

Partnership in Aboriginal Health Internship

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I acknowledge the Awabakal and Worimi peoples who are the traditional Custodians of the lands upon which we meet and further extend my acknowledgement to the traditional custodians of the Adelaide region, the Kurna peoples.

I pay tribute to their physical and spiritual connection to land, waters and community, enduring now as it has been throughout time.

I pay respect to them, their culture and to Elders past and present.



What Are We Addressing?

"For Aboriginal people, identity is the core, and a healthy identity means a healthy person."

- Carmen Cubillo, Aboriginal Clinical Psychologist

"My nanna was 12 when her mother died because she didn't trust white doctors"

- Dr Kris Rallah-Baker, Aboriginal Eye Doctor

"They were being questioned about their Aboriginality, and as we all know, you can't define an Aboriginal person by their skin colour or features."

- Paul Weir, Aboriginal Health Education Officer at the Northern Sydney Local Health District

"If non-Indigenous Australians will walk with us to find solutions for the health problems of Indigenous people, their gift in return will be a better understanding of non-Indigenous people who are marginalized and disenfranchised"

-Dr. Louis G Peachey – Girrimay man of Djiribal language group; Foundation President of Australian Indigenous Doctors Association (AIDA)

Cultural Barriers to Health Care

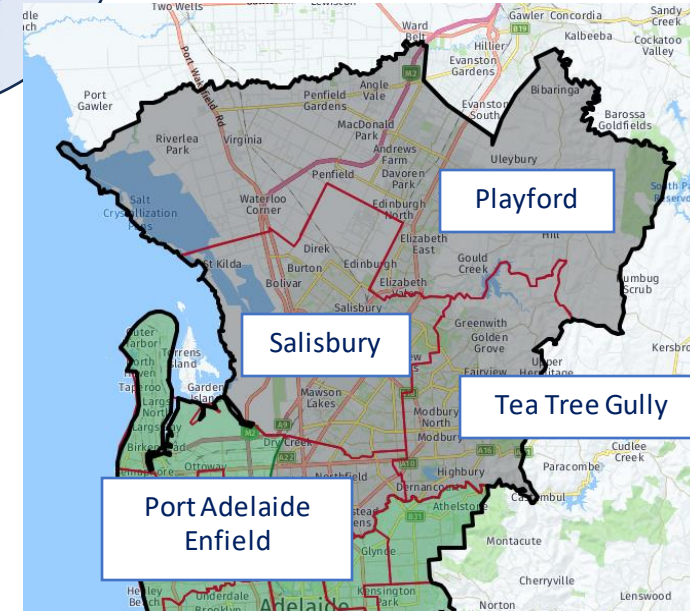


Category	Aboriginal and Torres Strait Islander Peoples	Non-Indigenous Health Practitioners
Social	<ul style="list-style-type: none"> • Family situation and access to health care. • Isolating the individual from kin and social networks. • Difference blindness 	<ul style="list-style-type: none"> • Limited ability to pay for services, restricted choice of provider. • Difference blindness
Cultural	<ul style="list-style-type: none"> • Taken-for-granted lifestyle assumptions • Respect and reciprocity • Shame 	<ul style="list-style-type: none"> • A perception of poor understanding or attitudes towards Aboriginal cultures. • Respect and reciprocity • Lack of understanding of Aboriginal kinship structures.
Structural	<ul style="list-style-type: none"> • Lack of flexibility in the health system • Complex bureaucracies in health and social system. • Perceived expectations that Aboriginal communities can and will keep pace with changes in medical systems and models of engagement. 	<ul style="list-style-type: none"> • Non-compliance with appointment systems • Lack of health literacy and health systems literacy. • Need for many services in one, central location.

Northern Metropolitan Adelaide Region

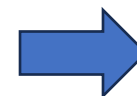
The Adelaide PHN region covers all the Adelaide metropolitan area and is home to 1.2 million people - most of the South Australian population.

The 2022 estimated resident population for northern metropolitan Adelaide region is **424,055**.



