



**THE LIME NETWORK**  
Leaders in Indigenous Medical Education

# NEWSLETTER

ISSUE NO. 1 / November 2009



## LIME WELCOME

Welcome to the first edition of the Leaders in Indigenous Medical Education (LIME) Network Newsletter. This Newsletter will be published three times per year (November, March, July) and will highlight the latest information about issues concerning Indigenous health relevant to Indigenous and non-Indigenous medical educators, students, general practitioners, policy makers, nursing and allied health professionals and educators, community members and all those interested in improving Indigenous health outcomes.

The Newsletter is intended to be a collaborative publication that encourages information sharing between LIME Network members to celebrate the many successes that are occurring in Indigenous health as well as contributing positively to areas in which improvement is necessary. If you have an article, a story, a picture or information about a publication or an event of interest we would love to hear from you.

As this is the first edition of the LIME Newsletter we will provide you a short background on the Project and information about what we have been up to in 2009.

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and Kevin Murray

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by Inprint Design

**YOU CAN FIND OUT MORE ABOUT US ON OUR WEBSITE:**

[www.limenetwork.net.au](http://www.limenetwork.net.au)



## BACKGROUND

The LIME Network is a [Medical Deans Australia and New Zealand Project](#) hosted by the [Onemda VicHealth Koori Health Unit](#) within the School of Population Health at The University of Melbourne. It developed as a stand-alone project in 2008 and stemmed from the [Indigenous Health Project](#) which began in 2002.

Major outcomes of that project included the [Indigenous Health Curriculum Framework](#) and the [Critical Reflection Tool \(CRT\)](#) which remain important resources for the current project. The Framework was developed as a flexible guideline that could be used to contribute to the meaningful learning experiences of students and staff around Indigenous health and the CRT is an internal quality review process aimed at supporting medical schools to continue to provide quality Indigenous health curriculum and Indigenous student support initiatives.

Other outcomes included the endorsement of the Indigenous Health Curriculum Framework by all Deans of medicine and its inclusion as part of the accreditation guidelines of the [Australian Medical Council \(AMC\)](#); and the facilitation of Australian Indigenous Doctors Association (AIDA)/Medical Deans Agreement for Collaboration through which AIDA completed an audit of medical schools to assess their Indigenous medical recruitment and retention approaches. Importantly, a preliminary network of Indigenous and non-Indigenous medical educators was established to lead and encourage curriculum implementation – this became the LIME Network.

## NETWORK UPDATE

The aim of LIME is to be a dynamic network dedicated to ensuring the quality and effectiveness of teaching and learning of Indigenous health in medical education, as well as best practice in the recruitment and retention of Indigenous medical students. We seek to do this through establishing a continuing national presence that encourages and supports collaboration within and between medical schools and colleges in Australian and New Zealand and by building linkages with the community as well as other health science sectors.

The LIME Network consists of a range of participants from key stakeholder groups and has a [Steering Committee](#) which sets the strategic and policy directions of LIME and a [Reference Group](#) which provides advice and support in implementing LIME initiatives. Members of the Steering Committee are drawn from a number of key stakeholder organisations and the Reference Group is made up of members from each medical school in Australia and New Zealand.

### COMMITTEES

The LIME Network has had a productive year so far, benefitting from the input of a number of LIME Network members and the efforts of the Project Team. The Steering Committee sat for the first time in May and a number of Connection Committee meetings have been held regarding the LIME Connection III, LIME's biennial conference which will be held in Melbourne this year on 3–4 December with a pre-

conference Indigenous Caucus on the 2nd (more information on that coming up!).

### WEBSITE

The [LIME Network Website](#) was launched in May and has a new design and improved functionality. It is now more user-friendly and will act as a dynamic portal for members to access information and find links to relevant publications, projects of interest and upcoming events. The website will be further improved in coming months to include better information for students, video streaming facilities and searchable resources.

### COLLABORATIONS

The LIME Network Project Team has been working closely with the Australian Indigenous Doctors Association (AIDA), Te Ohu Rata o Aotearoa (Te ORA) –The Māori Practitioners Association and Medical Deans to ensure ongoing connections between our organisations through representation at conferences, effective collaboration and sharing of information. The Project Team has also been engaging with members of the allied health professions and representatives from medical colleges to forward our aims of improving outcomes for Indigenous health through education and training.

At a meeting facilitated by the AMC, involving LIME representatives, it was recommended to MedSAC that on upcoming school accreditation teams, Indigenous academic/



LIME Network Project Team L-R: Erin Nicholls, Shaun Ewen, Ian Anderson, Odette Mazel. Absent: Laura Thompson  
You can find out more about us on our website: <http://www.limenetwork.net.au/content/staff>

clinicians should be included on the review team. This possibility was discussed at MedSAC and endorsed by the secretariat. Indigenous academics/clinicians were invited for most of the teams in 2009 and three Indigenous representatives have been involved in three out of the five assessment visits this year.

The LIME Network also held its first regional meeting in Melbourne bringing together representatives from Medical Schools in Victoria and Tasmania, local Indigenous community organisations such as the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and Indigenous elders. The meeting provided an opportunity to share information and experiences about medical education, doctor

training and clinical placements, and created a forum in which future partnerships and better working relationships between Universities, Indigenous communities and their organisations could be explored. It is intended that other regional meetings will be held around Australia and New Zealand.

