

## On Track Watch

**A community-based action research  
project to improve health knowledge**

**Yilpara** was established in 1974. It is one of 30 linked communities in the Laynhapuy Homelands region



# Certificate II in Community Health Research (10513 NAT ) Menzies School of Health Research

The 15 trainees from Yilpara doing the Certificate are in the first research group based in the Laynhapuy Homelands working on a community action research project



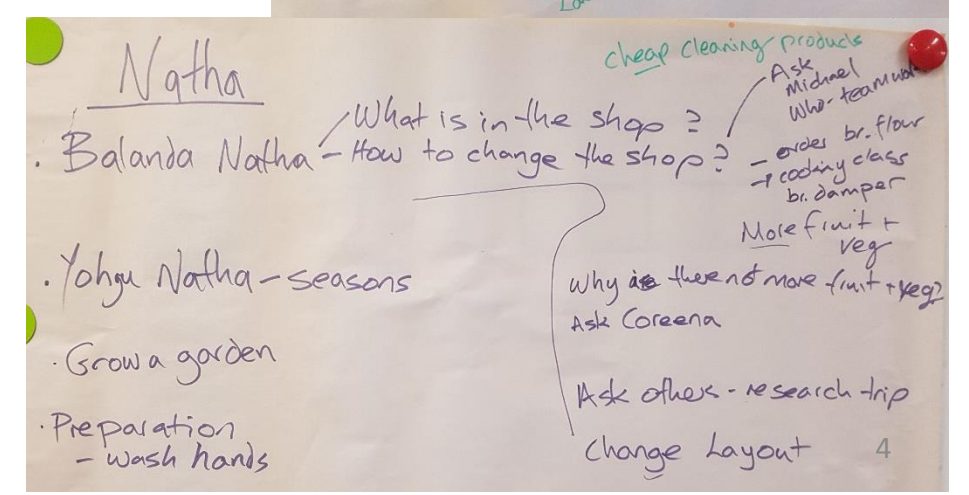
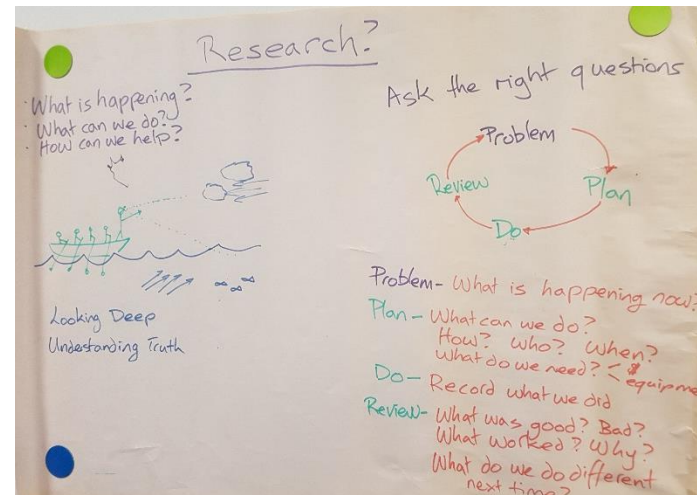
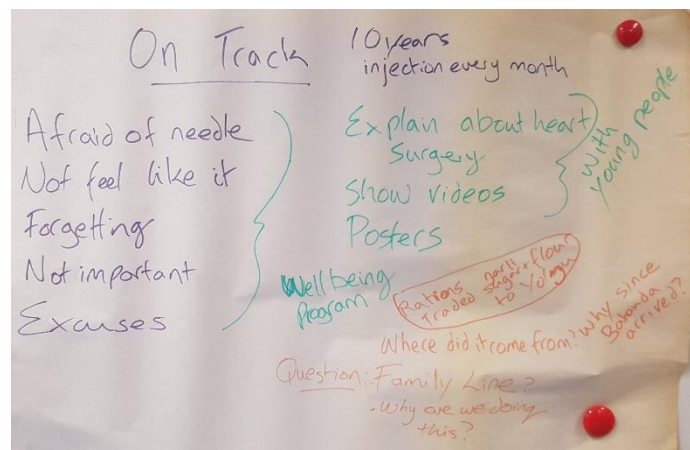
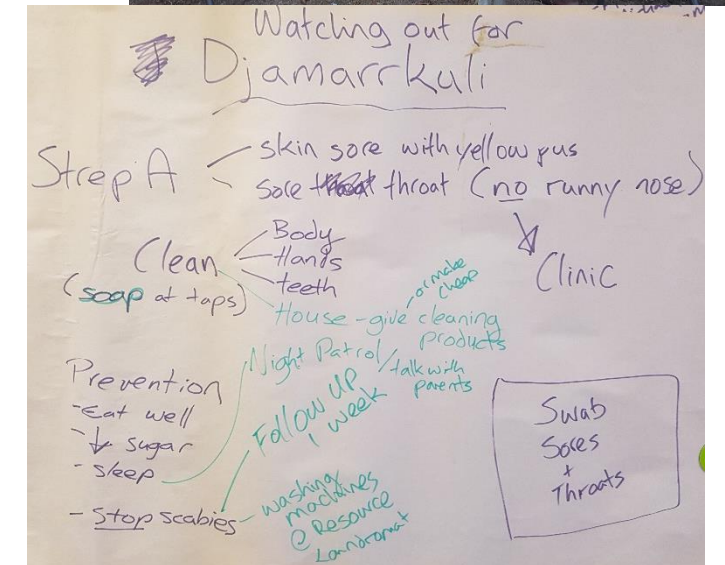
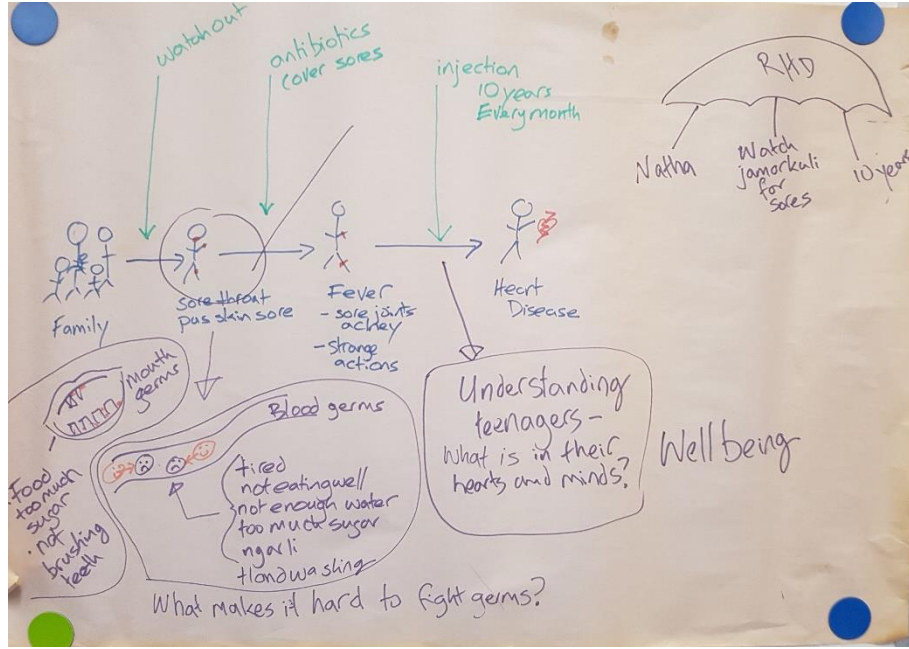
First meeting in November 2016



Training started in March 2017



# Planning the On Track Watch project – November 2016





# Rheumatic heart disease (RHD)

- ***Rheumatic fever starts with sore throats and skin sores.***

Bukuwarkthundja ṇayi ṇuli rerriya rumbal ṇuli dhulkumiyii wo gurak ṇuli bulyun bala rumbal nhä ṇuli gormuryi.

