

Poche Centre for Indigenous Health

2016: Year in Review



Potential by Sid Domic, Team Leader, Outreach and Engagement, Aboriginal and Torres Strait Islander Studies Unit, The University of Queensland.

Potential represents the potential in all of us. The plant doesn't reach its full potential until it flowers, a symbol of its expression and growth. In the image, the U shapes represent the UQ community (staff, students, Indigenous community, our partners, everyone). From the UQ community comes their individual growth, directed towards the centre circle which represents a focal point of all this knowledge and energy. This creates the flower, which is symbolic of our potential as a community working together. Also, Potential is a reflection of a DNA cross-section, which makes us what we are.

We acknowledge the Aboriginal and Torres Strait Islander owners of the lands on which we work, and pay our respects to elders, past, present and future.



Director's Message

I am delighted to report on the activities of the UQ Poche Centre for Indigenous Health for 2016.

The University of Queensland is located in the largest and one of the fastest-growing Aboriginal and Torres Strait Islander communities in Australia. As a Centre of outreach, teaching and research, we are committed to genuine partnership with Aboriginal and Torres Strait Islander peoples. We recognise the prime importance of Indigenous perspectives and leadership in improving the health and wellbeing of Australia's First Nations' Peoples.

As a descendant of the Ngugi people from Moreton Bay, I would like to especially acknowledge all Aboriginal and Torres Strait Islander staff and students of the University, past and present. Further, I thank all people, Indigenous and non-Indigenous, at UQ who are dedicated to Aboriginal and Torres Strait Islander health and wellbeing. Their many years of effort at UQ lay a solid foundation for the work of the UQ Poche Centre.

The Centre would not have been possible without the passion of Mr Greg Poche AO and Mrs Kay van Norton Poche. We are deeply grateful and acknowledge Greg and Kay's fundamental gift and tremendous support and commitment to address challenges in Aboriginal and Torres Strait Islander health.

I take this opportunity to also thank Mr Reg Richardson AM and Professor Tom Calma AO for their pivotal contributions to the UQ Poche Centre and the national Poche Indigenous Health Network.

The generous philanthropic donation of Mr and Mrs Poche was matched with University funding. I thank Professor Peter Høj, Vice-Chancellor, for his leadership in this initiative and the University's on-going support for the Centre. Our collaborative efforts are also not possible without our UQ partners – the UQ Faculty of Health and Behavioural Sciences, particular Professor Bruce Abernethy (Executive Dean and Chair of the Advisory Board) and the UQ Faculty of Medicine.

The work of the UQ Poche Centre is arguably without purpose unless it translates into practical outcomes for Aboriginal and Torres Strait Islander peoples and communities. I thank the Institute for Urban Indigenous Health (IUIH), in particular Mr Adrian Carson, CEO of IUIH, for his vision and tireless efforts in Indigenous community-controlled health services. Further, I acknowledge our colleagues at the Mater Health Services, the Poche Indigenous Health Network (PIHN), the Poche Centres at the University of Sydney, Flinders University, University of Western Australia and University of Melbourne and the associates and affiliates of the UQ Poche Centre.

It has been an exciting and challenging time. Having dedicated my career to Aboriginal and Torres Strait Islander health and education, to this day, I am still thrilled to meet excited young people from across Queensland who come to campus for their first every university experience at InspireU Health, struck by the commitment to learn of our undergraduate health students, inspired by the talent of our Indigenous postgraduate students supported by Poche scholarships and bolstered by the drive and dedication of Aboriginal and Torres Strait Islander peoples, organisations and our research staff determined to tackle challenges in Aboriginal and Torres Strait Islander health.

Now we have laid a solid foundation for the UQ Poche Centre, we are determined to build on its success.

Professor Cindy Shannon

Pro-Vice-Chancellor (Indigenous Engagement) and
Director, UQ Poche Centre for Indigenous Health



Front: Mr Greg Poche AO, Back (from left): Ms Claire Pullar, Professor Peter Høj, Mrs Kay van Norton Poche and Professor Cindy Shannon

Executive Summary

With a mandate to respond to challenges in urban Indigenous health, the UQ Poche Centre undertakes a broad range of research and workforce development activities targeted at improving health outcomes across the life-course. This Annual Report provides a strategic overview of the Centre's activities and achievements in 2016.

In its first formal year of operation, the Centre established the requisite governance (Advisory Board and Management Committee) and operational structures (including finance and HR). A key achievement in 2016 was the cementing of the University's relationship with the Institute for Urban Indigenous Health (IUIH) through a formal partnership.

The groundwork laid in 2015 allowed for a ramping up of activity in 2016.