<p>Median age</p> <p>36 ↔ (0)</p> <table border="1"> <tr><td>Adelaide Primary Health Network</td><td>39</td><td>↔</td></tr> <tr><td>Greater Adelaide</td><td>39</td><td>↔</td></tr> <tr><td>South Australia</td><td>41</td><td>▲</td></tr> </table>	Adelaide Primary Health Network	39	↔	Greater Adelaide	39	↔	South Australia	41	▲	<p>Language at home other than English</p> <p>26% ▲ (3.6%)</p> <table border="1"> <tr><td>Adelaide Primary Health Network</td><td>23%</td><td>▲</td></tr> <tr><td>Greater Adelaide</td><td>21%</td><td>▲</td></tr> <tr><td>South Australia</td><td>18%</td><td>▲</td></tr> </table>	Adelaide Primary Health Network	23%	▲	Greater Adelaide	21%	▲	South Australia	18%	▲	<p>Overseas born</p> <p>30% ▲ (2.1%)</p> <table border="1"> <tr><td>Adelaide Primary Health Network</td><td>29%</td><td>▲</td></tr> <tr><td>Greater Adelaide</td><td>28%</td><td>▲</td></tr> <tr><td>South Australia</td><td>24%</td><td>▲</td></tr> </table>	Adelaide Primary Health Network	29%	▲	Greater Adelaide	28%	▲	South Australia	24%	▲
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<p>Trade qualification (certificate)</p> <p>22% ↔ (0.3%)</p> <table border="1"> <tr><td>Adelaide Primary Health Network</td><td>19%</td><td>↔</td></tr> <tr><td>Greater Adelaide</td><td>20%</td><td>↔</td></tr> <tr><td>South Australia</td><td>21%</td><td>▲</td></tr> </table>	Adelaide Primary Health Network	19%	↔	Greater Adelaide	20%	↔	South Australia	21%	▲	<p>Unemployment rate</p> <p>6.9% ▼ (-2.6%)</p> <table border="1"> <tr><td>Adelaide Primary Health Network</td><td>5.6%</td><td>▼</td></tr> <tr><td>Greater Adelaide</td><td>5.5%</td><td>▼</td></tr> <tr><td>South Australia</td><td>5.4%</td><td>▼</td></tr> </table>	Adelaide Primary Health Network	5.6%	▼	Greater Adelaide	5.5%	▼	South Australia	5.4%	▼	<p>Median weekly household income</p> <p>\$1,413 ▲ (\$242)</p> <table border="1"> <tr><td>Adelaide Primary Health Network</td><td>\$1,527</td><td>▲</td></tr> <tr><td>Greater Adelaide</td><td>\$1,601</td><td>▲</td></tr> <tr><td>South Australia</td><td>\$1,470</td><td>▲</td></tr> </table>	Adelaide Primary Health Network	\$1,527	▲	Greater Adelaide	\$1,601	▲	South Australia	\$1,470	▲
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Northern Adelaide Local health Network (**NALHN**) provides acute and community services to northern metropolitan Adelaide and tertiary services to a wider catchment area.









- Lyell McEwin Hospital
- Modbury Hospital
- Aboriginal healthcare clinics
- GP Plus health care centres and super clinics
- sub-acute and mental health services.

Needs Analysis

NALHN has the largest population of Aboriginal and Torres Strait Islander people of all South Australian metropolitan catchment areas, many of whom travel from rural and remote communities with complex, chronic health conditions, and are patients of the NALHN health services.

Local Health Network (LHN) - Selected subpopulation categories	2021		2016		Change 2016 to 2021
	Number	%	Number	%	
NALHN					
Aboriginal and Torres Strait Islander population	10,409	2.5	8,054	2.1	+2,355
CALHN					
Aboriginal and Torres Strait Islander population	5,426	1.2	4,975	1.1	+451
SALHN					
Aboriginal and Torres Strait Islander population	5,392	1.4	4,218	1.2	+1,174

There is currently a significant shortage of doctors in primary health care in northern metropolitan Adelaide.

General Practitioner Workforce		Local Government Area				NALHN	Adelaide PHN
Measure	Time period	Playford	*Port Adelaide Enfield	Salisbury	Tea Tree Gully		
Estimated Residential Population	2021	100,573	64,417	147,602	102,067	414,659	1,283,375
Number of GPs	2021	86	70	178	113	447	1,697
GP FTE Total	2021	83.6	62.7	162.8	103.5	412.6	1,505.6
GP per 1,000 residents	2021	0.8	1.0	1.1	1.0	1.0	1.2
Trend - GP FTE Total	2019-2021						

Adelaide PHN Needs Analysis (2021-2023)

- **Accessibility** to and **appropriateness** of primary health care services for Aboriginal and/or Torres Strait Islander people.
- Primary health care providers are supported to improve their **cultural competency** and clinical skills to **safely support** the region’s diverse population.

