



GP CLUB

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Medical Director, Central Coast Health@Home

1st June 2023

Acknowledgement of Country



We acknowledge the traditional owners of this land, Darkinjung Country, and pay our respects to elders past and present.

This evening's presentation contains images of Aboriginal and Torres Strait Islander people who have passed and may be distressing for some audience members

Steppingstones to General Practice

- Not an illustrious start
- B Med Science
- Medical writer
 - *Fecal bacteriotherapy – toying with human motions*
- MBBS USyd
 - Orange, Bathurst, Broken Hill, Darwin, Wilcannia
- Gosford and Wyong Hospitals
 - Pall Care Registrar
- GP Registrar
 - Bathurst – Busby Medical Practice Aboriginal Health Clinic
- FRACGP 2012
- Central Coast 2015
 - Your Family Doctors at Erina
 - Yerin Eleanor Duncan Aboriginal Health Centre
 - Primary Health Network – Cancer Screening Committee



phn
HUNTER NEW ENGLAND
AND CENTRAL COAST
An Australian Government Initiative

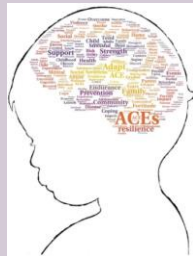


 **Health**
Central Coast
Local Health District

 **cancer
institute**
NSW

 **yourfamilydoctors**
AT ERINA

GP



 **RACGP**

 **YERIN**
Eleanor Duncan
Aboriginal Health Centre

 **NACCHO**

 **AGENCY FOR
CLINICAL
INNOVATION**


 **THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA**

une
University of
New England

 **HMRI**
Hunter Medical Research Institute

 **Aboriginal
Health & Medical
Research Council
of NSW**

 **CCGPA**
Central Coast General
Practice Association

 **NSWACT GP
Leaders COVID CoP**

 **menzies**
school of health research

 **NSW
GOVERNMENT** | *BreastScreen*
NSW

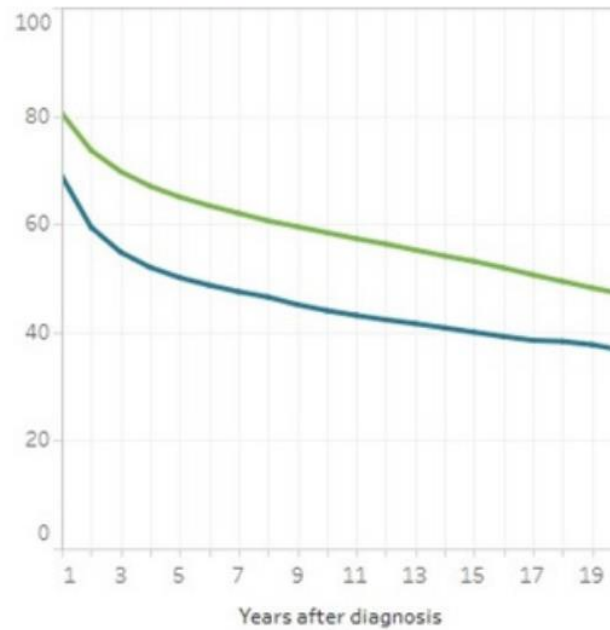
Cancer in First Nations people

- Higher incidence of fatal, screen-detectable and preventable cancers, and are more likely to be diagnosed at more advanced stages, often with comorbidities that are more complex
- Higher levels of modifiable risk factors relevant to cancer (e.g. smoking, alcohol, poor diet, low levels of physical activity and more infections such as hepatitis B and C)
- Lower participation in cancer screening programs
- Higher likelihood of having cancer at an advanced stage of development at diagnosis
- Cancer is harder to treat and cure

Higher mortality and lower survival

Survival

Relative survival rates 2007-2014 (%)
All cancers combined (Persons)