- ***A germ called ‘strep’ causes these sore throats and skin sores.***

Mewirri yäku ‘strep’ balanya nhakun djetjimiya gurak wo rumbal.

- ***If someone gets rheumatic fever they will need to go to hospital. They need to have a penicillin injection every 4 weeks for about 10 years. If they don’t have the injection they might get Rheumatic heart disease.***

ṇunhi yolṇu dhu märram rerri gormurinyawuy, marrtjin bonḍin bala watjpilil. Bala nhenydhū märraman mirritjin yäku penicillin injection bala nheny dhu manymaknha dhe dhu ga nhina .

- ***Rheumatic heart disease makes our heart sick (valve damage) and after a while our heart may not work properly (heart failure) and we may need an operation.***

ḍoṭurrk’tja rerri ṇayi’tu buyngun manymakgum djäma rumbalṇur.

# Rheumatic heart disease the Northern Territory

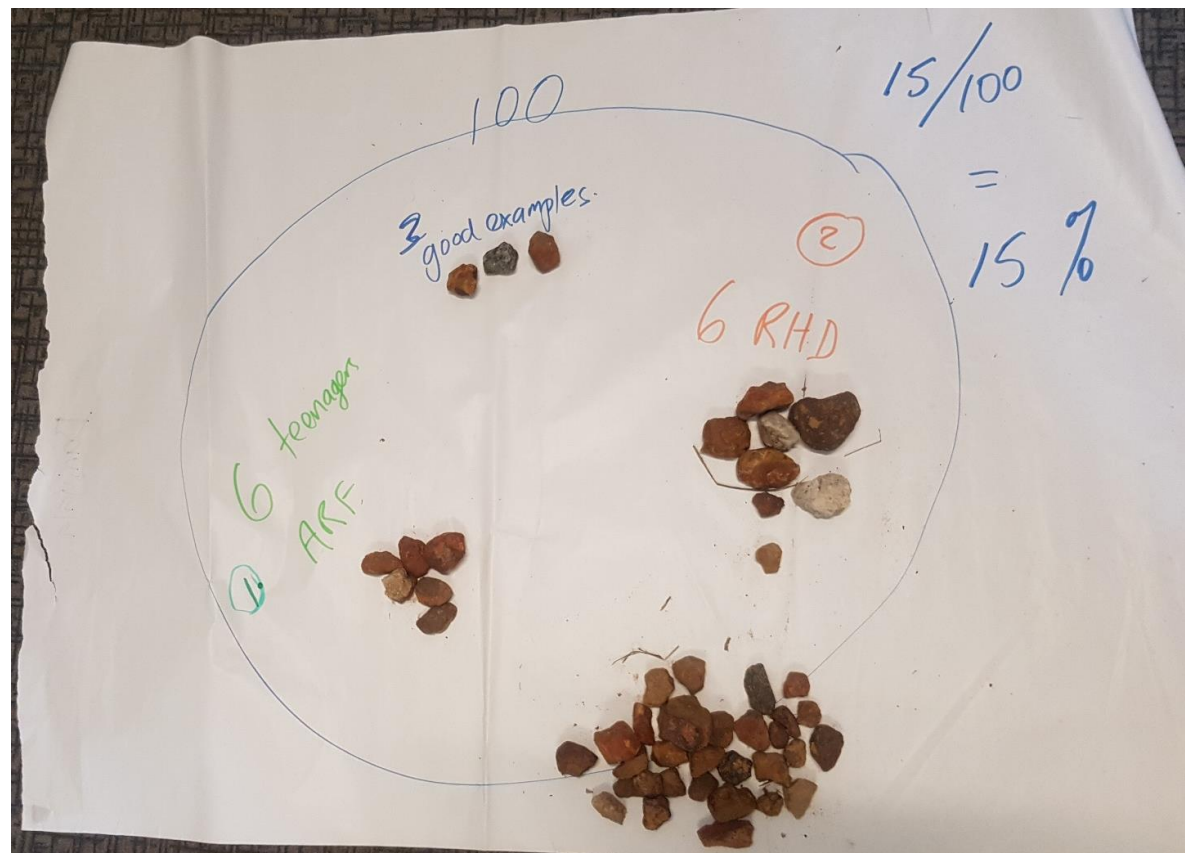
- Aboriginal people are ***55 times more likely*** than non-Aboriginal to die from ARF/RHD
- Is the ***greatest cause of health inequity*** between Indigenous and non-Indigenous Australians, *ahead of renal disease, diabetes and ischaemic heart disease*
- These high rates are important contributors to the ***gap in life expectancy*** between Indigenous and non-Indigenous Australians.



# On Track Watch

## Large number of people with ARF / RHD in Yilpara

- There were 6 children who have had ARF and have monthly injections
- There were 6 adults who have RHD
- There were 3 adults who had ARF and have finished 10 years of injections
- When the leader was told about the high number he asked that outside researchers come and do a project with the community



# Why is the community doing this research?

- “We don’t want our kids to have heart surgery”
- “To keep the kids healthy, community healthy, look after our land”

All of the On Track Watch group have been through having the injections or have children who are on the injection or already had the operation



# We used both way learning to talk about:

## **Rheumatic heart disease**

- Strep A Infection
- Immune system
- Rheumatic fever
- Heart disease
- Prevention

## **Research**

- Problem-Plan-Act-Review research cycle
- Research tools
  - focus groups
  - Interviews
  - Swabbing
  - surveys
- Consent
- Ethics

# The lipalipa (canoe) is a good metaphor for action research

Looking deeply to decide which way to go



*Above the surface*

Winds

Clouds

**LOOKING AT THE SURFACE OF  
THE WATER IS NOT ENOUGH**

*Below the surface*

Currents

Rocks

Shallow water



# Examples of other both-way learning metaphors we used

*NB Understanding comes from the process of working out metaphors – you can't transfer these to other locations, you need to go through your own process*

