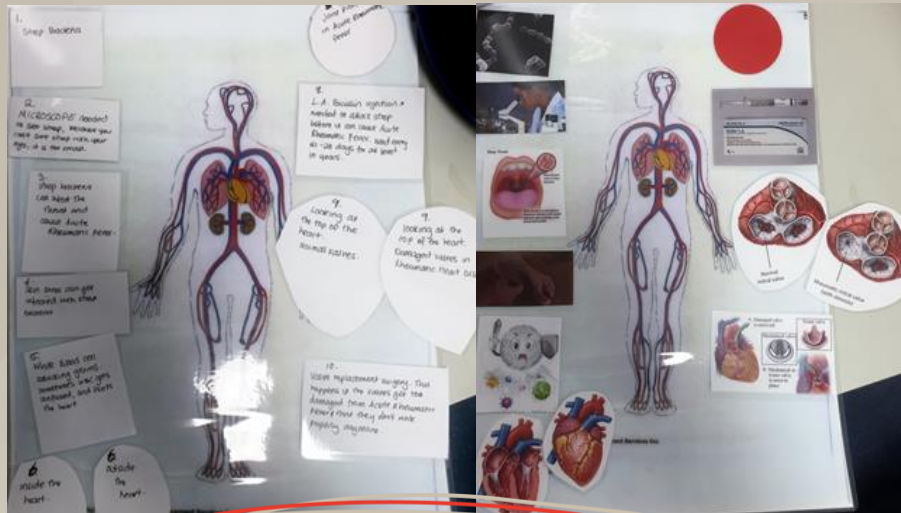


### Sharing success stories: Yirrkala Health Centre creates RHD Story for patient education

You can create your own tools that work for you, in your clinic, and with your specific patients. All it takes is a little creativity and time. The below pictures are an example of a visual explanation of the "RHD" story. It was put together by Patricia Nundirribala, who is an AHP at Yirrkala Health Centre. Patricia wanted a resource that had a large picture of a person, and some smaller images that explain the RHD story. She particularly wanted to describe what the Bicillin injections do, and why they help prevent RHD. She created an A3 poster, with 10 parts to the RHD story which are told using small laminated pictures that can be stuck onto the poster whilst telling the story. The back of the pictures includes a brief explanation. After testing the poster with a patient Patricia said that she could see the patient was very engaged and said that he understood RHD better now.



### Issue 5 January 2016

**Welcome** to the fifth newsletter from the Improving Secondary Prophylaxis (SP) for Rheumatic Heart Disease (RHD) research project. In our quarterly newsletter we share stories from participating health centres: What works in their community, how they are improving their processes for RHD care, and how the project is supporting their work.

#### What is the project about?

Our project is titled 'Improving delivery of Secondary Prophylaxis for Rheumatic Heart Disease.' The aim of our study is to assist health centres to maximise efforts to deliver Secondary Prophylaxis.

#### What do we do?

We are implementing a package of activities to optimise clinical care and quality improvement in NT health centres to increase adherence to SP. Our project team visits each participating clinic 2-3 times during the beginning of the project to learn about SP processes. Together with clinic staff we developed a tailored Action Plan which includes a variety of activities, all designed to improve SP delivery. We then visit each clinic monthly for 15 months, to support the staff to implement their Action Plan.

#### What is our goal?

If successful, the activity package we are testing could be used by health centres across the NT and beyond - which would hopefully see significant reductions in Acute Rheumatic Fever recurrence rates and severity, and prevalence of RHD.

#### Who do we work with?

We are working with ten health centres across the NT, in collaboration with the NT RHD Control Program, RHD Australia and other stakeholders.

*Tell us about it:  
Would you like the work that your clinic is doing around ARF/RHD to be featured in our next newsletter? We are always on the lookout for stories about the great work that is occurring across the NT. Contact us if you have a story to share!*

## Education material for RHD

There is a lot of education material available for ARF/RHD both within Australia and internationally. The RHD Australia website is a great place to start if you are looking for patient and/or staff education tools. Resources are available in various formats such as videos, flipcharts, brochures, and posters. Follow the links below to access just a few of the great resources available online:

Link: [Take Heart Public Service Announcement](#); [Take Heart – Official Teaser](#) ; [Sticking to Treatment](#); [Lajamanu Heart Song](#)

### Staff education tools

RHD Australia offers a range of excellent staff education tools on their website. There are 5 Health Worker Modules and 15 Clinician Modules that are eligible for CPD points. Each module takes approximately 30 minutes, and participants will receive a certificate upon successfully completing the modules. The modules include information on the prevention, diagnosis and management of ARF/RHD. The modules are useful for all clinicians working in Primary Health Care, whether you are new to working in the NT, or a seasoned clinician. One midwife at an East Arnhem Land clinic commented that the modules helped her to recognize the symptoms of ARF in a patient.



Don't forget to download the RHD Australia app. It is available on Iphone and Android, and includes a handy diagnosis calculator. It is free to download, and once on your device it works offline.

### Thank you, Kerstin!

We are sad to say goodbye to Kerstin Bycroft, who worked as the Project Coordinator and Acting Project Manager. Kerstin has taken an exciting opportunity working for the World Health Organization in Geneva. Her contribution to the RHD SP project has been invaluable. We wish her all the best!



*Check out the RHD Australia website for some great educational resources*

*RHD Australia modules earn CPD points!*