■ Aboriginal and Torres Strait Islander people
■ Non-Indigenous Australians



Lower cancer screening rates



breast
37%

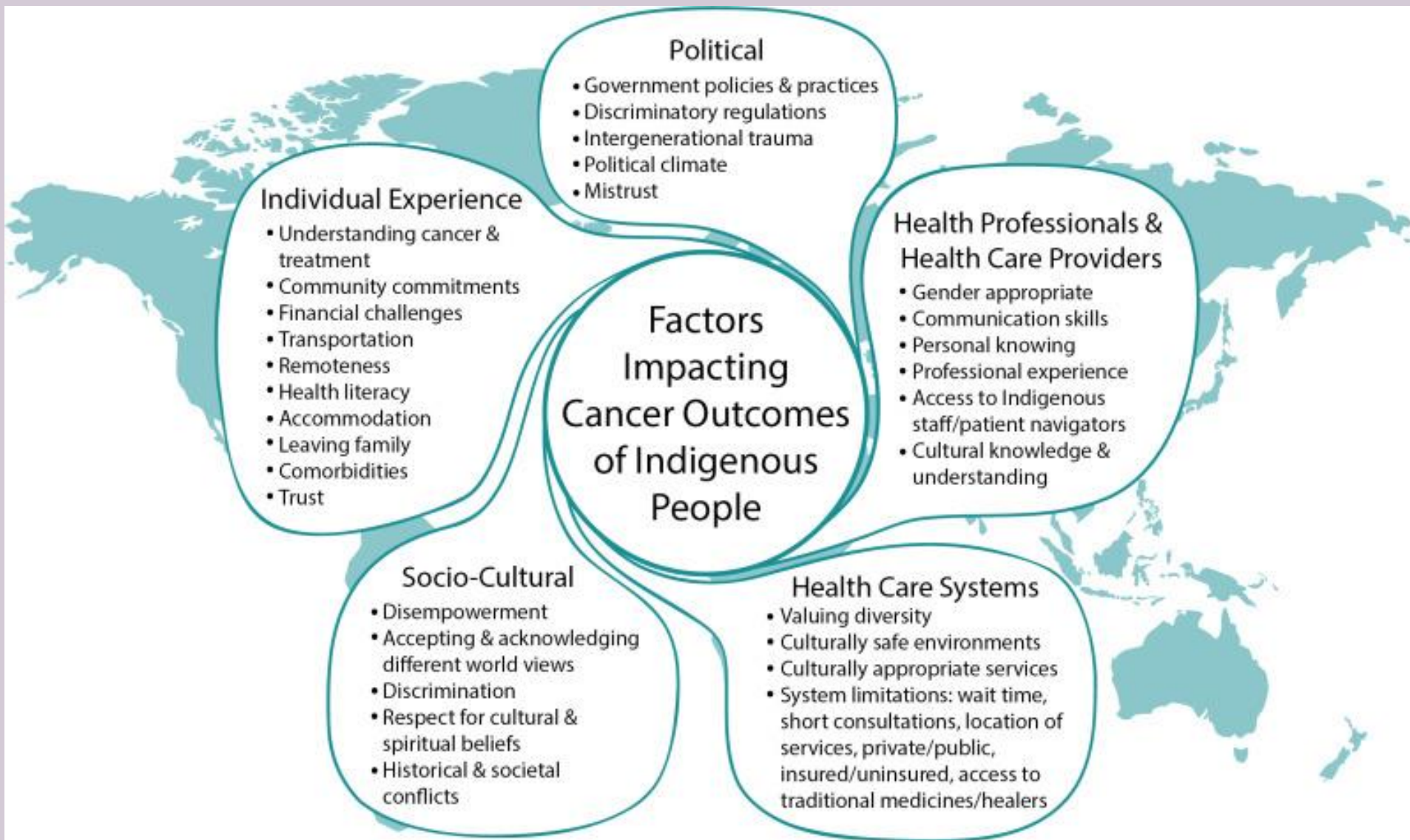


bowel
22%



cervical
33%





Factors impacting cancer outcomes of Indigenous people. From Garvey G and Cunningham J IARC (2019)

ROBYN:



1 yr old: removed from her parents and placed in non-Aboriginal out of home care.

