

Aboriginal Health Unit – Mootang Tarimi Outreach Assessment Program

Description

Mootang Tarimi is a free renal assessment and chronic care service available to the Aboriginal community residing within both the Nepean Blue Mountains and Western Sydney Local Health Districts. This service conducts screening on more than 500 Aboriginal people annually.

Some of the services offered include:

- Height, weight and waist measurements (BMI)
- Blood pressure
- Heart health assessment
- Dental screening
- Blood glucose level (BGL) diabetes
- Kidney

The team of two – an Aboriginal Health Worker and Registered Nurse – provide screening, referrals to other health services, cultural support as well as providing health information on nutrition, physical activity, alcohol and quit smoking programs.



Objectives and Aims

- To screen all adults (aged over 16 years) who present at the service for early stage renal and vascular disease.
- To provide cultural support, brief intervention, health information, referrals and follow-ups.

Achievements

- Provided over 576 occasions of service across two LHDs
- Provided additional 144 clients with cultural support across two LHDs
- Attended 109 events to provide screening to Aboriginal people
- Attended more than 21 community group education sessions and 20 student education sessions within the district
- Trained other staff from the LHD to conduct screening and attend to bus bookings to ensure continuous coverage of the outreach program
- Worked with IT to improve IT and data entry systems to capture client and service data

Planned Improvements

Future directions for Mootang Tarimi involve marketing and promotional strategies to increase bookings and work with IT on systems information.

- Marketing strategy to include:
 - Attend more council and community run events
 - Facebook page with 171 followers and 160 community announcements posted to date
 - Patient journey poster
 - Partnership building with other service providers
- Improve working of Cerner and iPM Clinics to record more data for activity based funding and quantify follow-up and case management activities for clients
- Train more LHD staff in the use of pathology equipment, other screening processes, client relations and information gathering for backup of existing staff
- Refine screening processes, referral protocols and booking systems.

Service Outcomes

Outcomes for the Aboriginal population include:

- Decrease in premature morbidity and mortality
- Decrease in chronic disease rates
- Increase in healthier and more empowered individuals and communities

Outcomes for NBMLHD include:

- Decrease in hospitalisation and associated costs due to preventable risk factors and chronic disease management

Fast Facts on Mootang Tarimi

- The bus is fitted with pathology equipment for fast accurate health screening
- Screening takes from 30 mins to 1 hour depending on client needs
- On the spot finger prick tests for diabetes
- On the spot urine test for kidney function
- Client takes home with them a health records folder with their results entered in for their GP

Fast Facts on Aboriginal Health

In one three month period of screening:

- 9 clients were confirmed with diabetes
- 18 clients were identified with high cholesterol
- 14 clients had blood pressure above normal limits
- 25 clients tested positive for decrease kidney function.