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978-1-107-62530-3 - Yatdjuligin: Aboriginal and Torres Strait Islander Nursing and Midwifery Care

Edited by Odette Best and Bronwyn Fredericks

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Yatdjuligin

Aboriginal and Torres Strait Islander Nursing and Midwifery Care

Yatdjuligin: Aboriginal and Torres Strait Islander Nursing and Midwifery Care introduces students to the fundamentals of the health care of Indigenous Australians from the perspective of both the patient and the professional. It examines the impact of historical, political and sociological factors on the health and wellbeing of Indigenous Australians.

This book is designed for both non-Indigenous and Indigenous nurses, midwives and psychiatric nurses who will work with Aboriginal and Torres Strait Islander patients. It addresses the relationship between Aboriginal and Torres Strait Islander cultures and mainstream health services, and prepares student nurses and midwives for a wide variety of situations and environments. The book includes chapters on the history of health service provision for Australian Indigenous people, gender, midwifery, community controlled health services, remote area nursing, mental health and caring for Indigenous Elders.

Written by a team of Aboriginal and Torres Strait Islander nursing and midwifery academics and practising nurses, the book features case studies and critical thinking questions. Accessible, practical and aligned with current research, *Yatdjuligin* encourages future nurses to reflect upon their values and attitudes towards Indigenous people and health, and empowers them to create culturally safe nursing practices.

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. It belongs to a traditional two-part process of passing on knowledge about their Country, its resources and their uses.

Additional resources for instructors and students are available online at www.cambridge.edu.au/academic/yatdjuligin.

Odette Best is a registered nurse and is Senior Lecturer at the Oodgeroo Unit, Queensland University of Technology.

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

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Please be aware that this publication may contain several variations of Aboriginal and Torres Strait Islander terms and spellings; no disrespect is intended. Please note that the terms 'Indigenous Australians' and 'Aboriginal and Torres Strait Islander peoples' may be used interchangeably in this publication.

Every effort has been made in preparing this book to provide accurate and up-to-date information that is in accord with accepted standards and practice at the time of publication. Although case histories are drawn from actual cases, every effort has been made to disguise the identities of the individuals involved. Nevertheless, the authors, editors and publishers can make no warranties that the information contained herein is totally free from error, not least because clinical standards are constantly changing through research and regulation. The authors, editors and publishers therefore disclaim all liability for direct or consequential damages resulting from the use of material contained in this book. Readers are strongly advised to pay careful attention to information provided by the manufacturer of any drugs or equipment that they plan to use.

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 and 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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Elder Ivy Molly Booth, gifter of language

Ivy Booth nee Darby is the Elder of the Wakgun people of the Gurreng Gurreng Nation. Her country extends north along the Burnett River, west as far as Munduberra and north to Eidsvold along the Dawes Range to Cania Gorge, then east across to Miriamvale and Baffle Creek. The land then extends south, down to Mt Perry and to the Burnett River. Ivy Booth was born at Camboon Station and removed to Taroombinda Aboriginal Settlement in the early 1920s, before again being removed to Woorabinda Mission on its inception in 1927. 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 in Rockhampton, Queensland. Ivy Molly Booth gifted the editors of this text the name *Yatdjuligin*



Odette Best, editor

Dr 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 commenced her training at the Princess Alexandra Hospital in the late 1980s. She holds a Bachelor of Health Sciences (double major in Aboriginal Health and Community Development), Master of Philosophy, with a thesis entitled 'Community Control Theory and Practice: A case study of the Brisbane Aboriginal and Islander Community Health Service', and a Doctor of Philosophy (PhD), with a thesis entitled 'The stories of Aboriginal nurses in Queensland 1950–2005'.



