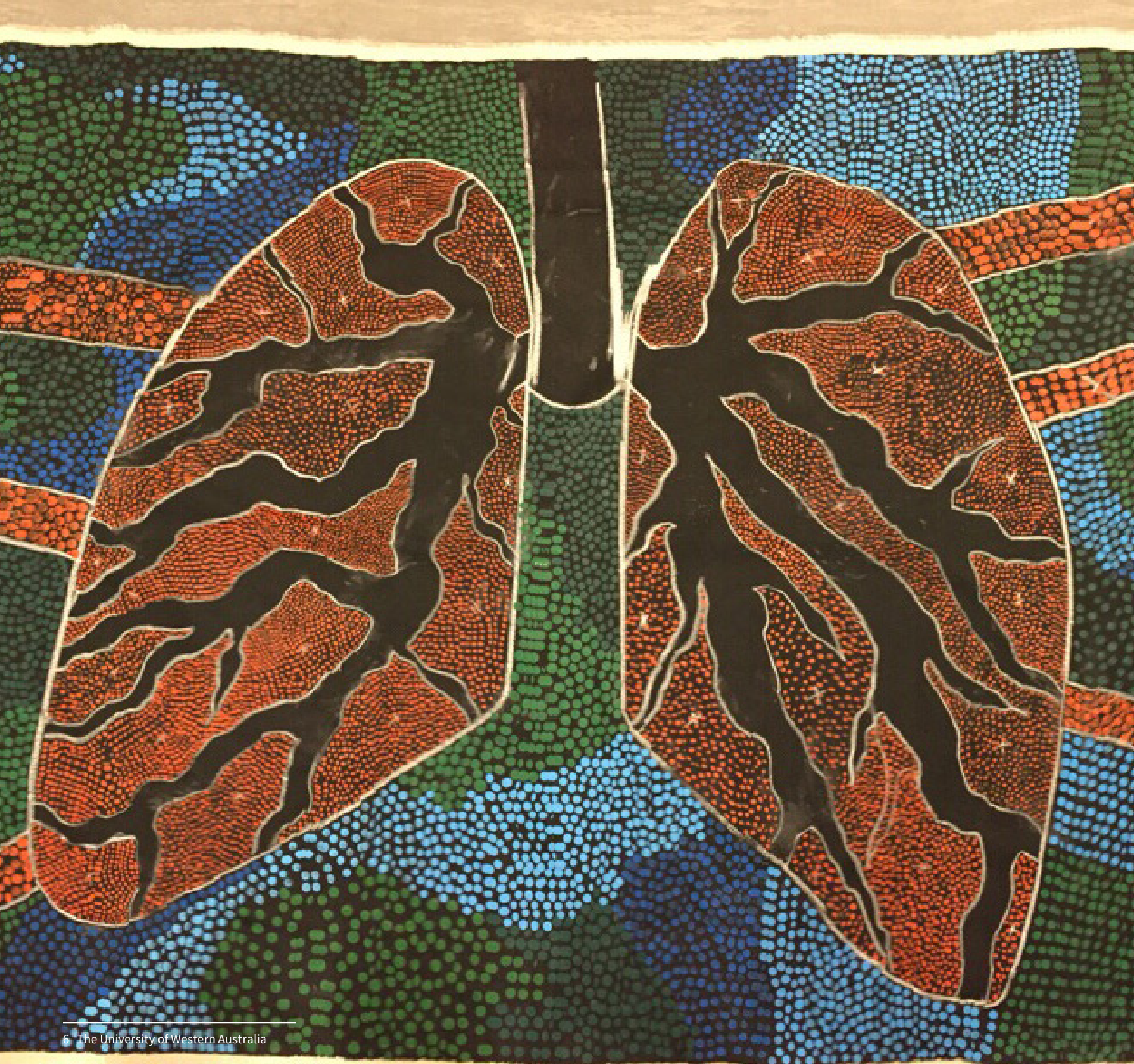
The Poche Centre for Indigenous Health

The Poche Centre for Indigenous Health brings together the University's expertise, program and resources in Aboriginal health and education around a central theme, 'Healthy Minds Healthy Lives'. The Centre aims to drive a transformative intergenerational Aboriginal health research agenda which delivers tangible, measurable health outcomes and services directly to Aboriginal people and communities. The Centre is a collaborative partnership between the School of Indigenous Studies and the Faculty of Health and Medical Sciences and its specialist centres and schools including the Rural Clinical Schools of WA, the Western Australia Centre for Rural Health, the Centre for Aboriginal Medical and Dental Health, the School of Paediatrics and Child Health and the School of Dentistry.

The Poche Centre at UWA was established in late 2013, through the generous gift of leading Australian health philanthropist Greg Poche AO and his wife, Kaye van Norton Poche, and the dedicated work of Mr Reg Richardson AM. Poche UWA is one of six centres nationally, with Poche Centres at the University of Sydney, Flinders University (Adelaide and Alice Springs), the University of Melbourne and the University of Queensland. UWA Poche is part of the Poche Indigenous Health Network (PIHN), formally launched in May 2015.



Research and Development team with Pat Dudgeon and Tom Calma



Research and Development

The Poche Centre at UWA undertakes research, teaching and community engagement across a broad spectrum of Aboriginal health and education areas. The Centre has identified three key focus areas:

Culture, Wellbeing and Mental Health

Recognising Aboriginal knowledge and cultural understanding in health, and promoting wellbeing and positive mental health for Aboriginal young people.

Aboriginal Children's Health and Development

Improving health, disability and development outcomes for Aboriginal children by improving access to, and quality of care delivered by, Aboriginal and mainstream health service providers.

Better Preventions and Management of Chronic Disease

Providing health service interventions for better preventions and management of cancer and cardiovascular in Aboriginal people in rural areas.

Culture, Wellbeing and Mental Health

Suicide Prevention Conference