### CONFERENCES

LIME has participated at a number of conferences including the Rural Workforce Agency Victoria, AIDA Symposium, Te ORA Symposium, Medical Deans Conference, ANZAME Conference, and the Pacific Region Indigenous Doctors Congress with the aim of promoting the Network and its efforts to a wide audience. Much preparation is also underway for the [LIME Connection III](#).

### PUBLICATIONS

Publication of the CRT trial results were published in the [Medical Journal of Australia](#): Ian PS Anderson, Shaun C Ewen and Debra A Knoche 'Indigenous Medical Workforce Development: Current status and future directions', *Medical Journal of Australia*, vol. 190, no. 10, p. 580.

### PROJECT TEAM

The Project Team includes Prof. Ian Anderson, Mr Shaun Ewen, Ms Odette Mazel, Ms Laura Thompson and Ms Erin Nicholls. If you have any questions, queries or good ideas, please contact us at: [<lime-network@unimelb.edu.au>](mailto:lime-network@unimelb.edu.au) or on +61 3 8344 9160.

## STUDENT INFORMATION

### MEDSOC AND MIRAGE INDIGENOUS HEALTH FORUM 2009

Each year Sydney University's Medical Society (MedSoc) and rural health society, MIRAGE, co-host an Indigenous Health Forum during National Reconciliation Week, which brings together some of the leaders in Indigenous health in Australia to discuss this important social issue in an informal forum setting.

This year's forum was held in the Kerry Packer Auditorium at the Royal Prince Alfred Hospital, Sydney, and panellists included Ella Bancroft, Australian Indigenous Mentoring Experience (AIME) Sydney City Program Manager; Dr Ben Bartlett, Co-operative Research Centre for Aboriginal Health Program Leader; Dr Clive Aspin, Menzies Centre for Health Policy SCIPPS Research Director; Prof. Lisa Jackson Pulver, UNSW Muru Marri Indigenous Health Unit Director; and Darryl Wright, Tharawal Aboriginal Medical Service CEO.

The forum was a great success with a full auditorium of guests enjoying the night of debate and discussion. MedSoc's Indigenous Health Officer, Clare O'Sullivan, caught up with the panelists after the event to get some advice for medical students interested in Indigenous health, and for some final words on what should be done to 'close the gap' between Indigenous and non-Indigenous health outcomes. Here's what they had to say:

#### Q1. What do you think is needed to Close the Gap in Indigenous and non-Indigenous health by 2030?

**Ben Bartlett:** *Apart from ensuring access to comprehensive primary health care services, it is critical that the social determinants of health are addressed, especially addressing issues of equity both between Aboriginal and non-Aboriginal Australia and within Australian society generally.*

**Clive Aspin:** *There needs to be a commitment from everyone, both Indigenous and non-Indigenous, to improve Indigenous health. This needs to occur across all sectors of government as well as throughout the community. We all have a responsibility to do something about the appalling state of Indigenous health.*

**Lisa Jackson Pulver:** *Building ALL health services around the needs of Aboriginal people. That way, we don't have to keep on waiting for funding for specific programs. If all programs and services were modeled on the needs of the most disadvantaged in Australia—the Aboriginal people—then they would be inclusive of the needs of all people in Australia.*

**Darryl Wright:** *To close the gap, I think that we should all strive for excellence at all times, always trying to go forward. Working together makes things easier, and less of a burden both financially and problematically.*

#### Q2. Where can med students learn more about Indigenous Australians?

**Ben Bartlett:** *SBS series "First Australians" (available on DVD).*

**Lisa Jackson Pulver:** *"The Little Red Yellow Black Book—an introduction to Indigenous Australia". Aboriginal Studies Press is the publisher—and it's available in all good bookshops. This is the first book I'd recommend to all wanting to learn more.*

**Darryl Wright:** *Students can go to [Indigenous HealthInfoNet](#) for plenty of health information.*

**Ella Bancroft:** *I think in order to learn more about Indigenous Australians you should step away from the books and films and emerge yourself in the real world. Programs such as [AIME](#) are great ways of extending university students' understanding of Indigenous culture in a contemporary environment.*

Video and audio recordings of the forum are now available from the [MedSoc website homepage](#), as is the full '5 minutes with the panel' interview transcript, including correspondence from Gael Kennedy (Filling the Gap Vice President). Video and audio files of MedSoc and MIRAGE's first ever Message Stick event (a night of stories from medical student's who've spent time in Indigenous communities) is also available on this webpage.



Indigenous Health Forum panelists L-R: Lisa Jackson Pulver, Clive Aspin, Ella Bancroft, Ben Bartlett, Darryl Wright

## SCHOLARSHIP INFORMATION

Below are some links to scholarships that are available to Indigenous Australian Students compiled by AIDA:

- [Commonwealth Government Scholarships](#)
- [ARHRF Indigenous Health Scholarship](#)
- [Good Shepherd Reconciliation Scholarships](#)
- [Australian Medical Association \(AMA\) Indigenous Peoples' Medical Scholarship](#)
- [Indigenous Youth Leadership Programme Tertiary Scholarships](#)
- [Puggy Hunter Memorial Scholarships - Medicine](#)

- [The Australian Defense Force Scholarships](#)
- [John Flynn Scholarship Scheme](#)
- [Medical Rural Bonded Scholarships](#)
- [ACRRM and the Medical Rural Bonded \(MRB\) Scholarship Support](#)
- [RAMUS Scholarship](#)
- [HECS Reimbursement Scheme](#)
- [Department of Employment, Workplace Relations: National Indigenous Cadetship Project \[NICP\]](#)

Below are some links to scholarships that are available to Māori students compiled by TeORA:

- [Ministry of Health Hauora Māori Scholarships](#)
- [Harkness Fellowships in Health Care Policy and Practice](#)
- [Health Research Council: Māori Health Research Career Development Awards](#)
- [GSK Te ORA Māori Health Research Fellowship](#)
- [Maarire Goodall Award](#)
- [Henry Rongomau Bennett Memorial Scholarship for Psychiatric Training](#)
- Also see <[www.takoa.co.nz](http://www.takoa.co.nz)> for more funding possibilities.

