



***Durri Aboriginal Corporation  
Medical Service***

# **Annual Report**



***2009-2010***



### **Acknowledgements**

Durri ACMS would like to acknowledge the Board of Directors, Executive Officers and the employees who have prepared program reports and other pertinent information. Durri would also like to acknowledge Norma Kelly, Kelli Barham, Leanne Dryden, Alicia Stewart and Isobel Bradshaw for their contribution. Durri wishes to advise that this report contains pictures of deceased persons who we acknowledge for their contribution to our organisation. At no time do we wish to offend any family or community members.

### **About the Reports**

The activities outlined in this Annual Report are a summary of comprehensive reports provided by each program.

Staff lists and photographs are for programs and activities that were delivered from 1 July 2009 through to 30 June 2010.

## **Durri Aboriginal Corporation Medical Service**

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# DURRI ACMS PREAMBLE

The late 1960s and early 1970s were a time when there were great strengths and unity towards the development of the Aboriginal movement.

Forums like the Aboriginal Development Commission helped develop Aboriginal leadership and placed a strong focus on community development and self determination.

The establishment of Aboriginal community based organisations like the Aboriginal Legal Service, Aboriginal Medical service and Aboriginal Children's Service, all in Redfern, influenced other Aboriginal communities to unify and work towards developing their own community controlled organisations.

This is where Durri's birth can be traced.

The principles of Aboriginal self determination, the need to establish services that were aimed specifically for Aboriginal people, being able to provide full community control in governance, management and operations governance were identified.

These principles survive in today's Durri and will continue to be the cornerstone of Durri's future existence.

Durri aims to provide cultural sensitivity, health and social services, which compliment existing services and provide a key venue for Aboriginal employment, training and skills development.

This year we celebrated the 30<sup>th</sup> Anniversary of Incorporation as an Aboriginal community controlled organisation. We recognise and acknowledge the great contribution and commitment of local Aboriginal people, and the support of their families. We also acknowledge the guidance provided by a host of friends of Durri from the wider community.

We highlight the pioneers, the brave souls who shared the same vision and worked tirelessly for years to establish Durri as a major Aboriginal organisation in Kempsey and surrounding areas.

We want to pay tribute to the leaders who have had the responsibility of developing and maintaining Durri as a leader in the local and regional community, with respect to health care, social support and employment.

With our continued commitment to guiding Aboriginal people to Durri as an employer of choice for Aboriginal people, we will develop our staff to become future leaders. We will ensure that in their hands Durri remains a role model for other organisations, not only in health, but in social inclusion, reconciliation and closing the gap of the overall inequities that separate all Australians.

# *Durri*

To grow in good health

## *Our Vision*

Achieve and maintain better health and wellbeing outcomes for our Aboriginal people and communities

## *Our Mission*

Close the gap between Aboriginal and non-Aboriginal Australians in life expectancy and health status

## *We will do this by*

- ❖ Providing holistic health care for the Aboriginal communities we serve
- ❖ Making primary health care and education accessible to all
- ❖ In a culturally appropriate and spiritually sensitive manner
- ❖ Focusing on wellbeing as well as health status

# Philosophy

Durri ACMS' core purpose is to operate an Aboriginal medical service, involve Aboriginal people in the planning and provision of health care, train Aboriginal people as health service providers, encourage Aboriginal people to better utilise existing health and social services, and to access funding for training and health care service delivery.

For Aboriginal people, health has long been woven into the fabric of family and community as an important part of its cultural and social wellbeing. This "**whole of life**" philosophy includes the "**life-death-life**" cycle. Aboriginal cultural values and social organisation are centred on the extended family so, traditionally, knowledge of cultural practices, social order, health and welfare have always been derived from that shared wisdom.

Durri differs from conventional health services because, first and foremost, it is responsible and accountable to the Aboriginal Community. This guarantees a significant degree of control by Aboriginal people over their own affairs which enable changing needs in the community to be addressed independently of policy made elsewhere. Moreover, this independence has allowed Durri to adopt "**total health**" as a goal rather than "individual treatment" which focuses only on the illness after it has developed.

Durri provides ongoing support to genuine efforts at improving Aboriginal housing, access to education, training and employment. It also strives to ensure that Aboriginal issues are prominently on the table at every relevant health and welfare forum. These multiple roles share equal importance in the struggle to improve the wellbeing of Aboriginal people

Durri cooperates with many local organisations and agencies as partner, adviser and advocate on behalf of the Aboriginal Community. These networks ensure an ongoing improvement in the resources and services available for Aboriginal people.

The organisational culture developed at Durri maximises employment opportunities for Aboriginal people in the health team. Multi-skilling is encouraged. There is a shared willingness to step from one role to another when the workload demands. The growth and success of Durri could not have been achieved without this team spirit.

Above all, the staff of Durri are willing to "**go that extra mile**" to ensure community health and wellbeing. These characteristics only make sense because, as individuals and as an organisation, we respect each person and every community we serve. This culture of respect is apparent in the volume of fieldwork, follow-up, liaison and health surveillance undertaken by Durri.

The format of this report is intended to reflect the overall philosophy of Durri. It stresses the community orientation of service delivery, health promotion, early intervention and prevention.

***"Even if only one person is sick, the whole community hurts."***

# *Objectives*

Durri's objectives are:

- To establish, administer and operate an Aboriginal Corporation Medical Service (ACMS) to cater for the health needs of Aboriginal people in the area bound by Nambucca Heads, Port Macquarie and west to Bellbrook.
- To improve the health status of Aboriginal people and communities through the implementation of appropriate medical care and disease prevention programs.
- To involve Aboriginal people in the planning and provision of health care in their communities.
- To train Aboriginal people as Field Officers and Health Workers.
- To teach Aboriginal people to better utilise health and social services.

Durri will also support and assist Aboriginal Communities in neighbouring regions to achieve better access to health care.

# *First Incorporated Board 1979*



Lewis Kelly

Director 1979



Shirley Kelly

Director 1979



Lena Ward

Director 1979



Ernest Vale

Director 1979



Leslie Donovan

Director 1979



Cedric Kelly

Director 1979



Robert G Campbell

Director 1979



Robert Wright  
(Mumbler)

Director 1979

# Board of Directors 2009/2010



**Chairperson**  
July 2009 to November 2009  
**Contact Person**  
December 2009 - current

**Gerald Hoskins**

Governance Training  
Completed 2008

Service on Board:  
5 years



**Deputy Chairperson**  
July 2009 to November 2009  
**Chairperson**  
December 2009 - current

**Tony Gray**

Aboriginal Community Elder

Governance Training  
Completed 2008

Service on Board:  
7 years



**Deputy Chairperson**  
November 2009 to current  
**Director**  
July 2009 to current

**Ivy Brown**

Administration community  
Member

Certificate 3 in Business  
Governance



**Treasurer**  
**Colleen Campbell**

AEO South Kempsey  
Primary School  
MYOB Training  
Certificate 3 in Business  
Governance  
Service on Board  
4 years



**Secretary**  
**Jo-Anne Kelly**

CEO Kempsey Local  
Aboriginal Land Council  
Independent Consultant  
Certificate 3 in Business  
Governance  
Service on Board  
3 years



**Director**  
**Shirley Kelly**

Aboriginal Community Elder,  
Certificate 3 in Business  
Governance  
Director of Corporation for 31  
years



**Director  
Mary Button**

Aboriginal Community Elder,  
Certificate 3 in Business  
Governance  
Director of Corporation for 7  
years



**Director  
Cecilia Flanders**

Aboriginal Community Elder,  
Certificate 3 in Business  
Governance  
Director of Corporation for 1  
year



**Director  
Ruth Maruca**

Aboriginal Community Elder,  
Certificate 3 in Business  
Governance  
Director of Corporation for 1  
year (previously a Director for  
3 years)



**Director  
Ausilio Garth Fatnowna**

Diploma in Education  
Cert 4 TAA  
Cert 2 Mentoring  
Service on Board  
7 months  
Resigned



**Director  
Debra Morris**

Coordinator of Kempsey  
Aboriginal Community  
Justice Group  
Certificate 3 in Business  
Governance  
Director of Corporation for 2  
years



**Director  
Vincent Cook**

Public Servant  
Director of Corporation  
for 1 year



**Director**  
**Mary-Lou Buck**

Aboriginal Heritage and  
Cultural Advisor with RTA  
Certificate 3 in Business  
Governance  
Service 7 years  
Resigned November 2009



**Contact Person**  
**July – November 2009**  
**Isobel Bradshaw**

Certificate 3 in Business  
Governance  
Resigned November 2010



Director  
**Kim Donohue**  
Public Servant

Certificate 3 Business Governance

Date Appointed 1<sup>st</sup> October 2005 – 16<sup>th</sup> November 2009

Durri remembers, always, the significant contribution of Kim Donohue.