Inter-generational Trauma



8 yrs old: physically and sexually abused by foster father.

alone

afraid

Adverse childhood experiences lead to adult medical

shame

fear

Acculturative Stress

Self doubt

15 yrs old: regularly binge drinking and smoking

anger

disease, psychiatric disorders and sexual behaviours (Felitti, VJ & Anda, RF 2009)

Genocide
Stolen land
Assimilation
Racism

Discrimination

Denial of Aboriginal history and culture
Stolen Generations
Deaths in Custody

ABORIGINAL FAMILY HEALTH WORKER MODEL: A TRAUMA INFORMED APPROACH

Aboriginal Family Health Worker cultural safety & connection to the Health system

24 yrs: Suicide attempts

misunderstood

Stress & allostatic load

35 yrs: Severely unwell

Obesity
Liver disease
Chronic heart disease
Chronic obstructive auto immune disease
Trauma Related

alienated

53 yrs: Chronic illness & premature death



Education Centre AGAINST VIOLENCE



Health

Pride Survival Resilience

KINSHIP

CULTURE

BELONGING

Reconnection and healing

LORE

CONNECTION

Working with community

SPIRIT

LAND

Community Education

Responding to Trauma & Violence

Ngnamus Bus



Research

- Researching Important Clinical questions to improve Health (RICH) outcomes grant, \$25000 HNECC PHN
- Principal Investigator:
 - ***Do culturally appropriate group bookings increase breast screening rates in Aboriginal and Torres Strait Islander women?*** Yerin Eleanor Duncan Aboriginal Health Centre and BreastScreen NSW.
 - ***Towards systematic monitoring of the experiences of care of Aboriginal and Torres Strait Islander people with cancer:*** Phase Two, Menzies School of Health Research.
 - ***Screening for Adverse Childhood Experiences in an Aboriginal Community Controlled Health Organisation – a trauma-informed model of care.*** Agency for Clinical Innovation Research Grants Scheme
- Investigator:
 - ***Indigenous Australian women’s experiences of participation in cervical screening.*** Screening Matters Study, Menzies School of Health Research
 - ***Exploring experiences and perceptions of unplanned hospital readmissions of Aboriginal people with chronic disease,*** University of Newcastle.
- Conjoint Senior Lecturer, University of Newcastle
 - Junior Medical Program Medical Doctorate research supervisor

Cancer equality is everyone's business!



Recent publications

- Butler TL, Lee N, Anderson K, Brotherton JML, Cunningham J, Condon JR, Garvey G, Tong A, Moore SP, Maher CM, Mein JK, Warren EF, Whop LJ. (2022) ***Under-screened Aboriginal and Torres Strait Islander women's perspectives on cervical screening.*** PLoS ONE 17(8): e0271658. August 31 2022.
- Whop LJ, Butler TL, Lee N, Cunningham J, Garvey G, Anderson K, Condon JR, Tong A, Moore SP, Maher CM, Mein JK, Warren EF, Brotherton JML. ***Aboriginal and Torres Strait Islander women's views of cervical screening by self-collection: a qualitative study.*** Australian and New Zealand Journal of Public Health. Feb 2022.
- Jayakody A, Carey M, Bryant J, Ella S, Hussein P, Warren E, Bacon S, Field B, Sanson-Fisher R. ***Exploring experiences and perceptions of Aboriginal and Torres Strait Islander peoples readmitted to hospital with chronic disease in New South Wales, Australia: a qualitative study.*** Australian Health Review. Aug 2 2021.
- Butler T, Anderson K, Condon JR, Garvey G, Brotherton JM, Cunningham J, Tong A, Moore SP, Maher CM, Mein JK, Warren EF, Whop LJ. ***Indigenous Australian women's experiences of participation in cervical screening.*** PLoS ONE 15(6): e0234536. June 15 2020.

