



Student Orientation Package

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Authorised by Alison Nelson – January 2012

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Your schedule this week

Day	Morning	Afternoon
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Other notes:

If you are unwell and will not be attending work, please contact your direct supervisor as soon as possible:

Name: _____ Phone: _____

Name: _____ Phone: _____

If you are on full time placement you may be issued with an IUIH uniform (polo shirt). There is a no smoking policy whilst wearing the IUIH uniform.

Institute For Urban Indigenous Health's Mission, Values and Future Directions

The **Institute for Urban Indigenous Health (IUIH)** was established in July 2009 as a strategic response to the significant growth and geographic dispersion of Aboriginal and Torres Strait Islander peoples within the South East Queensland Region. IUIH is a new model of community controlled health services in South East Queensland, and was formed by the four Aboriginal Medical Services in South East Queensland; Aboriginal and Torres Strait Islander Community Health Service (ATSICHS Brisbane), Yulu-Burri-Ba Aboriginal Corporation for Community Health, Kalwun Health Service and Kambu Medical Centre.

DID YOU KNOW? There are nearly 50 000 Aboriginal and Torres Strait Islander people living in South-East Queensland. That's more than the entire state of Victoria or South Australia.

IUIH is the only one of its kind in urban Australia (there is a rural/remote version in the Kimberley), and provides a way for community to have a voice in improving health outcomes in an urban setting. IUIH has been meeting with community members and organisations in the design of new services to make sure we get the best possible services and access for all members of the community. IUIH will develop partnerships with mainstream health service providers to improve access and health outcomes to Aboriginal and Torres Strait Islander people in South East Queensland.

Mission

The vision of IUIH is to achieve equitable health outcomes for urban Aboriginal and Torres Strait Islander peoples and to ensure that all Aboriginal and Torres Strait Islander people in the South East Queensland region have access to culturally safe and comprehensive primary health care.

IUIH aims to increase health service access and opportunities, and provides support for Aboriginal and Torres Strait Islander health service development and coordination across the SEQ region.

IUIH also aims to support the effective implementation of the COAG 'Close the Gap' initiatives and other strategic developments in the region and promotes partnerships and integration with other mainstream health services.

Core Values

IUIH will apply the following values in order to achieve its mission:

- Strategic focus in every activity and relationship
- Quality in performance of every task and in every process
- Enhancement of the capabilities of member Services
- Accountability to stakeholders and communities for meeting all commitments
- Solidarity in working together, sharing, strengthening and supporting each other

Student Placements in Aboriginal and Torres Strait Islander Health Services

The Aboriginal and Torres Strait Islander Community Health Services in South-East Queensland operate in a model of comprehensive primary health care.

What is comprehensive primary health care?


Comprehensive primary health care is a broad based approach to health care. It can include not only clinical care (doctors, nurses, health workers), but prevention programs, health promotion, rehabilitation, public health measures and advocacy on health related matters. Prevention programs can include immunisation, antenatal care, screening and early intervention, preventing complications of chronic diseases, and other measures. International experience has shown that a comprehensive approach can help bring about real improvements in health in developing countries and in Indigenous populations.

Taken from: http://eniar.org/pdf/7_primary_health.pdf

The Aboriginal and Torres Strait Islander Community Health Services in South-East Queensland are also developing a model of care based on best practice from Indigenous and mainstream service providers. The flow chart below describes the comprehensive nature of the care provided and the steps in the pathway to achieving this.

During your placement, take the time to identify the steps followed in your health service and the role of the doctor and other staff in achieving better health for Aboriginal and Torres Strait Islander clients.

There are a number of ways you can make the most of your time learning and working amongst the team at the Aboriginal and Torres Strait Islander Health Service. Here are a few ideas to maximise your experiences.