Research team: Professor Pat Dudgeon, Poche Research Fellow; Professor Jill Milroy PVC Indigenous and Director UWA Poche; Professor Dawn Bessarab, Director CAMDH

Poche Fellow, Pat Dudgeon continued her work on the Aboriginal and Torres Strait Islander Indigenous Suicide Prevention Evaluation Project (ATSIPEP). The final report, 'Solutions That Work: What the Evidence and Our People Tell Us', released in late 2016 is available on the Department of Prime Minister and Cabinet website at <https://www.pmc.gov.au/resource-centre/indigenous-affairs/solutions-work-what-evidence-and-our-people-tell-us>. The report is impacting on policy and programs.

We were awarded the Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATISIP) funded at \$1.75m over three years 2017-2019, by the Commonwealth Department of Health. Poche Fellow Professor Pat Dudgeon leads the Centre, with Professor Tom Calma (National Poche Network) and Professor Jill Milroy (Poche UWA) as Co-Chairs of the National Governance Committee. Our consortium partners are the National Healing Foundation, the Telethon Kids Institute, Health Infonet and the Menzies School of Public Health Research. We also have formal links with Suicide Prevention Australia, University of Melbourne Centre for Mental Health, Everymind, and the Black Dog Institute. A key role of the Centre is to translate best practice for application in Indigenous communities and by primary health

networks. Ms Barbara Ahmat was appointed as the Project Manager at the Centre in 2017. Barbara is a Noongar woman descendant of the Wagyl Kaip people from the South West of WA. She was the Service Coordinator of the Specialist Aboriginal Mental Health Service and Graylands Hospital North Metro Adult Mental Health for six years prior to coming to UWA.

We continued our 2016 collaboration with the Black Dog Institute in a consulting role to further the development and production of an Indigenous Systems Approach to Suicide Prevention, funded at \$390,000 for 2017-19.

UWA Poche-sponsored workshops 2017-2018:

- Dawn Bessarab and Pat Dudgeon, with Mercy Care, held an Alternative to Suicide workshop on 22 February 2017. This is an innovative, peer-led suicide prevention program from the Massachusetts Recovery Learning Community, USA.
- UWA Poche was a major sponsor for The National Indigenous Allied Health Conference: Care Cultures and Connections, 28-29 November in Perth, which attracted more than 250 delegates including UWA Aboriginal medical students and health professionals.

