

Yatdjuligin

Aboriginal and Torres Strait Islander Nursing and Midwifery Care

Fourth edition

Nurses and midwives must be able to provide quality, person-centred and culturally safe healthcare to all Aboriginal and Torres Strait Islander peoples. *Yatdjuligin: Aboriginal and Torres Strait Islander Nursing and Midwifery Care* introduces readers to historical and contemporary approaches to Indigenous nurse-led theory, research and praxis. Now in its fourth edition, *Yatdjuligin* advocates again for the knowledge and experiences of First Nations peoples to be prioritised across all healthcare contexts, promoting improved ways of working with and caring for Aboriginal and Torres Strait Islander people. New chapters on healthcare in custodial care settings, long-term health conditions and the effects of climate change on Indigenous people's health have been added to consider the specific challenges and opportunities in these contexts. The updated case studies and reflective questions in each chapter offer students realistic examples of theory in practice, encouraging them to consider and challenge their own beliefs and understandings. Key terms with definitions and learning activities further deepen students' engagement with the concepts in the text. Written entirely by leading Aboriginal and Torres Strait Islander nurses, midwives, academics, researchers and clinicians, *Yatdjuligin* is an essential resource for students, establishing the foundations of culturally safe healthcare in their practice.

Odette Best is an Indigenous nurse and midwife historian, race scholar and native beekeeper.

Bronwyn Fredericks is Professor and the Deputy Vice-Chancellor (Indigenous Engagement) at the University of Queensland.

Aboriginal Elder Ivy Molly Booth gifted the word *Yatdjuligin* to the authors to use as the title of this textbook. The word *Yatdjuligin* translates to 'talking in a good way'. For Wakgun people, the process of *Yatdjuligin* is deeply embedded in learning. Odette is the granddaughter of Ivy Booth.

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Yatdjuligin

**ABORIGINAL AND TORRES STRAIT ISLANDER
NURSING AND MIDWIFERY CARE
FOURTH EDITION**

EDITED BY Odette Best and Bronwyn Fredericks



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Preface

I would like to acknowledge the lands on which this Preface is read, and I pay my humblest respects to the Elders of these countries.

It has been a privilege to be the lead editor of *Yatdjuligin*, now in its fourth edition. It is not something I ever imagined when over a decade ago I was approached by Cambridge University Press. *Yatdjuligin* has grown from strength to strength and has now won multiple awards for its contribution to Indigenous nursing and midwifery care. It remains the only textbook for nursing and midwifery students written for, about and by Indigenous Registered Nurses, midwives and academics.

We first wrote *Yatdjuligin* to engage Indigenous nurses, midwives and academics to provide our own perspectives and contribute to the information available about Aboriginal and Torres Strait Islander people's health. This text has consistently challenged stereotypes and promoted improved ways of working with and caring for Aboriginal and Torres Strait Islander people within health environments. Within the curriculum for students of nursing and midwifery, learning about the specific health needs of Australia's Aboriginal and Torres Strait Islander peoples is still in its infancy. However, the need for culturally safe approaches to addressing the health needs of Indigenous Australians is not new. Practising Aboriginal and Torres Strait Islander nurses and people who work in the Aboriginal and Torres Strait Islander health sector have long recognised the critical need for improved health outcomes for Indigenous Australians. As far back as the 1940s, Aboriginal midwife Sister Muriel Stanley articulated the need for non-Indigenous nurses and midwives to learn about the health crisis facing Indigenous peoples.

Gifting of the book's title: *Yatdjuligin*

The name *Yatdjuligin* was gifted to the authors to use as the title of this textbook by Aboriginal Elder Ivy Molly Booth, who is my grandmother.

Yatdjuligin is from the dialect of the Wakgun Clan group of the Gureng Gureng Nation. These clan lands are in the southwestern part of the Gureng Gureng Nation in Queensland, and extend north of the Burnett River, west as far as Mundubbera, north to Eidsvold along the Dawes Range to Cania Gorge, then east to Miriamvale and Baffle Creek and south to Mt Perry and the Burnett River. These boundaries are in the stories and songlines of the Gureng Gureng Nation.

Yatdjuligin translates to 'talking in a good way'. For Wakgun people, the process of *Yatdjuligin* is deeply embedded in learning. It belongs to a two-part process in the traditional passing on of knowledge about Country, its resources and their uses. Wakgun people's knowledge of traditional medicines (pharmacopoeia) is well established and continues to be widely practised.

In *Yatdjuligin* we pass on our knowledge to you, on your journey to become Registered Nurses and/or Registered Midwives. You may find the knowledge in *Yatdjuligin* confronting

and uncomfortable to read for various reasons – the content itself may be difficult to understand, you may not be ready to learn it, or you may not want to challenge your existing understanding. I hope that you are able to sit with this discomfort, embrace the new knowledge you gain from this text, and incorporate it into your practice.

