

Yatdjuligin

Aboriginal and Torres Strait Islander Nursing and Midwifery Care

Second edition

Yatdjuligin: Aboriginal and Torres Strait Islander Nursing and Midwifery Care introduces students to the fundamentals of the health care of Indigenous Australians from the perspectives of both the patient and the professional. Designed for both non-Indigenous and Indigenous nurses and midwives who will work with Aboriginal and Torres Strait Islander patients, this book addresses the relationship between Aboriginal and Torres Strait Islander cultures and mainstream health services, and prepares students for practice in a variety of contexts.

Fully updated to reflect the latest research, this new edition includes new chapters on child health and mental health. Each topic is closely linked to the idea of cultural safety, and is supported by key terms, reflective questions, case studies, learning activities and lists of further reading. Updated online resources provide lecturers with materials to support student learning.

Written by leading Aboriginal and Torres Strait Islander nursing and midwifery academics and practising nurses, *Yatdjuligin* is an indispensable resource that encourages students to reflect on their values and attitudes towards Indigenous people and health.

Odette Best is Associate Professor, School of Nursing and Midwifery at the University of Southern Queensland (Ipswich Campus).

Bronwyn Fredericks is Professor and Pro Vice-Chancellor (Indigenous Engagement) and BHP Billiton Mitsubishi Alliance Chair in Indigenous Engagement at Central Queensland University.

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Edited by Odette Best, Bronwyn Fredericks

Frontmatter

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Foreword

I am honoured by the invitation of Dr Odette Best to present a foreword to this vitally important book. I write mindful of the debt of gratitude I owe to Sister Alison Bush – loved, admired, respected nurse and midwife who shared her understandings and wisdom with me about mothers, babies and birthing, and so much more. My friendship with her mother, Connie, was important and influential throughout my life and for my family, too.

Yatdjuligin: Aboriginal and Torres Strait Islander Nursing and Midwifery Care is a very welcome and much needed textbook for nursing and midwifery students and their teachers. It will be a valuable reference for practitioners, researchers and all those with a commitment to improving Indigenous health.

Understanding the unique health needs of Aboriginal and Torres Strait Islander people is critical to *closing the gap* – to addressing the disparities that continue between Indigenous and non-Indigenous Australians. Current life differentials demonstrate the lack of efficiency in health service provision for Indigenous people. This is a matter of deep concern for Australians across our country.

This splendid text highlights, indeed celebrates, the achievements and contributions of Aboriginal and Torres Strait Islander nurses and midwives working in so many fields of their profession. What shines through the profiles of contributors is the breadth of their experience, their rigorous scholarship and their dedication to demanding roles and responsibilities often undertaken in tough environments. At the heart of their work is the way they create culturally safe nursing and midwifery practices. Their capacity to do so stems from the personal and the professional – through the lenses of Indigeneity and Western nursing and midwifery training.

I am inspired by the generous spirit of the editors and contributors in their insistence that the knowledge and skill that their work signifies can be learned by non-Indigenous people; that the ability to be culturally safe can be acquired by others.

Non-Indigenous people want to ‘get it right’ for and with Aboriginal and Torres Strait Islander people. Non-Indigenous nurses and midwives are keen to learn from their Indigenous colleagues about cultural practices that will enrich and enhance their professional skills and expertise.

I hold nurses and midwives in the highest esteem. I am exhilarated by the number of Indigenous women and men I see graduating from our universities in these fields. Each year we see more role models, more fine examples for young ones to follow into careers in practice in urban, rural, regional and remote Australia, in research, in teaching, in policy development and programs. *Yatdjuligin* will play a key role in their education and training in setting firm foundations for their futures.

I congratulate Dr Best and Professor Bronwyn Fredericks on their scholarship and their leadership. This book will be acclaimed by all who want to be part of the urgent task of closing the gap.

The Honourable Quentin Bryce AD CVO

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Contributors



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. At 99 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 great-great-grandmother to a large and extended family across Woorabinda and Rockhampton in Queensland and further afield in New South Wales and Victoria. Ivy Molly Booth gifted the editors of this text 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 people. Odette is Associate Professor, School of Nursing and Midwifery at the University of Southern Queensland (Ipswich Campus). She 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), Master of Philosophy and a PhD. Odette has worked extensively in the area of Aboriginal health, as a sexual health coordinator and within the women's and youth prison systems in Brisbane. In 1998 Odette moved into the tertiary sector. 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 a Murri woman from south-east Queensland, Brisbane/Ipswich region. She is Professor and Pro Vice-Chancellor (Indigenous Engagement) and BHP Billiton Mitsubishi Alliance Chair in Indigenous Engagement at Central Queensland University. Bronwyn holds a Diploma in Teaching (Secondary), Bachelor of Education, Master of Education, Master of Education Studies, PhD, Justice of the Peace (Qual.), Certificate IV in Community Culture and Certificate IV in Training and Assessment. In 2016, Bronwyn was appointed as a Commissioner with the Queensland Productivity Commission (QPC) to lead the Inquiry into service delivery in Queensland's remote and discrete Indigenous communities. Bronwyn has worked with health departments at both state and federal levels, and has over 30 years of involvement in Aboriginal and Torres Strait Islander community-based organisations. She is a past recipient of a National Health and Medical Research Council Post-Doctoral Fellowship and an Australian Endeavour Award. She is research lead in the health node of the Australian

