

BRAMS

APRIL 2024
NEWSLETTER



Healthy People

STRONG COMMUNITY

BRIGHT FUTURE

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CEO Report and Welcome

Cassie



At a Glance

The BRAMS' No Joobuk team was so busy in April they barely had time to draw breath, with programs, competitions and conferences keeping them on their toes, and helping to regularly reinforce the no smoking / no vaping message in the community.

There's been training in First Aid and Family & Domestic Violence, and a focus on Rheumatic Heart Disease.

You will hear from the two physiotherapy students currently completing their work placement at BRAMS, and read how our NDIS and Aged Care teams are making a difference to the lives of those who use our services.



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Welcome to New Staff

BRAMS would like to welcome the following staff to our growing team:

Charlee Pollard
Family Support
Worker

Amy Greenwood
Senior
Aboriginal Health
Worker



Joelle Mudgway
Clinical Nurse
Consultant



Kim Carpenter
TIS Officer

Kiara Malcom
Kids Club Health
Promotion Officer

Maxine Briggs
Kids Club Health
Promotion Officer



FSV Training

Our Integrated Family Violence Program and SEWB team members Katie, Demeter and Chelsea attended the Safe and Together four-day training in Perth in late March.

This training focused on partnering with survivors of family and domestic violence to keep women and children safe, and holding people using violence accountable for their behaviour.

Our teams really enjoyed learning how to interview survivors, children, and people using violence, and thinking about the ways we can bring our new skills and knowledge to the work we do in Broome, working with survivors of family and domestic violence.





BRAMS No Joobuk - T-shirt Competition

The No Joobuk team has started a t-shirt competition at the schools within the Dampier Peninsula and Bidyadanga community.

The aim of the t-shirt competition is to encourage the students to engage with our team by creating their own 'no smoking/no vaping' messages, and designing artwork that will be displayed on the winning piece.

The competition consists of the students attending two smoking/vaping education sessions at their school, which will have their own winner, and all students participating will be able to keep their shirts.

To kickstart the competition, the team travelled to One Arm Point community and delivered smoking and vaping education to the students, after which they got right into designing some fabulous work!

The team will be visiting the remaining schools in Term 2.



AHP First Aid Training

In April, all clinical staff completed their one-day First Aid Course (Refresher), through St John.

The Course included **Provide First Aid, Provide Basic Emergency Life Support, and Provide Cardiopulmonary Resuscitation**, which covers First Aid for:

- Allergic reaction, anaphylaxis, asthma, bleeding, burns, cardiac conditions including chest pain;
- Choking, diabetes, drowning, envenomation, eye injuries, fractures, dislocations, sprains, and strains;
- Head, neck and spinal injuries, hypothermia, hyperthermia, minor wounds, nosebleed, poisoning; and
- Seizures, shock, sharps injuries and stroke.





BRAMS No Joobuk National Conference

The No Joobuk and the other Kimberley Tackling Indigenous Smoking Teams attended the Jurisdictional Workshop, which included participants from NT, WA, SA and the ACT.

It was an opportunity for our BRAMS team to showcase the work the team have been doing in the region, which covers the Dampier Peninsula, Broome and Bidjandanga.

It was also a great opportunity to hear from others and learn about the incredible work that is happening around Australia, including Professor Tom Calma, pictured here with the Kimberley TIS mob.





Kimberley Health Forum

On 17 and 18 April, some of our clinical staff attended a Kimberly Sexual Health Forum held by KAMS.

The forum covered many topics and had a variety of excellent presenters.

Topics included Consent and the Mature Minor, Innovative Approaches to Young Person's Health & Wellbeing Check, Promoting Healthy Sexual Relationships, along with discussions about sexual health programs in WA and improving support for sexual health staff working in the Kimberley.

Staff found the Forum to be informative and fun, and it was a great networking opportunity to meet people from other organisations who work in the same field.



CCC (Sirri)

I had an NDIS client whom the NDIA had been trying to contact since October 2023.

In the space of 48 hours, I was able to: contact this person, organise a pre-planning meeting, book and attend a planning meeting, get an NDIS Plan and complete a referral for a support coordinator!

It's rewarding to be able to help our clients in this way.



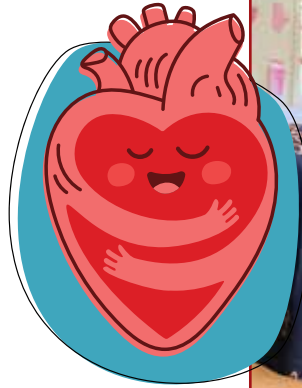
RHD Awareness Month

April was Rheumatic Heart Disease awareness month at BRAMS.


RHD Health Promotion Officer Yasi delivered hands-on educational activities to Jalygurr Guwan Childcare centre kindy room, and outside the BRAMS waiting room, and had very good engagement from local families, especially the kids.

Aboriginal and Torres Strait Islander peoples, particularly those living in rural or remote settings, are known to be at very high risk of RHD, and these educational activities are teaching families how to prevent RHD and Acute Rheumatic Fever (ARF).

The activities are helping to educate the community on the importance of looking after your skin and teeth, how to spot signs and symptoms of RHD and ARH, and how to reduce Strep A infections.



STRONG BODY, STRONG HEART, BE STREP-A SMART!



WHAT IS ARF & RHD?

ARF OR ACUTE RHEUMATIC FEVER, is caused from the **STREP A GERM** that commonly causes sore throats + skin sores.

RHD OR RHEUMATIC HEART DISEASE happens when a person keeps getting ARF and it damages the heart and makes it weak, and it can make you very sick.

