Welcome to our third edition of Deadly Yarn’n – which highlights some of our achievements in Aboriginal & Torres Strait Islander Health and our ongoing celebrations of Aboriginal Torres Strait Islander culture for 2018.

You can see just by looking through these pages, how proud we are of our Aboriginal & Torres Strait Islander staff, and how committed we are to building a safe space for them and our Aboriginal patients and support networks.

One of the highlights for me last year was attending the third SVHA Aboriginal and Torres Strait Islander Forum, where all of our Aboriginal & Torres Strait Islander staff came together from across St Vincent’s nationally, to inform the future of our healthcare provision to Aboriginal people, as well as how we can engage, retain and develop our Aboriginal staff.

But I can’t pretend that 2018 was all about celebration. Last year, we lost a great friend and supporter in Aunty Fay Carroll.

Aunty was my Co-Chair on the St Vincent’s Dalarinji Aboriginal Health team, and provided invaluable advice, support and mentorship to our health service in the delivery of care to Aboriginal people. More than that, she was my friend. The mutual admiration and respect we held for each other is something I will always cherish, and I was honoured to be asked to speak at her funeral.

I mention this because I’m proud to announce that in Aunty’s honour we have launched the Aunty Fay Carroll Enrolled Nursing Traineeship Program, for Aboriginal & Torres Strait Islander people wishing to start a career in Nursing. You can read more about this program in the following pages. I’m thrilled this new initiative will ensure her legacy lives on at St Vincent’s, not just in our hearts but in our next generation of Aboriginal Nurses.

Aunty Fay was committed to Closing the Gap in Aboriginal health through education and was a strong advocate for nursing as a career opportunity for young Aboriginal people. Aunty Fay challenged our health service to not only provide the best in patient care but also to promote employment opportunities.
It has been another big year for St Vincent’s Health Network Sydney especially in the areas of Aboriginal workforce and Aboriginal Health.

We launched the Aboriginal & Torres Strait Islander Cultural Protocols document at our Close the Gap event in 2018. Our newly appointed Aboriginal Employment Co-ordinator, has been working really hard to engage more Aboriginal and Torres Strait Islander staff, with 65 appointed in different areas across the hospital. We have 3 Aboriginal Doctors that started in 2018 and still growing, and we saw the establishment of the Centre of Excellence for our Aboriginal Doctors in training.

We had many staff who presented at our national Close the Gap day, where we heard about many positive projects that are making difference to improving health outcomes for Aboriginal people. Just to name a few, Social Work, Procurement, Pharmacy and many others.

The Aboriginal Health Unit team have been really busy with providing care to Aboriginal patients, families and carers as well as delivering in-services and orientation to staff across our campus. We are continuing to engage with our Aboriginal communities, whether this be through research, partnership and committee memberships. We heard from Aboriginal patient and staff stories throughout the year, especially around patient journeys.

One of the highlights of the year was the all Aboriginal and Torres Strait Islander staff conference in Melbourne. The networking and relationship building that was created at this conference, friendships will grow well into the future.

Aboriginal and Torres Strait Islander readers are advised that the following photographs contains images of people who have passed.
In 2016, the St Vincent’s Hospital Heart Health (SVHHH) team saw a need to develop a culturally appropriate, engaging and accessible resource to improve education and awareness about the number one killer for Aboriginal people – cardiovascular disease (CVD).

Compared with non-Indigenous Australians, Aboriginal and Torres Strait Islander people are:
- known to have a higher prevalence of risk factors for CVD
- 1.3 times as likely to have CVD
- three times more likely to have a major coronary event – such as a heart attack
- more likely to have CVD at a younger age – approximately 10 years earlier

Despite the well-known benefits of cardiac rehabilitation, participation rates in Australia are as low as 10-30% with less than 5% of eligible Aboriginal and Torres Strait Islander people attending. Barriers include family responsibilities, lack of knowledge about CR and limited access to culturally appropriate resources.

Thanks to the generous support from SIRENS charity, St Vincent’s was able work with key Aboriginal stakeholders to develop a much needed, accessible, cardiac resource that would be utilised by Aboriginal people to close the gap in cardiovascular health – www.svhhearthealth.com.au/aboriginal-heart-health. The website contains visual tools such as images, animations, videos, stories, art and simple content in familiar language. The website is also available via USB stick to enable access to Aboriginal people in remote communities.