Research Council-funded National Indigenous Researchers and Knowledges Network (NIRAKN), and a member of the Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS) Research Advisory Committee (RAC) and the Native American and Indigenous Studies Association (NAISA). She is a Board Member of the Central Queensland Regional Aboriginal and Islander Health Organisation (CQRAICCHO) and a member of the Beyond Blue Research Advisory Committee.



Gracelyn Smallwood is a Birrigubba, Kalkadoon and South Sea Islander woman originating from Townsville. She is Professor of Nursing and Midwifery/Community Engagement at Central Queensland University in Townsville. She is a Registered Nurse and a Registered Midwife. In 1986, Gracelyn was awarded Queensland Aboriginal of the Year and in 1992 was awarded an Order of Australia for services to public health, particularly HIV-AIDS education. In 1993, she became the first Indigenous Australian to receive a Master of Science in Public Health from James Cook University. Gracelyn is a member of numerous healthcare boards and councils around the world. In 2007, she was awarded the Deadly Award for Outstanding Lifetime Achievement in Indigenous Health. In 2013, she was awarded the United Nations Association of Australia Queensland Community Award – Individual. In 2014, she received the NAIDOC Person of the Year award. She was awarded the Lifetime Achievement Award by the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM).



Mick Adams is a descendent 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 Central Western Northern Territory (on his mother's side) and extended family relationship with the people of the Torres Strait, Warlpiri (Yuedumu) and East Arnhem Land (Gurrumaru) communities. He is a Senior Research Fellow with the Australian Indigenous HealthInfoNet at Edith Cowan University in Perth, Adjunct Professor in the School of Public Health, Queensland University of Technology, and is a member of NIRAKN. Mick 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 committees. He was awarded the Queensland University of Technology 2010 Chancellor's Outstanding Alumnus Award, the Queensland University of Technology 2010 Faculty of Health Outstanding Alumnus Award, and recently received an Elders award from the Aboriginal and Torres Strait Islander Higher Education Advisory Council.



Ali Drummond grew up on Thursday Island. His mother's people include a number of tribes from the Eastern Islands of the Torres Strait and his father's are the Wuthathi and Yadaigana people of northern Queensland. Ali is a lecturer in the School of Nursing at QUT. He is also a board director at the Lowitja Institute, Australia's only national Aboriginal and Torres Strait Islander health research institute, and is a member of the National Health and Medical Research Council's Principal Committee Indigenous Caucus. He is a Registered Nurse whose 11 years of experience spans clinical nursing (primary health care and orthopaedics), Aboriginal and Torres Strait Islander health

policy, and nursing education and research. Ali completed his Bachelor of Nursing at James Cook University (JCU) as one of the three inaugural graduates of the Thursday Island campus. He was recognised by JCU as an Early Career Alumni in 2012 for his professional achievements. Ali holds a Graduate Certificate in Academic Practice and a Masters of International Public Health. He is currently enrolled in the Masters of Applied Science (Research) at QUT, researching the impact of Australian Nursing and Midwifery Accreditation Council accreditation requirements on nursing academics and the local Aboriginal and Torres Strait Islander communities.



Doseena Fergie has ancestral lines from Mabuag Island in the Torres Straits, Wuthathi mob from Cape York and Ambonese heritage from Indonesia. She is a Lecturer and Early Career Researcher at the Australian Catholic University. Doseena is a Registered Nurse and Midwife who completed her PhD thesis on Indigenous post-natal depression. She has received awards for her advocacy work for Aboriginal and Torres Strait Islanders' health and wellbeing. She was inducted into the 2016 Victorian Women's Roll of Honour and received a Churchill Trust Fellowship scholarship to further her research into issues concerning First Peoples around the world.

Doseena is also the inaugural Fellow of the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM).



Donna Hartz (RN, RM, M Mid Studies, PhD, Fellow ACM) identifies as a descendent of her grandmother's people, Kamillaroi. Donna is a midwife and nurse with 33 years' experience as a clinician, educator, lecturer, manager, consultant and researcher. She has worked at a variety of tertiary and metropolitan maternity services and universities in New South Wales. She is an Academic Leader at the University of Sydney's National Centre for Cultural Competence, following a postdoctoral fellowship with the Poche Centre for Indigenous Health (Sydney) where she remains a senior nursing and midwifery advisor. She is a member of the working group for the collaborative Birth on Country project and Secretary of the Board of the Rhodanthe Lipsett Indigenous midwifery charitable trust, a NFPO that provides scholarships and small grants to help Aboriginal

and Torres Strait Islander people access midwifery education, complete studies and engage in ongoing professional development.