Targeted ways to increase First Nations screening rates and improve cancer outcomes

- GPs should perform 715 health checks every 9 months for Aboriginal people
- BreastScreen NSW PUTUWA project, screening for 40-74 yo
- Offer self-collection HPV cervical screening swabs for all women
- National Alternative Pathway bowel cancer screening (NBCSP) 50-74yo
- Family Planning NSW training 50 Aboriginal health workers/practitioners
- *How to Increase Cervical Screening in Your Local Area* Guide – CINSW
- Nicotine replacement on Closing the Gap PBS-co payment measure
- Aboriginal Quitline 137848
- Coordination of Care for Aboriginal People with Cancer Project

Practice specific measures

- Ask the question! *Do you identify as Aboriginal and or Torres Strait Islander?*
- Culturally-specific artwork and resources
- Engage with PHN, Yerin Aboriginal Health Centre or Nunyara Aboriginal Health Clinic for ideas
- Women's and Mens' Business celebrations
- Pamper days, group bookings
- Group education sessions and yarning circles
- Co-promotion and co-education
 - NAIDOC events
 - Biggest morning tea, Steptember, Move Against Cancer, Movember
- Social media
 - Yerin Eleanor Duncan Aboriginal Health Services
 - Barang Regional Alliance



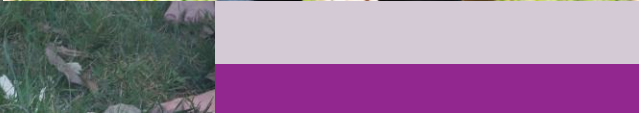
400km+

10000m

36 hours



ROAM






PAIN IS
TEMPORARY...
FINISHING
**EVERESTING
ROAM**
IS FOR
LIFE!





#LETSURECANCER

TOUR de Cure	YERIN ELEANOR JONES	\$100,000
Payee	Aboriginal Health Centre	
Amount	ONE HUNDRED THOUSAND DOLLARS	Alone Eversong TOUR de Cure

🔄  yerin_eleanorduncan_ahs

We are hiring.

- Cancer Navigator
- Administration Support Worker
- Family Time and Casework Support
- FP Senior Caseworker
- PSP Senior Caseworker
- Clinical Psychologist











Cancer navigator

- Over 80 clients on Cancer Navigator list ; 8 active clients currently receiving treatment @ Gosford and Wyong Cancer Centres
- Ngunamus Bus- monthly groups attending screening at Erina BreastScreen
- Merchandise given from BreastScreen NSW for Yerin clients at screening , scarf, drink bottle, bag, beanie and Ngunamus Bus shirt.
- Selected on BreastScreen NSW Advisory Panel for a new add campaign for BreastScreen NSW
- Sorry Business with 3 clients in April and May 2023
- Partnerships with Cancer Council – Kelly King Cancer Council Liaison Officer GDH Cancer Centre offering financial support for clients.
- Attending the Cancer Innovations Conference August 2023
- Cancer Navigator Shirts arrived May 2023
- Surveys to be completed June/July
- Yarn Up Cancer Group coming Aug 2023
- Referrals coming through from other AMS (Wagga)
- Partnerships with Senior Social Workers Wyong and Gosford Cancer Centres
- Partnerships with Community Transport Mick Pitmann, Volunteer for 2x Cancer Patients transport to and from treatment on a weekly basis with Shirley for the Mob car.
- CN accessing Shirley for the Mob Car for Yerin clients receiving treatment at Gosford and Wyong Cancer Centres

General Practice is awesome!

- The answer to workforce burnout
- Flexible
- Work-life balance
- Subspecialise
- Find your people
- Opens doors
- Research
- Teaching / mentoring
- Recognition
- Purpose and meaning
- Connections
- *We specialise in bringing people together to make great things happen!*