Workforce development focused on supporting pathways for students into careers in Indigenous health, from pre-university through to post-study. This included crucial outreach activity to grow the pipeline of Aboriginal and Torres Strait Islander students into careers in health; and broadening opportunities for UQ students in Indigenous health through bursaries, scholarships and expanding placement and project opportunities.

Further, significant contributions were made by the UQ Poche Centre in the training of the workforce in Indigenous health, including an ongoing major effort in the redevelopment and delivery of the University's MD program and the embedding of Indigenous perspectives in the Masters of Public Health and other health courses.

The Centre's research momentum is building. The inaugural round of Poche Awards for Innovation in Indigenous Health supported 6 projects, with UQ lead CIs, with the intention of developing research ideas into future ARC and NHMRC grants. To date, the UQ Poche Centre has been commissioned on two externally-funded projects. The next generation of Indigenous researchers were supported with the awarding of 3 Poche RHD scholarships and 10 coursework students through 6 projects in the 2015/2016 and 2016/2017 Summer Research Program.

Looking forward, strategic initiatives in workforce development include continued and expanded efforts in embedding Indigenous perspectives in curriculum; the development of a comprehensive package of training resources; pathways into study; and cementing the Poche associate and affiliate network to provide greater opportunities for students in Indigenous health. The Centre's research focus remains capacity building. Growing UQ's Indigenous health research will involve building Indigenous RHD participation and success, and continuing the momentum of Poche seed funded projects towards applications for national competitive research funding.

About the UQ Poche Centre for Indigenous Health

The UQ Poche Centre for Indigenous Health was established following a \$10million donation (invested in an endowment in perpetuity) from Mr Greg Poche AO and Mrs Kay van Norton Poche in late 2014.

The Centre draws together Indigenous and health expertise across the University and works closely and collaboratively with Aboriginal and Torres Strait Islander community organisations and health providers.

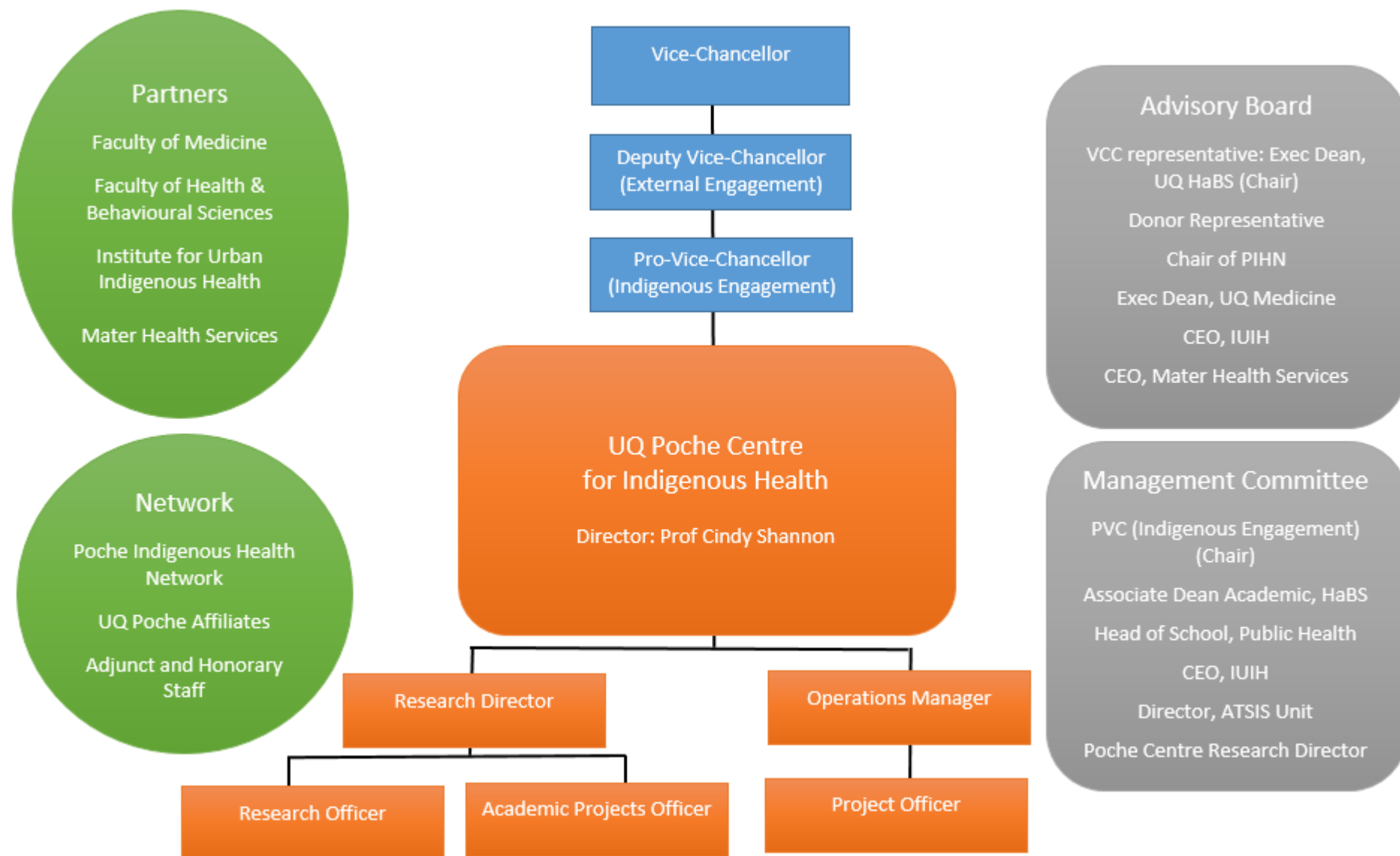
While a key focus of the UQ Poche Centre is translational research, it is not purely a research Centre.