The fourth edition

Each edition has grown in content and authorship, with this edition now including a chapter on custodial care and, perhaps the most pressing of all, a chapter on the impact of climate change as it is experienced by Indigenous people. This is the first time globally that such a chapter has been included in a nursing text that is Indigenous nurse led and written, which speaks to the lived realities of our communities and climate impact and our continued roles in climate justice for Indigenous peoples. We also welcome a chapter on long-term health conditions, which is foundational to achieving equity in life differentials between Indigenous and non-Indigenous Australians.

Yatdjuligin wouldn't have been possible without the authors contributing their time and expertise in crafting engaging and focused chapters that speak clearly to their passion for working in Indigenous health. I would like to thank them all for their time and commitment to the teaching and learning of Indigenous healthcare. I would like to thank Gracelyn Smallwood, Nicole Ramsamy, Dr Raelene Ward, Sam Mills, Yoko Mills and Professor Juanita Sherwood for their previous contributions. This edition has seen the contributions of several new authors, who have added their own unique voices, and I would like to welcome them to the team. We are also saying farewell to co-editor Professor Bronwyn Fredericks, as this is her last edition. Bronwyn, thank you for your support and determination in all that you have done for *Yatdjuligin*.

To all our learners who will be engaging with this new edition, we as a team hope that you will find *Yatdjuligin* an essential part of your toolkit in becoming a culturally safe nurse or midwife.

Odette Best
October 2025

Contributors

About the editors



Ivy Molly Booth (nee Darby) (gifter of language) is the Elder of the Wakgun people of the Gurreng Gurreng Nation. She was born at Camboon Station and removed to Taroom Aboriginal Settlement in the early 1920s, before again being removed to Woorabinda Mission on its inception in 1927. Well over 100 years of age, she is the only surviving original dormitory girl of Woorabinda. At Woorabinda, Ivy Booth met and married her husband, Clancy Booth, a Boonthamurra man. Ivy Booth is a great-great-great-grandmother (with six generations alive), to a large and extended family across Woorabinda and Rockhampton in Queensland and further afield in New South Wales, Canberra and Victoria. Ivy Molly Booth gifted Odette the name *Yatdjuligin*.



Odette Best is a Wakgun clan member of the Gurreng Gurreng Nation and holds a Boonthamurra bloodline with adoption ties to the Koomumberri, Yugambeh people. Odette commenced her training at the Princess Alexandra Hospital in the late 1980s, and holds a Bachelor of Health Sciences (double major in Aboriginal Health and Community Development), a Master of Philosophy and a PhD. Odette has worked for 35 years in Indigenous health. Clinically, she worked for a decade as sexual health coordinator at the Brisbane Aboriginal and Islander Community Health Service and within the women's and youth prison systems across Brisbane. In 2000, she moved into discipline teaching within nursing in the tertiary sector. Odette's leadership in Indigenous health and Indigenous nursing research is acknowledged globally, and she is a Fellow of the American Academy of Nursing, a Fellow of the Australian College of Nursing, a Churchill Fellow and a Fellow of the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives. As an historian of Aboriginal nurses and midwives, Odette is passionate about uncovering and documenting the experiences of Aboriginal nurses and midwives and saving them from historical oblivion. Odette is Ivy Molly Booth's granddaughter.



Bronwyn Fredericks is an Indigenous woman from South-East Queensland with over 35 years' experience working in and with the tertiary sector, state and federal governments and Aboriginal and Torres Strait Islander community-based organisations. She is a Professor and the Deputy Vice-Chancellor (Indigenous Engagement) at The University of Queensland, and still maintains an active research program. Professor Fredericks is a Fellow of the Australian Academy of Humanities, the Academy of the Social Sciences of Australia

and the Queensland Academy of Arts and Sciences, along with being a member of the Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS) and the Australian Research Council (ARC) College of Experts. In 2016, Bronwyn was appointed as the Commissioner with the Queensland Productivity Commission (QPC) (one of only two appointments) to lead the Inquiry into Service Delivery in Queensland's Remote and Discrete Indigenous Communities. In 2018, she was again appointed to work on Queensland's Inquiry into Imprisonment and Recidivism, which was completed in 2019. She is currently a member of the ARC Advisory Committee, Co-Chair of the ARC Indigenous Forum, Deputy Chair of the National School Resourcing Board (NSRB) and a Director of the Queensland Council.