<p>Take the time to have a Yarn</p> <ul style="list-style-type: none"> € Take the time to get to know the staff at the Community Health Services € Connect with people when you take your lunch breaks € Take the time to 'BE' part of the team! 	<p>Get Involved</p> <ul style="list-style-type: none"> € Attend a community day € Take part in events such as the family days and or exercise groups
<p>Expand your understanding</p> <ul style="list-style-type: none"> € Be a learner not a teller € Spend time listening to peoples' stories € Find out what kinds of prevention and health promotion programs your health service has € Take the time to reflect on your own background and story and how this influences the way you interpret situations € Read the IUIH newsletters and media releases and explore the websites € Take the time to ask questions and find out about new developments across South East Queensland € Read relevant publications by reputable people who have worked in Aboriginal and Torres Strait Islander Community Health such as Chelsea Bond. € Ask. If unsure ask rather than proceed and possibly offend. € Be aware of the local Indigenous community and groups 	<p>Manage your role</p> <ul style="list-style-type: none"> € Ensure you understand expectations regarding your role when you complete the IUIH student learning agreement € Negotiate clear timeframes for task completion and communicate progression to relevant project stakeholders € Be prepared for service delivery, meetings and events that you are required to contribute to as part of your role. € Be flexible! You will be involved in real projects taking place. The shape of these may change during your placement due to developments and the nature of project work. Make sure you clarify expectations at each stage and negotiate changes in timeframe/project scope throughout the life of the project. € Use supervision! Ask for feedback, prepare for supervision meetings and discuss with your supervisor expectations and requirements in your role. € Communicate clearly your progress and areas where you require additional input or support.

Future Directions

Our strategic plan represents a three-year vision for IUIH and provides the strategic focus for key outcome areas for all activities of the organisation.

The IUIH will play a strategic role in addressing:

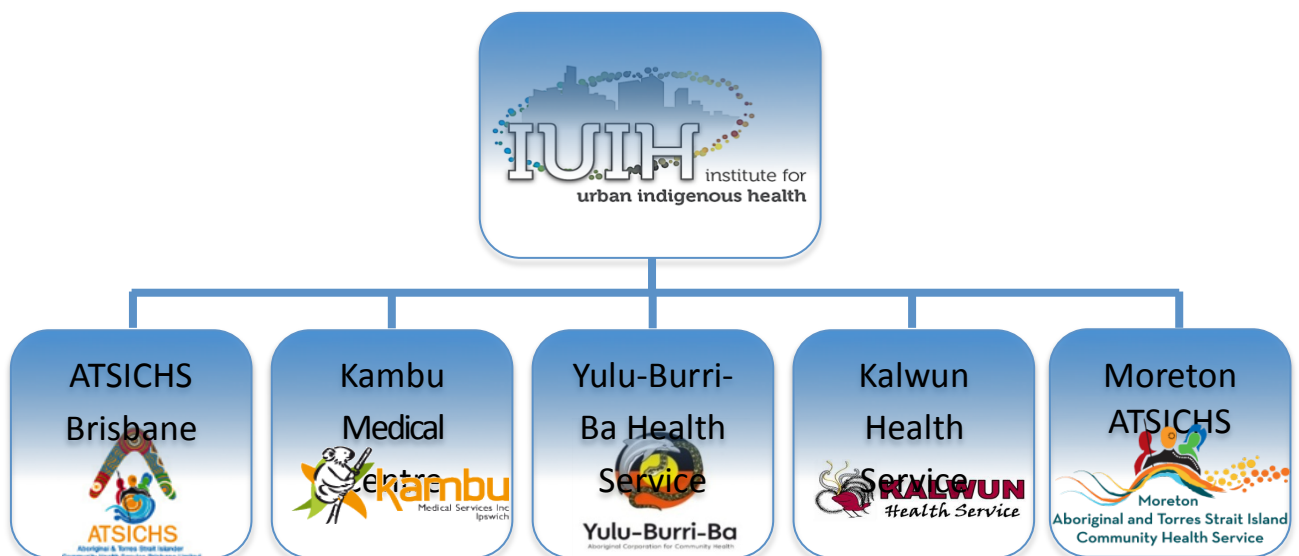
- Poorer health outcomes among Aboriginal and Torres Strait Islander peoples
- Major risk factors in Indigenous health
- Barriers to health services access and use
- The social determinants of health
- The implications of new initiatives in both mainstream and Indigenous health policy

See the IUIH website for further information <http://www.iuih.org.au/>

DID YOU KNOW? The Indigenous population of South East Queensland comprises over a third of Queensland's total Indigenous population.