Kim has been a strong advocate and civic leader on Aboriginal affairs across all areas of the North Coast. Her love of children and younger people, in particular, the potential she saw in our younger people shone through in her decision making processes. Kim will be remembered as the person who changed Durri thinking and maintained the community aspects to the Board.

Never afraid to challenge the way Durri does it business she shone at times when things were difficult and there seemed no way forward.

Kim remains a constant reminder of the need to keep community centre of Durri Business.

# Chairperson's Report



**Tony Gray**

Thank you to all who have been involved in Durri ACMS since it was created by the Community. Your commitment and dedication is valued.

I take this opportunity to especially acknowledge Darren Kershaw as Acting Chief Executive Officer for an interim period to provide leadership and direction to the Organisation. His willingness and dedication is unchallenged and he remains a vital asset to the operation of Durri ACMS. Darren has balanced his commitment as Acting CEO at Durri ACMS with commitment to his communities in the Nambucca Valley.

With the new CEO coming on board in December it has brought stability to the Organisation

Despite the high levels of change and interruption to structures within Durri ACMS, I take this opportunity to acknowledge the ongoing commitment, professionalism and dedication of our communities, all Durri employees especially Isobel Bradshaw, Brian Bradshaw, Norma Kelly and Leanne Dryden also our Board of Directors. I thank them for their efforts and their contribution towards the ongoing development of Durri ACMS

Keep on Closing the Gap  
Tony Gray

# *Board Attendance*

Durri ACMS attendance at meetings held:

<b><i>Board Member's Name</i></b>	<b><i>Number of Board Meetings Eligible to Attend</i></b>	<b><i>Number of Meetings Attended</i></b>	<b><i>Number of Special Board Meetings Eligible to Attended</i></b>	<b><i>Number of Special Board Meetings Attended</i></b>
Gerald Hoskins	4	3	7	5
Tony Gray	7	6	21	21
Ivy Brown	7	4	21	18
Mary Button	7	7	21	21
Colleen Campbell	7	5	21	21
Ruth Maruca	3	2	15	15
Cecilia Flanders	3	3	15	15
Jo-Anne Kelly	7	5	21	17
Shirley Kelly	7	6	21	17
Debra Morris	7	5	21	17
Vincent Cook	3	2	15	15
Ausilio Garth Fatnowna	5	1	21	16
Mary- Lou Buck	4	2	6	2
Kim Donohue	4	3	6	2

## *Acting CEO's Report*



**Darren Kershaw:**

It is with great pride and honour that I present to you the 2009/2010 Durri ACMS Annual Report. This report highlights the programs, activities, staffing and achievements Durri has made over the past year.

First and foremost I would like to congratulate Gerald Hoskins for his appointment as CEO of Durri.

This is a great achievement for Gerald and his appointment will bring stability to Durri after the ongoing issues with the CEO position in the most recent years.

I would like to thank the Board of Directors for their ongoing support of myself whilst I was acting CEO. We worked very hard together to help shape the future of Durri and provide Gerald with a platform of change for him to follow through with.

I would also like to thank the community and our supporters for attending the Durri Ball last December. We celebrated the 30<sup>th</sup> Anniversary as an Incorporated Aboriginal Organisation. We also acknowledged the hard work of the foundation pioneers as they paved the way for employment of Aboriginal people and providing the focus of improving the overall health of the Aboriginal community.

Personally, I would like to thank Norma Kelly and Alicia Stewart for their professional support and friendship as they both worked as my Executive Assistant during my time as acting CEO, thanks girls.

Once again it is with great pride that I along with Gerald present the 2009/2010 Durri Annual Report to you.

**Darren Kershaw  
Acting CEO**



**Norma Kelly  
Executive Support Officer**

## *CEO's Report*



**Gerald Hoskins**

It is also with extreme pride and honour I present to you my first Report as Chief Executive Officer. I wish to acknowledge the Board, Senior Management and Employees of Durri for their dedication and hard work over the past year. Durri is undergoing major changes to ensure its survival with constant changes to the health and political landscape. The need to change structures and to support more services to the community remains a challenge and invitation to the community to keep Durri at its best at all times. I acknowledge Darren Kershaw for his guidance to the Board, employees and community as Acting CEO.

Durri faces many challenges and pressures from external sources who receive significant funding made available under the Close the Gap agenda adopted by the Federal Government.

Key achievements for Durri thus far include

- ✓ Proposed restructure to support Durri role during next 3 years.
- ✓ Review corporate operations and reduce costings.
- ✓ Maintain clinical services at level and identify further clinical services in the community.
- ✓ Ensure maximisation of Medicare items to support additional services

The need for Durri to work supportively with key stakeholders has been ensured through membership and involvement across regional levels with the Many Rivers AMS Alliance. The past year has presented opportunities to work with agencies that have been operating in health but had no relationship with Durri.

Finally my vision and strength for Durri for the next 12 months on directing benefits and services in a timely manner to our communities.

I look forward to the challenges and leadership I provide in my role in working with and for our communities.

Regards  
Gerald Hoskins

# Human Resources Manager

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



**Kelli Barham**  
Executive Officer – Human Resources

Durri is fortunate to have a talented and dedicated team who enable our organisation to achieve results for the community. Our goal is to provide the best possible service to our clients and community by:

- being an employer of choice in Aboriginal health supporting a skilled and flexible workforce;
- developing a positive, supportive and culturally appropriate working environment for all staff;
- providing career path opportunities for all staff, with a special focus on increasing Aboriginal representation in management;
- creating a performance and safety focussed culture across the organisation; and
- implementing strong HR policies and systems that support the organisational strategy.

## Highlights:

- Occupational Health and Safety funding received, which was used to train Durri OH&S Committee members.
- Funding received for all Durri receptionists to undertake medical reception training at the Royal Australian College of General Practitioners.
- Funding received for two management traineeships.

- Diploma of Management currently being undertaken by the Durri Senior Management team.
- Durri represented at the Sydney Rural Living Expo as a major employer in the Macleay Valley region.

## Key Achievements:

- A recruitment and selection system is now in place that ensures Durri recruits the person with the best skills and qualifications for each role.
- A performance planning and review system has been implemented. This allows all employees to set and review goals, develop a training plan and give and receive feedback.
- Occupational Health & Safety training has been undertaken and an OH&S committee is being formed. The committee will have employee representatives from Bowraville, Nambucca Heads and Kempsey, as well as two management representatives.
- The Durri Mandatory Training Framework has been developed, which ensures that all employees receive the training they need to provide excellent service to the community.
- Policies and procedures are currently being updated. The new Fairwork industrial relations system, including Modern Awards, has been incorporated into Durri's contracts, policies and procedures.

# Practice Manager



**Narelle Cochrane**  
**Practice Manager**

It is with great pride I have been given the opportunity to provide my first report as Practice Manager of Durri ACMS.

Having been born, raised and completed 12 years of schooling within the Macleay Valley and having worked in the health industry within the LGA for the past 20 years, I am well aware that achievements and objectives relies on the co-operation and involvement of key personnel from Aboriginal Communities, government and non-government agencies.

I believe Durri ACMS is in the early stages of building strong leadership foundations within the organisation and feel fortunate to be able to contribute to the challenges and achievements as we complete the transition to a new management structure and direction.

## Highlights:

- Australian Primary Care Collaboratives (APCC). In August 2009 Durri became one of only three Aboriginal Medical Services (AMS) in NSW to be part of this program under the guidance of the AH&MRC.
- Partnerships NCAHS – including renal, improved access to emergency departments within the Macleay Hastings area, and chronic care for Aboriginal People Project.
- NSW ACCHS's Practice Manager's Network Meeting commenced quarterly meetings to address specific issues for AMS's.
- GP Issues Workshop- annual meeting with AH&MRC, NSW Rural Doctors & GPET representatives looking at recruiting and retaining GP's.

## Key Achievements:

- Clinical Review Committee – quarterly meetings maintained and minuted.