# GRADUATES AND CLINICIANS INFORMATION

## ROYAL AUSTRALASIAN COLLEGE OF SURGEONS INDIGENOUS HEALTH PROGRAM

### History

The Royal Australasian College of Surgeons has, for the second time, run an on-line indigenous health program. The Australian Indigenous Health Program consists of eight online learning modules that enable medical specialists to explore issues encountered when treating Indigenous patients. It is being delivered by the Royal Australasian College of Surgeons in collaboration with the Royal Australian and New Zealand College of Obstetricians and Gynaecologists and supported by an educational grant from the Support Scheme for Rural Specialists (SSRS) through the Department of Health and Ageing (DoHA).

A Steering Committee was set up to oversee the development and implementation of this project which included Indigenous surgeon, Dr Kelvin Kong and Dr Marilyn Clarke, an Indigenous O&G specialist. There was also input from support from key Indigenous health organisations including the National Aboriginal and Community Controlled Health Organisation, Australian Indigenous Doctors Association and the Aboriginal Health Unit of The Royal Australian College of General Practitioners.

The program addresses the following topics:

**MODULE 1:** Cultural understanding for better surgical and O&G care

**MODULE 2 & 3:** Are you being heard? Communication and Informed Consent

**MODULE 4:** Why patients might leave hospital early and why they might not show up

**MODULE 6:** Managing trauma taboos: Dealing with the consequences of interpersonal violence

**MODULES 7 & 8:** Finding common ground to better the system.

### Initial program

The online program was first launched in 2006 and is being offered again in 2009. In 2006 a needs assessment was carried out prior to development and the results are highlighted in Table 1.

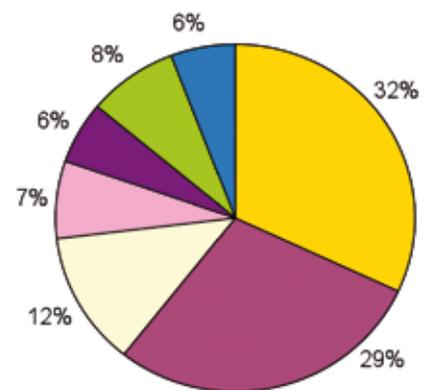
The overwhelming response was a desire to improve communication with Indigenous patients and the need to learn more about Indigenous culture.

These needs were confirmed again in 2009 with communication being the primary learning objective for 40% of participants and cultural understanding 30%.

In 2006, 85 specialists participated in the program. On completion, participants were asked whether they intended to refine their practice. As highlighted in Table 2 the majority responded positively.

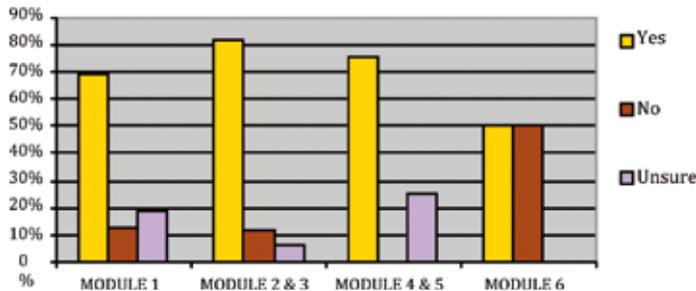
In the modules run to date in 2009, we have had 48 participants. The doctors come from a range of specialties including surgeons, obstetricians, gynaecologists, physicians and trainees. 76% came from rural and remote areas and 24% came from urban areas, many of who worked in clinics in the regions.

### NEEDS ASSESSMENT

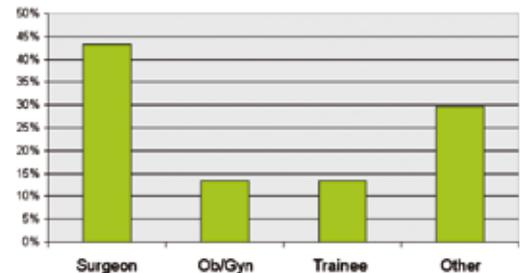


- Communication
- Culture
- Healthcare Delivery
- Health Issues
- Indigenous point of view
- Other
- Blank

WILL YOU MAKE CHANGES AS A RESULT OF YOUR PARTICIPATION?