Yolngu concept*	Balanda concept
Gurrutu (relationship rules)	Ethics and consent
Yinapungabu/Miyarra (coming up/out from beneath - boils, blood, maggots)	Knowledge sharing
Djalkari (foot steps)	Health behaviours - choosing the right path
Wujumugu (dilly bag)	Research tools
Wapitja (digging stick)	Truth - getting deeper knowledge (long yams)
Moieties (there must be balance between the two moieties)	Mixed methods research, good research balances qualitative (word) and quantitative (number) data
Yam leaf confusion	Mistaken immune response to Strep A
Bait for fishing	Different germs cause different diseases

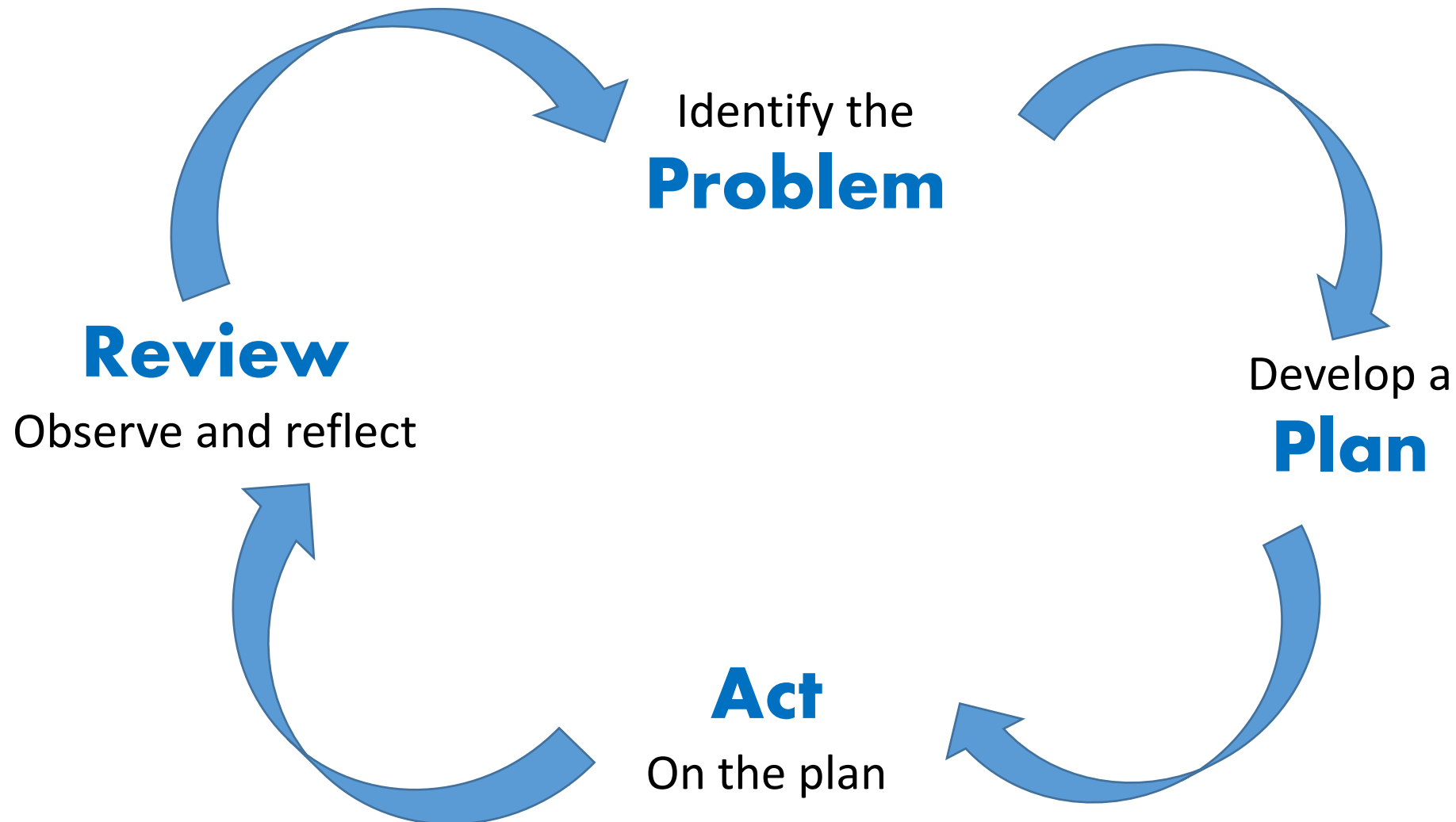
\* Permission to share cultural knowledge has been given by senior community leaders

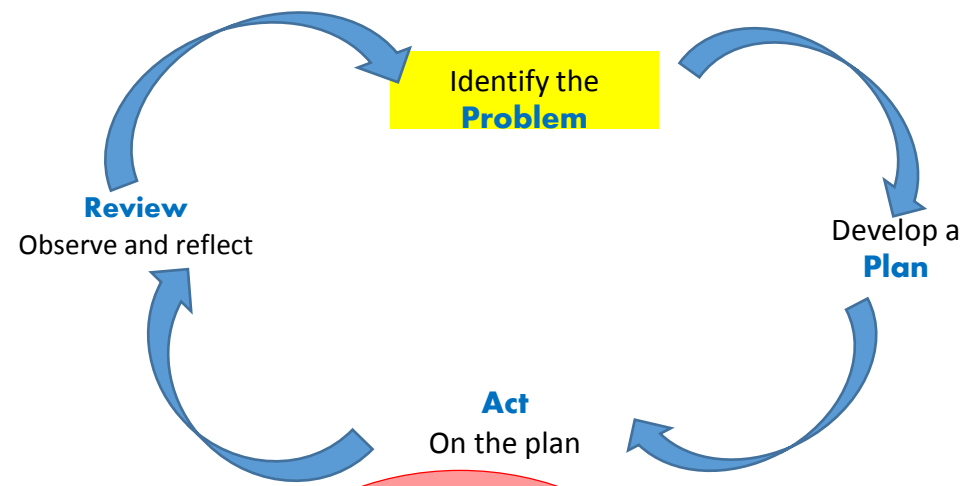
# Training involved:

- Using *metaphors* to develop conceptual understanding
- *Translating* information into 2 or 3 Yolngu languages
- *Role plays* – interviews, consent, focus groups
- *Telling people* about what we learnt: posters; giving families RHD movies on a usb to watch at home; presentations to other communities and at conferences
- Talking to *other Yolngu researchers*