- General Practitioner's roster system, including allocation of times for walk-in's and appointments for individual GP's.
- Student placements – ongoing dialogue with NCGPT. GP registrars visited Durri AMS for one day and negotiations are currently being held for longer placements in future.
- Health assessment education/ training to all staff. A letter was sent to specialists requesting they bulk bill our Aboriginal clients to support our brokerage program.

## Vision:

My vision is to manage the operations and delivery of all health services to ensure they achieve improved health outcomes for our Aboriginal Communities in the area.

Continue to schedule and plan the delivery of health services to ensure that Aboriginal Health Workers, Nurses, Allied Health, General Practitioners and specialists are available to address health issues and trends within the community.

To work in consultation with the Program Manager to ensure effective referral processes are developed between the two business units.

Ensure Health Assessments and Care Plans are a priority for the practice.

To contribute and provide leadership to enhance the journey for patients in order to

- a) Improve the general well being of the patient;
- b) Generate a higher community awareness of Durri ACMS services;
- c) Generate a higher understanding generally of the role of Durri ACMS;
- d) Improve the interaction between clinical, program and outreach services;
- e) Determine the most effective and efficient method to manage patient transport services.

# Durri Clinic

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)

## Clinic:



Maryanne Field  
Clinical Nurse Specialist



Noelene Brown  
Endorsed Enrolled  
Nurse



Sam Hoskins  
Endorsed Enrolled  
Nurse



Jacqueline Jarrett  
(resigned)  
Health  
Assessments

## Other clinic employees:

- Graham Ballard – Registered Nurse (no photo available) *(resigned)*
- Elizabeth Kelso - Registered Nurse (no photo available) *(resigned)*
- Amy Thompson – casual Enrolled Nurse (no photo available)

## Doctors:



Peter Fletcher  
General Practitioner



Carol Booth  
General Practitioner



Sherif Andraos  
General Practitioner



Wendy Olden  
General Practitioner  
Snapshot:



Cuong Vo  
Senior Registrar



Paul Ekman - Physio

The clinic provides holistic, culturally sensitive, medical and nursing clinical services, as a core and integral part of the services provided by Durri ACMS to the Aboriginal community within the Macleay Valley.

## Aims:

Apply a holistic and culturally sensitive approach to health education and preventative health care.

## Community Engagement Events:

Dr Carol Booth participated in the Cancer Road Show

## Key Achievements

- Development of reporting template specifically designed for monthly reports and processes pertaining to clinic.
- Uptake of clinic staff commencing part 1 of health assessments.
- Maintained a high quality clinical, educative and supportive service to the Aboriginal community in an extremely busy and challenging environment, with increasing patient presentations and expectations.

### Quantity of Aboriginal Lives Enhanced

2009-2010	No.
No. of Patient presentations	10204
No. Recalls	904
No. Dressings	4886
No. Blood pressures > 130/75	1440
No. Blood glucose levels > 8.0mmol	11625

N.B. Due to the increasing complexity of patient needs and presentations, the above data is actually an under-report of the clinics activities.

### Staff Qualification and Professional Development Improvement:

- Emergency Triage in a General Practice
- Updated Medical Director /Pracsoft training for all clinic staff

# Reception, Medical Records & Transport

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



**Alicia Stewart**  
Reception Team Leader



**Kathleen Davis**  
Receptionist



**Geoffrey Brown**  
Male Transport Officer



**Cecily Griffen**  
Female Transport Officer



**Imelda Matikainen**  
Medical Records Officer



**Shalane Hoskins**  
Receptionist (casual)

**Greg Brown**  
Transport Officer  
(casual)



**Debra Donovan**  
Female Transport Officer (casual)

## Snapshot:

Durri ACMS Reception and Transport areas enhance accessibility to internal and external Health Care Service Providers for clients of the service.

## Aims:

Our aim is to provide the best possible service to ensure that access to Health Providers for members of the Aboriginal community is ascertainable and available where possible.

## Highlights:

- From December 2009 the team came under the management of the practice team.
- Refurbishment of reception area.
- Development of reporting template specifically designed for monthly reports and processes pertaining to reception & specialist transports.

## Key Achievements:

- Recruitment of full time medical records clerk and senior receptionist.
- Development of GP monthly roster system for appointments & walk ins.
- Bi-monthly meetings commenced with community transport.
- Updated Medical Director /Pracsoft training for all reception staff.

## Program Compliance:

To ensure that access to Aboriginal Health is ascertainable by clients of Durri ACMS, especially involving the transportation of clients to other Allied Health Service Providers and Specialists outside Durri ACMS.

### Quantity of Aboriginal Lives Enhanced:

Transports completed:

Month	Male	Female	Port Macquarie	Coffs Harbour	Sydney	Newcastle	Other	Total for month
July	182	288	18		1			489
August	135	235	5					375
September	115	183	15			2	1	316
October	86	153	11		2			252
November	130	213	20			1		364
December	118	207	14				1	340
January	112	197	9					318
February	140	304	7			1		452
March	171	417	11	1				600
April	106	286	15					407
May	131	270	10					411
June	169	261	6				1	437
<b>Total for year</b>	<b>1195</b>	<b>3014</b>	<b>141</b>	<b>1</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>4761</b>

Recorded visits for Allied Health

Date	Physio	Podiatry	Chiro
07/09	28	8	13
08/09	38	27	6
09/09	43	21	11
10/09	23	12	0
11/09	8	15	7
12/09	26	16	4
01/10	25	5	4
02/10	20	26	7
03/10	39	27	7
04/10	10	16	9
05/10	34	21	4
06/10	27	12	3
<b>Total</b>	<b>293</b>	<b>206</b>	<b>75</b>

Recorded visits - Medical Practitioner:

Doctor	Yearly Total
Dr Sherif Andraos	958
Dr Carol Booth	839
Dr Cuong Vo	1309
Dr Peter Fletcher	642
Dr Wendy Olden	753
Dr Fares Samara	119
Dr Colin Farquarhson	97
Dr Chris Clarke	26
Dr Richard Cranswick	11
Dr Jonothan Carne	41
Dr Johnson/ Dr Kerr Paediatrician	217

# Oral Health

Funding Body: NSW Department of Health/North Coast Area Health Service



**Lindi Gill**  
Dental Therapist



**Ruth Powick**  
Dental Assistant

**"A smile says  
a thousand  
words"**



**Sharnee Chapman**  
Dental Hygienist



**Tina Chapman**  
Dental Assistant



**Norma Griffen**  
Dental Assistant

## **Additional Staff:**

Raymond Danton – Dental Officer  
Angela Beck, Dental Officer – Locum  
Mary Meawad, Dental Officer – Locum  
Jessica Lees – casual Dental Assistant

## **Aims:**

Our aim is to improve clients' oral health and therefore contribute to improved overall health by:

1. Delivering a comprehensive clinical oral health service.
2. Delivering education and promotion.
3. Providing outreach communities with regular oral health services.

## **Highlights:**

Durri has functioning Child and Adult Clinics.

The clinic held a successful fairy day and other promotional activities for dental health week.

Many educational and promotional sessions to schools, mothers groups and other community events including NAIDOC celebrations

EPC education session provided to GPs.

## **Community Engagement Events:**

- NAIDOC Week celebrations
- School groups
- Mothers groups

## **Key Achievements:**

- Regular visits to Bowraville and Bellbrook in Molar Patroller.
- Successful recruitment of Dental Hygienist for prevention of periodontal disease in the mouth
- Introduction of mouthguard program
- Dental health education visits to pre-schools in the Macleay and Nambucca Valleys

## **Program Compliance:**

The five key oral health performance indicators were met, including occasions of clinical service, oral health promotion, staff training and local partnership with mainstream services.

**Staff qualification and professional development improvements:**

2009: Norma Griffen, Sharnee Chapman, Ruth Powick and Lindi Gill.

- Tina Chapman Certificate in Oral Health Promotions.
- NSW Oral Health Conference attended by dental staff in August

	<b>Adult &amp; Child combined</b>
<b>Clients Seen</b>	2,198

# Clinical Support Officer

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



**Ben Somers**  
Clinical Support Officer

## Aims:

Responsible for developing and implementing a strategic approach in the area of continuous improvement in quality management, accreditation and compliance. Key objectives include to:

- Develop and implement strategies to support the maintenance of accreditation and compliance of quality systems;
- Implement and communicate revised accreditation and standards requirements for Durri ACMS; and
- Encourage Durri ACMS employees to commitment to professionalism and to encourage the organisation to meet professional standards

## Highlights:

### Funding submissions

*June 2009* - In consultation with management prepared QUMAX Work plan and successfully gained \$60,108 for Pharmaceutical Support for the community.