Urban Aboriginal and Torres Strait Islander Health Service Providers

The IUIH was formed by, and has the support of four local Community Controlled Health Services (CCHSs) operating within the South East Qld Region.

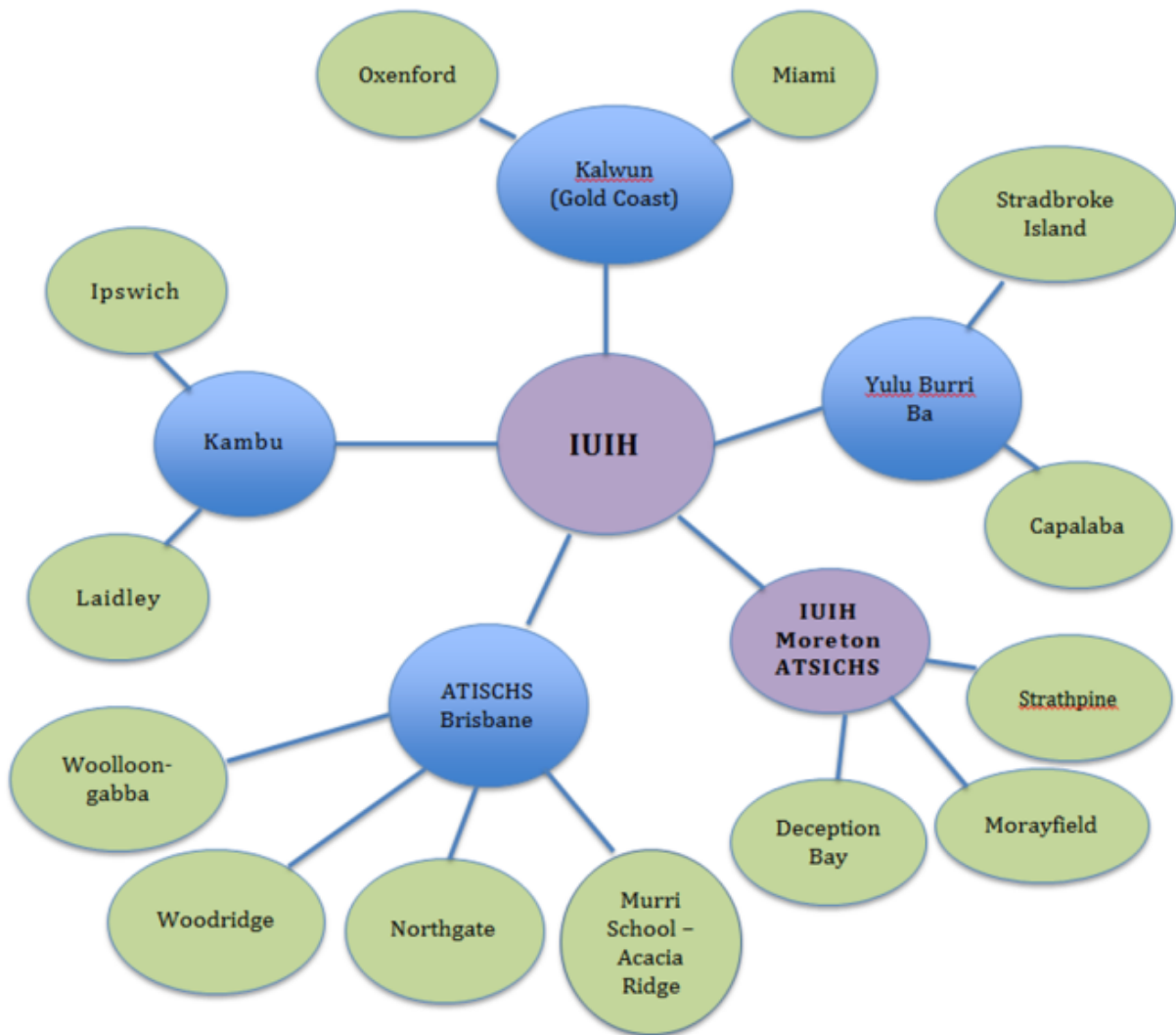


The key partners identified that the geographic boundaries for each service had become increasingly blurred over the past decade due to accelerated growth in the South East Qld population.