# We learnt about and used the action research cycle through the whole OTW project





# The community decided on three research areas

## Ŋatha - Food

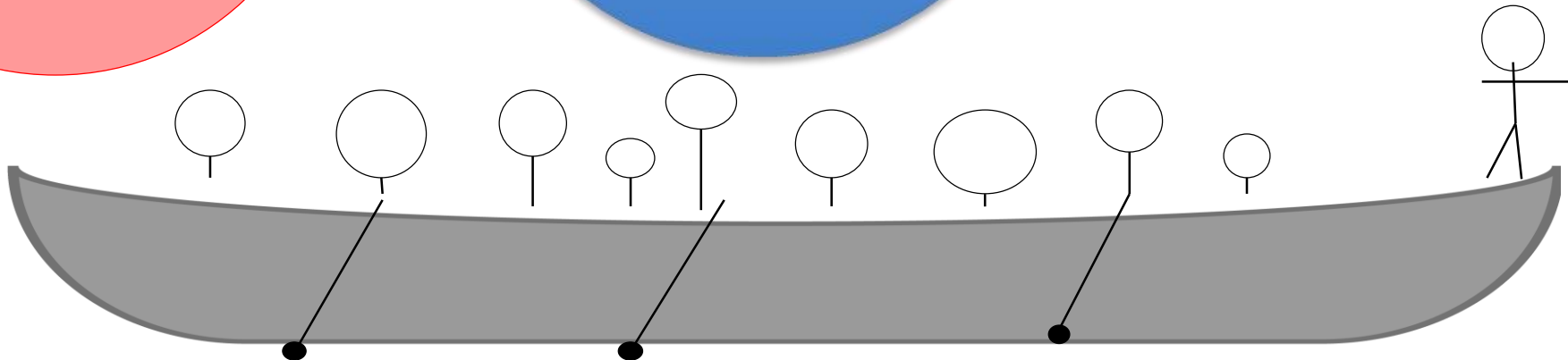
How can we improve the food in Yilpara to make the community healthy and strong?

## Teenagers' Wellbeing

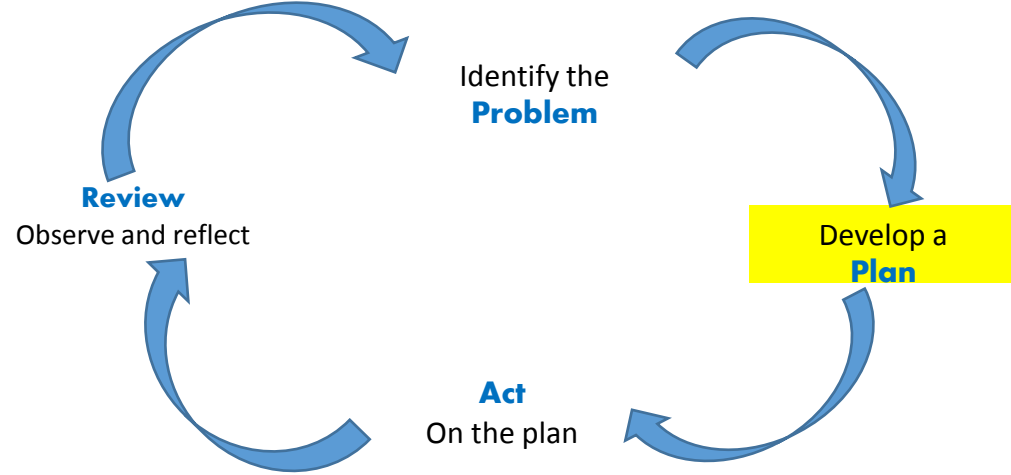
- How do we understand them
- How do we help them?

## Watch out for Strep

- How much strep?
- How do we help to stop it?
- How do we stop germs?
- Swabbing project



# And developed three action plans



## ἦatha - Food

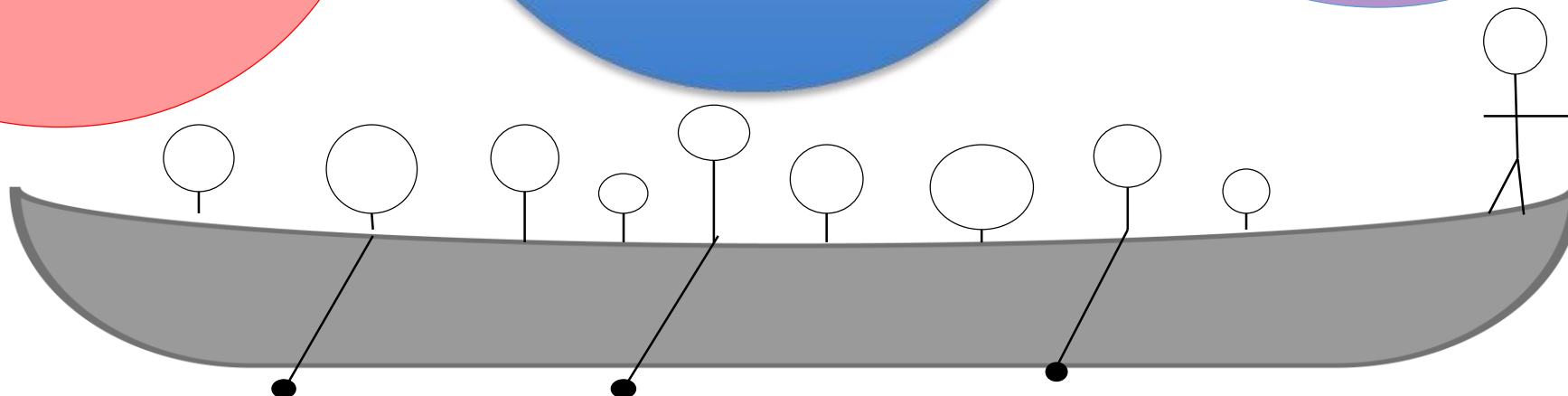
Lunches for djamarkuli and others  
Learning about getting money for food for lunches  
Understanding what food is in the shop

## Teenagers Wellbeing

Movie night  
Activities – sport, camping, culture, music  
Working in partnership with CSP (youth program)  
Expert in understanding Teenager; drugs and alcohol

## Watch for Strep Infection

Awareness raising  
Learning to identify sores and sore throats  
Learning about germs  
Swabbing for Step A



# Project planning

Strep Work Plan Group

- Posters
  - 1 Internet - <sup>Get one</sup> pictures / images - ideas for posters
  - 2 Translate messages into Yolgu Matha
  - 3. Open Word document
  - 4. Draw pictures, then photo, then put on computer, then paste into word document

Watch out for sores

- if you see a sores put Bandaid on it:
- keep the sores clean
- Wash the sores ~~everyday~~ <sup>child</sup> everyday
- if the sores is bad take <sup>child</sup> to the clinic
- if the child as a sores throat take him or her to the clinic
- Tell you kids to brush their teeth

Manutji-kakarama  
why? • see This Sores a sign of a bad infection.