*June 2010* - Prepared Darrimba Maarra Accreditation Support Grant and successfully gained \$42,129 to implement RACGP Accreditation for Darrimba Maarra.

*June 2010* - In consultation with management prepared 2010-2011 QUMAX Workplan and \$38,334 pending for Dosage Assistance Aids for the Community and additional Clinical Educational resources

## Cost savings

*August 2009* - Renegotiated MD Licensing fee for Durri, saving of \$2,964.50.

*November 2009* - Reviewed a proposal from DMCL Pathology, which breached the intention of the Health Insurance Amendment (Inappropriate and Prohibited Practices and Other Measures) Act 2007. The advice to management potentially saved Durri from a corporate fine of up to \$660,000.

*April 2010* - Discovered error in Bowraville MD Licensing saving of \$1800.

## Key Achievements

- Facilitated Recognition of Prior Learning for four Aboriginal Health Workers for Certificate III in Aboriginal and Torres Strait Islander Primary Health Care. All four now have their own Medicare Provider Numbers.
- Participated in the Health Management Advisory process with Twenty-20 consultants, sitting member of the Clinical Review Committee and responsible for maintaining the Document Register.
- Monitored the introduction of the COAG Closing the Gap Initiatives. Facilitated implementation of the Practice Incentives Program Indigenous Health Incentive and Pharmaceutical Co-Payment Measure, these two programs have significant health outcomes for the community and brought in an additional \$26,500 in revenue to Durri at June 30, 2010.
- Provided ongoing support and guidance to Clinical Services at Durri, Darrimba Maarra and Giingan Darrunday Marlaangu clinics.
- Commenced planning for RACGP Accreditation for Darrimba Maarra and Giingan Darrunday Marlaangu clinics.
- Prepared the Durri History Power Point slide show for the Durri Ball.
- Represented Durri at numerous professional development events.

# Executive Officer of Programs

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



**Leanne Dryden**  
**Executive Officer – Programs**

**Aims:** The key primary objectives of the Program Manager are to:

1. Identify program opportunities and manage the development, implementation and evaluation of all programs to ensure the achievement of objectives and requirements;
2. Manage the funding contracts and agreements, to ensure that all agreed program requirements are delivered;
3. Lead and manage the Program Management team to ensure all staff are engaged and empowered to achieve program objectives; and
4. Participate in the development and implementation of the organisation strategic plan.

## Highlights

The Program stream has had numerous highlights and achievements over the last year. The Durri organisational restructure has occurred with the implementation of a Practice Manager. This has allowed for improved management and coordination of the program staff.

The Program team is working closely to better manage the complex care issues of the local community.

There has been an increased focus on Health assessments and ensuring program staff are enrolled or have completed their Certificate III in Primary healthcare. This year several staff have completed their certificates and four new staff have obtained Medicare provider numbers, thereby maximising Medicare revenue for Durri ACMS.

## Key Achievements:

There have been several health promotion activities resulting in an improved

awareness of health and extensive media coverage on Living Black (SBS) and Stateline (ABC) of these activities.

These promotional days include:

- Numerous youth activities including camps, pool parties, movie days, Raleigh water park and National Aboriginal Children's day event held at Durri's premises.
- There has been a strategic planning and redirection of chronic disease management including the attachment of the Vascular Health Worker to the chronic disease team.
- There has been an increase of adult and child health checks by program staff.
- The focus for program staff for health promotion has been schools targeting prevention of illness.
- The school based diabetes lessons have been delivered to local schools with extremely positive feedback and huge success.
- The chronic disease team continue to deliver asthma friendly schools training to all local schools.
- The Families Worker won an award for the "All children being safe" program which has been delivered to local schools.
- Working closely with NCAHS has also been a goal for the stream and has seen Durri participate in the 48 hour follow up project (Walgan tilly project) with NCAHS.
- The Program stream continues to manage and assist the visiting medical officers such as Paediatrician, Drug and Alcohol, Obstetrician, Psychiatrist, Cardiologist and Respiratory physician for the visiting specialty clinics.

I would like to take this opportunity to thank the Program stream for their hard work and dedication over the past year. The next year will be challenging as we continue to Close the Gap.

# Public Health Program

Funding Body: NSW Department of Health



**Allan Hoskins**  
Aboriginal Health Worker

## Aims:

To provide a range of culturally appropriate health promotion program and activities for Aboriginal communities in Kempsey LGA. This is done by promoting and developing healthy lifestyles activities and programs.

## Highlights:

- Allan Hoskins took 12 months LWOP to complete his endorsed Enrolled Nurse certificate



**Raelene Davis**  
Aboriginal Health Worker

## Key Achievements:

There were numerous health promotion activities held throughout the year including:

- South West Rocks Community Healing Day
- National Aboriginal and Islanders Children's Day NAICD (held at Durri ACMS)
- Participated in NAIDOC activities
- Partnership with sexual health worker in "Hip Hop Hep" project.
- Women's health day at Bellbrook
- Greg Inglis day held at Durri
- Koori Growing Old Well study launch
- Fundraising activities were also held for the Cancer Council

# Sexual Health

Funding Body: NSW Department of Health



**Diana Davis**  
Aboriginal Health Worker

## **Aims:**

Our aim is to reduce the incidence of sexually transmitted and blood borne infections within the Aboriginal communities of the service area. Sexually transmitted infections and blood borne infections can cause complications if left untreated and many of these infections do not have obvious symptoms.

## **Highlights:**

- The sexual health worker was successful in securing a grant for Hepatitis awareness week. This grant was used to develop a Hip Hop Hep song by Macleay Vocational college students. This promoted safe use and awareness of hepatitis in the community.

## **Key Achievements:**

- There were television interviews held with SBS "Living Black" program following the Hip Hop Hep song
- Partnership arrangement with Burnett Institute for ACCESS system collecting Chlamydia data.
- Melville High girls group conducted weekly sessions
- Training attended included: "Love Bites", Core of Life training, No bars training

# Hey Bruz Demonstration Project

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



**Sam Hoskins**  
Enrolled Nurse - Hey Bruz

## **Aims:**

The Hey Bruz program is a demonstration project aimed at improving the Sexual Health of Aboriginal and Torres Strait Islander males, aged 16- 25 years in the Macleay and Nambucca Vallys of NSW.

## **Highlights:**

- Partnership and participation with Burnett Institute for ACCESS Chlamydia data.
- Demonstrated improved sexual health safe practices in young males across the valley.

## **Key Achievements:**

- Developed Men's health group "New year to new man" educating male youth on safe sex practices.
- Outreach sexual health clinic developed and delivered to outreach posts.
- Condom dispensers and condoms distributed to 8 outlets and 6,204 condoms distributed.

- The Hey Bruz worker took 20 youth to First Contact football competition in Queensland and conducted personal education and safe sex education.
- Sexual health survey developed to improve safe sex practices in male youth.
- Macleay Vocational College education sessions.
- Participated in Rotary driver awareness program for 180 students.
- Participated in South West Rocks healing day.
- Participated in Hip Hop Hep project with female sexual health worker.
- Participated in health promotion activities at schools including clean air dreaming and deadly shots.

# *Alcohol & Other Drugs /*

## *Merit (Magistrates Early Referral into Treatment)*

Funding Body: NSW Department of Health and North Coast Area Health Service



**Dr Fares Samara**  
Addictions Doctor



**Allan Lockwood (since February 2010)**  
Trainee Drug & Alcohol Worker



**Melanie Kennedy**  
Drug & Alcohol Worker

### **Aims:**

Our aim is to support all persons affected by alcohol and substance use. It is not only the person who has the substance misuse issue that requires assistance but also all those who they come into contact with.

### **Highlights:**

Successful in securing a Drug and Alcohol traineeship through NADA. This traineeship is a three year process which will ensure the trainee obtains a Bachelor of Indigenous Health Science through the University of Wollongong. Durri was one of three successful applicants state-wide for this traineeship.

### **Key Achievements:**

- Conducted Kempsey High Boys program
- Conducted Melville High girls group program

- Rotary Club Driver awareness education program conducted for 181 students.
- Addiction clinic maintained for alcohol, cannabis and other drugs.
- Drug alcohol week activities conducted and brief intervention during Drug Action Week.
- World No tobacco day display and promotion.
- A consistent working relationship occurred with Probation and parole and their clients.