As a result, they recognised the need for an integrated approach to urban Indigenous health facilitated by the IUIH. A description of each participating service has been outlined.



IUIH Member Services



IUIH Service Partners' Clinics - On the Map



Institute for Urban Indigenous Health

IUIH has a number of specialist business units, which each work, within their area of specialization, with the member services, mainstream health sector and the communities.

Check out the IUIH website <http://www.iuih.org.au/> to find out more about each specific business unit.

<p>Preventative Health Team’s healthy lifestyle initiatives</p> <ul style="list-style-type: none"> € ‘Deadly Choices’ program € ‘Deadly Choices’ campaign € Community Events including sporting events and Healthy Family Fun Days 	<p>Service Development and Research</p> <ul style="list-style-type: none"> ➤ Clinic Development ➤ Care Coordinators Program ➤ USOAP Program ➤ Mums and Bubs ➤ Research – Building the evidence base for urban Aboriginal and Torres Strait Islander health.
<p>Community Services</p> <p>IUIH believes that it needs to ensure engagement with other sector services in addressing the social and economic determinants of Indigenous health. An example of how IUIH works is in the coordination of the Inner City Homelessness Project and Aged Care Sector</p>	<p>Workforce Development and Allied Health</p> <ul style="list-style-type: none"> € Workforce Development - coordination with the Universities to support the placement of health students from a range of disciplines within our Member Health Services. € Development of new Allied Health services to Member Health Services.

Deadly Choices Ambassadors Sam Thaiday and Preston Campbell



*The Healthy Lifestyle team with
Mr Tom Calma, National Tobacco Coordinator
and Co Chair of the Close the Gap Steering Committee.*

Travel

It is an expectation of the IUIH that you will organise to travel to and from your place of work each day. On occasions, you may be required to travel to other locations. Where possible you should do this in an IUIH vehicle with a staff member. If you need to travel alone, you can take your own car and claim a mileage allowance. You should talk to your supervisor about this first.

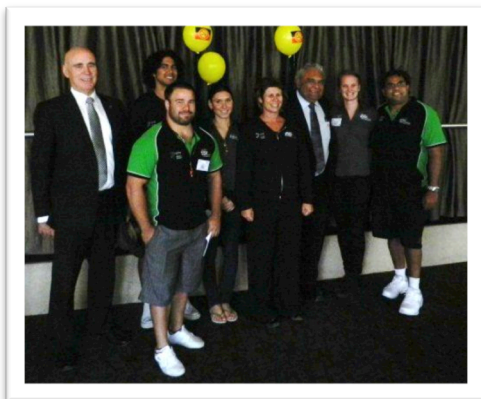
Community Events

The preventative health team is also involved with planning and coordinating community family fun days and sporting events. These events are utilized as vehicles through which healthy lifestyle messages can be promoted to Aboriginal and Torres Strait Islander Communities throughout South East Queensland. Furthermore, these days provided communities with opportunities to meet local community controlled health service staff and access services such as health checks.

"Hearing negative messages over and over again is pretty debilitating," says Ian Lacey, Captain of the Murri team (the QAIHC Southern Dingoes) and former Brisbane Broncos player. Ian also heads up the 'Deadly Choices' health promotion program with the Institute.

"It's not too motivating when people are told they are likely to die 17 years before their peers, they are twice as likely to smoke (and to therefore suffer ill health or die), and they are twice to 14 times more likely to die from chronic disease. It's obviously more helpful to focus on the positives," says Ian.

"Like this: if you're an Aboriginal or Torres Strait Islander rugby league player, you're four times more likely than your non-Indigenous mates to achieve great things at all levels of the game! But only if you're fit and make good choices about nutrition, physical activity and getting health checks."