ARF + RHD are PREVENTABLE health problems.

MY HEART





NDIS

Donald is a gentleman who has been working closely with the BRAMS Allied Health teams for the past 12 months.

One of Donald's primary goals was to build his independence with mobility and daily tasks, and he's been continually working towards these goals every week with the physiotherapists to improve his strength, mobility and, in turn, his independence.

Recently, through the tireless efforts of his BRAMS Occupational Therapist and Support Coordinator, Donald received a brand-new mobility scooter funded through the NDIS.

This was one of the final pieces of the puzzle in giving Donald more independence over short and long distances; he's now able to drive himself to TAFE, and visit friends and family without being reliant on anyone.

We're so pleased to witness Donald's progress.



Physio Students Placement at BRAMS

The BRAMS Allied Health team have two physiotherapy students from Notre Dame currently working across the clinic and in community programs through the Majorlin program.

Kyia and Brodie are both final year physiotherapy students, completing their final placements here in Broome for the next 10 weeks.

They will spend three days a week at BRAMS, and the other two days at St Mary's Primary School.

Kyia and Brodie are seeing clients alongside our physiotherapists in the clinic, and in the community through TCP and the NDIS.

Here a few words from the pair:

Brodie

"I'm very passionate about rural health, with all my final year placements being in a rural setting. I am hoping to work in the Kimberley once I graduate"

Outside of physio, I enjoy everything outdoors, like camping, 4WD-ing and anything in the ocean. I also enjoy playing footy, and while I'm here in Broome I'm playing for Towns."

Kyia

"I am passionate about all things rural health, which has led me to complete my final year of placement all around WA. I have been lucky enough to spend the start of the year in Karratha and Albany, and now will finish off with some time in Broome."

Outside of work, I enjoy spending my weekends at the beach or exploring. I also have some family that live in Broome, so I'm looking forward to spending time with them whilst I am up here. I'm excited to soak up all the Kimberley has to offer over the next ten weeks."

Staff Governance Training

Jai Newton – Physiotherapist

“ *I was accepted for the Australian Institute of Company Directors: First Nations Director Scholarship.*

This was a combination of the three-day AICD Foundations of Directorship for Indigenous Organisations course, together with an additional day run by the Australian Indigenous Governance Institute.

Over the 4 days we learnt the foundational knowledge of the duties and responsibilities of boards and directors.

”



Elder care Support Program

Tammy and Hartini

Our Elder Care Support Program client – let’s call him Johnny - was first referred to me from our Brams GP.

Johnny lives alone and doesn’t have any family in Broome. He was not linked with any service providers.

We had been working with him for 4 weeks, and in that time we did an Elder Support Plan and linked him in with My Aged Care to get his previous RAZ assessment looked at. He had last been assessed in 2018 and only received Meals on Wheels back then.

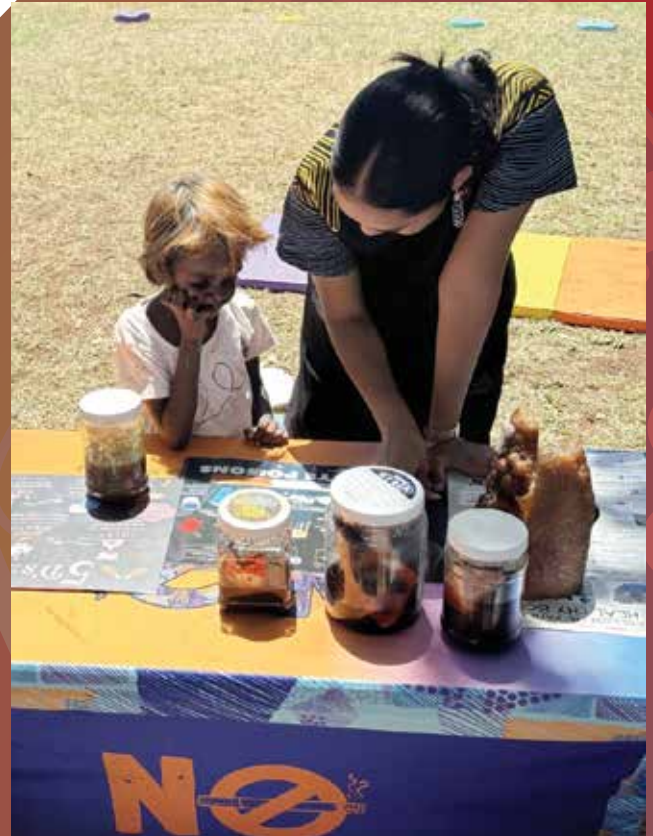
Johnny rang last Friday to let me know a lady had phoned asking for personal information, and he was not comfortable giving it out, telling her to call back Monday.

It was My Aged Care who had tried to contact him, but found it difficult as he could not hear properly.

On Monday morning Hartini and I sat with Johnny to complete his RAZ Assessment over the phone. He was happy we were there to support him during his assessment.

He will be placed on the wait list for CHSP with Bran Nue Dae, and referred to the hospital’s Allied Health OT and Physio. Johnny will also be getting an ACAT assessment that will help with him getting HCP, and link in with BRAMS as his provider in the future.

This was a good outcome for both our client and our Age Care Team.



Strong Bodies Strong Minds

Bidyadanga School Health Day

BRAMS' No Joobuk team along ,with two of our Aboriginal Health Workers, travelled to Bidyadanga on the 6 March for the school's Population Health Day.

The theme for the event was **“Strong Bodies, Strong Minds”**.

The aim of the day was to provide healthcare information to the students at La Grange Remote Community School, by exposing them to a range of fun and engaging activities run by external health organisations.



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