Watto Purrunna Aboriginal Primary Health Care Service



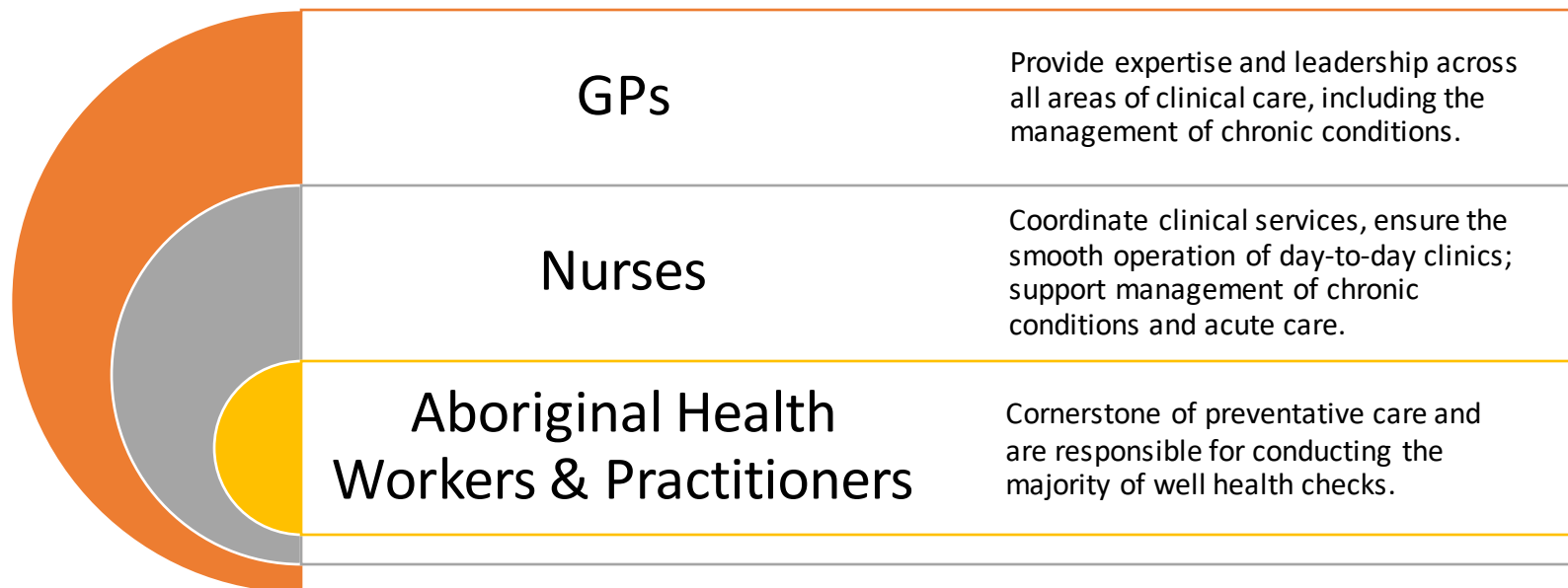
- It is a primary health care service that caters to Aboriginal and/or Torres Strait Islander consumers within Adelaide’s northern metro region in culturally safe environments.
- It provides comprehensive care including chronic disease management, shared care and obstetrics, women’s health, minor skin procedures and mental health care.
- Their unique multi-disciplinary team, led by Aboriginal health practitioners, offers comprehensive, high-level primary health care services to consumers.
- Operates four multi-disciplinary Primary Health Care clinic sites:
 1. Maringga Turtpandi (Hillcrest) – “reaching out in the East”
 2. Muna Paiendi (Elizabeth Vale) – “to first seek knowledge/understanding”
 3. Wongganga Turtpandi (Port Adelaide) – “reaching out in the West”
 4. Kanggawodli (Dudley Park) – “caring house”



