



transforming your experience



Knowledge is the way forward: Lighthouse Project (Pilot)



Introduction

A two year project (2017 to Dec 2019) was initiated by The National Heart Foundation (NHF) & Australian Healthcare & Hospitals Association (AHHA).

This project is for Aboriginal people residing in South Western Sydney Local Health District (SWSLHD) presenting to Liverpool Hospital.

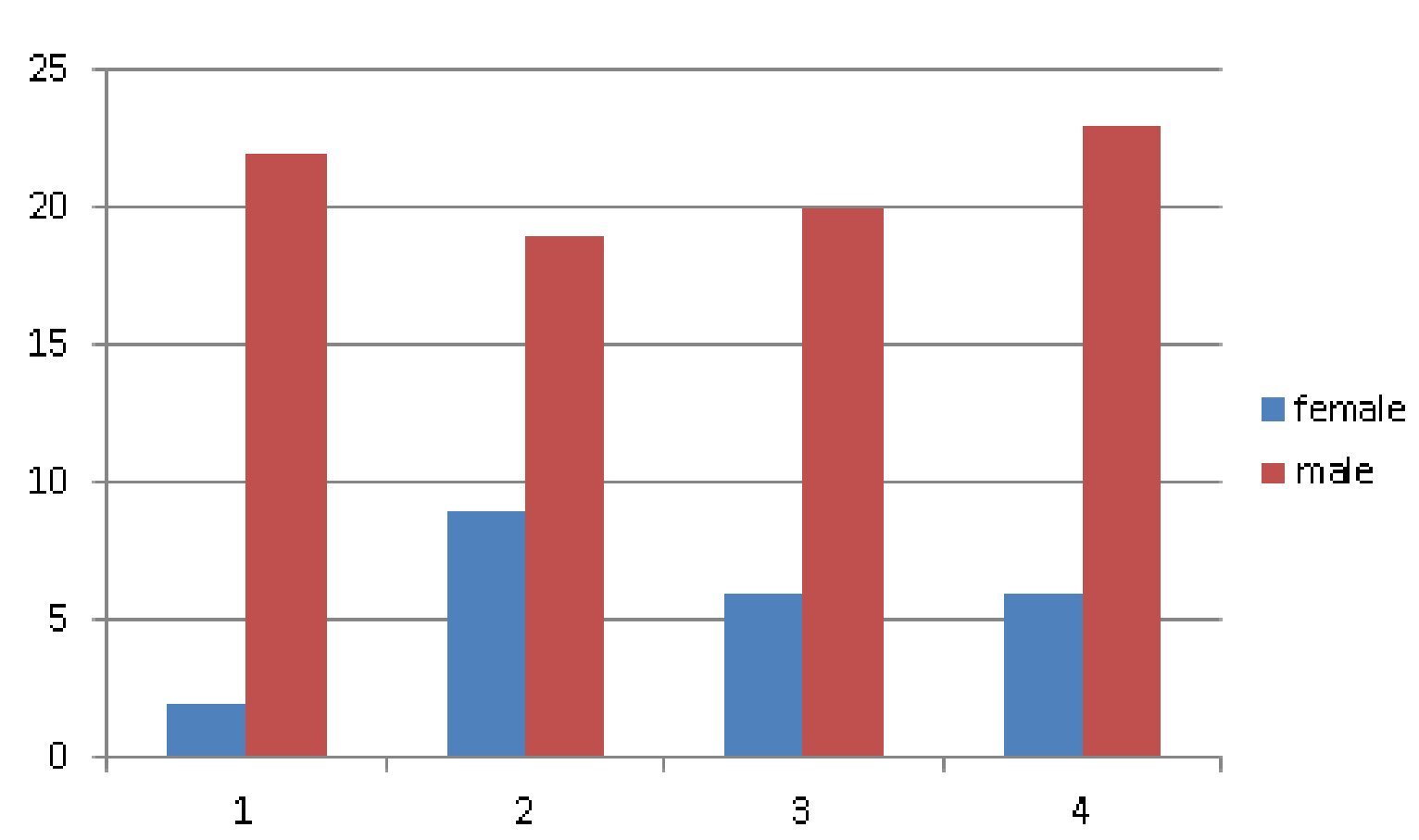
- Results demonstrated that Aboriginal people with heart disease:
- Displayed signs and symptoms at a very young age
 - Had other complex co-morbidities
 - Are more likely to discharge against medical advice (DAMA)
 - Have a shorter life expectancy than non-Aboriginal counterparts.

The Lighthouse screening event highlighted the community need for education about cardiac signs & symptoms and self-management.

The approach

- Aboriginal patients were identified through the hospital data base.
- Sample size: 10 patients – 3 hrs/once weekly for 4 weeks.
- Presenters were all from the Aboriginal Chronic Care Program (ACCP) for sustainability and continuity of care.

No of patients attended cardiac education in 4 weeks



Opportunities for Improvement

Opportunities

- Sustainability & Continuity of Care: Staff providing education sessions are Care Coordinators who manage the patient's condition.
- Utilising resources within the service.
- Locally: Including families in the education sessions.
- Cardiologist: Patient access to increase specialist follow-up.

Improvement

- Exercise Physiologist: Incorporate exercise into the session in the future.
- Yarning Session: Share life's story.
- Practical component: Dietetics and shopping tour for healthier choices.

Conclusions

The Lighthouse Project provides Aboriginal patients with life saving knowledge on how to identify any cardiac warning signs and symptoms; provides information on how to navigate the health care system; and provides health education post discharge to get them back to their baseline health. By empowering and equipping patients with knowledge on cardiac management this allows them to take ownership of their own health.

Cultural sensitivity and a holistic approach is vital in Aboriginal care. This provides patients with a culturally safe environment for open discussions. Education is provided by staff that coordinate their care and this ensures continuity of care.



Acknowledgements:
 Anau Ki-Hehea Speizer
 CNC Connecting Care for Aboriginal Health
 HF & AHHA, SWSLHD, ACCP and Aboriginal community at SWS.
 South Western Sydney Local Health District, New South Wales