About the authors



Mick Adams is a descendant of the Yadhigana/Wuthathi peoples of Cape York Peninsula in Queensland (on his father's side) and has traditional family ties with the Gurindji people of the Central Western Northern Territory (on his mother's side) and extended family relationship with the people of the Torres Strait, Warlpiri (Yuendumu) and East Arnhem Land (Gurrumarlu) communities. Mick is a semi-retired academic researcher who has had continuing involvement with the University of Melbourne, Newcastle University, the University of Queensland and the University of Western Australia (Western Australia Centre for Rural Health). He holds a Master of Arts (Indigenous Research and Development), Bachelor of Social Work and Bachelor of Applied Science (Aboriginal Community Management and Development). His PhD is to date the only research study conducted with Aboriginal and Torres Strait Islander males on sexual and reproductive health. Mick is recognised as a respected Elder within Aboriginal and Torres Strait Islander communities. He has been involved in advocating to improve the status of the health and wellbeing of Aboriginal and Torres Strait Islander people for over 30 years, having served in various national organisations and on a number of committees. He was awarded the Queensland University of Technology 2010 Chancellor's Outstanding Alumnus Award and the Queensland University of Technology 2010 Faculty of Health Outstanding Alumnus Award and received an Elders award from the Aboriginal and Torres Strait Islander Higher Education Advisory Council. He recently received two Lifetime Achievement awards for his contribution to male health and health more generally.



Renee Blackman is a proud Gubbi Gubbi (Kabi Kabi), Ganaglu, Western Kanguk woman who also recognises her cultural ties to Vanuatu and Mare Island in New Caledonia. Renee's career in health began in the early 1990s as an Aboriginal health worker in Brisbane. After earning her Bachelor of Nursing from the Australian Catholic University in 2000, she has served as a Registered Nurse across both urban and remote communities, bringing decades of frontline experience to her leadership. Renee is a passionate advocate for the Aboriginal and Torres Strait Islander community-controlled health sector and has worked in this sector for the past fifteen years. She is also strongly committed to achieving health equity for Aboriginal and Torres Strait Islander people. This drives her focus on improving outcomes, eliminating racial bias in healthcare and fostering

strong, collaborative decision-making. Renee has over 30 years’ experience in healthcare and service delivery, having held operational, management and executive leadership roles across primary healthcare, community health and acute care settings. In 2011, Renee joined the Institute of Urban Indigenous Health, playing a key role in establishing Moreton ATSICHS. In 2016, she became the inaugural Director of Health Services at ATSICHS Brisbane and now serves as its Chief Executive Officer. Renee is also an Adjunct Professor for the POCHC Centre for Indigenous Health, University of Queensland.



Makayla-May Brinckley is a Wiradjuri woman. She is a 2018 Bachelor of Science (Psychology)/Bachelor of Arts, and 2019 Psychology Honours graduate from the Australian National University (ANU). Makayla is currently a PhD candidate with Yardhura Walani, the National Centre for Aboriginal and Torres Strait Islander Wellbeing Research at the ANU. She is passionate about Aboriginal and Torres Strait Islander health and wellbeing, and strengthening knowledge-translation practices in research.



Josephine Burton (RN, MN(NP) M IndigH, Grad Cert Indig Trauma Recovery, PhD candidate) is a descendant of the Wiradjuri people from the Mudgee/Piambong area of New South Wales. Jo is a Nurse Practitioner (Generalist) with more than 42 years’ experience as a nurse, the past 22 working in the prisons of New South Wales. She is committed to a social justice philosophy of care grounded in equity and cultural safety. Jo works clinically as a Nurse Practitioner, and academically as a lecturer at the University of Sydney and University of Newcastle (UoN), where she teaches in the Master of Nursing (Nurse Practitioner) programs. She was also instrumental in designing and developing the Master of Custodial Health at UoN, the first AQF9 program in Australia specifically designed for custodial health clinicians. Jo is recognised as a nursing leader in custodial healthcare and cultural safety for justice-involved people, supporting education and service delivery development, which aims to improve the capabilities of healthcare professional to provide effective, non-stigmatising care.



Stacey Butcher is a proud Dunghutti woman raised on Gomeroi lands, developing strong ties to these lands. Stacey is a registered nurse and midwife with 20 years’ experience throughout New South Wales and the Northern Territory, in mainstream services, community services and private systems. Stacey has also worked within the academic sector as a First Nations Academic Lead within the School of Midwifery at Charles Darwin University. She has recently relocated to Brisbane, Queensland, to work in the Office of the Chief Midwife Officer, and is now focusing on the development of First Nations workforce pathways within health services, which will build upon her PhD research on the First Nations midwifery workforce.