Machellee Kosiak is a Wiradjuri woman whose family ties are in country New South Wales. Machellee is a Registered Nurse and practising endorsed midwife, and has worked in a variety of maternity settings over 25 years. 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 and is undertaking a Masters of Midwifery (Research), with a research program entitled 'Facilitators and challenges faced by Indigenous Bachelor of Midwifery students'. Machellee's postgraduate rotations were in intensive care, emergency, surgical and oncology

wards, where she observed how Indigenous women and women from other cultures were treated. She helped establish the Murri Clinic at the Mater Mothers Public Hospital in Brisbane (the first midwifery-led, all-risk antenatal clinic for Aboriginal and Torres Strait Islander women) and the Indigenous birthing service at Caboolture, named by the Aunties as 'Ngarrama'. Machellee is an inaugural board member of the Rhodanthe Lipsett Indigenous midwifery trust.



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, 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 Australian National University and the University of Canberra. Ray holds a Bachelor of Nursing studies, Bachelor of Health Science (Public Health), a Master of Applied Epidemiology and a PhD in epidemiology. Ray has practised across the spectrum of the health system, including 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 health care and specifically into Aboriginal community controlled health, where he has worked as a Registered Nurse and administrator.



Nicole Ramsamy is an Aboriginal and Torres Strait Islander woman, raised in Cairns. Her maternal side is the Kuku Yalanji from Bloomfield, Far North Queensland and her paternal family is from Boigu Island in the Torres Strait. Nicole is the Nurse Practitioner at the Weipa Integrated Health Service and the Napranum Primary Health Care Centre in a remote mining town and remote Aboriginal community. She is a Registered Nurse, Registered Midwife and Nurse Practitioner, endorsed in rural and remote nursing. For most of her nursing career she has lived in remote communities, and has worked for Queensland Health as a clinical nurse and clinical nurse-consultant and relieved in the Director of Nursing and Midwifery role.



Juanita Sherwood is a proud Wiradjuri woman. She is Professor and Academic Director at the National Centre for Cultural Competence at the University of Sydney. She is a Registered Nurse, teacher, lecturer, researcher and manager with a depth of working experiences of some 30 years in Aboriginal and Torres Strait Islander health and education. She has a PhD from the University of New South Wales, and has previously worked in lecturing, research, management and consultative roles in health, education and Indigenous studies.



Raelene Ward (nee McKellar, Monaghan) is an Aboriginal woman originating from Cunnamulla. She is a descendant of the Kunja traditional owner group of Cunnamulla and surrounding areas on her grandfather's side, and her grandmother is a descendant of the Kooma people, also from south-west Queensland. Raelene has been a practising clinical nurse for the last 26 years, focusing clinical work and research on suicide prevention, Aboriginal health, social and emotional wellbeing and mental health in the broader areas of social justice and determinants of Aboriginal health. She holds a Masters in Health (research-based) and a PhD. In 2010, Raelene was awarded the Suicide Prevention Australia (SPA) LIFE Award – Indigenous Category for a unique and creative health program, a service partner-

ship encompassing the holistic and social view of health (physical, emotional, cultural and spiritual) and wellbeing of Indigenous individuals and communities in promoting suicide prevention across the Darling Downs and South West Queensland.

Acknowledgements

As is custom, we begin by acknowledging the Indigenous custodians across this nation, now known as Australia. We honour our collective Elders, past and present and emerging. We hope that they find this work honourable and join with us in seeing this as a contribution to the continuity of Indigenous knowledges and peoples.

We offer our deepest respect and appreciation to Wakgun Elder Ivy Molly Booth as the gifter of language for this textbook. Her gift enabled all of us to maintain a focus on the goal and the process of learning and talking in a good way.

A special thank you to the Cambridge University Press team for believing that this textbook was needed and for commitment to working with us in a way that did not diminish the voices of Aboriginal and Torres Strait Islander nurses, midwives and health specialists. The team enabled and supported our collective voices to bring this text to fruition, to fill the identified gap within the nursing and midwifery curriculum.

Odette and Bronwyn wish to thank all of the authors for their dedicated time and commitment to not only creating the first text of its kind in Australia, but also for realising the effect this textbook will have on the gap in life differentials that remain between Indigenous and non-Indigenous Australians. A special mention to their families and communities for supporting them and for allowing them the space to produce this work and to be part of this book.

We thank each other for sharing the dream, the belief that we could do it, the laughs, tears, the joy in seeing it realised. *Yatdjuligin* fills a gap and we understand the difference it has the capacity to make, for now and into the future.