


ACRA 2007 Hobart

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## A New Indigenous Cardiac Resource



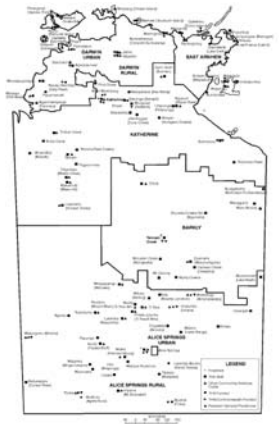
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## Background

- NT has a population of nearly 200,000 people
- 110,000 live in Darwin/Palmerston/rural area
  - 26,500 live in Alice Springs
  - 4,000 live in Nhulunbuy
  - 9,000 live in Katherine
  - 3,500 live in Tennant Creek area
- 47,000 live in outside these towns/cities
  - 49,000 Aboriginal people

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## The NT

- Populations of Aboriginal communities can range from 200-3500
- Six hospitals in the NT
  - 2 in Darwin (1 public, 1 private)
  - Katherine
  - Nhulunbuy
  - Tennant Creek
  - Alice Springs

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## The NT

- Health professional staff in communities include mainly Aboriginal Health workers and nurses, only a couple of the larger communities have a doctor
- The Aboriginal Health Workers and nurses may not have had any cardiac experience prior to working on the community

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## Situation

- People in the NT requiring Angioplasty or cardiac surgery travel interstate for treatment
- After the procedures Aboriginal people from communities travel straight back to their community
- Anyone living out of Darwin/Palmerston or Alice Springs do not have access to a formal cardiac rehabilitation program



### *Issues identified*

- Current activity guidelines use examples of activities not done on communities i.e. lawn bowls, golf, cycling etc
- Health professionals on communities may not be confident in giving activity advice post heart condition
- Family members not wanting loved ones to do anything which could “make things worse”



### *What we wanted from the resource*

- to give easy to follow guidelines about activities which are applicable to community life (both Central and Top End)
- Increase awareness of community members of the need to be physically active after heart conditions
- Give useful supportive information to the health professionals within the communities



### *Process for initial resource*

- Student resource
- Identified target groups
- Identified Aboriginal organisations and key people to assist in the formation of the resources
- Talked with numerous Aboriginal clients about their normal activities and what is involved in doing these things



### *Student project end point*

- Leaflet listing activities and time frame for these
- Health Professional booklet explaining why activities were chosen to be at what stage
- Some safety considerations
- Stretching examples



### *From here....*

- Applied for funding from the Community Benefits Fund for production of resource
- Sourced an Aboriginal Artist for main artwork
- Guidelines went through numerous Aboriginal and Cardiac Rehabilitation Advisory Committees which changed resource into separating patient handouts for those with and without sternal wounds



### *The resources!!*

- Three part resource
  - Patient leaflet handout (one for people with sternal wounds and one for those who have had only a heart attack)
  - Health Professional Clinic Resource Guide
  - Community Poster

## Distribution



- Every community in the NT was sent copies of the Patient Handouts, a Clinic Guide and a 2 Posters with an explanation letter for the resource and a copy of the evaluation we would be doing
- More Patient Handouts could also be electronically downloaded for the communities from our Healthy Living NT website
- Patient Handouts to be given out in both Darwin and Alice Springs hospitals

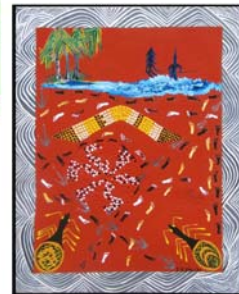
## Evaluation and what next..



- Evaluations to be sent out to all communities
- Already had a lot of feedback from communities Territory wide
- Review resource, make changes where applicable and source funding for more resource production



Activities to do on Communities when recovering from heart surgery or a heart attack



*Clinic Resource Guide*