Linda Deravin (RN, PhD, MHM, Grad Cert in L&T in Higher Ed, Grad Cert Anaes and Rec Room Nurs, Grad Dip Gerontology, Grad Cert E Health, BN, MAICD) is a proud Wiradjuri woman and is the National Rural Health Deputy Commissioner for Nursing and the Head of School and Dean for the School of Nursing and Midwifery at the University of Southern Queensland. Throughout her nursing career, she has worked as a clinician, educator and both an executive nurse and health manager in a variety of settings. Linda continues to work with a variety of communities to pursue her research interests in First Nations health and education, aged care, chronic care and health workforce issues.



Ali Drummond (RN, PhD, MIPH, Grad Cert in Academic Practice, BNSc) was born and raised on Weibene (Thursday Island, or TI). His people are the Meriam and Erubam people of Zenadh Kes (Torres Strait), and Wuthathi people of Cape York Peninsula. Ali is a registered nurse, and his experience spans clinical practice, management, policy, academia and research. He is currently the CEO of the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM), Australia's peak body for Aboriginal and Torres Strait Islander nurses, midwives and students.



Lynore Geia is a Bwgcolman woman, an Aboriginal and Torres Strait Islander woman from Palm Island, North Queensland, home to the Bwgcolman people. A registered nurse and midwife, Dr Geia's work as a health professional has spanned four decades and is inherently connected with her Aboriginal and Torres Strait Islander identity and community leadership. It focuses on amplifying the voices and roles of Aboriginal and Torres Strait Islander people in co-designing and co-producing health reform practices. Dr Geia has extensive practice in rural and remote health and is a strong advocate for Aboriginal and Torres Strait Island community-controlled processes in healthcare praxis in research, education and clinical practice to achieve better outcomes for Aboriginal and Torres Strait Islander people. Her cultural and community lived experiences underpin and inform her work in nursing and midwifery, and other disciplines, in local, state, national and international forums.



Donna Hartz (RN, RM, M Mid, PhD, Fellow ACM) identifies as a descendant of her grandmother's people, Kamilaroi (Gomerioi). Professor Hartz has over 40 years' experience as a midwife, nurse, educator, lecturer, manager and researcher. She is the conjoint Chair of Midwifery at Western Sydney University and Western Sydney Local Health District. Her main research areas of focus include caseload midwifery care, Birthing on Country (BoC) models of care, First Nations breastfeeding education, midwifery education pathways, midwifery student clinical education models and smoking cessation in pregnancy. She currently co-leads the BoC toolkit project and is an investigator on the BoC Best Start to Life Centre for Research Excellence; the Gomerioi Gaaynggal Breastfeeding support

program; and the BUBs Quit study examining midwifery smoking cessation counselling as an intervention.



Lorelle Holland is a Mandandanji woman and research fellow at the Poche Centre for Indigenous Health and the ARC Centre of Excellence for Indigenous Futures at The University of Queensland. A registered nurse with a Master of Public Health and PhD in Indigenous health, Lorelle has practised across hospital, community and Aboriginal-controlled health settings. Her doctoral research co-designed the Transformative Healing and Adungadoo Pathways framework to prevent the criminalisation of Aboriginal and Torres Strait Islander children with complex support needs. Lorelle’s work has been recognised through national awards, including the NHMRC Postgraduate Scholarship, the Australian Academy of Science Douglas and Lola Douglas Scholarship and the NTEU Joan Hardy Nursing Research Scholarship. In 2024, she was selected as a Melbourne Poche Indigenous Health Leadership Fellow, deepening her commitment to Indigenous health through immersive national and international modules that strengthened leadership philosophies and global networks. As an early career researcher, Lorelle has secured significant funding as chief and associate investigator on projects addressing disability, justice, rheumatic heart disease, Foetal Alcohol Spectrum Disorder diagnostic service expansion, social and emotional wellbeing and healing. She champions nursing as a powerful site of advocacy, cultural safety and leadership, encouraging nurses and midwives to walk proudly as agents of hope, social justice and health equity.



Roxanne Jones is a Palawa woman, PhD candidate and research associate at the Australian National University (ANU), and holds an NHMRC postgraduate scholarship. Roxy is an epidemiologist and Registered Nurse with a passion for Aboriginal and Torres Strait Islander child and infant health. Roxy has postgraduate qualifications in epidemiology and Indigenous research, as well as undergraduate qualifications in nursing and health sciences (paramedics).



