



*Pangula Mannamurna*  
Aboriginal Corporation

*Our Health In Our Hands*

Providing individual interventions supported  
by Primary Healthcare funding.

Danielle Ashford

# Acknowledgement

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I would like to acknowledge that we meet on the land of the Arrernte people. I pay my respects to Elders past, present and future and thank the Arrernte people for having me on their country today.

# Who I am.

Who is my mob?

Where am I now?

My background

How long have I been in this role?

What my hopes are for the future.



# About Pangula Mannamurna Aboriginal Corporation

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- Located in Mount Gambier in the Limestone Coast South Australia
- Consists of 38 staff
- Currently has 1057 current patients
- Pangula Mannamurna provides access to our:
  - medical clinic which consists of Doctors, Nurses, a midwife and Aboriginal Health Worker practitioners. – includes outreach services to Naracoorte, Kingston, Bordertown and Millicent
  - Social emotional wellbeing team consisting of a Mental health clinician, Alcohol and other drugs worker, counsellor and a case manager
  - Integrated care team
  - Strong fathers, strong families program
  - Nunga playgroup
  - Access to visiting specialists
  - Tobacco Treatment Specialist and NRT program
  - Tackling Indigenous Smoking team





# Our Healing Circles

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Ceremony and Talk



Hunt and Gather

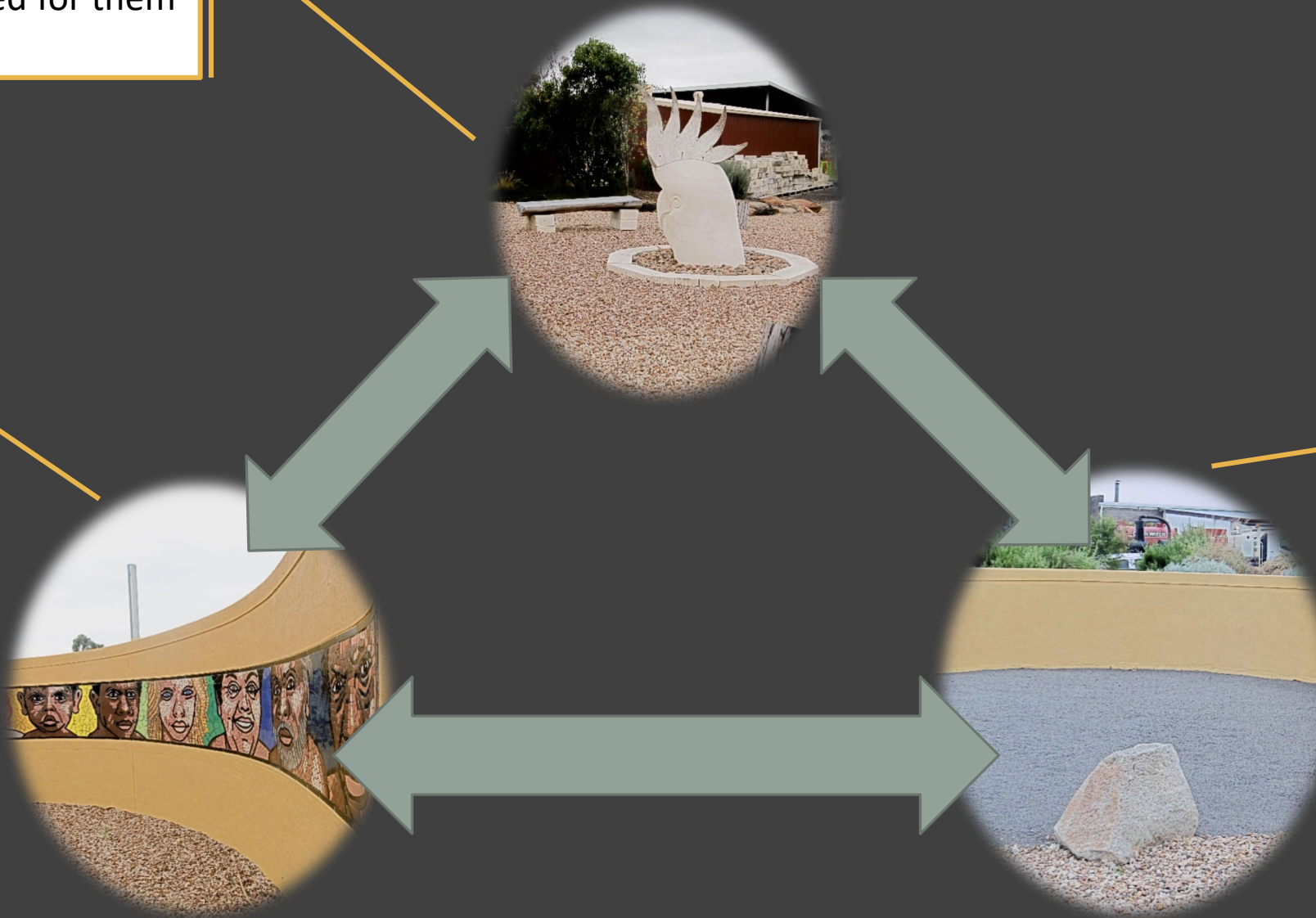


Song and Dance

2/ We assist the smoker to access and find the resources and supports required for them to proceed

1/ A smoker approaches us for assistance to quit smoking, we discuss their smoking history and take into account their current circumstances and their goals.

3/ Small successes happen along the way and we encourage these people to celebrate these increasing motivation for the person



# Our community

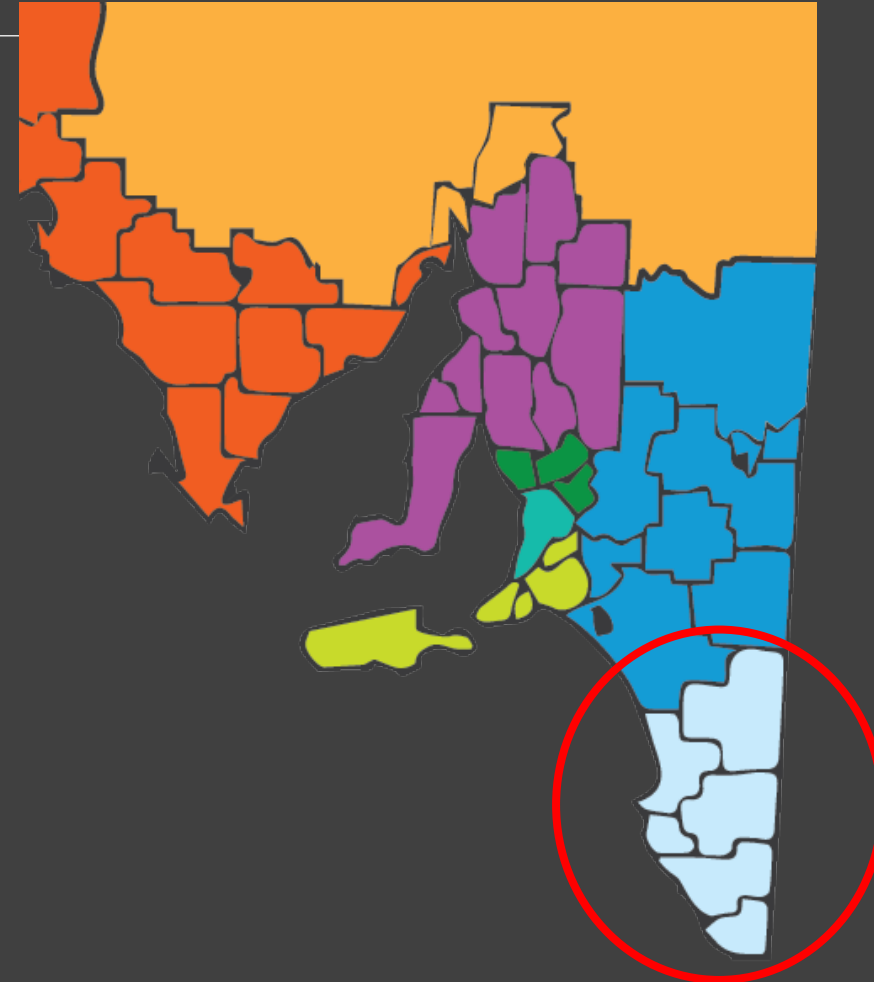
The Limestone Coast is home to the second largest city in SA and has a total population of 66,698

## **Aboriginal/Torres Strait Islander population in the Limestone Coast**

**Estimated >1219**

### **Of the population:**

- 53% are males
- 65% of the total Indigenous population (793 /1219) are between 0 and 35 years
- However of this 70% (559) are between the ages of 0 and 19 years of age.