BIG PICTURE  
Teenager Wellbeing Work Plan

- Talk with teenagers Plan
  - Work with Sarah Bentley + Baykali to plan the workshop
  - 3. ~~2~~ Youth Night - music, action group, games and talk in groups Name the groups
- Movie Night
  - Paint Feathers
  - Family Tree
  - Disco — teenagers run it
  - Team Sports
  - Spear making (Men)
  - Resource Centre - sewing, jewellery (women)
  - Write a song / video clip

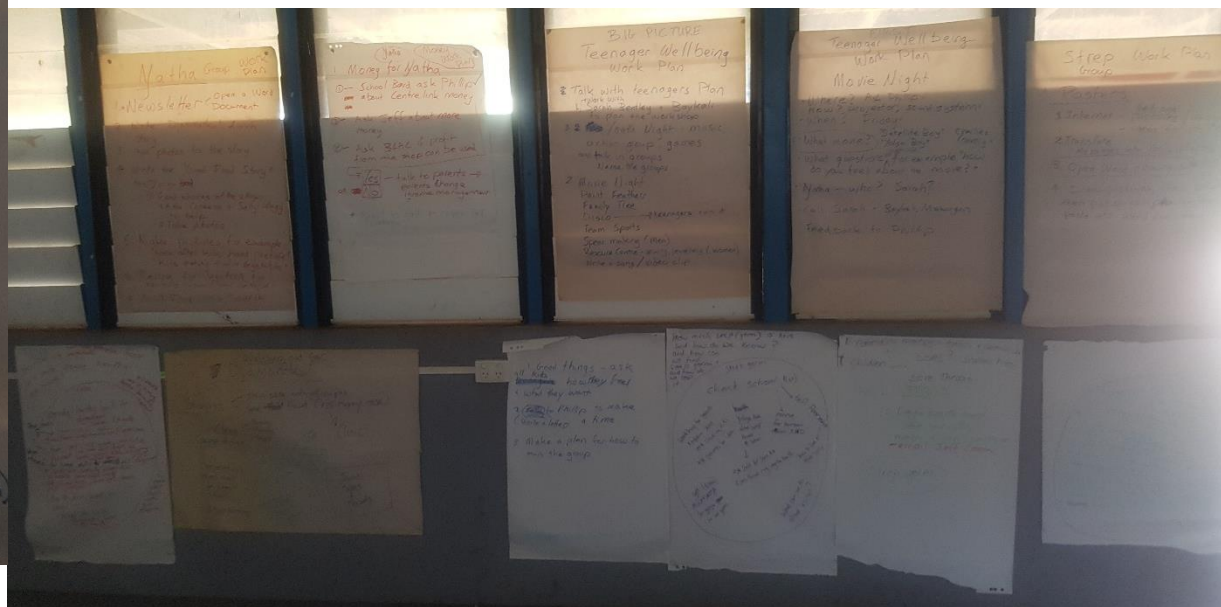
Natha

- Newsletter - Open a Word Document
- Write Djammakuli Lunch Story
- Add photos to the story
- Write the "Good Food Story" has ① Yolgu food
  - ② Good choices at the shops
    - 1. Ask Coreena + Sally Wagg to help
    - 2. Take photos
- Make pictures, for example "hook after kids hand picture" "Kids eating fruit + vegetables"
- Recipe for Yolgu food, for example brown flour damper

FIRST  
Teenager Wellbeing Work Plan

Movie Night

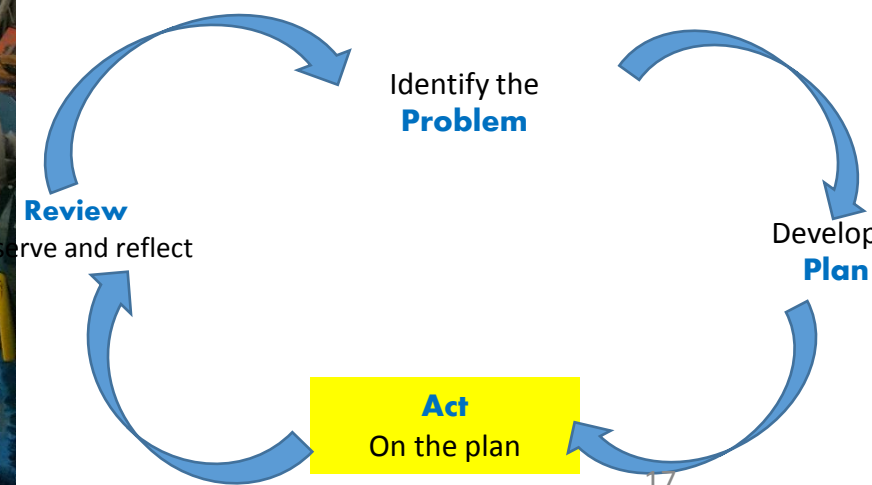
- Where? Ask Phillip ✓
- How? Projector, sound system ✓
- When? Friday ✓
- What movie? "Satellite Boy" "Charles Country" "Yolgu Boy" <sup>ask</sup> for example "how do you feel about the movie?"
- Natha - who? Sarah?
- Call Sarah - Baykali, Makungun
- Feedback to Phillip