Machellee Kosiak is a Wiradjuri woman whose family ties are in country New South Wales. Machellee is a Registered Nurse and practising Endorsed Registered Midwife and continues working clinically. She is a midwifery academic and course adviser for the Away from Base Bachelor of Midwifery program at the Australian Catholic University in Brisbane. She holds a Bachelor of Nursing, GCHE and is undertaking a Masters of Midwifery (Research) with a research program entitled Facilitators and Challenges Faced by Indigenous Bachelor of Midwifery Students. Machellee has worked in many clinical settings both in nursing and midwifery, where she observed how Indigenous women and women from other cultures were treated and subjected to racist behaviours. She has a passion for increasing the number of midwives, especially the Indigenous midwifery workforce, and aims to strengthen families and communities by increasing the quality and cultural appropriateness of maternal and newborn health care provided for all woman regardless of their cultural backgrounds. She

has presented her work at World Indigenous Peoples Conferences (WIPCE) internationally. A passionate educator, Machellee was awarded the prestigious Australian Award for University Teaching (AAUT) – Neville Bonner Award in 2021 “For leadership that empowers Indigenous midwifery students by connecting communities and higher education: connecting two worlds”.



Ray Lovett is of the Ngiyampaa/Wongaibon people. He is a research fellow at the National Centre for Epidemiology and Population Health at the Australian National University (ANU), where he continues to work on large-scale cohort studies with the aim of improving care delivery in Aboriginal and Torres Strait Islander health. Ray also supports and supervises other Aboriginal and Torres Strait Islander scholars at the ANU. He has a Bachelor of Nursing, Bachelor of Health Science (Public Health), a Master of Applied Epidemiology and a PhD in epidemiology. He has practised across the spectrum of the health system, including in the emergency department, neurosurgery and coronary care. He has also worked in rural hospitals and as an Aboriginal health worker in community health and in aged care. Ray has moved into primary healthcare, and specifically into Aboriginal community-controlled health, where he has worked as a Registered Nurse and administrator.



Professor Dan McAullay is an Australian academic and health professional, currently serving as the Dean of Kurongkurl Katitjin and Director of Aboriginal Research at Edith Cowan University (ECU) in Perth, Western Australia. He is a Registered Nurse with a background in epidemiology and primary healthcare, holding postgraduate qualifications at both the master's and doctoral levels. Professor McAullay has considerable experience in Aboriginal health research, policy and practice, with a particular focus on maternal, infant and child health, as well as primary healthcare and health services research. He is a member of the Noongar community of the southwest of Western Australia and has worked in senior positions within the tertiary education sector, as well as providing advice to government departments and non-government organisations. His research track record is strong, with numerous grants, published works and leadership roles in major health research initiatives. Professor McAullay is recognised for his analytical skills, program development, healthcare management and data analysis expertise.



Hayley Mongta RN/RM, BNur, MMid is a Lecturer in Nursing at Griffith University, Queensland and a proud Gunaikurnai woman. She has seventeen years' nursing experience and thirteen years' experience as a midwife, with extensive clinical expertise spanning general nursing, midwifery and neonatal care, as well as community-based practice and health education. Hayley's professional interests include Aboriginal and Torres Strait Islander health, nursing education and culturally safe practice. She has contributed to research exploring the support of newly graduated Aboriginal and Torres Strait Islander nurses in their transition to practice and the role of consumer engagement in the teaching and learning of health

professional students. Hayley serves as a member of the advisory board for the Leaders in Indigenous Nursing and Midwifery Education Network (LINMEN) and as an Associate Editor for the *Journal of the Australian Indigenous HealthInfoNet*.



Francis Nona is a proud descendant of the Dhoebaw clan of Saibai Island, with strong cultural ties to Badu Island in the Torres Strait. He is a Registered Nurse with extensive experience across clinical practice, community health and academia. Francis has previously served as the director of an Indigenous community-controlled health service and worked as a lecturer and researcher with the University of Queensland's School of Public Health and the Carumba Institute at the Queensland University of Technology (QUT) before joining QUT's School of Medicine. Grounded in a strong cultural upbringing, Francis brings deep knowledge of cultural engagement and protocol, combined with a broad understanding of the health system as it applies to both First Nations and non-Indigenous Australians. His work is shaped by a commitment to improving health equity, strengthening community partnerships and embedding cultural perspectives in healthcare and education.



Tamara Power is a Wiradjuri woman, Professor of Nursing and Horizon Educator at the University of Sydney. Her teaching and research are grounded in relational pedagogy, cultural safety and decolonising approaches that honour the strength and survival of Aboriginal and Torres Strait Islander peoples. With a Bachelor of Nursing (Honours), Graduate Certificates in Higher Education and Diabetes Education and Management and a PhD in Nursing, Tamara brings over two decades of experience across clinical, community, educational and research settings. A former intensive care nurse and diabetes educator, she champions trauma-informed, person-centred and culturally accountable care. Her teaching fosters empathy, critical reflection and truth-telling, guiding students to integrate technical skill with relational and ethical responsiveness. Her research advances health equity and chronic condition care for Aboriginal communities, including work examining how structural factors shape diabetes outcomes. She leads innovative curriculum and simulation design, reshaping how nursing students understand chronic illness, self-management and end-of-life care. Living on Dharug and Gundungurra Country in the Blue Mountains, Tamara tends a rewilding project that reflects her commitment to renewal, restoration and relationship with Country, community and culture.