Since launching the site, feedback from users identifying as Aboriginal or Torres Strait islander people are:
- 80% found information on the website extremely or very easy to understand
- 100% trust the information on the website
- 87% are extremely or very likely to recommend the website to others
- 85% find the website extremely or very useful

What users like most about the website is:
- The resource is easily accessible
- Videos and stories
- Describes the whole journey
- Easy to understand, neat and simple
- Helpful information
- Seeing and listening to others – “Good to know I’m not the only one going through it”

Aboriginal Health Workers now have a suitable resource to explain the cardiac journey for patients requiring cardiac procedures in hospital. This has alleviated some of the “fear of the unknown” about what to expect during the patient cardiac journey. As a result, Aboriginal patients are more comfortable with their hospital admission and more likely to follow through with their treatment.
As a child I remember some of my old people in Goodooga talking about someone passing away because they had “a big heart” but as a child I thought that meant they were very loving – no-one mentioned the words Rheumatic Heart Disease. But every time I had a sore I remember the old people getting the Dettol out and washing it then putting ointment and a bandage on. And they used to look at our legs all the time – if we had a ring around our leg from the socks they’d say we’ve got to be careful because something isn’t right.

I received a very big shock when I moved to a small community in Central Australia – I’d only been there a week and a young girl passed away after just giving birth 3 months earlier. I started to ask around and couldn’t get any information about what had killed her, until I worked with her Uncle who told me it was Rheumatic Heart Disease and that she first had Rheumatic Fever as a young girl and had several episodes through her life.

Then my partner was working with a group of women to train them for employment that interested them. One young woman (about 23 years of age) was having difficulty deciding what she might be interested in so my partner asked her what she saw herself doing in 5 years time. She said it didn’t matter because she would be dead by then.

Again it was hard to get information about why she would die. It wasn’t until the music teacher’s wife contracted Rheumatic Fever that I learnt more. She talked to me about what had caused it and the treatment she was given. She had contracted Strep Throat, was offered antibiotics but refused them and a few days later was diagnosed with Rheumatic Fever. She was told that if she’d taken the antibiotics when they were first offered she wouldn’t have contracted the fever. She was given a treatment of antibiotics and told to leave Central Australia because if she got it again it would further damage her heart. She was also told that there was a bug in the ground, particularly prevalent in Central Australia that caused the disease – this was not true.

I began to discuss this with community members and discovered that they were given very little information about Rheumatic Fever or Rheumatic Heart Disease and virtually no information about the relatively simple prevention actions they could take to reduce the risk, even though a lot of people had it. I also realised that, unlike my white friend, they were often not offered antibiotics at the Strep throat stage – again a very simple action which could have been taken by the medical staff. I wanted to find information that I could give to the community but there was nothing around.

That’s why I was so interested when I was introduced to Tamra Langley from St Vincent’s. That’s how the painting was created – from the information Tamra gave me. I started to learn that Rheumatic Fever is not a death sentence like I was told by the young lady in Central Australia – that if the right treatment and education is offered people can live a long, normal life.

There were other consequences for the lack of information in that community. Because, when people think they have a death sentence, they live life to the fullest.

But I believe when you give people information about this disease they can plan for a long life and they can do small things to prevent their children ever getting Rheumatic Fever or Rheumatic Heart Disease. I hope this painting can add to the information for those communities – that its journey does not end here in Sydney but goes on to be shown in Aboriginal communities, particularly in Central Australia so we can stop these needless deaths of our young people.

Tex Skuthorpe Artist
A visit from
Elizabeth Koff
Secretary of NSW Ministry of Health

In March this year St Vincent’s hospital hosted a visit from Ms Elizabeth Koff. St Vincent’s was one of the lucky ones to get in early as part of the Secretary’s commitment to visit Local Health District’s and Networks to hear about what is happening in Aboriginal Health and employment.

The Secretary heard from many of our staff on what they are doing in relation to improving Aboriginal Health outcomes, just to name a few she heard about our Pain Management program, Heart Health Website, Aboriginal Employment Strategy and the National RAP.