- 
Indigenous State of Origin-style Match ... with Benefits. Inaugural Murri vs Koori match

Check it Out Media releases and Upcoming events can be viewed on the IUIH website at <http://www.iuih.org.au/resources/media/>

For more information on upcoming events have a yarn with Ian Lacey who is the Manager of the Preventative Health Team with the Institute for Urban Indigenous Health

Email : ian.lacey@iuih.org.au | Phone : 07 3648 9500 | Mobile : 0401 606 002

Fax : 07 3252 9851 | Web : www.iuih.org.au | www.deadlychoices.com.au



b.U.bs club

Black Urban Babies

www.iuih.org.au

The IUIH is supporting the development of a number of new child and maternal health services through South East Queensland, including Northlakes, Woodridge, Capalaba and Ipswich. The majority of these new services are being funded by the Australian Government as part of its 'New Directions – Mothers and Babies Services Program'.

New Directions: an equal start in life for Indigenous children continues Labor's emphasis on the early years as the critical point in human development where we can make the greatest difference over the longer term.¹

Black Urban Babies Club (bUb's Club) aims to:



- Introduce a program approach to antenatal and postnatal services
- Tailor programs that will improve health and birth outcomes by reducing smoking rates
- Increase the frequency of antenatal care
- Improve child and infant nutrition including breastfeeding in the first 12 months
- Offer targeted postnatal programs for women and family health activities
- Improve linkages to mainstream antenatal and postnatal services throughout South East Queensland.

For more information on the Mums and Bubs services and the bUbs Club programs please have a chat to Carmel Nelson, Zoe or Kyly Mills

¹ New Directions: An equal start to life for Indigenous Children (2007), Australian Labour, Barton, ACT.





The Mums and Bubs clinics provide various services across the Woodridge, Northlakes, Ipswich and Capalaba sites including:

- On site Family Support Worker, Paediatrician, GP, Midwife, Child Health Nurse and Occupational Therapists.
- Free Pregnancy Testing
- Pregnancy Care & Advice
- Postnatal Care
- Breast Feeding Support

- Parenting Advice And Education
- Developmental Assessment and Referral
- Child Health for Kids Under School Age
- Immunisation
- Bubs Club Gift Packs
- Bubs Club
- Play Group



A number of means for engaging Aboriginal and Torres Strait Islander mothers and children have been implemented through bUbs Club. These include;

<p style="text-align: center;">bUb's Club Facebook Page</p>  <p>The bUb's Club has a facebook page that will provide information, let mums ask questions and give feedback, find out about events, and connect indigenous communities around Brisbane.</p>	<p style="text-align: center;">bUbs Club Gift Packs</p> <p>bUbs Club Gift Packs are given to mums during their pregnancy at their 12 week visit, 20 week visit, 32 week visit and 6 months after they have given birth. Each gift pack is tailored to the stages of pregnancy and aims to support mothers in preparing for what is to come. Each item represents something important for the mother or child.</p>
<p style="text-align: center;">Teddy Bears Picnic</p> <p>The Teddy Bears Picnic will take place three times. These days provide opportunity to provide information to parents and families about raising healthy kids with a focus on nutrition, play and child development. The days provide families the opportunity to participate in a fun, social day out, meet and make new social connections as well as meet with staff from the urban Aboriginal and Torres Strait Islander Health Services.</p>	<p style="text-align: center;">Other exciting developments taking place in Mums and Bubs include:</p> <ul style="list-style-type: none"> ➤ Antenatal Classes ➤ Swimming Lessons ➤ Smoking Cessation 



Check it Out bUbs Club has a Facebook profile.



The 'Work it Out' program is a joint project of the Aboriginal and Torres Strait Islander Community Health Services in South-East Queensland, Rehab+ Fitness and the Institute for Urban Indigenous Health. 'Work it Out' is a rehabilitation and education program for people with chronic disease/s (e.g. diabetes, lung disease or heart disease) to help them to cope and take part in everyday activities. The

program promotes "living a healthy and active life with chronic disease rather than letting chronic disease live your life". Each program session involves 1 hour of exercise followed by a morning tea break. A 45 minute education session is also provided over morning tea. Education sessions cover topics such as: how the body works, what chronic disease is, the importance of physical activity, medication use, stress management, staying active, relaxation techniques, nutrition and a whole lot more. During the education sessions, participants are encouraged to share their ideas and feelings with other people with similar problems and develop a support network.