Mel Robinson is a researcher, an experienced clinical nurse and an expert and leader in the Aboriginal workforce and pathways in health and cultural safety. Mel has cultural connections to the Gidja and Ngarinyin people of the Kimberley in Western Australia. She has worked in diverse roles in nursing over the past 35 years, including clinical practice, education and policy. Mel is also passionate about supporting young Aboriginal and Torres Strait Islander people. Having grown up on Gibb River Station on Nallagunda community before moving to Derby as a young girl, she has a connection with the health challenges faced by rural and remote communities. During her

career, Mel has worked at hospitals in Derby, Fitzroy Crossing and Perth, as well as in aged care services in Derby and Dublin, Ireland. Mel worked at Princess Margaret Hospital from 1999 to 2008 and in 2018 she was the Acting Director of Aboriginal Health at the Child and Adolescent Health Service. Mel has also worked as a nurse educator at Marr Mooditj Training and in policy in the Western Australian Department of Health. She completed a master's degree in nursing research at the University of Notre Dame Australia in 2018. In 2019–20, she was employed at the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM) as the Chief Executive Officer and in 2020 at Ngangk Yira Murdoch University as an Aboriginal Research and Engagement Fellow. In late 2020, Mel commenced as the Director Aboriginal Health at Child and Adolescent Health Service. In this role, she provides strategic advice and input into policies and programs across the health service, including increasing the Aboriginal and Torres Strait Islander workforce, ensuring cultural safety for Aboriginal and Torres Strait Islander children and young people (including in acute care, mental and community health) and implementation of the WA Aboriginal Health and Wellbeing Framework 2015–2030.



Hylda Poipoi (Wapau) is a proud Ayth Koedal woman from Zenadth Kes (Torres Strait Islands) and the Director of Nursing and Midwifery – First Nations with Torres and Cape Hospital and Health Service. With more than two decades of experience in nursing, leadership and community health, Hylda's work is grounded in cultural integrity, equity and the wellbeing of First Nations peoples. Her leadership is defined by a strong commitment to embedding cultural safety, truth-telling and First Nations governance across Queensland health systems. Hylda is passionate about developing pathways that grow, support and sustain Aboriginal and Torres Strait Islander nurses and midwives, ensuring that cultural knowledge, kinship, and relational accountability sits at the heart of care. Through her strategic and community-led approach, Hylda continues to strengthen the voice, visibility and influence of First Nations leadership within the health system, driving systemic change that honours both culture and country.



Beck Thompson is a descendant of the Worimi people and shares close adoptive connections to the Warlpiri and Kaiadilt peoples. Beck came to nursing as a mature-age student, graduating in 2020 from the University of New England, Armidale, New South Wales. She has spent the past five years working in remote Indigenous health in remote area nurse, clinical nurse consultant, department lead and remote clinic manager roles in Cape York, the Gulf of Carpentaria, the Nullarbor, the Central Desert and the Tanami Desert. Beck currently works with an Aboriginal community-controlled health service in West Arnhem Land and is undertaking postgraduate studies at the University of Tasmania in the field of remote and extreme environment medicine. Beck is a passionate writer and presenter on the topics of austere and remote environment medicine, remote Indigenous health inequities and Indigenous health policy. She is also a practising contemporary Aboriginal artist whose work has featured in several exhibitions and in the Sydney Gay and Lesbian Mardi Gras.



Kristin Waqanaviti is a clinical psychiatric nurse of mixed heritage from Far North Queensland. On her maternal great grandmother’s side, she is connected to the Waanyi people and her maternal grandparents are of Torres Strait Islander descent. Kristin’s father is an Indigenous Fijian, an iTaukei of the Naocodogo people and Kauna Clan of Rewa and Suva region. Kristin was raised in Cairns, Townsville and Brisbane, and spent time in rural Fiji and Alice Springs. Kristin is an authorised mental health practitioner currently working for Queensland Health and attained her undergraduate degree in Registered Nursing through Deakin University’s Institute of Koorie Education. She has worked in aged care and acute settings before discovering her niche in a medium secure psychiatric unit in the Townsville Hospital. Kristin completed her Master’s of Mental Health Nursing at the University of Newcastle and is currently working towards her next postgraduate qualification with the aim of effecting change for Aboriginal and Torres Strait Islander people experiencing mainstream service delivery in Queensland.