2009 COURSE PARTICIPANTS



Reflection of participants

COMMENTS FROM THE COURSE PARTICIPANTS SUBMITTED ON THE FEEDBACK FORMS:

**On the issue of communication:** *More aware of limitations in communication with indigenous people.*

**On the issue of informed consent:** *I'll make an extra effort to make sure they understand and probably a bigger onus on myself to understand their situation and such cultural reality to gain confidence.*

*Spare more time at initial consultation, or break up into two on same day - Micro plan from start to end.*

*I will take further precaution and communicate with patients using more sensitivity and better understanding of issues.*

*Probably spend more time trying to clarify their doubts & assessing their fears & expectations"*

*More mindful of logistical problems of attending. Better use of AHOs.*

Other items from the College

Recently the College formed an Indigenous Health Committee that has developed a comprehensive position statement for better health outcomes for people of Aboriginal, Torres Strait Islander and Māori heritage. The College's Trauma Committee also hosted a symposium on *Injury in Indigenous Populations – Towards a Safer Future*.

**Role reversal:** Canberra surgeon Peter Hughes plays the role of patient at a recent Provincial Surgeons conference in Alice Springs. The Aboriginal Health Workers team from Alice Springs Hospital discuss his case and seek informed consent in Warlpiri. The helplessness of the patient was palpable to the audience of rural surgeons.



**"Ngarrurnu'rnangkurlu nyiya-kapingkirli pajirni".**

**Translation:** *We have discussed your surgery with you.*



**"Purda-nyanyi mayi kanpa nganpa?" "Nyampurla-nyanu yirdi yirraka."**

**Translation:** *You understand don't you? Just sign here!*

**PICTURED L-R,** Alice Springs ALO's: Betty Braedon, Christine Spencer, Benedict Stevens, Brenda Porter, Peter Hughes (surgeon), Linda Bray and Malcolm Heffernan.

## LIME CONNECTION III

The LIME Connection is the Network's biennial conference. It provides an opportunity in which quality review, professional development, networking, capacity-building and advocacy functions of the network are actualised. It brings together Indigenous and non-Indigenous medical educators, Indigenous health specialists, policy makers, and community members from Australia, New Zealand, Canada and the United States of America to discuss innovative approaches in Indigenous medical education and the experiences of practitioners as well as medical students.

This year's conference will be held in Melbourne on 3–4 December 2009, with a pre-conference Indigenous Caucus at the Institute of Koorie Education (IKE), Deakin University, in Geelong on 2 December.

The focus of the Connection is *'Advancing Indigenous Health: Workforce Innovations'*. Specifically, the conference will address leading practice approaches to integrating Indigenous health into medical education and workplace training. In addition, the conference will provide an opportunity to discuss and challenge some current practices and discuss emerging tools and techniques to drive continuous improvement in

outcomes for Indigenous health.

The LIME Connection program has been reviewed to maximise sharing through facilitated sessions with adequate discussion time. It is our aim to encourage a space in which people can share their knowledge, experience and expertise in a safe and open environment. Importantly, the majority of presenters are Indigenous, highlighting the range and level of expertise in this field. To register, become a LIME Network Member and log on to: <[www.limenetwork.net.au/content/registration](http://www.limenetwork.net.au/content/registration)>.

### KEYNOTE SPEAKERS AND DISCUSSANTS INCLUDE:

**PROFESSOR HELEN MILROY**  
(The University of Western Australia)

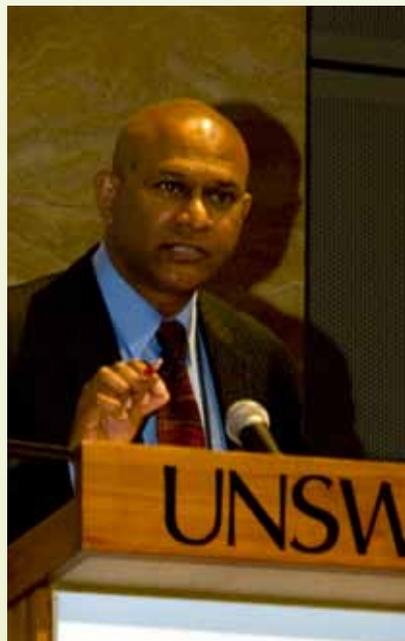
**ASSOCIATE PROFESSOR CINDY SHANNON**  
(The University of Queensland)

**PROFESSOR MARCIA ANDERSON**  
(University of Manitoba)

**PROFESSOR TIM WILKINSON**  
(University of Otago)

**THE HON WARREN SNOWDEN MP**  
(Member for Lingiari, Minister for Indigenous Health, Rural and Regional Health & Regional Services Delivery) will make a keynote speech at the LIME Connection Official Dinner at which the [LIMELight Awards](#) will also be presented.

More information about the [program can be found here](#).