# How we deliver individual interventions.

- Tobacco Treatment Specialist
- Position funded by Primary healthcare funding
- NRT program funded by reimbursement for a study
- Supported by

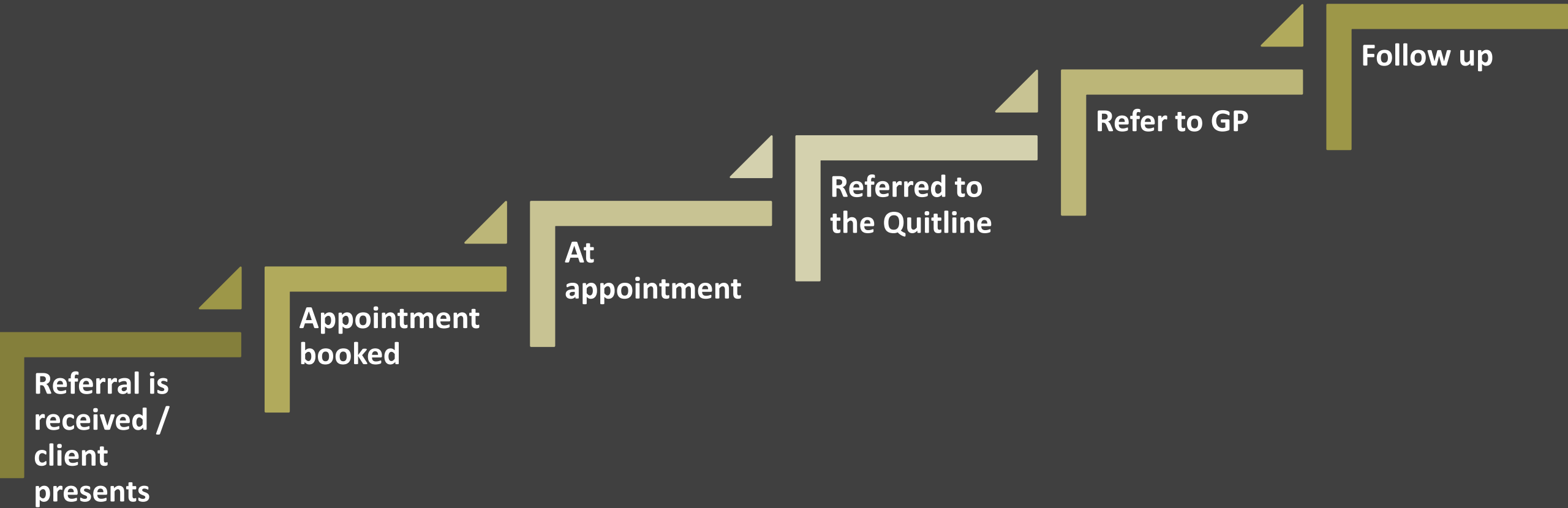




# Why we use individual interventions in our community.

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- Health provider reasons
- Community preference
- Confidentiality among community
- Culturally appropriate service
- Time and space
- Supports