Odette has worked extensively within the area of Indigenous health, with roles such as sexual health coordinator at the Brisbane Aboriginal and Islander Community Health Service and within the women's and youth prison systems in Brisbane for 10 years. In 1998 Odette made the move into the tertiary sector and has been a lecturer at the University of Southern Queensland and senior lecturer in the School of Nursing and Midwifery at Queensland University of Technology (QUT). In 2012, Odette took up the position of senior lecturer in the Oodgeroo Unit, which is the Indigenous Support Unit at QUT, and continues to teach in the nursing program. As an historian of Aboriginal nurses/midwives, Odette is passionate about uncovering and documenting the experiences of Aboriginal nurses and saving them from historical oblivion. Odette is also Ivy Molly Booth's granddaughter.

Bronwyn Fredericks, editor

Dr 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 has worked with health departments at both state and federal levels, and has a long history of involvement in Aboriginal and Torres Strait Islander community based organisations spanning over 30 years. This included 9 years as chairperson of the Bidgerdii Aboriginal and Torres Strait Islander Community Health Service and years of service to other organisations.



Bronwyn undertakes interdisciplinary research and has published in both academic and community publications, including book chapters, articles, prose, critiques and commentaries. 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) and the Native American and Indigenous Studies Association (NAISA). She is also a founding member of the Capricornia Arts Mob (CAM), which is a collective of Indigenous Australian artists based in Central Queensland. She 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 a Certificate IV in Training and Assessment.

Mick Adams

Dr Mick Adams is a descendent of the Yadhigana people of Cape York Peninsula in Queensland, having traditional family ties with the Grindji people of central-western Northern Territory and extended family ties with the peoples of the Torres Strait, Warlpiri (Yuendumu) and East Arnhem Land (Gurrumaru) communities. He is a highly recognised and respected Elder within the Aboriginal and Torres Strait Islander communities. Mick has been heavily involved nationally and locally in Indigenous advocacy and community health organisations for over 30 years, including a term as chairperson of the National Aboriginal Community Controlled Health Organisation (NACCHO), chief executive officer of the Queensland Aboriginal and Islander Health Forum and general manager of both the Brisbane Aboriginal and Islander Community Health Service and Miwatj Health Aboriginal Corporation.



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Mick's PhD research enabled him to develop and utilise appropriate methodologies for research with Aboriginal and Torres Strait Islander men, along with implementing culturally safe processes and protocols necessary to ensure a research project's success in future research. He holds a Master of Arts (Indigenous Research & Development), Bachelor of Social Work and Bachelor of Applied Science (Aboriginal Community Management and Development). He is a Research Fellow with the AIATSIS's Centre for Health and Wellbeing; an Adjunct Professor, School Public Health, Queensland University of Technology; and a member of NIRAKN.

Ali Drummond

Ali Drummond grew up on Thursday Island. His mother's people are the Dauareb people of the Murray Islands and his father's are the Wuthathi and Yadaigana people of northern Queensland. Ali is a registered nurse whose 9 years of experience spans clinical nursing (primary health care and orthopaedics), Aboriginal and Torres Strait Islander health policy, and nursing education and training. He has contributed to a number of nursing textbooks, focusing on optimising Australia's nursing contribution to Aboriginal and Torres Strait Islander health.



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 has also completed the Masters of International Public Health at the University of Queensland. He is a lecturer in the School of Nursing at Queensland University of Technology. He also provides teaching support to a number of vocational education and training programs in the Townsville region that aim to nurture pathways for Aboriginal and Torres Strait Islander people into careers in health. Ali is currently a board director at the Lowitja Institute, Australia's only national Aboriginal and Torres Strait Islander health research institute.

Lynore K. Geia

Dr Lynore K. Geia is an Aboriginal and Torres Strait Islander woman born and raised on Palm Island, off the coast of northern Queensland, in a forced Aboriginal community (1918 – early 1980s) under government legislation and now home to the Bwgcorman people. Lynore is a registered nurse, having trained at Townsville General Hospital (1977), and a midwife trained at Lewisham Hospital in south-east London in the United Kingdom (1981).



Lynore has worked in, and supports, Aboriginal community controlled health, having gained extensive experience in Aboriginal women's health and birthing.