### **Program Compliance:**

Support alcohol and other drug clients in case management of their addictions.

Incorporated into case management is transport, advocacy with all agencies, one-on-one support, family support, referrals, follow ups and any other requirement of all clients.

# *Families NSW*

Funding Body: Department of Community Services (DOCS)



**Delya Smith**  
**Female Support Worker**

## **Snapshot:**

The Family Support Program is a child focused program with children aged 0-5 yrs, with priority given to children 0-3yrs. Other priorities are given to teenage parents, parents with a development disability, families with special needs and women in the antenatal period.

## **Aims:**

The family program is a child focused program with children aged 0-3 years. Focus is also given to teenage parents, parents with a developmental disability, families with special needs and women in the antenatal period

## **Highlights:**

- Development of the educational resource package of The "All Children Being Safe Program" winning the NCAHS Award and Baxter Award. This program is being adapted to preschool aged children with enormous benefits to the community.
- Achievement of AHW certificate III
- Before School Screening Day at Dalaigur Preschool and South Kempsey Preschool.

## **Key Achievements:**

- Improved attendance of Mother's Groups.
- Enrolment in Certificate IV in Community services in TAFE.
- Co-ordinated National Aboriginal Children's Day at Durri.
- Before School screening at Dalaigur and South Kempsey Pre-schools.
- Educating Mums about Antenatal checks Immunisations and Positive Parenting skills Increased clients attending Antenatal Educational Group - Tim Tams
- A mother at risk was encouraged to attend the antenatal clinic which improved the mother and baby's health outcomes.
- Finalising educational resources – Aboriginal Breastfeeding DVD and Mid North Coast Aboriginal Development Book.

# Hearing Health

Funding Body: NSW Department of Health



**Jaleel Jarrett**  
**Aboriginal Health Worker – Hearing**

## **Aims:**

Improve hearing among Aboriginal children in the region covered by Durri ACMS.

## **Highlights**

The BBCW booklet has been developed and continues to be ordered and utilised through Australia

## **Key Achievements:**

- The Aboriginal Health Worker – Hearing has ensured before school screening is completed for local Kempsey pre-schools.
- 90% of local schools have had hearing screening.
- All initial screenings and follow-ups within the Macleay Valley region attended to.
- Increase in the percentage of children within the age of 0-6 years whom have had their hearing screening attended to within the Macleay Valley Region.

# Social & Emotional Well-Being

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



**Alicia Stewart**  
Aboriginal Health Worker –  
Mental Health (Female)



**Karen Miranda (resigned)**  
Aboriginal Health Worker –  
Mental Health (Female)



**Richard Dixon**  
Aboriginal Health Worker –  
Mental Health (Male)

## Snapshot:

The Mental Health Program aims to enhance the mental health & general wellbeing of identified mental health clients by offering services to clients with a mental health disorder. We also improve the mental health of the community by offering services to clients who need help, but have not been diagnosed with a mental health disorder.

## Aims:

To provide a Mental Health Service that is culturally appropriate to Aboriginal peoples residing within the Macleay Valley. To work in collaboration with the Kempsey Mental Health Unit, the Visiting Psychiatrist, Programs within Durri ACMS and other service providers within the Macleay Valley.

## Highlights:

- Psychiatrist service by attending Durri four days per month.
- Group outing weekly for clients with mental illness/social emotional well being.
- Conducted Back to your Best fitness program for male mental health clients with excellent health improvements
- Women's wellbeing program conducted and finalised.

- Participation and representation in Health Promotion Activities in the community and school (Melville High School – Girls Group)
- Participation in NAIDOC week

## Key Achievements

- Funding for visiting Psychiatrist is ongoing.
- Back to Your Best Program and Women's Wellbeing Program each had 20 participants.
- Weekly Group Outing for Male Mental Health with 7 participants per session.
- Ongoing partnership with NCAHS KMHU.
- Grief and Loss Activities held during the December 2009 to January 2010 school holidays for all children – over 900 attendees over the four events.
- 41 new referrals received from GP's to Visiting Psychiatrist.
- Training and education requirements met.
- Attended Youth Forum in Port Macquarie.
- Attendance and input at Mental Health Forum meetings.

## Quantity of Aboriginal Lives Enhanced:

Psychiatrist specialist clinics

57 clients from Jan to Aug 2010

Number of referrals to other Allied Health Services

20 clients

# Youth

Funding Body: Department of Community Services (DOCS)



**Allan Lockwood**  
**Aboriginal Health Worker - Youth**  
(July 2009 – February 2010)

## **Snapshot:**

The youth program is designed to develop appropriate programs and provide a range of activities that support and assist disadvantaged young people with personal development. Raise awareness to the youth within the Kempsey Shire of what services are available to them.

## **Aims:**

Our aim is to enhance independence, safety, self-esteem and quality of life of the youth within the Macleay Valley.

## **Highlights:**

The support and provision of culturally appropriate youth activities to our local Aboriginal Youth and ongoing maintenance of funding and reporting requirements

## **Key Achievements:**

- Youth Camp Harrington 30 children attended camps.

- Forster – 20 kids attended camp.
- Grief and loss activities held – pool parties, movie days Raleigh water park with over 900 attendees
- Participated in Indigenous Football visit for local students.
- Participated in midnight basketball at PCYC.
- Assisted with Boys to Men groups in conjunction with AES ambassadors
- Meetings were held with Macleay Youth Action Group, Kempsey Leadership and Cultural Development, West Kempsey School, Melville High School and PCYC

## **Program Compliance:**

Provided advocacy to all youth, assisted with their enquiries and made referrals to more appropriate service.

# Chronic Disease

Funding Body: NSW Rural Doctors Network/Rural Health Service



**Laurie Clay**  
Chronic Disease Worker



**Cheryl Quinlan**  
Chronic Disease Worker



**Talisa Clay-Smith**  
Administration Assistant



**Ben Williams (resigned)**  
Registered Nurse



**Sara Bowden (resigned)**  
Chronic Disease  
Co-ordinator

## Aims:

To reduce mortality and morbidity rates in Indigenous people by providing the best quality, culturally appropriate, chronic disease care, education and management to patients on the Mid North Coast.

## Highlights

- Laurie Clay obtained his provider number as an Aboriginal Health Worker with Medicare.
- The Chronic Disease team is now at full capacity.
- Acquiring MSOAP funding for new Specialist positions.
- Laurie presented at the AHMRC Living Better Longer Chronic Disease Conference in June 2010.
- New diagnostic equipment purchased, including computers to access medical files remotely.
- Cheryl and Talisa are completing Certificate III in Aboriginal & Torres Strait Islander Primary Health Care.

## Key Achievements

- 54 Chronic Disease Clinics were run from January – June 2010 in which 709 patients were seen to.
- 2,026 screenings were performed on patients from the same period

- Assisted School Based Diabetes in presenting 20 lessons to Primary and High School students on Type II Diabetes, Food Security and Physical Wellbeing.
- 6 Asthma Friendly Schools (Asthma First Aid) lessons to School staff.
- 53 9patients seen from February to July for Respiratory Specialist Clinic.
- Facilitation of 11 outreach clinics in community settings per month.
- In-service training to Durri ACMS staff using chronic disease medical equipment.
- Facilitation of home visits and transports.
- Networking with appropriate organisations.
- Participation in various committees.
- In-service training presentation to Kempsey District Hospital Emergency Department staff.
- Walgan Tilly project participation in discharge co-ordination.
- Providing resources and equipment to various Durri ACMS programs, Indigenous communities and Indigenous patients.

# Vascular Health

Funding Body: NSW Department of Health



**Nicole Turner**

## **Snapshot:**

The Vascular Health program coordinates home visits and accessibility to all Aboriginal community members. This program also assists with the delivery of GP services in outreach clinics, coordinates preventative and health education to patients, monitors Blood Pressure and Blood Sugar Level, maintains statistical data, promotes healthy lifestyles and work in conjunction with allied health staff in service provision

## **Aims:**

Increase early detection and intervention for vascular disease for Aboriginal People in the local government area of Kempsey.

Ensure prevention through education and awareness of vascular health issues.

Promote and develop healthy lifestyle programs and choices for the local Aboriginal community.