Rhonda Wilson RN CMHN PhD is a descendant of the Wiradjuri people on her grandmother’s side of the family. She was born and raised on Aniwawan Land, a place and people for which she has a deep and enduring respect. Having lived in many places, among many cultures, she now lives respectfully on Darkinjung Country. Rhonda is an internationally recognised mental health nursing scientist with a research focus on digital health interventions. She has published widely in journals, books and conference presentations throughout the world. She is Professor of Mental Health Nursing, RMIT University, Australia. She is President of the Australian College of Mental Health Nurses. She is a Registered Nurse and a credentialled mental health nurse in Australia. She has worked across a variety of roles as a clinical nurse, researcher and academic in Australia, Denmark, New Zealand and Spain over the past 38 years. Most of her career has been in rural and regional locations across eastern Australia. Rhonda returned to Australia in 2019 after living and working in Denmark (University of Southern Denmark), where she was employed as Associate Professor of E Mental Health and Director of a Telepsychiatric Research Centre in the (health) region of Southern Denmark (RSD) and affiliated with the Center for Psychiatric Nursing Research Denmark. She microblogs as @RhondaWilsonMHN on Bluesky or as @ProfRhondaWilson on LinkedIn. Aligned with the principles of *yindyamarra*, and as a matter of cultural obligation and urgency, she aims to continuously produce culturally safe scientific evidence towards strengthening and improving the health and social and emotional wellbeing outcomes of First Nations Peoples.

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Aboriginal Elder Ivy Molly Booth gifted the word *Yatdjuligin* to the authors to use as the title of this textbook. The word *Yatdjuligin* translates to ‘talking in a good way’. For Wakgun people, the process of *Yatdjuligin* is deeply embedded in learning. Odette is the granddaughter of Ivy Booth.

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Acronyms and abbreviations

AAQA	Australian Aged Care Quality Agency
ABS	Australian Bureau of Statistics
ACCHO	Aboriginal Community Controlled Health Organisation
ACCHS	Aboriginal Community Controlled Health Service
ACES	Aboriginal Community Elders Service
ACS	adverse childhood experience
ACSCDS	Aged Care Sector Committee Diversity Sub-group
ACSQHC	Australian Commission on Safety and Quality in Health Care
AEDC	Australian Early Development Census
AH & MRCNSW	Aboriginal Health and Medical Research Council of New South Wales
AHCSA	Aboriginal Health Council of South Australia
AHCWA	Aboriginal Health Council of Western Australia
AHMAC	Australian Health Ministers Advisory Council
AHP	Aboriginal health practitioner
AHPRA	Australian Health Practitioner Regulations Agency
AHRC	Australian Human Rights Commission
AHWLO	Aboriginal health worker and liaison officer
AIATSIS	Australian Institute of Aboriginal and Torres Strait Islander Studies
AIFS	Australian Institute of Family Studies
AIHW	Australian Institute of Health and Welfare
AIN	assistant in nursing
ALRC	Australian Law Reform Commission
ALS	advanced life support
AMS	Aboriginal Medical Service
AMSANT	Aboriginal Medical Services Alliance Northern Territory
ANAO	Australian National Audit Office
ANFPP	Australian Nurse Family Partnership Program
ANMAC	Australian Nursing and Midwifery Accreditation Council
APA	American Psychiatric Association
AR6	IPCC's Sixth Assessment Report
ARC	Australian Research Council
ARHD	acute rheumatic heart disease
ATSICHS	Aboriginal and Torres Strait Islander Community Health Service
ATSIHP	Aboriginal and Torres Strait Islander health practitioner
ATSIHPBA	Aboriginal and Torres Strait Islander Health Practice Board of Australia
ATSIHW	Aboriginal and Torres Strait Islander health worker
ATSISEP	Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project
AWHN	Australian Women's Health Network