A number of staff and students are involved in this program, including: Health workers, Doctors, Exercise physiologists, Physiotherapists, Nurses, Occupational therapists, Pharmacists, Psychologists & Nutritionists.

Primary aims of 'Work It Out':

- To reduce activity limitation and participation restriction for indigenous people with chronic disease.
- To enhance a person's level of independent functioning and management of their chronic disease.

Goals of 'Work It Out':

- Increase participation in everyday activities.
- Improve quality of life.
- Enhance participation in therapy decisions by building self-management capacity.
- Increase exercise tolerance in order to reduce impairment.
- Reduce frequency and severity of symptoms.
- Improve mood and motivation.
- Reduce health care burden for patients, families and communities.
- Improve survival.

(The Australian Lung Foundation & Australian Physiotherapy Association, 2009)

For more information on the Work it Out programs implemented throughout SEQ have a chat to Somara Dargan who is the IUIH Work it Out Coordinator.

Network Partners

The IUIH has also formed partnerships with other key health organisations, including:

- Qld Health;
- University of Qld; and
 - UQ has partnered with IUIH to provide a full-time coordinator of student placements in urban Aboriginal and Torres Strait Islander health services.
 - A partnership between UQ school of Human Movements and IUIH has resulted in the great success of the IYSP program
- The seven Divisions of General Practice in South East Qld and GPQ.

Have a yarn with John Brady to find out more about the IYSP program

Email: John.brady@iuih.org.au



Check it Out a video clip of the IYSP program can be view at <http://vimeo.com/uq/review/35553146/0ca8768581>. And while you're on the net have a look at the article "Sport program to improve Indigenous University enrolments" which can be viewed at <http://livelonger.health.gov.au/>



Student Placement Readings

- Bond, C. (2005). A culture of ill health: Public health or Aboriginality? *The Medical Journal of Australia*, 183(1), 39 - 41.
- Nelson, A. (2007a). Relationships: The key to effective occupational therapy practice with urban Australian Indigenous children. *Occupational Therapy International*, 14(1), 57 - 70.
- Nelson, A. (2009). Learning from the past, looking to the future: Exploring our place with Indigenous Australians. *Australian Occupational Therapy Journal*, 56, 97 - 102.
- Nelson, A., Allison, H., & Copley, J. (2007). Understanding where we come from: Occupational therapy with urban Indigenous Australians. *Australian Occupational Therapy Journal*, 54, 203 - 214.

Additional Articles

- Nelson, A. (2007b). Seeing white: A critical exploration of occupational therapy with Indigenous people. *Occupational Therapy International*, 14(4), 237 - 255.
- Nelson, A. (2009). Learning from the past, looking to the future: Exploring our place with Indigenous Australians. *Australian Occupational Therapy Journal*, 56, 97 - 102.
- Nelson, A., Abbott, R. & MacDonald, D. (2010). Indigenous Australians and physical activity: using a social-ecological model to review the literature. *Health Education Research*, 25(3), 498 – 509. Doi: 10.1093/her/cyq025.
- Nelson, A., Gray, M., Jensen, H., Thomas, Y., McIntosh, K., Oke, L. & Paluch, T. (2011). Closing the gap: Supporting occupational therapists to partner effectively with First Australians *Australian Occupational Therapy Journal*, 58(1), 17–24.
- Nelson, A., & Allison, H. (2000). Values of urban Aboriginal parents: Food before thought. *Australian Occupational Therapy Journal*, 47, 28 - 40.



Additional Readings

Additional Documents

The following documents will be given to you during the orientation process:

- Confidentiality agreement (to be completed and return to Workforce Development section)
- Student Emergency Details Form(to be completed and return to Workforce Development section)
- OH & S PPT
- Health Services for urban Aboriginal and Torres Strait Islander people PPT

