

health sciences

Indigenous Culture and Health

The concepts of identity, culture, racism and cultural safety are addressed from a holistic perspective with a specific focus on Australian Indigenous peoples. Primary Health Care provides a framework for discussion of issues pertaining to the health and wellbeing of Indigenous communities. Australian Indigenous health and health practices will be studied as well as the role of the nurse/midwife in assisting individuals to maintain and promote health and wellbeing.



Short Term Program

“Indigenous Culture and Health”

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Objectives

- Identify the need to respect the values, beliefs, culture and traditions of people in the community
- Discuss culture, racism and cultural safety and its impact upon the wellbeing of the person, family and community
- Discuss the history of colonisation and assimilation and its influence upon the health and wellbeing of contemporary Australian Indigenous people
- Assess the health needs of people and groups within the community through a model of cultural safety
- Discuss health promotional strategies and their impact upon the health of groups within Australian Indigenous society
- Identify available community services that promote health of Indigenous peoples across the lifespan
- Discuss the role of the nurse in the maintenance and promotion of health in the community through a primary health care approach

Teaching organization: Lectures, tutorials and online enhancement

Assessment procedures: Essay, presentation and written examination

Sample Itinerary

Day 1	Introduction to unit Exploration of Culture
Day 2	Indigenous Culture & Spirituality Indigenous Culture 2009
Day 3	Indigenous History Pre-colonization
Day 4	Impact of Colonization upon Health Indigenous Health Status
Day 5	Strategies to Enhance Indigenous Wellbeing <ul style="list-style-type: none"> • Reconciliation • Self Determination & Governance • Cultural awareness • Cultural safety • Land Rights • Kevin Rudd’s apology to the Stolen Generations
Day 6	Strategies to Enhance Indigenous Health <ul style="list-style-type: none"> • Primary Health Care • Community Controlled Health Organisations • Strategic Health Workforce • Aboriginal & Torres Strait Islander Health Strategy
Day 7	Community Controlled Health Organizations Cross Cultural Communication The role of the nurse and Aboriginal Health Care Worker in Indigenous Health <ul style="list-style-type: none"> • Assessment Item 1 Submission
Day 8	Problem Solving Case Studies <ul style="list-style-type: none"> • Practice implementation of services to meet community needs
Day 9 & 10	Revision Examination

Alternative: customise a study program A customised study program can be coordinated to meet your individual request.