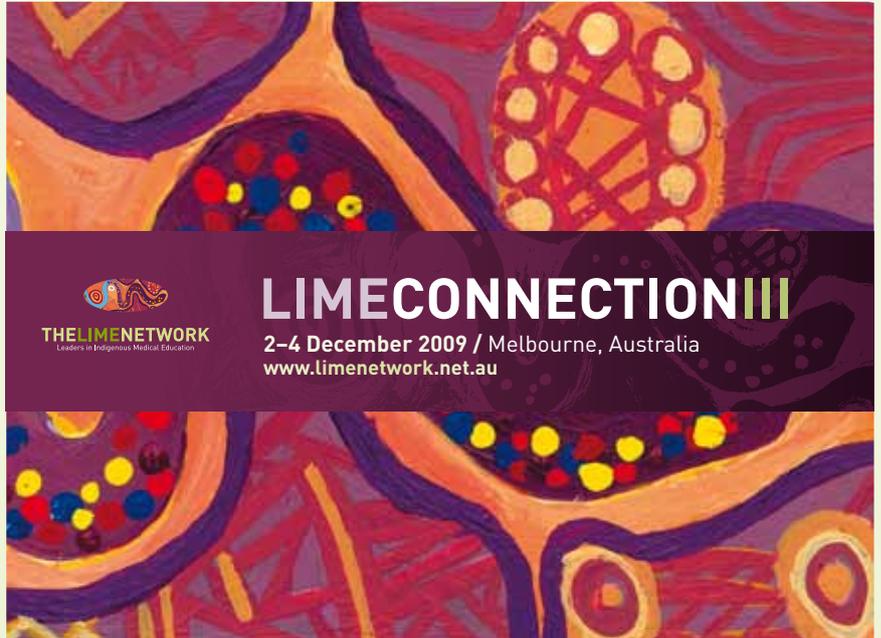
LIME Connection II: Mark Wenitong

### INDIGENOUS CAUCUS

The Indigenous Caucus, to be held the day before the public conference program, is a new initiative of the LIME Network that will bring together Indigenous practitioners, medical educators, students and community members to share their experiences about workforce development, innovations in the field and strategies for the future. The caucus will be held at IKE in Geelong and will provide an important opportunity for Indigenous delegates to meet and talk with one another as well as local and visiting Elders.



LIME Connection II: Pappaarangi Reid



## STUDENT AND COMMUNITY BURSARIES

The LIME Network project and its sponsors are committed to supporting greater participation of Indigenous people in the medical sector. In particular, we aim to strengthen the promotion and dissemination of good practice in Indigenous health and medical education by encouraging the participation of Indigenous Australian and Māori medical students and community members in the LIME Connection III. With the support of many of the medical schools in Australia and New Zealand, almost 30 bursary places have been offered to selected Indigenous people. Successful recipients of the bursary will have their LIME Connection registration fees, travel expenses, accommodation and meals covered.

## CLINICIANS

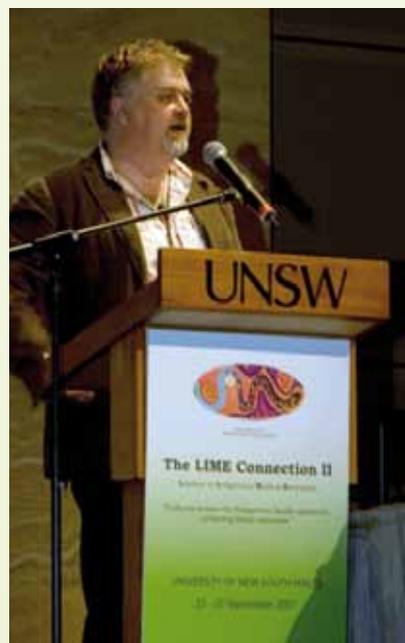
The participation of clinicians is being encouraged through the provision of RACGP and ACRRM accredited Active Learning Modules, or Continuing Medical Education (CME) points, to come and share their experiences in the field and to learn more about the ways in which we can work to improve Indigenous health.

## CULTURAL ACTIVITIES

There will be opportunity to take part in our LIME Connection events program, including a Welcome Reception at the Koorie Heritage Trust with food by Indigenous caterers and entertainment by the Wilin Centre Indigenous Opera singers; a guided cultural tour along Birrarung Marr; and the Conference Dinner and LIMELight Awards Night to be held at ZINC in Federation Square with the Deline Brisco Band and dancers Will Shake Spears. The dinner will also host the presentation of special Honorary Awards for the first cohort of Indigenous Australian Doctors who graduated in the 10-year period between 1983 and 1992.



LIME Connection II award winners L-R: Adele Cox, Tamara McKean, David Paul, Helen Milroy, Paula Edgill



LIME Connection II: Ian Anderson

### LIMElight AWARDS

The 2009 LIMElight Awards are given in recognition of the significant and outstanding work staff, students and medical schools do in the teaching and learning of Indigenous health in medical education, as well as Indigenous student recruitment. These awards acknowledge innovative programs or personal initiatives that address critical issues, bring people together collaboratively or contribute to the implementation of innovative solutions.

The Awards are will be announced at the LIME Connection Dinner on 3 December 2009.

Awards will be given in the following categories:

- 1 Leading innovation in curriculum implementation
- 2 Leading innovation in Indigenous student recruitment, support and graduation
- 3 Leading innovation in community engagement
- 4 LIMElight Leadership Award for outstanding leadership by an individual
- 5 Student Award

#### LIMElight Awards Committee:

Prof. Neville Yeomans  
A/Prof. Marlene Drysdale  
Mr Romlie Mokak  
Dr David Jansen

The LIME Connection has received support from a number of organisations including:

#### Auspice Organisations:

- Medical Deans Australia New Zealand
- Australian Indigenous Doctors Association
- Te ORA - The Māori Medical Practitioners Association

#### Host Universities:

- The University of Melbourne
- Monash University
- Deakin University
- University of Tasmania

#### Connection Sponsors:

- Commonwealth Department of Health and Ageing
- Melbourne City Council
- Crisis Support
- Victorian Department of Human Services



Public Lecture Panel LIME Connection II L-R: Kelvin Kong, Tom Calma, Papaarangi Reid, Mark Wenitong

**Student and Community Bursary Sponsors:**

The Commonwealth Department of Health and Ageing, Monash University, The Australian National University (ANU), Deakin University, Flinders University, The University of Auckland, University of Melbourne, University of Wollongong, The University of Newcastle, University of Notre Dame, University of Otago, The University of New South Wales, University of Western Sydney, James Cook University.