It was established to address two key challenges:

- **building a skilled and available workforce** to respond to challenges in urban Indigenous health through:
 - outreach programs and pathways into health for Indigenous people; and
 - ensuring all UQ health graduates are better trained to work in Indigenous health
- improving urban Indigenous health outcomes across the life course through **translational research** focused on prevention and education.

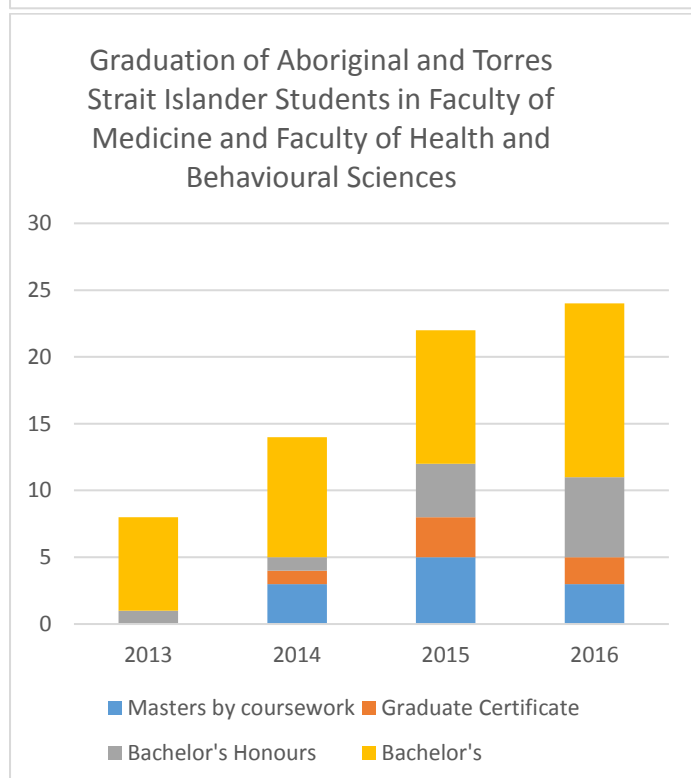
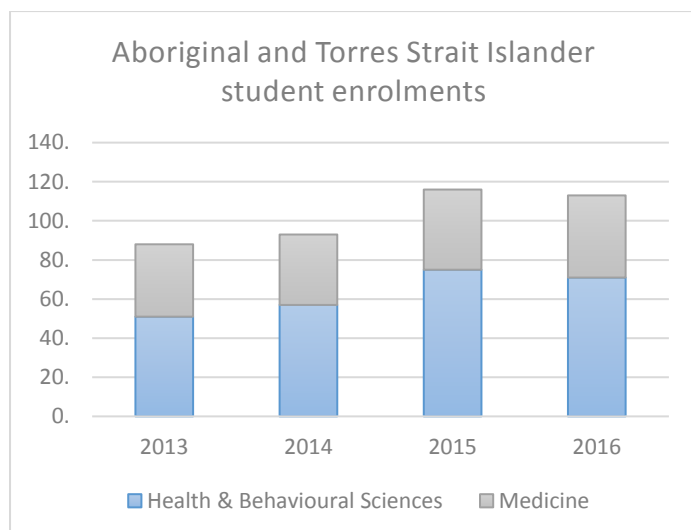
The Centre was active throughout 2015 and formally established as University Centre in June 2016.