She then heard from the Dalarinji Aboriginal Advisory Committee who spoke about their commitment to Aboriginal Health, following this she took up an opportunity to visit an Aboriginal patient on one of the wards.

The Aboriginal staff hosted her for a BBQ lunch where she got to meet our Aboriginal staff from across our campus.

Aboriginal & Torres Strait Islander Staff Forum
WALKING TOGETHER, FACING OUR FUTURE

The 2018 SVHA Aboriginal and Torres Strait Islander staff forum is an annual event allowing our Aboriginal and Torres Strait Islander staff from across SVHA facilities nationally to connect and work together to influence the national agenda for Aboriginal Health and employment across our organisations.

Now in its third year, the gathering provided an opportunity to consider our Reconciliation Action Plan for 2019-2021, which will inform the strategies we undertake to Close the Gap in health and employment outcomes for our Nation’s First Peoples.

We were very proud to have so many staff members representing St Vincent’s Health Network Sydney at the two day event, with many wearing their Dalarinji shirts with pride.
Learning the Practical Values of Knowledge

The Social Work Department is committed to fulfilling the SVHNS Aboriginal Health Plan 2017–2020. We see an opportunity to contribute towards the Strategic Action Strengthen the Aboriginal workforce by actively encouraging Aboriginal Social Work students to come and do a part of the field education component of their studies with us. We do this because students who do their placement at SVH are often successful when applying for new grad jobs here on completion of their degree. Social Work students must complete two 500 hour placements over the course of their degree. These longer placements not only give time and space for students to learn and practice new skills but also allows for sustained engagement with our organisation, its systems, values and culture.

We work with the universities to identify Aboriginal students who would like to do placement with us. The SVH Aboriginal Health Unit helps us by providing cultural support to the students. So far we have had two Aboriginal students in the first half of 2016 and in November this year our third student completed her placement. I will talk about our experience with our last student Desiree Leha as I was her Field Educator and supervisor. Desiree worked with me in the Medical Surgical Social Work team and learned how to undertake assessments, counselling, advocacy and referrals. She worked with marginalised and vulnerable people from all kinds of backgrounds. She made special connections with several Aboriginal patients and families who really appreciated seeing her smiling face. She dealt with tricky situations like casual racist comments (from a cognitively impaired white man) with grace and professionalism. The learning was two way because I learned a lot about the demands Aboriginal social work students have to manage alongside their practice learning and how to offer support as needed. We would love to have Desiree back working with us as a new graduate and after she finishes her final academic commitments.

PAUL ANDREWS, Social Work Educator
It has been another busy year for the RAP Events Committee whilst ensuring that Aboriginal health and employment stay at forefront of our care, the RAP events continue to highlight and raise cultural awareness.

The NAIDOC theme chosen for 2018 was “Because of Her, we Can”. This theme filtered through most of this year’s RAP events recognising how many Aboriginal women battled and largely succeeded in holding Aboriginal families together and that their unwavering passion gives us strength and have empowered past generations and paved the way for generations to come.

On Close the Gap Day we took the opportunity to listen and learn from departments across the campus on how they are helping to close the gap.

It was encouraging to hear areas not just clinical but non clinical areas as well, assisting in patient care and employment.

Reconciliation Week we focussed on the need to be reconciled with a service of healing being held.

The week also heard inspiring story of a staff member at Grand Rounds who was able to share her experience of homelessness and how she is now able to help others in that situation. The week concluded with the After the Apology video which is a very moving story about the Stolen Generation.

NAIDOC Week began with the traditional Smoking Ceremony and Welcome to Country with visiting MP Linda Burney who shared her life as an Aboriginal politician.

The week continued with the flag raising ceremony, the launch of a new section in the library to support Aboriginal care and research and the sharing of an Aboriginal patient’s journey as heart/lung transplant recipient. The week concluded with a BBQ by the Tierney House Team and Mass.
If you are interested in join this dynamic team or require further information please don’t hesitate to contact Darryl on ext 27445 or darryl.mackie@svha.org.au

We could not end without paying tribute to our Elder, Aunty and friend – Aunty Fay Carroll who inspired, challenged and supported us in all our events and is sadly missed.

Because of Her, We can!