2023 RACGP General Practice of the Year (South Australia)

Watto Purrinna Aboriginal Primary Health Care Service: Primary Care Unit

- **Kokotina Tappangga** (*Kaurna name for “without sickness on the road”*) is a primary care unit that provides a range of clinical services including well-health screenings, management of chronic conditions and specialist allied health.
- The Kokotina Tappangga unit provides primary care clinical services across the four Watto Purrinna sites, Monday to Friday between the hours of 9:00am to 5:00pm.
- Multi-disciplinary clinical team works across three priority areas:



Approach: Aboriginal Health Internship Placement

- Adelaide PHN/NALHN: co-designed and co-funded a **medical education program to facilitate five Intern Medical Officers throughout the calendar year 2023-24.**
- **Early introduction of vital skills** that doctors require to provide culturally comprehensive and safe care is expected to greatly improve their ability to integrate these skills into clinical practice.
- This **Australian-first initiative** aims to provide medical interns with **in-depth knowledge on culturally appropriate healthcare**, connection to country and a greater understanding of the barriers to health care for First Nations Australians.
- **Expectation:** To not only attract medical officers to the region, but also potentially increase retention rates of medical officers in Aboriginal and/or Torres Strait Islander Health.



Approach: Cultural Buddy System



Cultural Buddy System

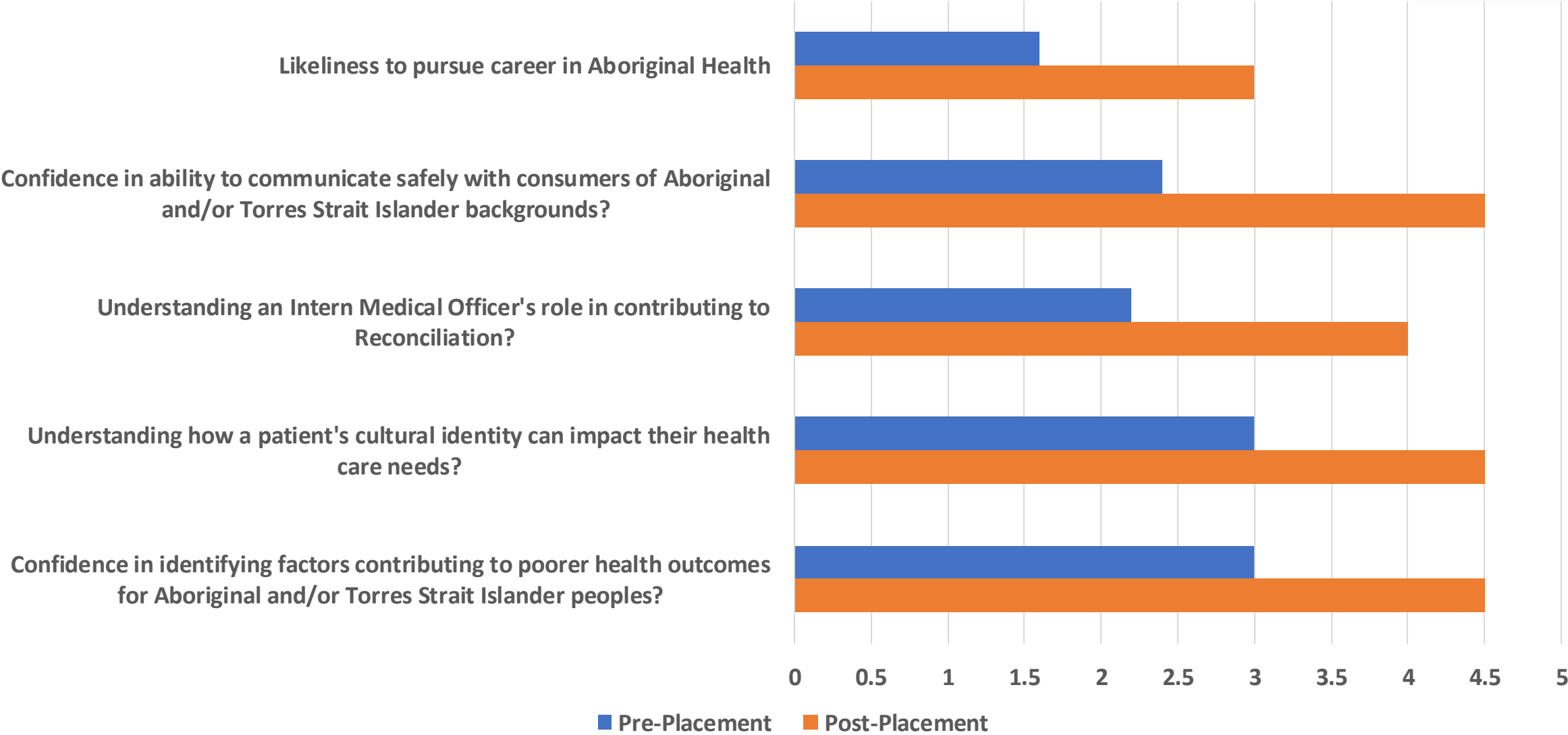
- Each medical intern undertakes an accredited **ten-week rotation placement** at the Watto Purrinna primary care clinics.
- The medical intern work alongside a qualified Aboriginal Health Practitioner and are mentored by Aboriginal staff members, a.k.a. **Cultural Buddy**.
- The first-year doctors are exposed to a comprehensive cultural health service including:
 - primary health care
 - occupational therapy
 - cardiology
 - health assessments
 - ophthalmology
 - diabetes management
 - immunisations
 - women's health
 - obstetrics
 - mental health care
- Each Aboriginal health intern is given the opportunity to attend community events.