AWHN-TC	Australian Women’s Health Network Talking Circle
BATSIHS	Brisbane Aboriginal and Torres Strait Islander Health Service
BiOC	Birthing in Our Community
CAAC	Central Australian Aboriginal Congress
CAEPR	Centre for Aboriginal Policy Research, ANU
CARPA	Central Australian Rural Practitioner Association
CATSINaM	Congress of Aboriginal and Torres Strait Islander Nurses and Midwives
CEO	chief executive officer
CLC	Central Land Council
COAG	Council of Australian Governments
COP	Conference of the Parties
CRANA	Council of Remote Area Nurses of Australia
CRAHA	Cooperative Research Centre for Aboriginal Health
DAA	Department of Aboriginal Affairs
DAA	dose administration aid
DART	Dengue Action Response Team
DATSIPD	Department of Aboriginal and Torres Strait Islander Policy and Development
DFAT	Department of Foreign Affairs and Trade
DHA	Department of Health and Ageing
DHAC	Department of Health and Aged Care
DHDA	Department of Health, Disability and Ageing
DHWA	Department of Health Western Australia
DMF	Decision-making Framework for Nursing and Midwifery
DMO	District Medical Officer
DPMC	Department of the Prime Minister and Cabinet
DSM	Diagnostic and Statistical Manual
ECT	electroconvulsive therapies
ED	emergency department
EDIS	Emergency Department Information System
FASD	Foetal Alcohol Spectrum Disorder
FCAATSI	Federal Council for the Advancement of Aborigines and Torres Strait Islanders
GDM	gestational diabetes mellitus (GDM)
GDP	Gross Domestic Product
GP	general practitioner
GTN	glycerol trinitrate
HACC	Home and Community Care
HEAL	Healthy Environments and Lives network
HIV	human immunodeficiency virus
HPF	Health Performance Framework
HREC	Human Research Ethics Committee
HREOC	Human Rights and Equal Opportunity Commission
HRSCAA	House of Representatives Standing Committee on Aboriginal Affairs
HWA	Health Workforce Australia
IAHA	Indigenous Allied Health Australia
ICN	International Council of Nurses
ICU	intensive care unit
IHP	Indigenous health practitioner

IHW	Indigenous health worker
ILO	Indigenous liaison officer
IPCC	Intergovernmental Panel on Climate Change
IUIH	Institute for Urban Indigenous Health
IV	intravenous
JE	Japanese Encephalitis
K5	five-item Kessler Psychological Distress Scale
KHRCDU	Koori Health Research and Community Development Unit
LBW	low birthweight
LGBTIQA+	lesbian, gay, bisexual, transgender, intersex, queer, asexual and other
LMS	London Missionary Society
MEC	maternal emergency care
MGP	midwifery group practice
MSM	men who have sex with men
NAATSIHWP	National Association of Aboriginal and Torres Strait Islander Health Workers and Practitioners
NACCHO	National Aboriginal community-controlled health organisation
NAHSWP	National Aboriginal Health Strategy Working Party
NATSIFACP	National Aboriginal and Torres Strait Islander Flexible Aged Care Program
NATSIHMS	National Aboriginal and Torres Strait Islander Health Measures Survey
NATSIHP	National Aboriginal and Torres Strait Islander Health Plan 2013–2023
NATSIHWA	National Aboriginal and Torres Strait Islander Health Worker Association
NCNZ	Nursing Council of New Zealand
NGO	non-government organisation
NHMRC	National Health and Medical Research Council
NIAA	National Indigenous Australians Agency
NMBA	Nursing and Midwifery Board of Australia
NMHC	National Mental Health Commission
NP	Nurse Practitioner
NRAS	National Registration and Accreditation Scheme
NSLHD	North Sydney Local Health District
NSSI	non-suicidal self-injury
OM	otitis media
PALS	paediatric life support
PAR	participatory action research
PCCM	<i>Primary Clinical Care Manual</i>
PHCC	Primary health care centre
PNABC	Pathfinders National Aboriginal Birth Certificate Program
PNG	Papua New Guinea
PPM	private practising midwives
QAIHC	Queensland Aboriginal and Islander Health Council
QAIHF	Queensland Aboriginal and Islander Health Forum
QPC	Queensland Productivity Commission
RAAHS	Remote Area Aboriginal Health Services
RAN	remote-area nurse
REC	remote emergency care
RFDS	Royal Flying Doctor Service

RHSQ	Royal Historical Society of Queensland
RIPERN	Remote Isolated Practice Endorsed Registered Nurse
RMC	remote maternal care
RN	Registered Nurse
SAHMRI	South Australian Health & Medical Research Institute
SDoH	social determinants of health
SEWB	social and emotional wellbeing
SIDS	Sudden Infant Death Syndrome
STI	sexually transmitted infection
SUDI	Sudden Unexpected Death in Infancy
TAIHS	Townsville Aboriginal and Islander Health Service
TCHHS	Torres and Cape Hospital and Health Services
TSIMA	Torres Strait Islander Media Association
TSMPHC	Torres Strait Model for Primary Health Care
TSRA	Torres Strait Regional Authority
UAI	unprotected anal intercourse
UHCW	unregulated healthcare worker
VACCHO	Victorian Aboriginal Community Controlled Health Organisation
VAHS	Victorian Aboriginal Health Services
WHO	World Health Organization
YBFS	Year Before Fulltime Schooling