- Upcoming in November 2018 we are convening the National Aboriginal and Torres Strait Islander Suicide Prevention Conference, followed by the World Indigenous Suicide Prevention Conference.
- UWA Poche sponsored Indigenous delegates to attend a special Indigenous dinner meeting at the Suicide Prevention Australia (SPA) Conference in Brisbane, August 2017.
- Pat Dudgeon presented at The Research School of Psychology (RSP) 2017 Annual Lecture at Australian National University speaking on the topic of Aboriginal and Torres Strait Islander mental health research in Australia.



Pat Dudgeon and Barb Ahmat

Aboriginal Children's Health and Development

Research team: Ms Carolyn Moylan, Poche Research Fellow Research; Associate Professor Daniel McAullay, Director NHMRC Centre for Research Excellence in Improving Health Service for Aboriginal and Torres Strait Islander Children.

There were a number of changes in 2017, with Associate Professor Daniel McAullay taking over as Poche research leader from Professor Karen Edmonds, who took up a position with UNICEF. Poche Research Fellow Ms Carolyn Moylan continued her valuable contribution to the Koorliny Moort program but retired from the workforce in July 2017. The KMAC Final Report, Understanding an Aboriginal and Torres Strait Islander child's journey through paediatric care in Western Australia - the project Carolyn worked on - was published shortly after. The research provides a qualitative analysis to identify health gaps in support systems assisting Aboriginal children and their families using hospital services at PMH.

Associate Professor McAullay worked on a number of Poche-funded projects in 2017, including an international workshop program with Metis Physician Dr Janet Smylie, Director of the Well Living House Applied Research Centre for Indigenous Infant, Child and Family Health at St. Michael's Hospital, Toronto Canada. The program, which runs from 14-16 March 2018, includes a public lecture, First Peoples, Second Class Treatment - Addressing racism as a determinant of

Indigenous health and wellbeing and a workshop on Indigenous Child Health Assessment & Response: Updates From An Urban Focused Research Centre in as well as a regional visit.

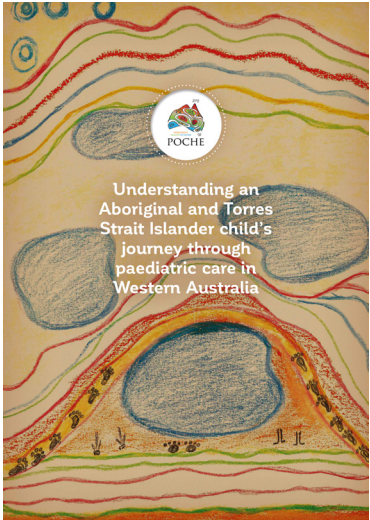


Associate Professor Daniel McAullay

Associate Professor Daniel McAullay

Daniel is the Research Associate Professor / Director at the Centre for Improving Health Services for Aboriginal Children (Princess Margaret Hospital / University of Western Australia).

He has provided advice to a number of Government departments and non-Government organisations, including large research institutes. He has sat on a number of committees and governance groups in the State and Commonwealth Government and the NGO sector in the area of health.



Prevention and Management of Chronic Disease for Aboriginal people

Research team: Professor Sandy Thompson, Director WACRH; Dr Sandy Hamilton, Poche Research Fellow; Lenny Papertalk, Research Assistant.

Professor Sandy Thomson and the Poche team continued their excellent work in 2017. Poche Fellow Dr Sandy Hamilton continued her collaboration with the Sydney Poche Centre to develop the iECG project, and has trained staff at the Geraldton Regional Aboriginal Medical Service, where the project is underway. The research assessing cardiac rehabilitation in rural WA has been published and being used to advocate for changes in services.