**The LIME Connection Committee Members:**

- Ms Clair Andersen  
University of Tasmania
- Prof. James Angus  
Medical Deans Indigenous Health Sub-Committee
- Ms Danielle Arabena  
Student Representative of AIDA
- Dr Lilon Bandler  
The University of Sydney
- Prof. Wendy Brabham  
Institute of Koorie Education – Deakin University
- Prof. Evelyne Deleeuw  
Deakin University

- A/Prof. Marlene Drysdale  
Monash University
- Mr Shaun Ewen  
The University of Melbourne
- Ms Mary Guthrie  
AIDA
- Prof. Lisa Jackson Pulver  
The University of New South Wales
- Dr David Jansen  
Te ORA
- Ms Odette Mazel  
LIME Project
- A/Prof. Dennis McDermott  
Flinders University
- Ms Alison Miles  
University of Tasmania
- Mr Rus Nasir  
Adelaide University
- Ms Erin Nicholls  
LIME Project
- Dr Peter O’Mara  
The University of Newcastle/ AIDA
- A/Prof. David Paul  
The University of Western Australia
- Ms Suzanne Pitama  
University of Otago
- Prof. Papaarangi Reid  
The University of Auckland

- Prof. Cindy Shannon  
The University of Queensland
- Ms Laura Thompson  
LIME Project
- Prof. Paul Worley  
Medical Deans Indigenous Health Sub-Committee
- A/Prof. Craig Zimitat  
University of Tasmania

**The LIME Abstract Committee:**

- Prof. Evelyne Deleeuw  
Deakin University
- Mr Shaun Ewen  
The University of Melbourne
- Ms Mary Guthrie  
AIDA
- Prof. Lisa Jackson Pulver  
The University of New South Wales
- Dr David Jansen  
Te ORA
- Dr Peter O’Mara  
The University of Newcastle/ AIDA
- A/Prof. David Paul  
The University of Western Australia
- Ms Suzanne Pitama  
University of Otago

## TEACHING AND LEARNING



### SPENCER GULF RURAL HEALTH SCHOOL CULTURAL AWARENESS PROGRAM

The Spencer Gulf Rural Health School conducts a range of Cultural

Awareness program for health professionals working in rural and remote locations, medical and allied health students from Adelaide University, the University of South Australia and a range of other participants working within health services. If people are interested in working in rural and remote communities and with Aboriginal people, the field trips provide the exposure that will influence their decision-making. Participants have the opportunity to interact with Aboriginal people, witness environments and social determinants that play a vital role in the health

status of Aboriginal people and delivery of health services. The programs provide unique opportunities to visit Aboriginal Health Services and communities. It also allows Aboriginal health workers, to share knowledge about clinical issues, unwritten cultural protocols, and community concerns.

The Cultural Awareness field trip provides an opportunity for participants to develop skills and knowledge relevant to working with Aboriginal people in varied locations and environments with acquired cultural knowledge and understanding.

It also promotes more effective ways for medical students, health professionals, organisations and

agencies working within health sciences to initiate contacts with individuals, communities and organisations to develop and enhance programs, research activities and collaborative activities. The program provides a model for understanding the relationship between ill health, direct causative and underlying factors. It shows that, cultural, locality; social and economic factors need to be addressed and are interwoven in understanding the health of Aboriginal people.

Participants have the privilege to visit the APY lands in the north west of South Australia, whilst experiencing the magnificent landscapes, people, songs, artwork, traditional foods and stories.



Cultural Awareness Program Group 2009

#### FOR MORE DETAILS CONTACT:

**Kym Thomas:**  
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**Pat Sketchley:**  
 +61 8 8647 8098  
[pat.sketchley@unisa.edu.au](mailto:pat.sketchley@unisa.edu.au)

## RURAL HEALTH FOUNDATION EDUCATION PROGRAMS

The [Rural Health Education Foundation](#) produces screen based education programs to up-skill Australian health and medical practitioners and includes meeting the professional education needs of practitioners delivering health services to Aboriginal and Torres Strait Islander peoples. Over 34 programs have been produced with an Indigenous focus. The Foundation's programs are accessible to a wide a range of health professionals in Australia and each of the Foundation's programs is accredited for CPD/PD points with key professional bodies. The programs are delivered via webcast, satellite broadcast, streamed video, podcast, and DVD.

Some of the past and upcoming programs that specifically include Indigenous issues are:

### OUT OF THE SHED: OVERCOMING THE BARRIERS TO MEN'S HEALTH

This will be available at <[www.rhef.com.au/programs/program-1/?program\\_id=379](http://www.rhef.com.au/programs/program-1/?program_id=379)>.

### TYPE 2 DIABETES GUIDELINE SERIES: DIABETES AND INDIGENOUS AUSTRALIANS

This will be available free on DVD to Australian health professionals from December. Order through the website <[www.rhef.com.au](http://www.rhef.com.au)>.

Many other Foundation programs are available at: <[www.rhef.com.au/programs/?group\\_id=5](http://www.rhef.com.au/programs/?group_id=5)>.