Trainees at  
work on the  
three  
projects





# The cooking program – lunches for school children



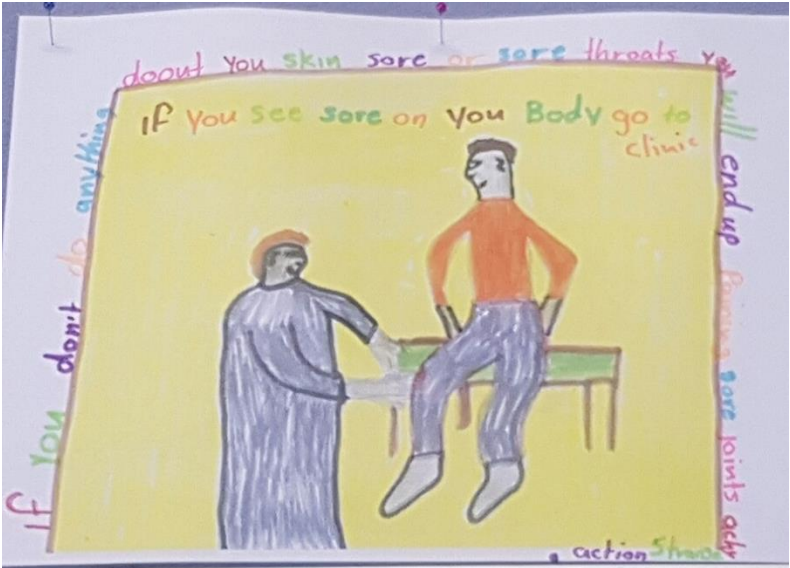
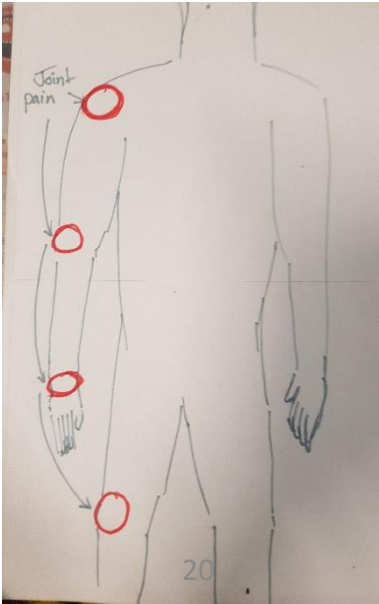
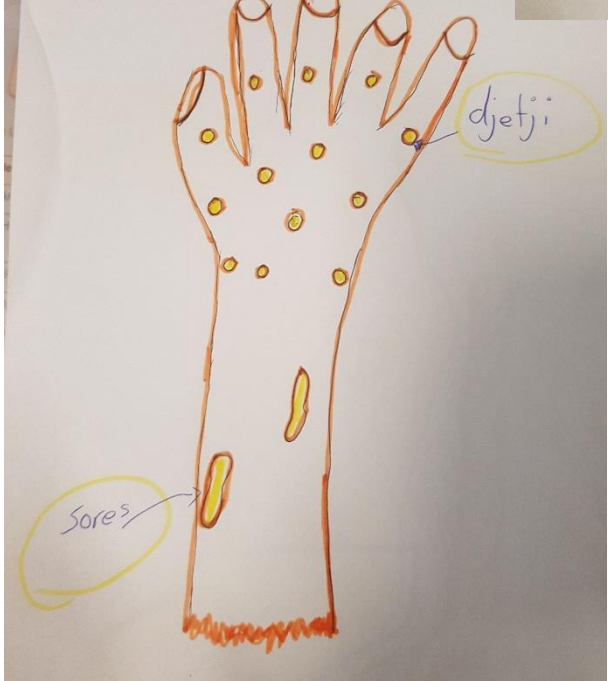
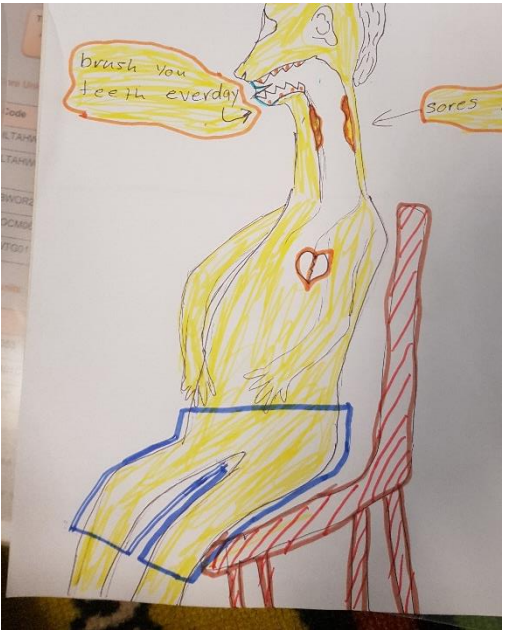
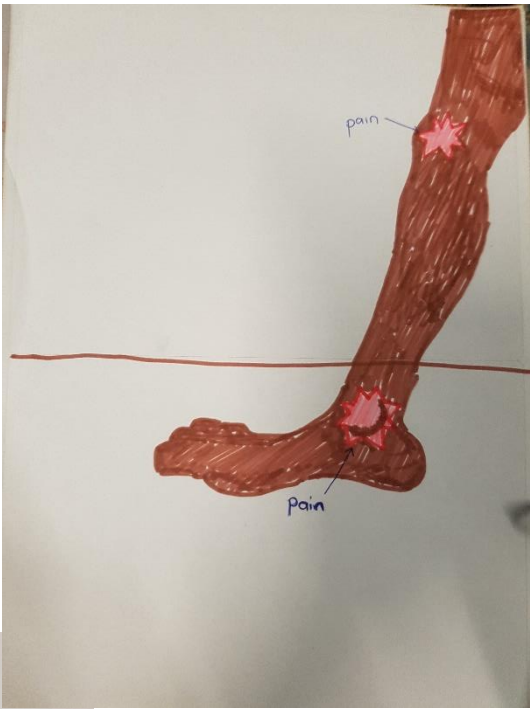
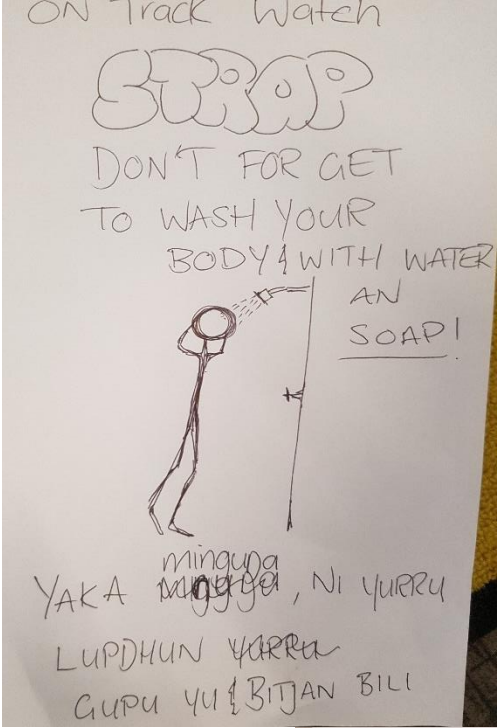
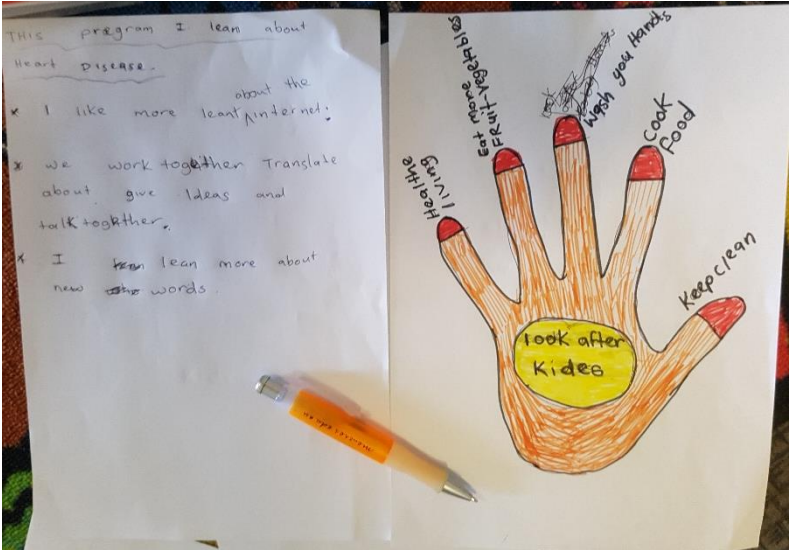