A series of heart health online videos has been developed to assist Aboriginal people's understanding of the heart, and the prevention and management of heart disease. These are available on the WACRH website at <http://www.wacrh.uwa.edu.au/aboriginal-health-projects/understand-your-heart-heart-disease>.

With the assistance of a student placement and local health communication resource company, WACRH has developed video resources of Aboriginal people talking about their cancer journey for use by Aboriginal people and health service providers. These resources are being developed for student learning. To ensure these stories are well used and that they

inform and shape student and health provider learning to deliver more culturally appropriate care, these resources are now forming the centrepiece of resources being developed for student learning - either at graduate entry or postgraduate level.

The Aboriginal and Torres Strait Islander Curriculum Framework has been used as a guiding structure for the development of the learning materials. A working group with relevant expertise is contributing to this.



Lenny Papertalk and Marilyn Lyford attended a 2-day course in NZ *Indigenous people and cancer: a shared agenda*.



Partnership with Geraldton Sporting Aboriginal Corporation and Football West with others in December ran a program called *Soccer for Change*, which encouraged physical activity, teamwork and leadership.



Thank you from Sandy Thompson and the WACHR Team - bus donation

Poche Leadership Development Awards

Investing in young leaders, the awards support Indigenous students in medicine, dentistry and health sciences to build their leadership skills, knowledge and health engagement through programs, conference and networks at local, national and international levels.

Workshops

In July, 2017, Emma Hunt and Naomi Lloyd, Indigenous representatives on the WA Medical Student Society, organised The Indigenous Health Panel, a one-day workshop on 15 July 2017 for 25 medical students and health professionals looking at how culture impacts on health.

Emma Hunt and Naomi Lloyd, with SpinrpheX (Students and Practitioners in Rural Practice Health Education), presented the Connecting Culture to Health Outcomes workshop on 14 September 2017, with a focus on working

with rural and remote Aboriginal patients. Fifty-four students and health professionals attended the workshop connecting Aboriginal cultural practices, bush foods, art and medicine.

Message of thanks to Greg and Kay Poche from Emma Hunt and Naomi Lloyd

"We would like to thank you in providing the funding which support the delivery of two Indigenous health-focused events at The University of Western Australia (UWA) in conjunction with UWA's Western Australia Medical Student Society (WAMSS) and SPINRPHEX Rural health club, which supports multiple disciplines across health education across all the universities in Perth The focus was to provide further understanding for medical students about the importance of engaging with Indigenous people within the health system and the impacts this has long and short term".



The Indigenous Health Panel with Dr Daniela Sabbiano, Dr Daniel Hunt, Dr David Paul, Gabrielle Garratt (School of Indigenous Studies, UWA), Dr Marianne Wood, Professor Dawn Bessarab, Emma-Jane Hunt & Naomi Lloyd

Conferences and placements

Emma Hunt (1st year Doctor of Medicine), Kelly Langford (3rd year Doctor of Medicine) and Jessie Hinder (Doctor of Medicine) attended the LIME Conference, Future of Indigenous Health Education: Leadership, Collaboration, and Curriculum in Melbourne in April 2017. At the Conference, Kelly Langford won The LIMelight Award for Excellence in Indigenous Health Education Student Leadership for her contribution to the understanding of Indigenous health education to her peers, promoting rural and remote health careers and advocating for improvements to the health of Indigenous people in rural and remote communities. See: www.news.uwa.edu.au/201704219570/features/uwa-medical-student-wins-limelight-award.

Shauna Hill, in her third year of the Bachelor of Medicine and Bachelor of Surgery, received a 2017 Poche Leadership Development award to assist her to develop her professional skills by undertaking a four-week elective practice in Kununurra at the Ord River Valley Aboriginal Health Service from the 3 January - 4 February 2018.

Congratulations to all our award winners on their achievements. By having our Indigenous medical students attend these internationally recognised conferences, they are being given the opportunity to advance their knowledge and inspire and be challenged, which we hope will help towards making real change in Aboriginal and Torres Strait Islander health.



Poche Leadership Development Awards - Emma Hunt



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