Also note that SBS Television screened three of the Foundation's documentaries, which included their recent *Stay Strong* and *Strong and Deadly* documentaries.

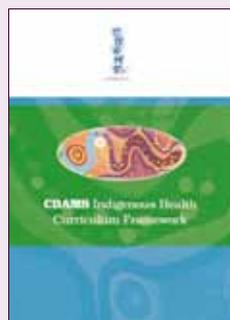
If you are interested in being placed on the Foundation's email list to receive notices of upcoming programs and free resources write to <[rhef@rhef.com.au](mailto:rhef@rhef.com.au)> or register online at <[www.rhef.com.au](http://www.rhef.com.au)>.

## PROJECTS OF INTEREST

Part of the LIME Network's aim is to share information about projects that are relevant to Network members. Following are a number of initiatives that are being driven by our Network members.

### MEDICAL DEANS INDIGENOUS HEALTH CURRICULUM FRAMEWORK – PLANNING A REVIEW

The Indigenous Health Curriculum Framework was adopted in 2004 by the



combined Deans of medical schools in Australia. It was included in AMC accreditation in the same year.

As part of its recently renewed Collaboration Agreement with Australian Indigenous Doctors Association (AIDA), Medical Deans and AIDA, in association with the LIME Network, are now in the early stages of planning a review of the Curriculum Framework, along with a review of the Healthy Futures Report, which in 2005 defined best practice in recruitment and retention of

Indigenous medical students. A project officer, based in Medical Deans' Sydney office, will be developing a comprehensive proposal on this matter.

Medical Deans is pleased to be coordinating this effort as part of its commitment to Indigenous health. Other initiatives include a dedicated Indigenous health sub-committee of Deans, the collaboration agreement with AIDA with a number of objectives for the next three years, the biennial Indigenous Knowledge Initiative for all Deans which was held in conjunction with the annual conference in September, and of course the LIME Network Project.



## LIMENETWORK MEMBER PROFILE

### DANIELLE ARABENA

I am currently in my final year of medicine at the University of Queensland and have proudly represented AIDA as the Student Board Director for the past two years. Prior to this appointment, I was the University of Queensland's Student Representative Committee member.

I am a descendant of the Meriam people in the Torres Strait. Whilst my pathway into medicine was not direct, I have always been a healer. I believe my pathway allowed for situations in which I could learn skills that were beneficial to me, and to meet the people who would be of support to me, in order to study medicine.

My first degree was a Bachelor of Business in Communications after which I commenced

lecturing and tutoring Indigenous tertiary students. During this time, I began to pursue my interest in complementary healing modalities and considered becoming a midwife. I subsequently completed a Bachelor of Nursing, but even before I commenced this course I started thinking about becoming a doctor. As a young mother with two children, however, I thought it was beyond my capacity. The skills I learnt as a nurse equipped me for medicine. I was able to talk to patients and their families during times of sorrow and celebration and importantly I was able to recognise when a patient was unwell or in pain.

After I graduated as a nurse I studied for the GAMSAT exam and the medical interview. I was so excited when I found out that I was accepted and my family was so proud. Being a

mature age student studying medicine with children is certainly interesting, but it is achievable! As I reach the end of my medical degree I am proud of not only my achievements but of the achievements of all Aboriginal and Torres Strait Islander medical students. We do the hard yards, we are resilient and we stand strong. I look forward to working with our great Indigenous doctors, particularly Noel Hayman at the Inala Indigenous Health Service. I am blessed in many ways as my AIDA friends, who are my family, provide support and strength that is essential to my success. I believe encouragement and support to undertake medicine for Aboriginal and Torres Strait Islanders is very important as we need more Indigenous doctors to assist in the healing of our peoples.

## EVENTS

### NATIONAL ROUNDTABLE ON NUTRITION AND PREVENTATIVE HEALTH

This roundtable was held in early August in Adelaide and was co-hosted by the [CSIRO](#) and the [CRCAH](#) and was attended by 37 delegates from across Australia, with Indigenous and non-Indigenous representatives from government, academia, community health services, non-government organisations, and local service providers. Dialogue at the Roundtable was of great benefit to the CRCAH and CSIRO offering valuable feedback on the priorities around nutrition and preventative health for Indigenous people.

CSIRO made a commitment to delegates that the Roundtable was just the first step in ongoing discussions, collaborations, and focus on having a greater impact on health and nutrition outcomes for our Indigenous communities.

CSIRO are currently seeking expressions of interest from delegates and others to join a working party, led by CSIRO's National Preventative Health Flagship and the CRCAH. The aim of the working party (the Working Group for Preventative Health and Nutrition in Indigenous Futures) is to progress the insights, stories, and knowledge shared at the Adelaide Roundtable and call policy formulators, researchers and service providers to action to provide Australian Indigenous communities with better health and total wellbeing outcomes, now, and into the future.

Please forward your interest in joining the Working group for Preventative Health and Nutrition in Indigenous Future to: Belinda Wyld (CSIRO Food and Nutritional Sciences) on 08 8303 8854 or <belinda.wyld@csiro.au> Arwen Nikolof (CRCAH) on 08 8132 6310 or <arwen.nikolof@crcah.org.au>.

