



Newsletter

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In this issue:

- Workshop Three
- Presentations at the AIATSIS Conference and to the Department of Prime Minister and Cabinet in Canberra

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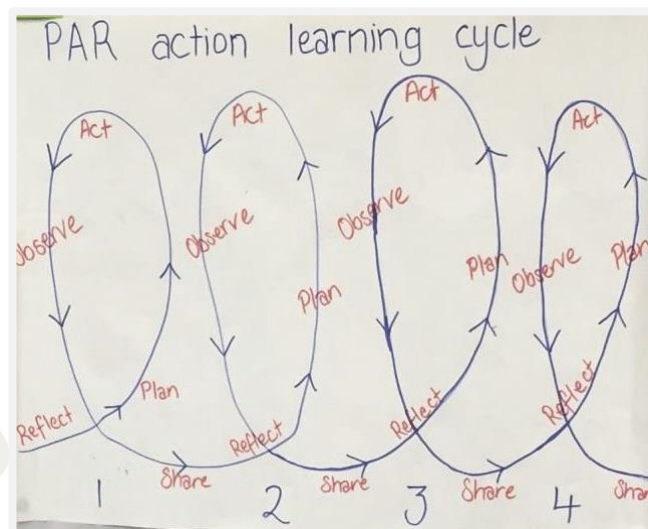
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Patient-led PAR Project

Developing a patient-led component of cultural awareness training:
Project Update

The Patient-led PAR project is a participatory action research project bringing together renal patients and renal nurses in Alice Springs to build relationships and increase understanding.



Above: The PAR cycle as presented in Workshop One

Participatory action research facilitates an iterative learning cycle of reflecting, planning, acting, observing and sharing to engage stakeholders in identifying issues and planning, implementing and adapting actions to achieve the desired change.

Hello friends of the project!

It's been a busy six months with two workshops, three presentations and reflective planning workshops in between for the co-researchers.

As a team we have been reflecting, learning and planning as the project progresses. Engagement with nurses has continued to be really positive and short video interviews have been recorded to capture this important learning experience.

The shared understanding achieved through this participatory action research has helped nurses to develop a deeper understanding of Aboriginal culture in Central Australia and the lived experience of the impact of relocating to access dialysis treatment. It has also developed stronger relationships between the nurses and Aboriginal patient co-researchers.

In March, we were deeply saddened by the loss of Mr Nelson one of our co-researchers. We acknowledge and pay respect to his contribution, his passion for change to improve the lives of Aboriginal people on dialysis and his intellectual input into our work together.

The project manager Georgina Robinson went on leave at the end of February and Bianca Gonos joined the team in early March as a project assistant.

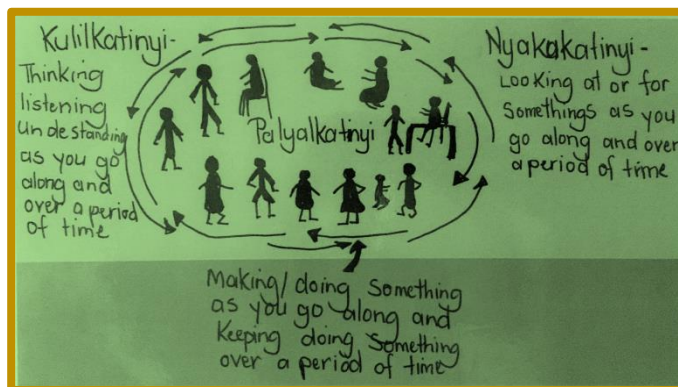
Presentations

Dialysis Models of Care Project Annual Meeting, Darwin

Co-researchers Margaret Heffernan and Irene Nangala travelled to Darwin with Samantha Togni to present on the project at the Dialysis Models of Care Project Annual Meeting hosted by Menzies School of Health Research on 17 February. It was a great opportunity to share the experience of the project and what we are learning with patients and health professionals from the Top End. The presentation was really well received.

AIATSIS Conference & Department of Prime Minister and Cabinet, Canberra

Co-researchers Margaret Heffernan and Irene Nangala together with Samantha and project CI Kerry Taylor travelled to Canberra to present on the project at the AIATSIS Conference in Canberra on 23 March. The presentation was well received and generated some good discussion during question time. We received very positive feedback on the project, with some delegates commenting on how inspiring the project was, especially due to its strong collaborative nature. We were also invited to present on the project to the Department of Prime Minister and Cabinet during our Canberra visit. Again the presentation was very well received and increased awareness of this patient-led initiative.



To the left: Words in the Pitjantjatjara language describing Aboriginal ways of thinking, observing, learning and doing as you go along – that is, how we are working in this project. Picture drawn by an Aboriginal co-researcher, Margaret Heffernan.

Kulilkatinyi, Nyakukatinyi, Palyalkatinyi.

-katinyi in these words indicates motion/action; going along as you do something over time. These concepts and ways of working are similar to the PAR iterative action learning cycles.

Workshop Three

Co-researchers, project facilitators and nurse participants attended this workshop on the 13th of February 2017

- Our aim for this workshop was to reflect on the previous workshops, to learn from each other's experiences and continue to build relationships and understanding.
- We discussed the importance of language and practiced some words and phrases from Pitjantjatjara, Alyawarr, Pintupi Luritja as well as Filipino.
- The co-researchers used drawings to express their experiences of living away from their home communities and families to access dialysis treatment – this had a big impact on the nurses, who gained a deeper understanding of these challenging, life-changing experiences.
- We talked about the challenges of communicating blood test results and what it takes to make people feel comfortable in the dialysis unit.
- We discussed the best way to share our learnings from this project with other audiences.



Above: Artwork completed by co-researchers during meetings and workshops to promote clear thinking

What's next?

Write up of the final workshop and providing feedback to each of the dialysis units. A final report will be completed.