

# Contents

<i>Foreword by the Honourable Quentin Bryce AD CVO</i>	v
<i>List of contributors</i>	xii
<i>Acknowledgements</i>	xvii
<b>Introduction</b>	<b>1</b>
<i>Gracelyn Smallwood</i>	
Nursing Aboriginal and Torres Strait Islander peoples: Why do we need this text?	1
The Australian Nursing and Midwifery Accreditation Council	2
Gifting of the book's title: <i>Yatdjuligin</i>	3
<b>1 Historical and current perspectives on the health of Aboriginal and Torres Strait Islander people</b>	<b>6</b>
<i>Juanita Sherwood</i>	
Introduction	7
The narrative about Aboriginal and Torres Strait Islander health	7
Knowing the ancient story	8
The history that most Australians have not been told	9
Protectionism and the 'doomed race'	10
A hint of a turn in the road	11
Forced removal: The Stolen Generations	11
Creating the health gap	12
The current health story	13
Indigenous ways of knowing about health	15
Health as a social justice issue	16
Into the future: The health challenge	18
The Closing the Gap initiative	18
Our personal stories of how nurses can make a difference	19
Conclusion	24
Learning activities	24
Further reading	25
References	25

<b>2 A history of health services for Aboriginal and Torres Strait Islander people</b>	<b>28</b>
<i>Ray Lovett</i>	
Introduction	29
Pre-contact health status and health system	29
The period of initial contact, separation and protection (1788–1940s)	32
The period of assimilation	36
The rise of self-determination and community controlled health systems	37
Contemporary health care and systems	39
Conclusion	43
Learning activities	43
Further reading	44
References	44
<b>3 The cultural safety journey: An Aboriginal Australian nursing and midwifery context</b>	<b>46</b>
<i>Odette Best</i>	
Introduction	47
Developing the theory of cultural safety	47
Developing cultural awareness: So who are you?	49
Developing cultural sensitivity: The legitimacy of difference	55
Practising cultural safety	57
Five principles of cultural safety	58
Conclusion	63
Learning activities	63
Further reading	64
References	64
<b>4 Indigenous, gendered health perspectives</b>	<b>67</b>
<i>Bronwyn Fredericks, Mick Adams and Odette Best</i>	
Introduction	68
Gender and Indigenous people	68
A gendered, Indigenous perspective of health	69
Health status and gender	72
Changing the situation	74
Conclusion	77
Learning activities	78
Further reading	79
References	79
<b>5 Community controlled health services: What they are and how they work</b>	<b>82</b>
<i>Raelene Ward, Bronwyn Fredericks and Odette Best</i>	
Introduction	83
The need for community controlled, Indigenous-specific health services	83
Establishing the Aboriginal health service in Brisbane	84

Understanding the concept of community control	86
Establishing a community controlled health service in Brisbane	87
Working in a community controlled clinic	88
The governance of community controlled health services	89
The future	93
Conclusion	93
Learning activities	94
Further reading	95
References	95
<b>6 Indigenous birthing in remote locations: Grandmothers' Law and government medicine</b>	<b>97</b>
<i>Nicole Ramsamy</i>	
Introduction	98
Traditional birthing practices on the homelands	99
The impact of the missionaries	103
Current midwifery practices in remote communities	106
A return to birthing in communities	109
Conclusion	111
Learning activities	111
Further reading	112
References	112
<b>7 Midwifery practices and Aboriginal and Torres Strait Islander women: Urban and regional perspectives</b>	<b>113</b>
<i>Machellee Kosiak</i>	
Introduction	114
Giving birth in urban and regional settings: Specific issues for Aboriginal and Torres Strait Islander women	114
Historical midwifery practice	116
Aboriginal and Torres Strait Islander peoples today	117
Contemporary midwifery practice	121
Building an Indigenous midwifery workforce	122
Cultural issues relevant to accessing maternity services	123
Culturally safe midwifery practice	127
Conclusion	133
Learning activities	134
Further reading	135
References	135
<b>8 Remote-area nursing practice</b>	<b>138</b>
<i>Nicole Ramsamy</i>	
Introduction	139
Scenario one: Collaborative multidisciplinary inter-agency team approach – chronic disease	140
Living in a remote community: The example of Napranum	142

Nursing in remote Australia	143
Scenario two: Mary and Aaron	144
The work of RANs	145
Scenario three: The additional skills of a credentialed RAN	146
The burden of disease and injury in remote communities	147
Complexities of the remote setting	147
Scenario four: Multiple, complex health conditions	149
Cultural considerations	149
Scenario five: Be prepared to help on the roadside	151
Scenario six: Cultural obligations	152
Conclusion	152
Learning activities	153
Further reading	154
References	154
<b>9 Working with Aboriginal and Torres Strait Islander health workers and health practitioners</b>	<b>155</b>
<i>Ali Drummond</i>	
Introduction	156
The Aboriginal and Torres Strait Islander health worker	157
The contemporary Indigenous health worker	159
The practice capacity of Indigenous health workers	160
Regulation of Indigenous health practitioners	165
Cultural safety practitioners	166
Experiences of discrimination	167
Working with Indigenous health workers	168
Nursing decision-making framework	169
Delegating tasks to Indigenous health workers	171
Professional boundaries and therapeutic relationships	173
Conclusion	175
Learning activities	175
Further reading	176
References	176
<b>10 Indigenous-led research</b>	<b>179</b>
<i>Bronwyn Fredericks and Raelene Ward</i>	
Introduction	180
Research on Indigenous people	180
The push for change in research	181
Beginning the research journey	183
Planning a research project	184
Conclusion	189
Learning activities	189
Further reading	190
References	190

<b>11 Cultural understandings of Aboriginal suicide from a social and emotional wellbeing perspective</b>	<b>192</b>
<i>Raelene Ward</i>	
Introduction	193
Statistical understanding of Australian Indigenous suicides	193
Contributing factors to Indigenous suicides	196
Social and emotional wellbeing vs Western concepts of mental health	197
History of Aboriginal social and emotional wellbeing	199
Contemporary understanding of Indigenous social and emotional wellbeing	201
Culturally safe service provision	202
Conclusion	208
Learning activities	208
Further reading	209
References	209
<b>12 Indigenous child health</b>	<b>212</b>
<i>Donna Hartz</i>	
Introduction	213
National policies for Aboriginal and Torres Strait Islander children's and families' health	213
Cultural and social considerations	214
Providing a healthy start to life	217
Promoting the health of Aboriginal and Torres Strait Islander children	219
Conclusion	225
Learning activities	226
Further reading	227
References	227
<b>13 Caring for our Elders</b>	<b>231</b>
<i>Bronwyn Fredericks, Odette Best and Doseena Fergie</i>	
Introduction	232
Aboriginal and Torres Strait Islander Elders	232
Health intervention strategies	235
Specific services	237
End of life	240
Conclusion	241
Learning activities	241
Further reading	243
References	243
<i>Index</i>	245