## **Highlights:**

- Completion of Diploma of Community Nutrition Batchelor Institute.
- Co-author on two published international journal articles for Nutrition and physical activity habits of Aboriginal children.

## **Key Achievements:**

There have been numerous key achievements from the vascular health worker including:

- The vascular worker is now attached to the Chronic disease team allowing a team based approach to chronic care.
- The commencement of a weekly staff walking group.
- Member of State AHMRC Chronic disease reference group.
- Utilisation of Medicare provider number completing several adult and child health assessments.
- Participated in and delivered the school based diabetes resource package to all local schools.
- Australian representative of Food Standards Australian New Zealand.
- Participated in numerous health promotion activities including NAIDOC week, preschools and schools.
  - Ensured and maintained close partnership with NCAHS in regards to Men and Women's groups.
  - Conducted and ensured genetic "Know your heart" research project with Professor Semasarian.
  - A member of the working group party for the 1<sup>st</sup> AHMRC Chronic disease conference NSW.

# Regional Eye Health Program

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



Daniel Cook

## Snapshot:

The Regional Eye Health Program assists people by providing spectacles and other vision related requirements. This is aided by the invaluable assistance of local optometrists and representatives of the International Centre for Eyecare Education (ICEE). The program is able to offer assistance through the NSW Government Spectacles Scheme in conjunction with VisionCare. The program participates actively in health promotion, and screenings, through schools and community activities. It also works alongside other programs and health providers to promote and deliver services across the region.

## Aims:

To improve the eye health of Aboriginal people across the region and enhance the opportunity for all communities to access the regular eye health clinics.

## Quantity of Aboriginal Lives Enhanced:

Patients seen at Durri Eye Clinic	189
Male Durri Patients	69
Female Durri Patients	120
Specialist Referrals	35
Regional Patients Clinics; Ballina, Cabbage Tree Island, Tweed Heads, Taree, Port Macquarie, Wauchope, Bellbrook, Bowraville, Nambucca Heads	146
Regional Patients Glasses Ordered	181

## Highlights

- National workshop for Regional Eye Health Co-ordination
- NAIDOC week activities in School
- School/Community screenings

## Key Achievements:

Provision of eye clinics in Taree, Nambucca Heads, Bowraville and other outreach areas in greater frequency than ever before. Thanks largely to the support of the International Centre for Eyecare Education.

## Program Compliance:

The program was able to maintain and expand services provided across the region. We provided screenings and education for staff, students and community members. We maintained a network with clinics and service providers.

# Maternal Neonatal (Djuli Galban)

Funding Body: NSW department of Health



Karen Beattie  
Community Midwife/CNC



Loretta Smith  
Aboriginal Health Worker

## The program is also supported by:

Dr Colin Farquharson (visiting GP-Obstetrician 3 hours/week)  
Dr Peter Fletcher (GP-Obstetrician, Durri ACMS)

## Snapshot:

The program provides accessible community based, culturally sensitive clinical, educative and supportive outreach services to Aboriginal women and their infants within the Macleay Valley, focusing on the health needs of the family during pregnancy and the infant period.

Services include antenatal care, postnatal care, child immunisation, and child health services.

N.B: Child Health services are provided on a limited basis.

## Aims:

The program aims to improve the health and well-being of pregnant Aboriginal women and their infants through the provision of accessible high quality antenatal and postnatal care.

## Highlights:

Working in partnership with other AMIHS programs and Families NSW in the

planning and filming of a breastfeeding DVD.

## Key Achievements:

- The Djuli Galban program has been providing maternal infant health services to the Aboriginal community since 1992.
- From 1998 – 2010 the number of Aboriginal women accessing the Djuli Galban program for antenatal care has remained constant at 85 – 90% of all pregnant Aboriginal women in the Macleay Valley
- Since 2000, 85%–95% of Aboriginal women have presented before 20 weeks gestation for antenatal care.
- The postnatal service was utilised by over 97% of postnatal Aboriginal women in 2009-2010.

# Many Rivers School Based Diabetes Prevention Program

Funding Body: University of Newcastle



**Janice Smith**  
Project Officer

## Snapshot:

The Many Rivers Diabetes Prevention project is a collaboration of Durri Aboriginal Corporation Medical Service, Biripi ACMS (Taree), Awabakal AMS (Newcastle), Newcastle University and Centre of Overweight and Obesity at University of Sydney.

The project is in response to the ongoing high rates of diabetes in Aboriginal communities, and the importance of good food habits and physical activity participation in the prevention of diabetes and other health problems for all children.

This is the only study of its kind ever done in Australia with Aboriginal children, researching their diet and physical activity.

## Aims:

The project aims to prevent and reduce the incidence of Type 2 Diabetes in our community through implementing and evaluating developed strategies that create changes in eating and physical activity habits in Macleay Valley students. We aim to create this change by encouraging and supporting strategies that increase fruit and vegetable consumption increase water intake, increase regular physical activity levels and increase knowledge of Type 2 Diabetes.

## Highlights:

- Created profiles of primary and secondary schools.
- Assisted in organising the rollout of Traditional Games (TIG's) training sessions in Kempsey community with Department of Sport & Recreation.
- Conducted ongoing Reference Group meetings.
- Attended Public Health Association of Australia conference in Canberra.
- Attended first Chronic Disease Conference in Sydney.
- Increased awareness in local schools about Get Skilled Get Active, Go physical activity program.
- Co-ordinated and assisted with Durri's Type 2 Education lesson rollout into local schools.
- Attended strategic planning day meeting at Harrington.
- Attended Sports in the Neighbourhood training with Department of Sport and Recreation.
- Attended ongoing steering Committee meetings.
- Attended "Good for Kids" Nutrition information program in Taree.
- To attend "Walking through Research" training in Sydney to be conducted by Dept Rural Health.

# Diabetes Education Resource Package – Chronic Disease

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



Sammi Fatnowna

## Staff Members

Laurie Clay, Talisa Clay, Allan Hoskins, Cheryl Quinlan, Janice Smith and Nicole Turner

## Aims:

The aim of the Resource Sessions is to:-

- Promote, educate and provide preventative strategies for Stage 3 & 4 students to gain future positive health outcomes via the delivery of the Durri ACMS Diabetes Education resource Kit content in various Schools across the Macleay Valley in 2009.

## Objectives:

- Values, skills, knowledge and attitudes will be developed with the students which will be needed to lead healthy and fulfilling lives.

## This will be done by:

- delivering lessons to students by Durri program staff taken from the content in the Durri ACMS Diabetes Resource Kit; and
- delivering lessons with a focus on meeting all students learning styles and backgrounds and by following the Quality Teaching Framework Pedagogy that promotes three areas of learning focus:
  - *Intellectual Learning* (what we learn)
  - *Environment & Learning* (where we learn)

- *Significance in Learning* (why we learn).

## Outcomes:

Through the gathering of information in the resource the students will:

- Enhance knowledge of Type 2 Diabetes & how it impacts people's lives.
- Encourage the uptake of physical activity and nutritious foods leading to sustainable life changes.
- Increase motivation towards an active and healthy lifestyle.
- Enhance the capacity to make informed decisions regarding health.

## Highlights:

- Lessons began to be delivered to schools in late April 2010.

Educational PowerPoint presentations and health promotion resources for students were created to assist in delivering lessons on Type 2 Diabetes, Physical Wellbeing and Food Security.

## Key Achievements:

- The Resource Kit completed and delivered in Schools. Good initial feedback from both Primary and High schools.
- Banners & brochures made for staff to use for Health Promotion activities and Community/ Conferences.

## DELIVERY

- Both Sammi and Janice coordinated the rollout of the lessons into the schools.
- All members of the Chronic Disease Team and Many Rivers Diabetes Prevention Project assisted in the delivery of lessons.
- By the end of 2010 all stage 3 and 4 classes in all schools, with the exception of Kempsey Adventist school will have received a lesson.

- Kempsey Adventist School will be followed up in 2011.
- Delivery of lessons were also presented at some Taree schools in recognition of the partnership with Many Rivers Diabetes Prevention Project and at St Mary's Catholic School in Bowraville at their request.

#### **OUTCOMES**

- By the end of 2010 more than 1000 students will have been presented with a lesson.
- To date each class presented to had students who had, or were related to, family with Diabetes. The highest percentage in a class was 87%.
- Diabetes is definitely an area of concern in this community as a whole, both in the Aboriginal community and the wider community.
- Other health concerns were also raised at many lessons ranging from sexual health, drugs and alcohol to social and emotional wellbeing and asthma.
- On a nutritional level it was noted that there is a growing concern with the consumption of Energy Drinks (high in caffeine and sugar) by students in the

10-14yrs age group. The highest percentage in a class so far was 90.5% or 38/42 students who had drunk or who were consuming these drinks.