# Learning about RHD and making posters

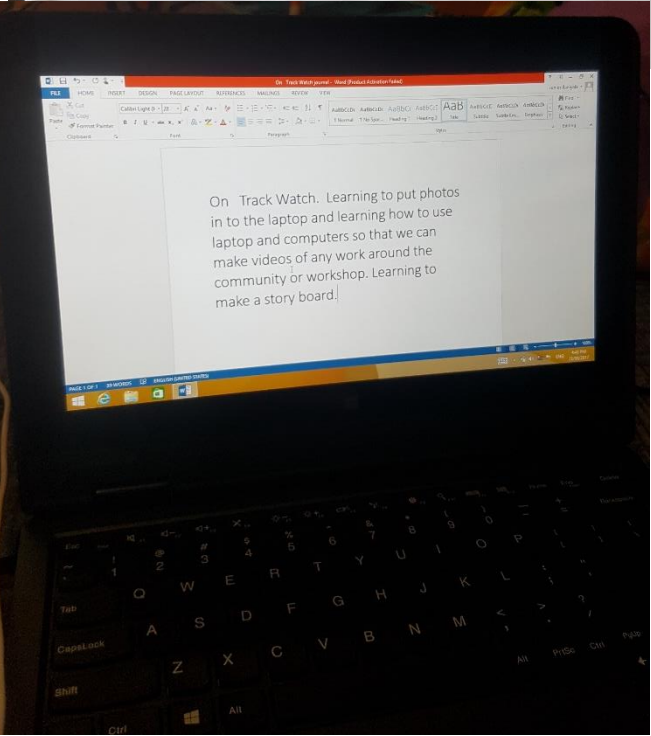
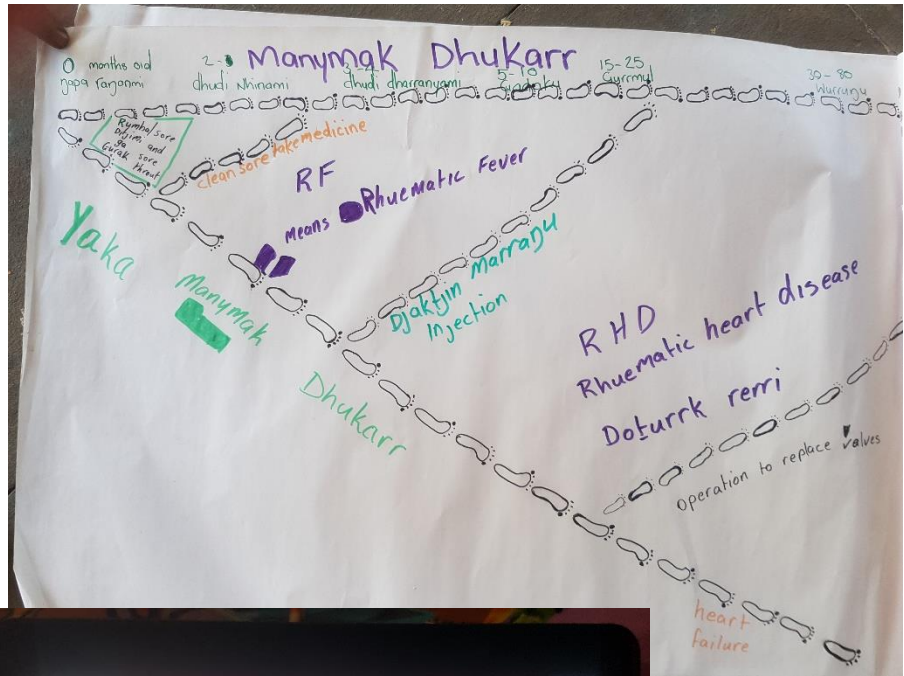




# Health message poster ideas









# Examples of translation work

Tuesday 13/6/17

- \* consent is on agreement on a signed form.
- \* Asking question in a focus group
- \* recording on tap or computer giving on understanding
- \* First we give an understanding about the consent what this is Research mean.
- (2) Next we ask them if they are happy to do the focus group
- (3) Then we give the consent form to signed
- (4) Then after they signed the form we start asking question and recording

(1) Acute Rheumatic  
Fever ARF  
 Nhaltjan guli djamarrkuli  
 garrkugama renri gunthi  
 gayi guli gommurri  
 nhangu v numbal.

(2) Rheumatic Heart  
 Disease RHD

Rheumatic heart  
 disease is caused by  
 damage to the heart valves  
 from not having unchecked  
 rheumatic fever

Dhiyaguyu renriyu guli  
 buma marrti.  
 doturrk wirrogayguma  
 bili gunthi yolgu  
 guli baygu marrti  
 nha-nharawu marrgitjgu  
 yunhi nhe djal  
 gungayunawu marrti  
 ga nhagu marrgitjha  
 marr yurru  
 marrgitjdhu nhugu  
 weykama djaktjiin  
 yaku Bicilline LA

2-5-17

- \* Rheumatic Fever

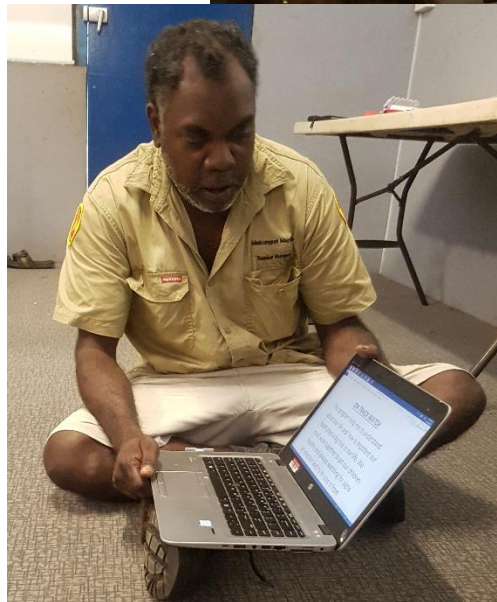
Nhaltjan guli djamarrkuli  
 garrmuryi numbal ga  
 gun'ku gäma galpanig  
 napugga djinawa nhakun  
 likan guli dhundhunun  
 nipal ga wiripuya bunkumu

When the children feel  
 pain  
 hot in their body and  
 pain in the fluid and  
 inbetween  
 the bones like elbow,  
 wrist,