### BOATSHED DECLARATION

On the 1st and 2nd June 2009, over 40 leading researchers and academics from across Australia met at the University of Western Australia Boatshed in Perth, to discuss research concerning racism towards Aboriginal and Torres Strait Islander Australians. The two-day meeting significantly advanced the themes of social justice and reconciliation in Australian society and has culminated in the production of a detailed statement against racism. Access the [Declaration here](#).

### CONFERENCES

#### RURAL MEDICINE AUSTRALIA 2009 CONFERENCE

**29 October–1 November 2009,  
Melbourne, Victoria**  
Rural Medicine Australia 2009 is the annual conference of the Australian College of Rural and Remote Medicine and the Rural Doctors Association of Australia.

#### AUSTRALIAN RURAL AND REMOTE MENTAL HEALTH SYMPOSIUM

**2–3 November 2009,  
Canberra, Australia**  
*Mental Health Services and Treatments in the Aftermath of Disaster in Rural and Remote Communities: Lessons from Recent Events.* This symposium will explore ways to develop skills related specifically to the mental health needs of rural and remote communities now and in the future.

#### (CANADIAN) NATIONAL ABORIGINAL HEALTH ORGANIZATION NATIONAL CONFERENCE: OUR PEOPLE OUR HEALTH

**24–26 November 2009,  
Ottawa (Ontario), Canada**  
NAHO's national conference will bring together front-line health workers, community members, First Nations, Inuit and Métis organisations, government departments, professional and para-professional associations, and academic institutions.

#### ABORIGINAL & TORRES STRAIT ISLANDER HEALTH CARE 2009

**25–26 November 2009,  
Sydney, NSW**  
Attend and hear case studies that demonstrate the critical success factors that underpin Closing the Gap; look at effective partnerships; examine how to develop an appropriate model of care; effectively achieve real consultation with communities and employ strategies for prevention.

#### LIME CONNECTION III 2009

**2–4 December 2009,  
Geelong / Melbourne, Victoria**

## PUBLICATIONS AND RESOURCES

Following are some recent publications of interest. For more publications visit the [LIME Network Website](#)

[National Health and Hospitals Reform Commission: A Healthier Future for all Australians: Final Report 2009](#)

[Sharing our Stories and Building on our Strengths](#) a new film that promotes healthy lifestyles and offers pathways to employment, produced by Onemda Vic Health Koori Health Unit and the faculty of Medicine Dentistry and Health Sciences.

[Success Stories in Indigenous Health: A showcase of Successful Aboriginal and Torres Strait Islander Health Projects](#), collected and published by ANTaR.

[Developing a National Indigenous Policy Framework that Recognises Needs, Rights and Legacies and Delivers Results](#), by J Altman, Centre for Aboriginal Economic Policy Research.

[Healthy Country, Healthy People: The relationship between Indigenous health status and "caring for country"](#), by C Burgess, F Johnston, H Berry, J McDonnell, D Yibarbuk, C Gunabarra, A Mileran & Ross Bailie.

[In our own backyard: urban health inequities and Aboriginal experiences of neighbourhood life, social capital and racism](#), by G Gallaher, A Ziersch, F Baum, M Bentley, C Palmer, W Edmondson & L Winslow.

[Growing more Aboriginal health professionals: the 2009 Shalom Gamarada Ngiyani Yana Art Exhibition](#), Lisa R Jackson Pulver.

[Asthma in Indigenous Australians: so much yet to do for Indigenous lung health](#), Christine R Jenkins, Anne B Chang, Leanne M Poulos & Guy B Marks.

[Avoidable hospitalisation in Aboriginal and non-Aboriginal people in the Northern Territory](#), Shu Li, Natalie Gray, Steve Guthridge & Sabine Pircher.

["Closing the gap" by 2030: aspiration versus reality in Indigenous health](#), Wendy E Hoy.

[Improving Aboriginal and Torres Strait Islander nutrition and health](#), Amanda J Lee, Dymrna Leonard, Aletia A Moloney & Deanne L Minniecon.

[Lipid treatment guidelines and cardiovascular risk for Aboriginal people in Central Australia](#), by Joanne N Luke, Alex Brown, David N O'Neal, Kerin O'Dea, Alicia J Jenkins, Margaret Kelaher, James D Best & Kevin G Rowley.

[Adult health checks for Indigenous Australians: the first year's experience from the Inala Indigenous Health Service](#), Geoffrey K P Spurling, Noel E Hayman & Anna L Cooney.

[Linking Indigenous health care with school education](#), Geoffrey M Forbes, Stephen J Davis, Martin D Robson, Anthony F Connell & Peter C Richmond.

[Coronary heart disease events in Aboriginal Australians: incidence in an urban population](#), Pamela J Bradshaw, Helman S Alfonso, Judith C Finn, Julie Owen & Peter L Thompson.

[Improving Indigenous patients' access to mainstream health services: the Inala experience](#), Noel E Hayman, Nola E White & Geoffrey K Spurling.

### CONTACT DETAILS

If you would like more information of LIME Network activities, would like to become a member, or have something you would like to contribute to the next Newsletter, please visit our website: [www.limenetwork.net.au](http://www.limenetwork.net.au) or email us at [lime-network@unimelb.edu.au](mailto:lime-network@unimelb.edu.au) or give us a call: **+61 3 8344 9160**. Also please contact us if you would like to be sent a hard copy of the Newsletter.



**THE LIMENETWORK**  
 Leaders in Indigenous Medical Education