#### **FUTURE DIRECTION**

- A review of the lessons and presentations will take place in December 2010.
- There is support from the Chronic Disease Team and Many Rivers Diabetes Prevention Project for these lessons be on-going and continual.
- As the lessons have already been presented in Taree and Bowraville there is potential for this package ( and it's lessons ) to expand outside of Kempsey e.g. into the Nambucca Valley any beyond.
- Outside organisations have expressed interest in having the complete package presented to them at a future date.

# Healthy for Life

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



*Healthy Life. Healthy Community.*



**Jill McDonald**  
Regional  
Co-ordinator



**Dean Jarrett**  
Site Co-ordinator  
Kempsey



**Kim Wright**  
Registered Nurse

**Alison Morris**  
Aboriginal Health  
Worker

Other team members: Janene Dowdle (resigned) - Registered Nurse

## Snapshot:

Healthy for Life's program design is based on delivering population health approaches in primary health care context, using quality improvement principles, processes and tools.

Quality improvement and health service development is a dynamic process. This program assesses the strengths and gaps in current service delivery and identifies priorities for action. As priorities change over time, Durri, through the Healthy for Life program, identifies needs, implements changes, and monitors and evaluates progress towards achieving their desired objectives.

The Healthy for Life program has been functioning at Durri for two years. The Healthy for Life Site Coordinator has been on leave for this year, 2010 and is completing a Masters of Management in Community at University of Technology of Sydney. We look forward to his return and congratulate him on his accomplishment.

The Child Health Program is staffed by a Nurse, Kim Wright who has considerably experience in child health, and Aboriginal Health worker, Alison Morris. Having Alison on the team as a cultural broker and role model has considerably enhanced the team effectiveness. She has strong links to the community and is able to encourage the community to use the valued service of the team. She also manages the referrals to specialists and organises the families and children for the appointments. There are many children who are registered as clients at Durri, 902, and while the team have completed 71 child health checks we plan to employ another nurse to work with Alison later in the year so more families can receive the service.

## Aims:

Healthy for Life is a Federal Government program that aims to:

- improve the health of Aboriginal and Torres Strait Islander mothers, babies and children;

- improve the quality of life for people with a chronic condition; and,
- Over time, reduce the incidence of adult chronic disease.
- To ensure that Aboriginal and Torres Strait Islander children have access to, and receive, the optimal level of health care.
- The program promotes 'well' health checks to help kiddies, and families, stay 'well' through health promotion, prevention, early detection, education and referral for health conditions.

#### Highlights:

Clinical audits are an important part of Durri's Healthy for Life continuous improvement program and have continued during the year. These audits are submitted to Australian Institute of Health and Welfare who assess the data and develop the reports for the review and improvement of service delivery to the community

Some of the findings from these audits are;

- 16% of adults have received an adult health check
- 74% of Aboriginal babies born to Aboriginal mothers are of a normal birth weight.
- The average birth weight of Aboriginal babies is 3190gms.
- 66% of Aboriginal mothers attend their first antenatal clinic in the first 13 weeks of their pregnancy.
- 21% of clients with Diabetes Type II had an HbA1c (three monthly pathology test for Diabetes)
- 23% of those who had the HbA1c test done, had a level equal to or greater

than 10, an improvement of last year of 50%. A healthy reading is under 7.

- 73% of clients with Diabetes Type II had a blood pressure check in the last 6 months (66% last year)
- 40% of clients with Diabetes Type II had a blood pressure equal too or less then 130/80mmHG (40% last year).
- 69% of clients with coronary heart disease had a blood pressure done (75% last year)
- 63% of these clients had a level equal too or less than 140/90mmhg (77% last year)

#### Key Achievements:

- The Child Health Team has become fully established based on best practice models
- Partnerships have been reinforced with other internal programs within Durri, to provide holistic child health checks

#### Staff Qualification and Professional Development Improvements:

- Kim Wright : Completing: Child and Family Post Graduation Certificate, University of Sydney
- Alison Morris: Cert III in Aboriginal Primary Health Care, Cert IV in Aboriginal Primary Health Care, Basic Life Support CPR, Identifying and Respond to the child at risk of harm, Keeping Children Safe, Mental Health First Aid
- Dean Jarrett: Completing: Masters of Management in Community, University of Technology of Sydney

# *Darrimba Maarra & Giingan Darrunday Marlaangu Aboriginal Health Clinics*

**Funding Body:** Office of Aboriginal and Torres Strait Islander Health (OATSIH)



**Darren Kershaw**  
**Executive Officer**

Giinagay (Hello - in Gumbaynggirr).

I am pleased to report to you the latest events and contribution of the Nambucca Valley Aboriginal Health Services.

Our two clinics are located at Nambucca Heads, Darrimba Maarra (Healing Hands) and Giingan Darrunday Marlaangu (Happy Healing Hands).

Each unit within our teams at these clinics will outline to a greater extent their goals and achievements of the past year.

But I would like to highlight the most significant event for the past year, the completion of the refurbishment work of Darrimba Maarra at Nambucca Heads.

The planning and community consultations for this clinic began in earnest in 1994. Although the need to establish an AMS in the Nambucca Valley was acknowledged as far back as the 1970/80's.

A representation group for the Nambucca Valley communities approached Durri about establishing a new and improved health facility.

This request had to go through community consultation, planning, reviewing and securing funding for the total revamp of what was the original site of Darrimba Maarra.

Durri received funding to purchase the two existing office spaces next to Darrimba Maarra and the architect to draw up a design for the facility.

I arrived at Darrimba Maarra in July 2008 with a short fall of \$180,000 before construction could take place.

A chance meeting with senior finance managers for the Department of Health NSW was able to secure these funds and construction was underway in May 2009.

The new health clinic was officially opened on 14th December 2009 by Gumbaynggirr Elders Aunty Jesse Williams and Uncle Barry Phyll from Nambucca Heads.

Since the opening we have two General Practitioners providing medical consultations. A practice nurse provides medical treatment and the Health Assessment Team continues to support our people who suffer with Chronic Diseases.

We are continuously being asked to provide our offices for specialist services and this only enhances our ability to support our community. Though finalising the completion of Darrimba Maarra, the Nambucca Valley Aboriginal communities have a first class health clinic which will be well placed to improve the health and well being of our community and be a leader in Closing The Gap in Indigenous health of our future generations.

## **Funding For Darrimba Maarra:**

Department of Health and Ageing, Office of Aboriginal and Torres Strait Islander Health provided \$900,000.

NSW Department of Health provided \$180,000

I would like to thank the following people. Mr Richard Jurdeczka from ARUP, and

Ms Amelia Hayati from ASSAI and Mr Noel Lockwood CEO FOR Aboriginal Connections.

Also Gerald Hoskins and the Durri Board of Directors in supporting the vision of the people of the Nambucca Valley.

I would like to personally thank Beryl Wilson, Michael Donovan, Michelle Donovan and Cathy Bula for their commitment, support and advice in the construction of Darrimba Maarra.

# *Giingan Darrunday Marlaangu Aboriginal Health Clinic, Bowraville.*

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



**Dr Vivienne Tedeschi**  
GP



**Dr Daniel Ryan**  
GP



**Monica Pullen**  
Enrolled Nurse



**Dean Buchanan**  
Transport Officer



**Marcia Mason**  
Receptionist

The aim is to improve the health and wellbeing of the Aboriginal Community of the Nambucca Valley and surrounding areas.

We aim to support the community to achieve this in many ways.

These include clinics providing support and education, health awareness and health promotions in order to empower community members to make better choices regarding their own health.

## **Clinics**

Some of the clinics that are provided are

Hearing Screening, Dental, Chronic Disease Team, Women's Health, Eye Specialists, and Immunisation.

We also have a GP Clinic four days per week, provided by Dr Tedeschi.

We were fortunate to have the services of Dr Cuong Vo while Dr Tedeschi was on leave. All the staff would like to take this opportunity to thank Dr Vo for working with us during his time at Bowraville.

There has been a steady increase in the rate of immunisations, pap smears and breast checks. Hopefully next year we will be able to report an increase of Men's health checks as well.