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This has led to a passion for working with community to develop community strategies to support and strengthen Aboriginal and Torres Strait Islander families through best practice. Lynore gained her Bachelor of Nursing (Clinical) and Master of Public Health and Tropical Medicine, and completed her PhD at James Cook University (2012) with a thesis presenting the strengths of childrearing practices on Palm Island through the voices of four generations of Bwngcolman families. Lynore has recently joined the academic staff at the School of Nursing, Midwifery & Nutrition as senior lecturer and Indigenous Futures Research Lead in the Centre for Nursing & Midwifery Research at James Cook University. Lynore is committed to developing effective research and education in nursing and midwifery that contributes to health praxis; in particular Closing the Gap in Aboriginal and Torres Strait Islander health.

Deanne Hellsten

Dee Hellsten is of the Nudjon people, whose lands cover the Atherton Tablelands of northern Queensland. Dee undertook her Bachelor of Nursing Science at James Cook University. She also holds a Masters of Mental Health and a Masters of Health Research, with a thesis entitled 'Indigenous students' experience of university education', both from the University of Southern Queensland (USQ). Dee has taught in the Master of Mental Health program at USQ since 2007. As an accomplished group therapist she teaches group therapy skills and brings to this an underpinning of cultural safety for both Indigenous and non-Indigenous students, which is a foundational and important component of mental health nursing. Dee has worked as a registered nurse for 15 years within the areas of mental health and aged care, in rural and remote settings across northern Queensland, including on Palm Island. Dee is currently the Program Manager and Nursing Director of Rehabilitation Services and Mental Health Service Group, in central Queensland. She is enrolled in a PhD, exploring 'the experiences of development for transgendered youth in Australia's rural and remote settings'.



Machellee Kosiak

Machellee Kosiak is a Wiradjuri woman whose family ties are in country New South Wales. Machellee is a Registered Nurse and a practising endorsed midwife. She undertook studies for both in the hospital sector in NSW. Machellee's postgraduate rotations were in intensive care, emergency, surgical and oncology wards. She observed how Indigenous women and women from other cultures were treated, and believes midwifery is the key to enabling women to promote changes for them and their family. Machellee has completed



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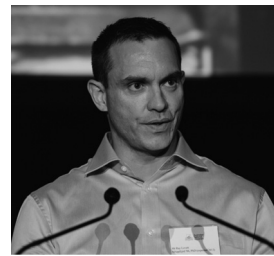
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the Bachelor of Nursing program at the University of Central Queensland. She has worked in a variety of maternity settings for over 25 years. Her work includes assisting to establish the Murri Clinic at the Mater Mothers' Private Hospital in Brisbane (the first midwifery led, all-risk antenatal clinic for Aboriginal and Torres Strait 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. The role of the Trust is to provide financial assistance in the form of small grants and scholarships to Aboriginal and Torres Strait Islander midwifery students, to assist them in their study to become midwives. Currently Machellee is a midwifery academic and course advisor for the Away from Base, Bachelor of Midwifery program at Australian Catholic University in Brisbane, and is undertaking a Masters of Midwifery (Research), with a research program entitled 'Facilitators and challenges faced by Indigenous Bachelor of Midwifery students'.

Ray Lovett

Dr Ray Lovett is of the Ngiyampaa/Wongaibon people. Ray undertook Bachelor of Nursing studies at Charles Sturt University and has 15 years' experience as a registered nurse. He holds a Bachelor of Health Science (Public Health), a Master of Epidemiology and a PhD in epidemiology, whose research was entitled 'Mob and country: Identity and alcohol screening for Indigenous Australians living in the ACT and region'.



Ray has practised across the spectrum of the health system, commencing with a postgraduate program within acute areas including emergency department, neurosurgery and coronary care. He has also worked in rural hospitals in intensive care and emergency departments while also working as an Aboriginal health worker in community health and in aged care. Over the past few years Ray has moved into primary health care and specifically into Aboriginal community controlled health, where he has worked as a registered nurse and administrator. Currently, Ray is a research fellow at AIATSIS, where he continues to work on projects that aim to improve care delivery in Aboriginal community controlled health. Ray also supports and currently supervises other Aboriginal and Torres Strait Islander scholars at the Australian National University and the University of Canberra.