Governance Structure



Workforce Development

The UQ Poche Centre is committed to developing a skilled and available workforce, both Indigenous and non-Indigenous, to respond to the challenges in urban Indigenous health. 2016 saw the Centre launch a number of initiatives aimed at growing the pipeline of Indigenous health workers and researchers. In addition, the Poche Centre has been engaged in activities aimed at ensuring UQ graduates and employees are better trained to work in Indigenous health and Indigenous research.



* 2016 data indicative only

Inspire U Health

The UQ Poche Centre funds the Inspire U Health Sciences residential camp. 20 Aboriginal and Torres Strait Islander Year 11 and 12 students from all over



Queensland were given the opportunity to explore careers in health and medical sciences during the July school holidays.

Students attending the InspireU Health Sciences camp

QAIHC Arthur Beetson Foundation Murri Rugby League Carnival

During the popular annual 'Murri Carnival' the UQ Poche Centre and the UQ ATSI Unit hosted 380 young players in the Under 15s competition, strongly linking health, sport and education. All of the players in the competition were required to have a 90% school attendance in the 3 months prior to the Carnival, and undertake a Health Check before competing. UQ students, supervised by IUIH and UQ staff, also gained hands on experience in supporting the carnival.

Leadership in Indigenous Health Curriculum Development and Delivery

The Centre provided leadership in embedding Indigenous perspectives in teaching and learning. Significant contributions were made in curriculum development and delivery for the Masters of Public Health program, and in the restructuring of the MD Program, including Professor Shannon chairing and Poche staff membership on the Faculty of Medicine's Indigenous Health Advisory Committee. This work is ongoing for 2017. Additional substantial contributions were made to Nursing and Social Work programs.

Summer Research Scholarships

Coursework students gained valuable research experience with our network of Poche Affiliates. 10 students received scholarships to participate in the Summer Research Programs 2015/2016 and 2016/2017, co-funded by the UQ Poche Centre, the UQ Student Employability Centre (formerly UQ Advantage) and the Wilson Family Fund.

Summer Research Projects

Outcomes for urban Aboriginal and Torres Strait Islander school children

led by Dr Anne Hill

Pain Heroes: The who, what, why and how of a chronic pain group in SE Queensland

led by Dr Emma Campbell

Cherbourg's 'Marching Girls': Histories, meaning and healing

led by Dr Gary Osmond

High interval exercise training for participants with type 2 diabetes

led by Prof Jeff Coombes

Our stories, our way: Cultural identities and health and wellbeing of Indigenous young people in diverse school settings

led by Dr Chelsea Bond

Working out if Work It Out Works: Evaluation of a chronic disease self-management program

led by Dr Emma Crawford

Murri School moments: Student experiences of service learning in an independent Indigenous school

led by Dr Emma Crawford

UQ student placements at IUIH in 2016

Number of Placements

Disciplines	Sem 1, 2016	Sem 2, 2016	Total
Audiology	1	1	2
Business/Political Science	1	1	2
Dental	6	6	12
Exercise Physiology		1	1
Health and Physical Education		21	21
Medicine	2	5	7
Nursing/Midwifery	5	3	8
Nutrition/ Dietetics	1		1
Occupational Therapy	14	136	150
Optometry	2		2
Pharmacy		2	2
Physiotherapy	1	11	12
Psychology/ Social Work	1	3	4
Public Health/Health Promotion		3	3
Social Science		6	6
Speech Pathology	6	5	11
Aboriginal and Torres Strait Islander Studies		4	4
Summer Research Program	4		4
Other Research	5	4	9
Total	49	212	261

Student Placements

An integral part of the Centre's activities is providing support, mentoring, career opportunities and placements in Indigenous health for students studying at the University. UQ Poche Centre formalised and expanded its partnership with the IUIH on a student placement program to strengthen the future Indigenous health workforce. In 2016 this involved 261 placements.

Research

The Centre's research is focused on improving outcomes in urban Indigenous health across the life course, with three core themes: Mums and Bubs; Healthy Transition to Adulthood; and Healthy Living, Healthy Ageing. As a newly established Centre, activity for 2016 focused on coordinating the network of researchers in Indigenous health and wellbeing across UQ; formally establishing the process of research engagement with our partner IUIH; and aligning existing UQ projects or new ideas with the needs identified by the Community Controlled Health sector. Within this network, and within the broader Poche Indigenous Health Network, the UQ Poche Centre is well-positioned to drive a concerted effort at improving urban Indigenous health outcomes across the life course.