All staff should be congratulated on organising these clinics, as it can take a bit of time preparing and also encouraging community members to attend.

Other service providers that work out of Giingan Darrunday Marlaangu are Probation

& Parole (every 2<sup>nd</sup> Wednesday), the Many Rivers Family Violence Prevention Legal Service (weekly) and the local job network providers also attend to support local people find work.

Wirringa Baiya Aboriginal Women's Legal Centre Inc from Sydney also visited the Valley and ran a one day Information session for Aboriginal women in the area. This was well attended with many women requesting that they return. Another session is being organised for a follow up.

Giingan Darrunday Marlaangu staff work with other organisations to provide holistic care. These include Macksville Community Health, Mid North Coast Area Health, Maternal & Infant Health Program, Women's Health, and local Aboriginal organisations such as Miimi Mothers, Booroogen and Warrina Womens Refuge.

We have seen an increase in the use of our community area by members of the community. Some of these include Booroogen (providing hot meals via the Meals to Wheels program on Tuesdays), Bowraville Central School for meetings with community and services and local service providers.

#### **Achievements**

Previously mentioned clinics

Registration with the Australian General Practice Accreditation LTD (AGPAL)

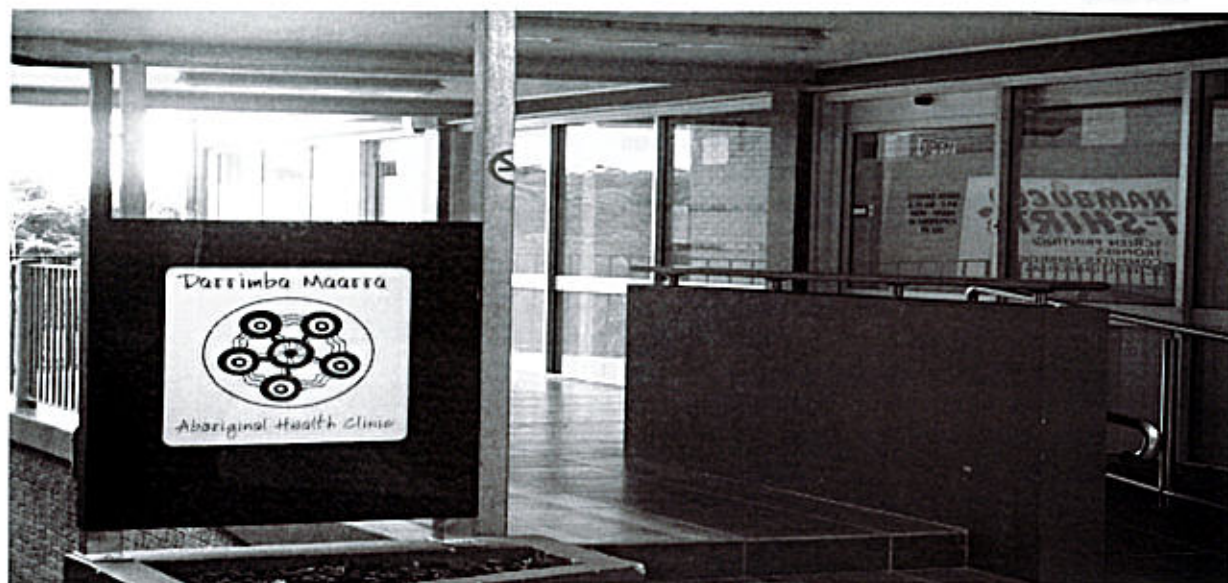
#### **Things to look forward to**

Clients utilising all clinics and services provided.

Continuing and building on partnerships with other service providers.

The commencement of renovations to the building.

# Darrimba Maarra Aboriginal Health Clinic, Nambucca Heads



## New Refurbished Darrimba Maarra



**Dr Fiona McGovern**  
GP



**Dr Harriet Playle**  
GP



**Tracy Cohen**  
Senior Aboriginal Health  
Worker



**Sam Hoskins**  
Transport Officer



**Michelle Stadhams**  
Receptionist

### *Moving into a New Building*

It is with great pleasure to return to Nambucca Heads and into a new building. Everything was nice and fresh.

Thanks to Darren Kershaw for pushing for the completion.

### *Opening Day*

We had the opening Day with great support from our community and organisations within the Nambucca Valley. Also thanks to Tony Gray, Gerald Hoskins and Ivy Brown for their presence on the day for the signing of the MOU with Aunty Jessie Williams and Uncle Barry Phyllall.



### **MOU**

The *Memorandum of Understanding* between Darrimba Maarra Aboriginal Health Clinic and Durri Aboriginal Medical Corporation was also signed on this day.

Thanks to Beryl Wilson, Michelle Donovan, and Cathy Bula, who have fought and struggled for the past 10 years for a Medical Service for the Nambucca Valley Communities.



Signing of the MOU Barry Phyball , Jessie Williams, Gerald Hoskins & Tony Gray

### **Otitis Media Screening**

Team - Tracey and Kahlia Bradshaw Jaleel Jarrett and Tracy Cohen.

Nambucca Heads Red School

Stuarts Point Pre School

Up coming Schools – Nambucca and Bowraville Pre Schools. *(Completed)*

***Aboriginal Women's Health Program.***

Working with Area Health and TAFE on a 6 week Aboriginal Women's Healing Program. *(Women's health, Aboriginal Health).*



Paula Craig & Elaine Walker Women's Health Day.

***Working with Area Health the Aboriginal Family Worker***

Working in partnership the Aboriginal Family Worker with young mothers to access other services, and the 6 six week program with TAFE the above program.)

***Women's Health Clinic***

Working with Libby Knight from area Health to provided Women's Health Service at both Clinics. *(Pap smears and Breast Checks)*

***Mammogram Screening***

Transport groups of ladies to the Breast Screening at Coffs Harbour Base Hospital. This program will be on going and I have now handed this role on to Natasha Wilson.



**Women's Leadership Program.**

Tracy Cohen completed the Leadership program. This was a great experience. The first workshop was in Cains and the second workshop was in Melbourne.

# Social and Emotional Wellbeing

Funding Body: Office of Aboriginal and Torres Strait Islander Health (OATSIH)



Ann Louis - Social & Emotional Wellbeing



Barry Toohey - Social & Emotional Wellbeing

## Aims:

To provide a regional service to clients to assist in their case management, enhance living skills and social interaction, provide a "social work" service for individuals, families and groups, and to provide a grief counselling service. To work collaboratively with other programs and psychiatrist service at Durri e.g. Alcohol and other drugs to maximise the capacity of the social and emotional well being program within the existing resource base.

## Highlights:

- Our attendance at the 2nd NSW ADAN Regional Workshop - Capacity Building, Networking and Developing Skills in Survey Design (2 days in Kempsey).
- My completion of the 'Becoming A Deadly Facilitator' workshop in Coffs Harbour - 1 day.
- Our continued involvement with the Mainstream Mental Health and Area Health Services.
- The soon to be Psychiatric Info and Assessment Days - Training will be available to all staff and some community members.
- The development along with other staff members of the Mirabel Kinship Carers group we hope to form in the community to assist with some program development.

Attendance at the 2009 Aboriginal MH Workers Forum.

Participate in Family Well-Being Workshop.

- Family support to kids in foster/alternative care.
- The submission we hope to do in partnership with others to support

some of our family kids who are living in alternative care/out of family care to do fun and youth oriented development activities

## Key Achievements:

Continue lobbying and advocating for Justice and Healing for the community (Red Dust Healing is a cultural model being delivered and evaluated at the moment targeting youth and young men and women).

Workshop notes etc. and being a skilled facilitator would like to develop from the ground up with the Elders and strong community some women's specific/women's only workshops to deal with various historical issues within the community. Some of us have already attended these workshops in Coffs Harbour with a number of other Elder women would like to develop this further.

The women also do cultural activities like food gathering - oysters/fish/cobra etc and to spend time away from Bowraville and some of the stresses. They could use it to access some of the pampering and self care type services in Nambucca and Macksville with other opportunities to be explored.

Ongoing partnership with Nambucca Valley Youth Centre's "Roadmap Programme" delivering service to Indigenous youth at risk.

Collaboration with Probation & Parole Service.

Deliver clinical supervision to Aboriginal MH Trainees

Involved with "Many Rivers Aboriginal Service Alliance: to develop high quality, integrated resource effective services across the north coast region