



### **NIKTT - Summary of the Activity**

#### **A summary of the activity and how successful the activity was in achieving the purpose of the sponsorship, referring to the performance.**

Firstly, I'd like to start with expressing my appreciation of this funding and acknowledging how incredibly important it is to the Aboriginal and Torres Strait Islander community.

As a first responder (Health Professional), I have seen the positive effects this funding has had on various people/communities. Not only does this funding contribute to providing longer life expectancy but it also provides hope to communities and families. The funding being provided directly to an Aboriginal Health Service also has many benefits. It means that Aboriginal people can have a genuine say in how the funding is used to benefit our people and communities.

Closing the Gap and increasing life expectancy amongst Aboriginal and Torres Strait Islander people is critical and a major issue we face. This funding allows us, as Aboriginal people, to determine and drive healthcare outcomes relating to our people and our communities. It also allows us to provide reassurance a consistent approach in how we deal with our patients, families, and communities.

I personally have family members who have benefited from this funding. Knowing that they have received appropriate education and been recipients from kidney transplants has been a massive blessing to our family and communities. It's meant that not only are they able to live a longer life, but they are also able to pass down the cultural knowledge and skills that our community needs to survive. The importance of this for future generations cannot be understated.

The world has changed because of COVID, including changes to the cultural way of teaching and learning, so you can only imagine the impact it has had on the community's way of surviving. Quality of life is what our communities and families need. The hope of holding onto someone that we love and care about is a major part of our social and emotional wellbeing.

This funding not only provides hope, but it provides a strategic survival mechanism holistically, including covering cultural aspects when provided to a primary health centre like Pika Wiya. Education is a key component to survival. Now that there is no financial support, the patients/communities will have minimal awareness and therefore reduced access to kidney

The NIKTT programme had help me develop a greater and clearer understanding in improving my ability to provide quality care for dialysis patients, especially for Aboriginal and Torres Strait Islander (ATSI) people. According to statistics, there is a higher rate of ATSI patients on dialysis / kidney disease, only a hand full of recipients – kidney transplant

During these session / workshops I had to self-educate and further adapt my learning to a culturally appropriate practice, so it meets the needs of patients, their families and especially the communities. As an Aboriginal woman I have very close connection with community and have a strong understanding of community needs.

I thrive to ensure that a holistic approach is delivered and ensure patients are cared for appropriately. I have a major interest in kidney transplant as an Aboriginal Health Practitioner / Nurse. Seeing the turnover of families on dialysis is a strong feeling. At the same time, the thought of providing them with the best appropriate care is rewarding. I would like to act as a role model and develop my skills that to suit the cultural safety aspect through their journey (Kidney Transplant) Kidney transplant session where held a Pika Wiya Health Service / Port Augusta Hospital.

To increase health education to client about their risk factors and kidney transplant journey

- Program delivered
- Individual profiles documented
- Baseline weight and BMI documented / fortnightly weight
- Baseline / Fortnightly vital signs
- Client question time
- Take home recipes provided to client after session
- Resources: Kidney health, brochure, recipe booklet, Helpline
- Prepared and provided healthy meals for every session for Kidney Health Australia, Indigenous health
- Fortnight session – education on Kidney transplants

### **Barriers**

- Language barrier and lack of awareness of the impact and extent of kidney and kidney transplant self and family members. Organise resources in language for clients to access.
- Commence prevention activities at young ages. Prevention based education and health promotion activities are important to community and should include culturally appropriate approaches.
- Advocate from community “Buddy system “
- Advocate for visiting specialists and coordinate clinics
- Lack of information provided to clients Re: Kidney Transplant
- No f/up with Kidney transplant
- Clients not understating Nephrologist / Dialysis Nurse

This program had benefitted the clientele, as it has provided the opportunity to increase on our networking system of what is offered of Aboriginal Torres Strait Islander programmes, recourse, and training. As you may be aware Closing the Gap is a major goal of mine that helps motivates me to work towards reducing the inequality between Indigenous & non-Indigenous people. Participating in professional development such as this session will aid to increase the qualitative output I have to offer to my people.

Embedding those newly learnt values and embracing change (if any) into my practice will increase the effectiveness and delivery an efficient service towards mt patients. I also learnt additional strategies that helped me further on how to build partnership with external stakeholders and improve my networking skills. Providing a safe and accredited health services on a national level, while considering the cultural factors of the Aboriginal patients.

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