Darryl Mackie
Co-Chair RAP Events Committee

Margaret Bramwell
Co-Chair RAP Events Committee
As part of the 2018 NAIDOC Week celebrations, A/Prof Anthony Schembri, CEO, St Vincent’s Health Network Sydney launched the Aboriginal Health Collection and Library Guide on 10 July 2018 at the Walter McGrath Library, SVHS.

Guests at the launch included Pauline Deweerd, Director Aboriginal Health, SVHNS and Fr Darryl Mackie, Mission Integration Manager, SVPHS and Archdiocese of Sydney Aboriginal Catholic Ministry Chaplain. Following the launch by A/Prof Schembri, Fr Darryl blessed the collection.

With funding secured by the CEO, the Library staff in consultation with the Aboriginal Health team established a collection of books and resources on Aboriginal health and culture to support the information needs of medical and nursing students, clinicians and Aboriginal and Torres Strait Islander staff members. In addition, an online guide to Aboriginal Resources highlighting books, reports, DVDs and websites specialising in Aboriginal research and health information was also published.

The Aboriginal Resources Library Guide can be accessed on the Library website: https://svhs.ovidds.com/pages/3623/Aboriginal_Resources_Library_Guide

The online Library Guide is regularly promoted by Pauline and her team at Corporate Orientation sessions and in-services that are delivered across the Network. The Library Guide is updated as new resources become available. Suggestions for the inclusion of additional resources are always welcomed. Staff undertaking higher degrees and research have found the guide useful to locate and access information on Indigenous health.

Rolf Schafer
Library Manager, SVHNS
I am a proud descendent of the Gamilaroi and Yuwalaraya people from North West New South Wales. My father is a Kooma and Yuwalaraya man who was raised in Goodooga and my mother a Gamilaroi and Yuwalaraya woman who was raised in Walgett.

In 2011 I graduated with a Bachelor of Social Work from The University of Sydney; from there I have spent time in a number of roles where I was able to work and support young members of the Aboriginal and Torres Strait Islander community.

Recently, I have taken up my role, working as an Aboriginal, identified Social Worker in the Emergency Team and Intensive Care Unit here at St Vincent’s Hospital. I have always wanted to work in health, as a way to start helping to address the many negative social factors that prevent Aboriginal and Torres Strait Islander communities from seeking appropriate treatment. I have been fortunate enough to be offered a position with an organisation that lives and breathes their values, values that I share.

My role at St Vincent’s was been so far challenging but also an extremely rewarding experience. I am working to eventually be able to take my skills, experience and knowledge home and begin to give back to my communities.
“Hi my name is Clay Riley, my family is from the Dunghutti Tribe from Kempsey NSW.

I have recently started working at St Vincent’s Hospital in the Homeless Health Service sector and have found that the team here have been so warm and welcoming.

I first dedicated my career to Closing the Gap for the Aboriginal and Torres Strait Islander community in the Employment sector by working as the Indigenous Mentor in Sydney South West region for MAX Employment and working as an Aboriginal Employment Caseworker for the Marri-Ba V-tec Program for Marist180.

During my employment, I was able to help the Indigenous community by addressing their barriers to help gain sustainable employment, improve their education and health. It was there that I found my calling to help our mob who are sleeping rough, assisting with medical treatment and to seek sustainable housing.

I am proud to call myself the new Aboriginal Health Worker for the Homeless Health Service within St Vincent’s Hospital and am looking forward to all the new and exciting experiences ahead.”

“Hi my name is Susan Webster and I am a proud Dharawal woman.

I started working for St Vincent’s Public Hospital in October 2017. I work in the Pain Management Clinic where we provide a Telehealth service for specialist pain consultants for the rural and remote communities.

The aim is to improve the patient experience and to access specialist multidisciplinary care. Also consultation for hospital outpatient clinics, we run a Reboot programme for patients to attend with a clinical psychologist for physiotherapist.

What major breakthroughs in your field do you think/hope we will see in the future?

For patients to be able to cope with their chronic pain and attend our Reboot programme to improve their quality of life and manage pain.
**What do you love the most about what you do?**

Being able to see people improve their chronic pain, feeling better about themselves; and being able to go out to Aboriginal Medical Services with the Pain Clinic team. I get great satisfaction in making a small difference in someone’s life.