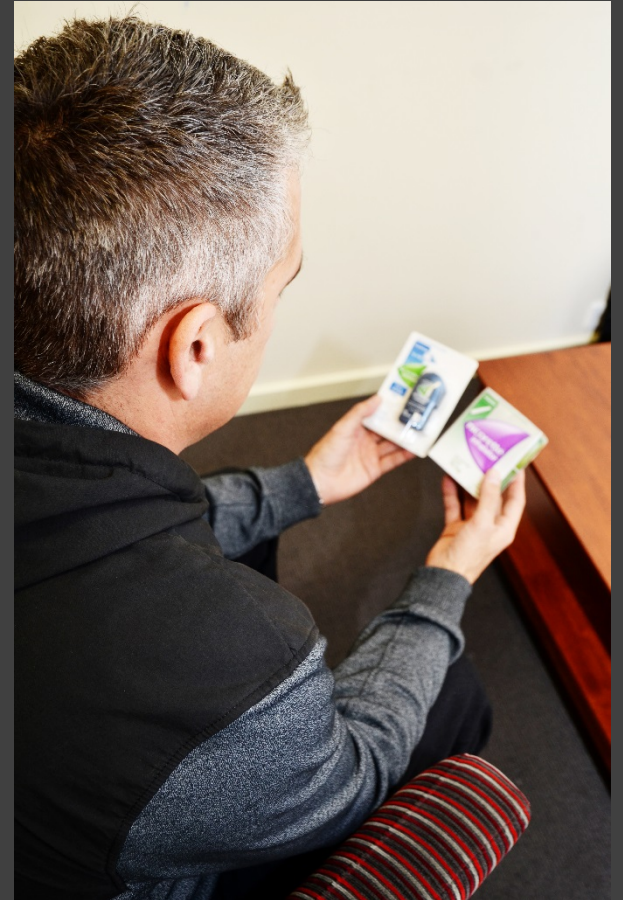
# Nicotine Replacement Therapy Program

## Began in 2017

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Some barriers for clients that complicated their access to assistance were noted as:

- A lack of education
- Cost of NRT
- Feeling of shame
- Clients wanting to speak to a person they know
- Not being taken seriously
- Clients losing their motivation
- limited opportunities for clients to be provided assistance
- GPs and other health providers unable to provide correct or up to date information



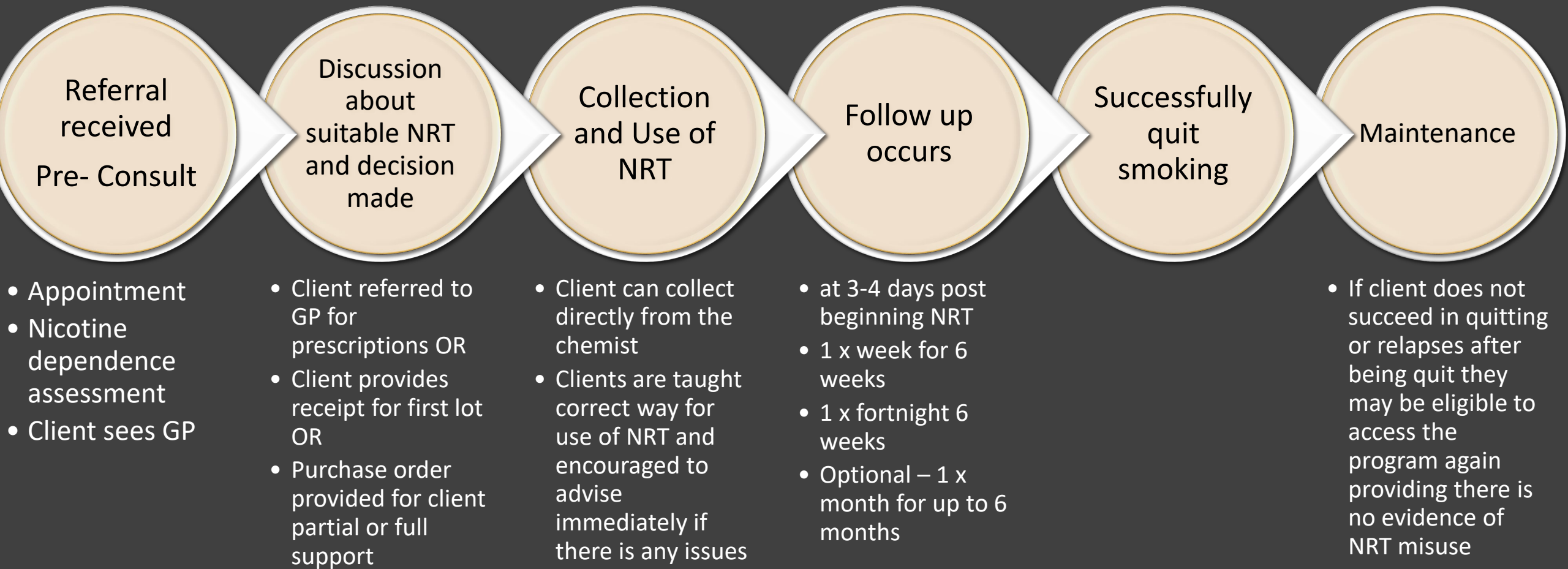
# Nicotine Replacement Therapy Program

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Aimed to:

- Increase quit attempts
- Lead to longer duration quit attempts
- Increase individuals seeking assistance
- Accessible to all Aboriginal and Torres Strait Islander people in the Limestone Coast
- Increase access to quit support
- Reduce exposure to second and third hand smoke
- Reduce the amounts smoked where complete cessation has not occurred
- Improve quality to services for our community
- Increase reach and community engagement





# Debbie's Success Story

<https://youtu.be/rOJqe7HK6QQ>

# Data and Results

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## 2016 vs 2019

Current smokers

148 vs 196

Ex smokers

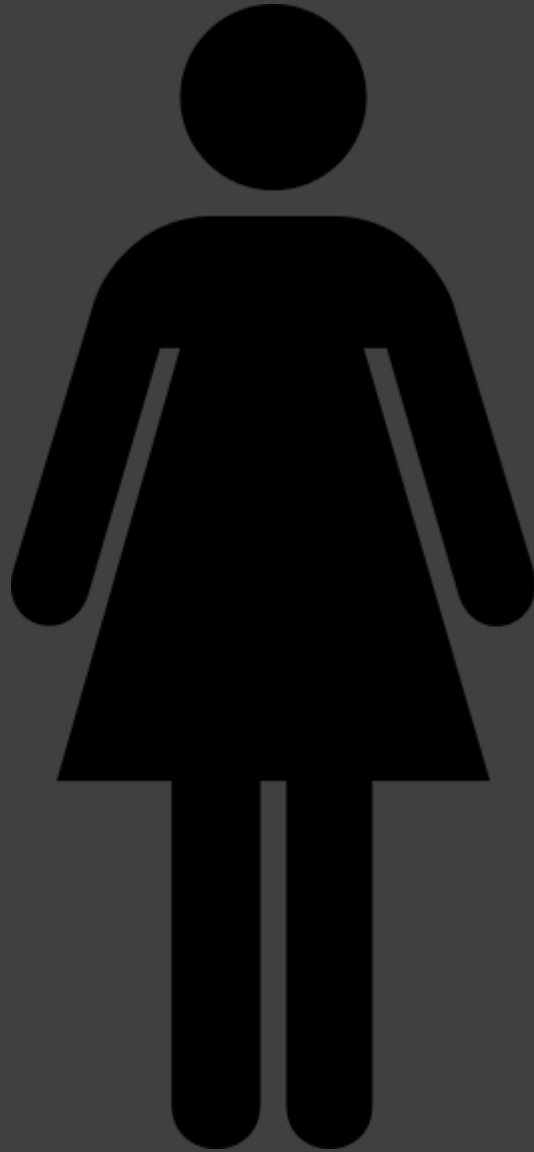
29 vs 36



**Males  
represent 49%  
of Pangula  
Mannamurna's  
clients**



Females  
represent 51%  
Of Pangula  
Mannamurna's  
clients



2016 vs 2019

Current smokers

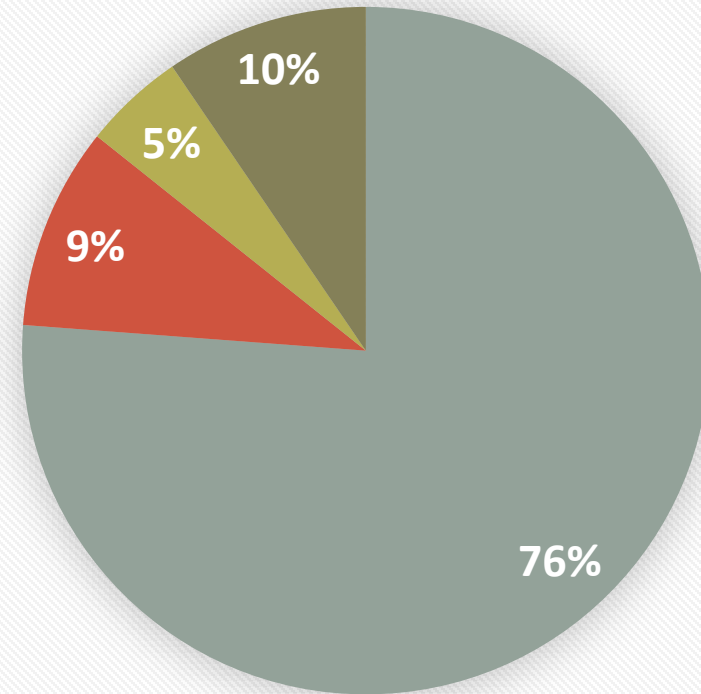
195 vs 233

Ex smokers

44 vs 45

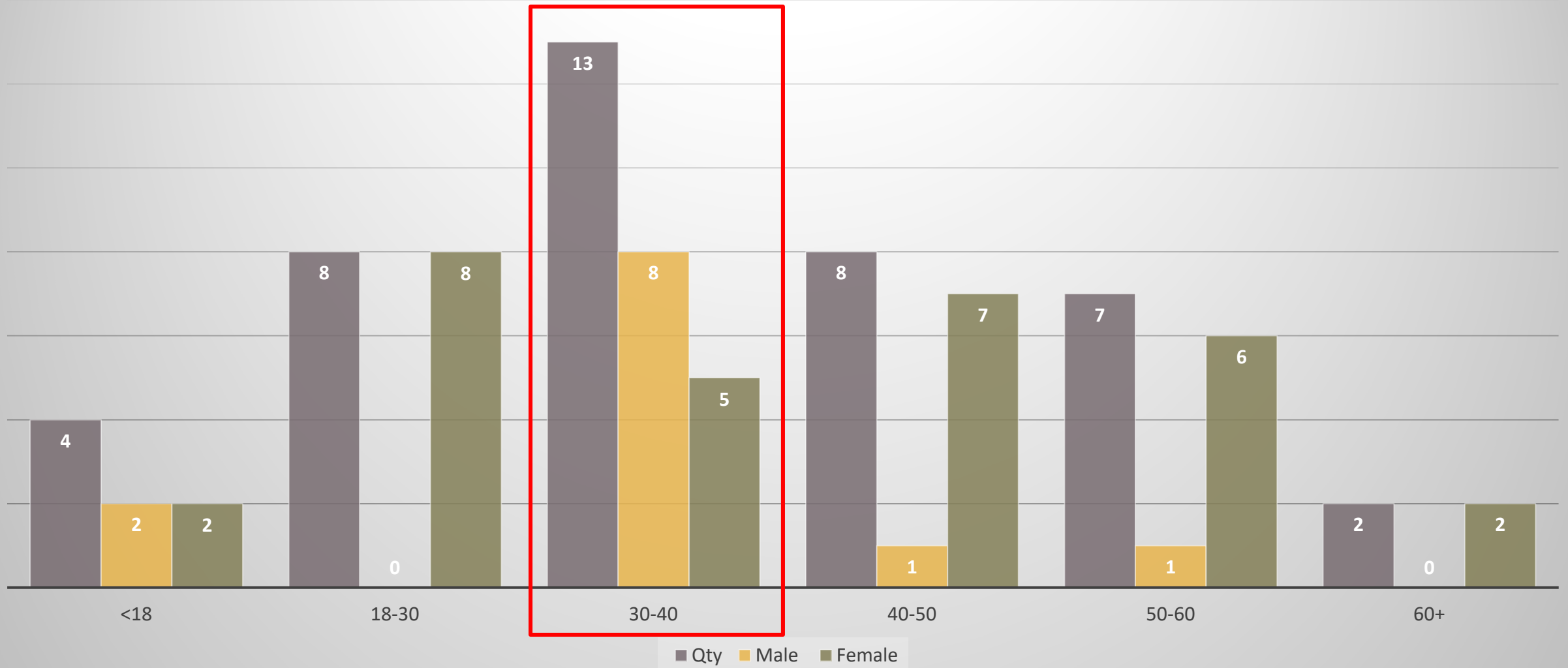
Since  
beginning  
Individual  
interventions