UQ Poche Affiliates

The Centre is rapidly developing a network of expertise and depth in Indigenous health and wellbeing through the formal appointment of 15 Affiliates at the University, as well as 11 Adjunct and Honorary Staff. The network has recognised research interests and expertise, from maternal and child health to health economics, and from clinical research to evaluation.



Professor Sue Kildea, Professor of Midwifery, UQ Poche Affiliate

Commissioned research

To date, researchers at the UQ Poche Centre have been commissioned to provide expertise for two projects – an evaluation of **MoMenTim: A community-wide approach to improving the mental health and well-being of Indigenous Young Men**, commissioned by the IUIH (head funding provided by the Movember Foundation); and improving graduate attributes, competency and knowledge about Aboriginal and Torres Strait Islander child ear and hearing health as part of **Deadly Kids Deadly Futures**, commissioned by Children's Health Queensland.

Poche Awards for Innovation in Indigenous Health

Facilitating collaboration in Aboriginal and Torres Strait Islander health between UQ researchers (lead CIs) and the Centre's community partner IUIH, the UQ Poche Awards for Innovation in Indigenous Health Seeding Grant scheme supported 6 research projects, with grants of up to \$40,000 each.

The breadth of expertise is spread across the University, with projects funded in the School of Public Health, the Centre for the Business and Economics of Health, the Institute of Social Science Research and the School of Health and Rehabilitation Sciences.

Poche Awards projects 2016

Indigenous Community Health: a scoping study - Prof Michele Haynes, Dr Camel Nelson

Developing a demographic and health services profile - A/Prof Peter Hill, Dr Akhtar Hussain, Dr Carmel Nelson

Closing the Gap in Discharge Against Medical Advice (DAMA) - Prof Luke Connelley, Dr Angela Maguire

Data mining and analysis for specific health programs - A/Prof Peter Hill, Dr Akhtar Hussain, Dr Carmel Nelson

Evaluating outcomes of a therapy program for Indigenous children using Australian Therapy Outcome Measure for Indigenous Clients (ATOMIC) – Dr Jodie Copley, Dr Alison Nelson

Work It Out: Chronic Disease Self Management and Rehabilitation Evaluation – Dr Emma Crawford, Dr Alison Nelson

The projects are due to report on outcomes by the end of 2017.

Research Outputs

In September, over 40 researchers and academics attended the **'Research ethics: principles and practices in research involving Aboriginal and Torres Strait Islander peoples' workshop**, facilitated by Professor Cindy Shannon and Associate Professor Jon Willis.

As part of the broad review of University ethics processes and procedures under the Enhanced System and Services (ESS) program, the UQ Poche Centre facilitated community consultation and led the development of

Guidelines for the ethical conduct of research in Indigenous health. Endorsed by the ESS Human Ethics Project team, the guidelines are being developed into formal UQ policy. Release of the new policy will be accompanied by training to the UQ research community.

In November, the UQ Poche Centre was pleased to host the **Poche Indigenous Health Network Key Thinkers Forum**, the first time the forum has been held outside of



Professor Tom Calma at UQ Poche Centre Key Thinkers Forum

Sydney. A panel of experts, chaired by Professor Tom Calma, AO, discussed the current role and future direction of Indigenous Community Controlled Health Services. The discussion was stimulated by Briefing Papers and will be captured by PIHN in a 'Poche Opinion' paper for publication.

The Centre released the first three papers of the **UQ Poche Monograph Series** on urban Indigenous health in South-East Queensland, the largest and one of the fastest-growing Indigenous communities in Australia.

The Poche Monograph Series



Indigenous Health RHD scholarships

The Centre was delighted to welcome its first three recipients of the UQ Poche Centre Indigenous Health Research Higher Degree scholarship (\$50,000 per annum co-funded with the Lowitja Institute and the UQ Graduate School).

The scholarship supports Aboriginal and/or Torres Strait Islander scholars to pursue their research interests and careers in Indigenous health and wellbeing. This round of Scholars are enrolled in MPHils or PhDs in the School of Political Science and International Studies, the School of Human Movement and Nutrition Studies and the School of Health and Rehabilitation Sciences.

UQ Poche Centre Indigenous Health RHD Scholars



Mr Max Walker

Project Title: *Black Bodies in the Settler's Chains: Exploring the operation of settler colonialism through the use of restraints on Australian Aboriginal people*



Ms Lee Shepard

Project Title: *Natural Resource Development, Privatised Aid, and Sport for Development: An Australian case study*



Ms Tara Lewis

Project Title: *Culturally responsive methodology for the communication assessment of Aboriginal Australian children*

Contact Us

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