**What motivates you on a daily basis?**

Seeing patients improve and looking forward to working in a great team. Learning new things and feeling rewarded in doing a good job.

**Tell us one of your favourite stories during your time at St Vincent’s?**

Being asked to do Acknowledgement of Country for NAIDOC Week (Because of Her, We Can) for the launch of the Aboriginal Health Resource Collection Library Guide. I feel very grateful to be given these opportunities.

**What is your proudest moment, professionally speaking?**

Changing my career in my 50’s and being able to attend various courses and on the job training. Being invited to attend the SVHA Aboriginal and Torres Strait Islander forum which was held in Melbourne this year.

**What is your background?**

I’m a proud member of the Gugu Badhun people. Our country is in Northern Queensland, a few hundred kilometres northwest of Townsville. I grew up and studied nearby in Townsville and Cairns, where most of my family are today.

**How long have you been employed with SVHN and how has your experience been?**

I’m working within the South Eastern Sydney Psychiatry Training Network, and I’m currently halfway through a 6 month rotation at SVH. My experience has been extremely positive, both in terms of the work itself as well as the learning opportunities.

Unfortunately the nature of training in this field requires moving between services, but I aim to return to SVH in the future.

**Who was your biggest inspiration becoming a doctor?**

My Grandmother, Yvonne Cadet-James, who raised and supported me from childhood through to the end of university. Despite growing up in a very different Australia she was able to pursue a career in nursing and eventually academia. She is the most selfless person I know, and has dedicated her life to the health and social needs of our people across this country. All the while putting any moment of spare time into recording and preserving our history.

**What advice would you give to Aboriginal and Torres Strait Islander doctors considering a positon at SVHN?**

Give it a go, the support here is fantastic and there are plenty of opportunities available for anyone wanting to take them.
St Vincent’s Junior Medical Officer Centre of Excellence

Our vision is to create a Centre of Excellence for Aboriginal Junior Doctors. Our primary focus is to attract and retain Aboriginal junior doctors to complete their prevocational and, where appropriate, their vocational and specialist years at SVHS; and to encourage them to take on leadership roles within the healthcare system.

We hope to study the effectiveness of this program to understand which parts of the program are most valuable in supporting the well-being and growth of our Aboriginal junior doctors.

Access to Podiatry Services for Aboriginal and Torres Strait Islander inpatients

St Vincent’s Hospital Podiatry Department in partnership with the Aboriginal Health team will soon commence weekly inpatient visits for any Aboriginal and Torres Strait Islander patient’s inpatients who require care in an attempt to increase access to Podiatry services and reduce foot complications, particularly associated with Diabetes.

These changes are in line with St Vincent’s hospital’s values, Leading Better Value Care and the ‘Healthy Deadly Feet’ initiatives.
Aboriginal Employment Strategy

St Vincent’s Health Network has a strong commitment to promoting Aboriginal employment and remains the fastest growing Aboriginal and Torres Strait Islander workforce.

December Summary

- **65** Total ATSI employed
- **2** Left employment
- **3** Commenced employment
- **11** Employment enquiries received

**ATSI type**
- Aboriginal: 62
- Torres Strait Islander: 1
- Both: 2

**Workforce type**
- Indigenous: 65
- Non indigenous: 3576

**Gender**
- Male: 21
- Female: 44

**Employment type**
- **31** Permanent full time
- **9** Permanent part time
- **16** Max term (fixed term) full time
- **3** Max term (fixed term) part time

At the end of 2018, St Vincent's Health Network had a permanent workforce of 65 Aboriginal and Torres Strait Islander staff.

Aboriginal people fill a wide range of occupations, including Doctors to Registered Nurses, Allied Health, Administration Officers, Wardsman and transport.
Respecting the difference

The purpose of this training is to motivate staff to build positive and meaningful relationships with Aboriginal people who may be patients, visitors or Aboriginal staff, and to improve their confidence in establishing appropriate and sustainable connections.

St Vincent’s Health Network continues to engage Mirri Mirri to deliver face-to-face cultural awareness training and to date, 63% of our staff have completed the training.

For information on training, staff members should contact the Learning and Development team.

Some comments from staff who have attended Respecting the Difference training:

- “This has been one of the best learning environments I have attended at SVH. Thanks to a talented facilitator, Paul, and colleagues who contributed to activities and discussion.”