## Referral source



■ Self ■ GP ■ SEWB ■ Midwife

## Ages and gender of participants





Most often requested / used

LOZENGES

2

GUM

3

INHALATOR

5

PATCHES

10

QUICK MIST

38

CHAMPIX

35

0

5

10

15

20

25

30

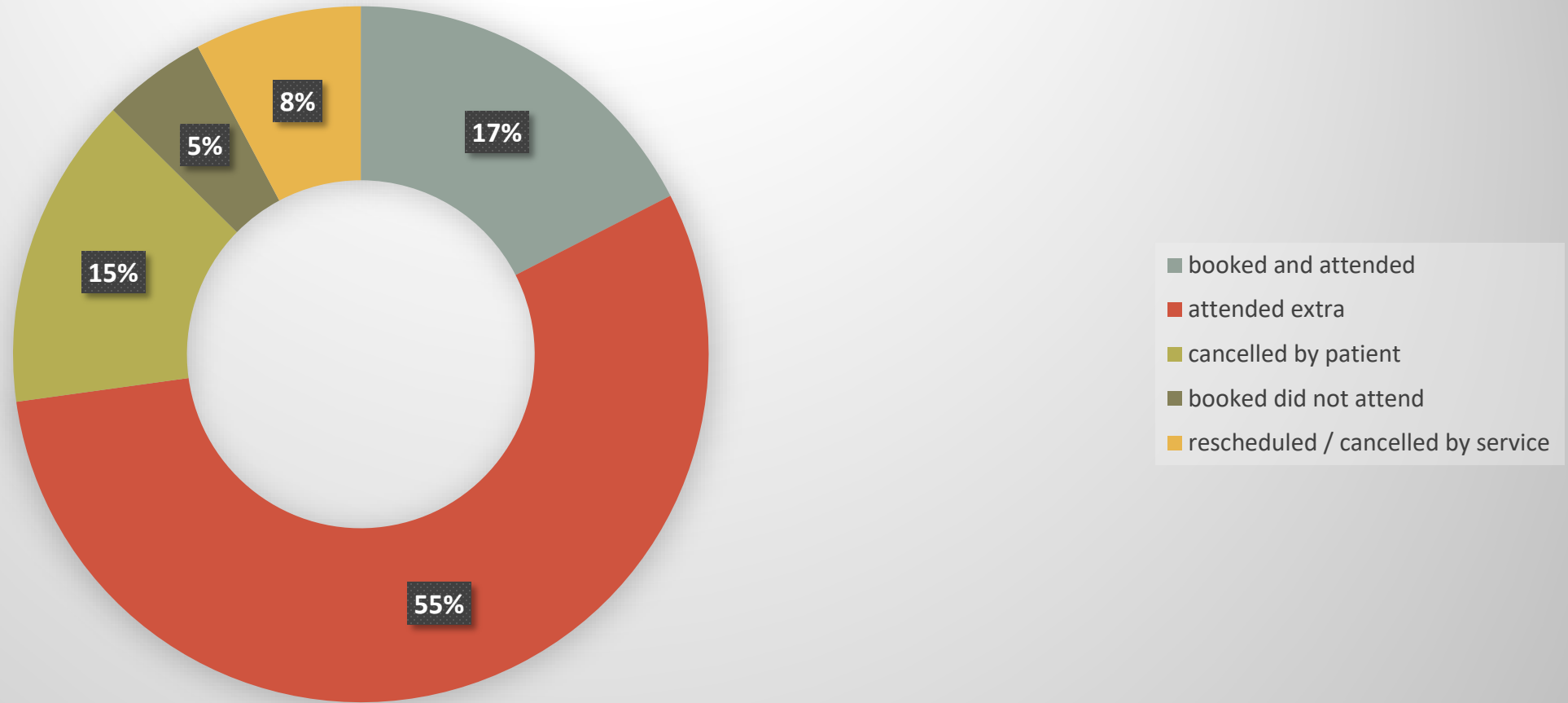
35

40



# Attendance

June 2018 - March 2019



# CURRENT STATUS OF THOSE ON MY CLIENT LIST