Nicole Ramsamy

Nicole Ramsamy is a descendent of the eastern Kuku Yalanji, from the Bloomfield area in Far North Queensland, on her mother's maternal side. Her father's maternal side is from Boigu Island in the Torres Strait.

Nicole is a Registered Nurse, Registered Midwife and Nurse Practitioner. She has endorsements in rural and remote nursing, women's health and immunisation. For



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most of her nursing career she has worked for Queensland Health, in remote Aboriginal communities on Cape York Peninsula.

Nicole has lived in remote communities for 15 years and has worked as a clinical nurse, clinical nurse consultant and acted as the director of nursing. She is currently the Nurse Practitioner at Cape York Hospital Health Service and Nurse Practitioner at the Weipa Integrated Health Service and the Napranum Primary Health Care Centre, located in a rural mining town and Aboriginal community.

Juanita Sherwood

Dr Juanita Sherwood is a Wiradjuri woman from New South Wales, and is currently employed at the University of Technology Sydney (UTS) as Professor of Indigenous Australian Education. Juanita commenced her nursing career at St Vincents Hospital in Sydney in 1980, and completed her training in 1983. She worked as a registered nurse within the hospital setting up to 1988, when she took on a role as a child health nurse in Redfern. While in this role she worked towards and became a clinical nurse specialist in Aboriginal health and Nursing Unit Manager for child health in central Sydney. Juanita's work over the past 25 years in Aboriginal health and education have enabled her to build up expertise in the areas of Aboriginal mental health, women's health, family violence, child health, Otitis media, Aboriginal and Torres Strait Islander health research mentoring, Indigenous research methodologies, capacity building and health service planning for rural and remote Aboriginal and Torres Strait Islander communities, community development and primary health care. She has a wealth of experience in consultation, advocacy, community development activities, health promotion actions and research. Through these experiences she has developed a commitment to ensuring Aboriginal and Torres Strait Islander voices are listened to, respected and heard.



Raelene Ward

Raelene Ward is a descendent of the Kunja people on her grandfather's side, custodians of the land surrounding Cunnamulla. Her grandmother is an Elder of the Kooma people, also from south-western Queensland. Raelene graduated with her a degree in nursing in 1997 and a Masters in Health in 2010, with a focus on suicide prevention and capacity of Aboriginal people accessing services in the event of a crisis. She is currently undertaking a PhD, exploring Aboriginal suicides in the context of a



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social and emotional wellbeing framework. In 2009, Raelene was awarded the LIFE Award – Indigenous Category, which identifies the unique and creative health program, service partnership or individual who has encompassed the holistic and social view of health in promoting suicide prevention. In 2010 she took up a position at the University of Southern Queensland (USQ) at the Centre for Rural and Remote Area Health as an Indigenous nurse research fellow. In 2014 Raelene joined USQ's School of Nursing/ Midwifery as a lecturer and is the third consecutive Aboriginal nurse academic in over 14 years at USQ.

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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.

We acknowledge the support of the Health Node of the National Indigenous Research and Knowledges Network (NIRAKN) for committing funds in support of this collective Indigenous scholarship within the nursing and midwifery context. It is through their recognition of the need for such scholarship that this book was further enabled.

We thank NIRAKN for their encouragement and facilitation of the [re]claiming the discourse of Aboriginal and Torres Strait Islander health as taught to all nursing and midwifery students.

We offer our thanks to Dr Judy Gregory for her tireless commitment to Indigenous health and for her patience in crafting this work with us as Indigenous authors. We recognise the commitment of Dr Leonie Cox to Indigenous health and to the training of Indigenous and non-Indigenous nursing students in their journey of cultural safety. Her feedback and critique was vital.

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