- “Practical activities. Learning stories about Aboriginal art, craftsmanship, hunting skills and dream time stories. Paul was one of the best presenters I’ve seen.”

- “Paul was so engaging and really helped us all to reach our own conclusions rather than just “telling the facts”. Loved all the activities.”

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St Vincent’s Health Network continues its Aboriginal Cultural Respecting the Difference training.

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Annual SVHA Innovation & Excellence Awards for 2018

On June 26, we were thrilled to host some of the students from St Vincent’s College, Potts Point who were keen to learn about what St Vincent’s is doing to address the disparity in health outcomes for our Nation’s First Peoples.

We were proud to showcase some of our services and introduce our teams including our Aboriginal Health team; Aboriginal Heart Health; Social Work; Alcohol and Drug; Aboriginal Employment; Aboriginal Mental Health; Renal and Allied Health teams.

We really hope to have inspired some of these students and we welcome them to join us as future doctors, nurses, social workers, counsellors, accountants, administrators or maybe our future CEO in the coming years.

‘Look, Listen and Learn’ – A collaborative approach to improve the heart health in Aboriginal people.

In 2016, the St Vincent’s Heart Health team saw a need to develop a culturally appropriate, engaging and accessible resource to improve education and awareness about the no. 1 killer for Aboriginal people – cardiovascular disease.

We’re pleased to share that this year St Vincent’s Sydney took home four of the seven categorised awards with one being the St Vincent’s Heart Health team.

Congratulations to Tamra Langley, Pauline Deweerdt and other team members.

St Vincent’s College
Vale Aunty Fay Carroll
Our Elder, our Aunty, our friend

Aunty Fay Carroll will always hold a very special place in our hearts here at St Vincent’s.

She was the inaugural Co-Chair of our Dalarinji Aboriginal Health team alongside CEO, A/Prof Anthony Schembri and was an active member of our Aboriginal Health initiatives not just for our Darlinghurst campus, but nationally for SVHA reconciliation initiatives. A gifted story teller, Aunty led many of our Aboriginal & Torres Strait Islander events and regularly Welcomed us to Country across our broader hospital-wide celebrations.

She played a huge role in helping shape the important work we do today to support our Aboriginal & Torres Strait Islander patients and staff. Her contributions to our health service in mentoring, advising and supporting our Aboriginal Health work and patients are immeasurable.

Aside from her tenacity and commitment to holding St Vincent’s accountable for the delivery of quality and respectful care to Aboriginal people - there was nothing quite like a hug from Aunty Fay, and we are feeling a major void in her absence from our Campus.

Our Tribute

Aunty Fay inspired and encouraged all of us to educate ourselves about Aboriginal communities and culture. She was committed to the provision of education and believed it is the key to success. In honour of this, and her contribution to our Hospital, St Vincent’s has introduced the Aunty Fay Carroll Enrolled Nursing Traineeship Program for Aboriginal & Torres Strait Islander people wishing to start a career in Nursing. This program incorporates a Diploma of Nursing from TAFE NSW Ultimo College and hands-on nursing experience here at St Vincent’s.

We hope, that in some small way, Aunty Fay’s legacy will live on through our future nurses, who will benefit from all that she was to us.

To inquire about this program, please contact Tanika Deemal-Parker, HR and Indigenous Program Specialist at tanika.parker@svha.org.au or call 02 8382 4065.
Thank you

And that’s a wrap for 2018

We hope you have enjoyed the 3rd edition of Deadly Yarn’n. Thank you to all those who contributed stories to the newsletter. If you are interested in participating in the annual newsletter, please contact the Aboriginal Health Unit on 02 8382 3036. Please note, all content will need to be submitted to the Manager, Aboriginal Health by 31 July. May your journey through life continue to inspire others.
If you have any questions please feel free to contact the Director of Aboriginal Health on 02 8382 111.

2018

If you would like to find out more on our key achievements, please visit:


“St Vincent’s is committed to providing a culturally safe & respectful environment for all of our Aboriginal & Torres Straight Islander patients, families and visitors.

We continue to engage Mirri Mirri to deliver face-to-face cultural awareness training and to date, 63% of our staff have completed training.”