Impact



Pre-Placement v/s Post-Placement Survey Results



Impact



Competency	Pre-placement	Post-placement	% Increase
Confidence in identifying factors contributing to poorer health outcomes for Aboriginal and/or Torres Strait Islander peoples?	3	4.5	33%
Understanding how a patient's cultural identity can impact their health care needs?	3	4.5	33%
Understanding an Intern Medical Officer's role in contributing to Reconciliation?	2.2	4	45%
Awareness about the role of past & current health services in social practices related to Aboriginal people (e.g., the Stolen Generation)?	2.4	4.5	47%
Recognising the impact of history on Aboriginal Health?	3	4.5	33%
Familiarity with the National KPIs used to measure and improve health outcomes for Aboriginal clients?	1.8	3.5	49%
Confidence in ability to communicate safely with consumers of Aboriginal and/or Torres Strait Islander backgrounds?	2.4	4.5	47%
Likelihood to pursue career in Aboriginal Health	1.6	3	47%
Likelihood to practice Medicine in the NALHN region	3.5	3.5	0%

Impact

*“I feel honored to be the first intern to undertake this Aboriginal primary health training at Watto Purrinna.... along with working with Aboriginal Health Practitioners, nurses, social worker, and senior medical officers, **I got more understanding about Aboriginal health and culture. For example, Aboriginal families are pivotal to the wellbeing of Aboriginal people.**”*

- Quote attributable to Intern Dr. Shan Zhao

*“My experience at Watto Purrinna has given me the opportunity to deepen my knowledge of Aboriginal culture and connection to land. **I felt so supported by the expert Aboriginal Health Practitioners, nursing, allied health, and administrative staff alike, each of which have provided me with insights that would not have been possible without this rotation.***

*The Aboriginal Health Practitioners have been critical to my learning and understanding of Aboriginal culture and community. **The knowledge that they have shared with me will inform my clinical practice for the rest of my medical career.**”*

- Quote attributable to Aboriginal Health Intern Dr Andrew Clark



Impact

phn
ADELAIDE

An Australian Government Initiative

*“We have **one of the most successful First Nations health models in metropolitan South Australia** and intern placements at Watto Purrinna will enable our junior doctors to strengthen their understanding of the health challenges that First Nations Australians face.”*

Quote attributable to Medical Head of Unit A/Professor Md Moniruzzaman in reference to the Aboriginal Health Internship Program



Learning for PHNs

- Increased cultural exposure = Increased Cultural understanding.
- Nurturing a **partnership** approach, e.g. **The Adelaide PHN-NALHN Partnership**
 - Strong existing relationship between NALHN & Adelaide PHN Board.
 - First Adelaide PHN-LHN Joint Steering Committee was established with NALHN.
- **Emulating** the Aboriginal Health internship model for other priority populations e.g., LGBTQIA+ communities, refugee and newly arrived communities.
- Adelaide PHN will be working with Watto Purrinna to increase the internship size from five interns in 2023-24 to ten in 2024-25.
 - Added **emphasis** towards holistic evaluation of the program with increased batch size.
 - Incorporating experiences of interns, clinical staff and patients during the second year of the program.

Thank you

Special Thanks

The whole team at Watto Purrinna