Strep A  
 00000000  
 O  
 COCCUR  
 CISIR

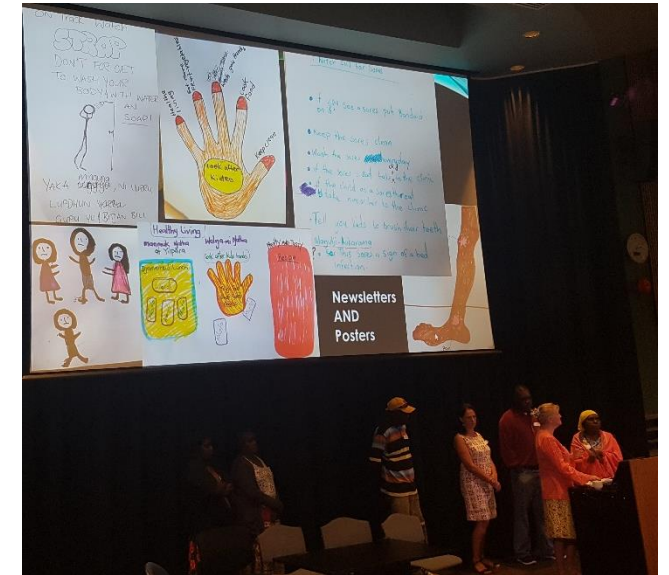
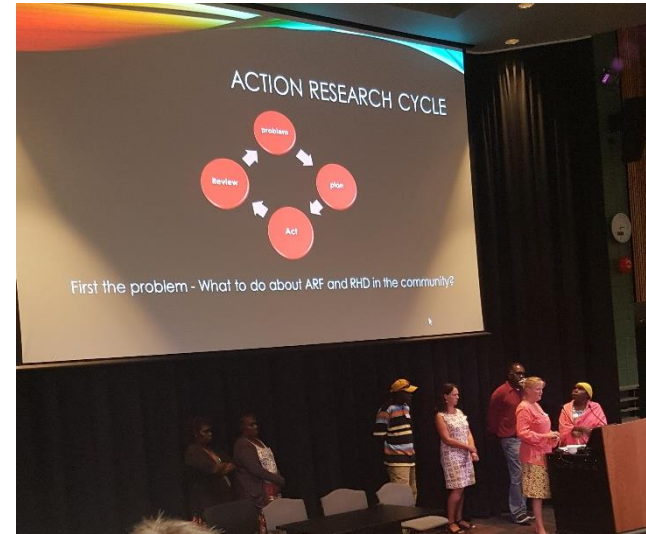


# OTW researchers presented their work to each other and to the Yilpara community



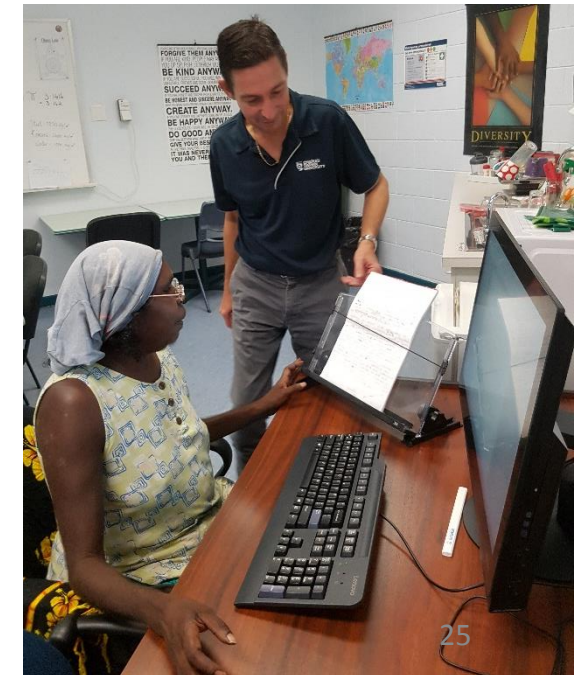


# Attending RHD meetings in Darwin to give presentations about OTW, meet the team at Menzies and hear from other researchers





# In Darwin trainees also worked with other Yolngu and balanda researchers





# Planning for going to Gan Gan

stu

On Track Watch (OTW) Going to Gangan

Who: Muding, Leanne, ? Wes? Linda

When: Monday 26<sup>th</sup> - Friday 30<sup>th</sup>

What:

then....?

Wandaway  
Dhalinybuy  
? Garthallala

Healthy Family  
Immune system  
damage  
Swab

Gangan Projector

To take:

- Natha (Emma)
- Fishing lines-hooks sinkers
- Pillow, blanket
- Cups, plates, spoon, fork
- (Emma) garbage knife
- Butcher's paper
- Laptops (Philip?)
- Pens
- Consent forms
- Translations
- (Pictures for ARE)
- Video RHD
- Number of ARE

Monday

Arrive

Talk to Leaders

fea results

mijalk

MEP

dirramu

Rangers

BBQ

TO DO:

- Power point of story
- Agenda

Tuesday

RHD Story (translations)

Wednesday

Consent

Focus Group

- RHD understanding

Thursday

Djarmakuli

"Learning on Country"

Sarah check

Friday

Plan for Gangan community

- ideas to help prevent RHD

Leave

THIS WEEK

Plan

1. RHD story
2. Focus group
3. Make a t-shirt to take

T-shirt Design Competition

Movie Night

LAPTOP

User: Junior Student

Password:

11-1=10

10-1=9

9-1=8

8-1=7

7-1=6

6-1=5

5-1=4

4-1=3

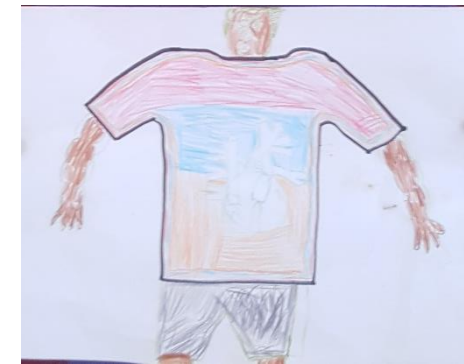
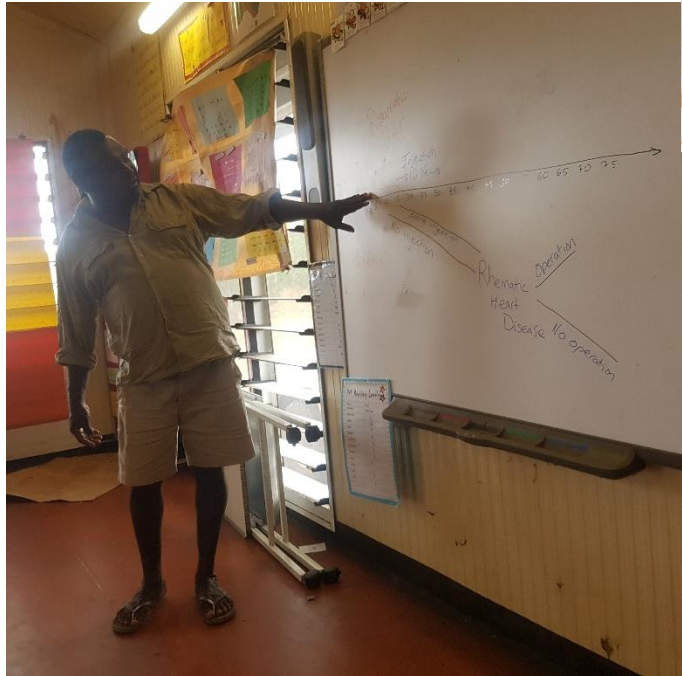
3-1=2

2-1=1

1-1=0



At Gan gan we  
presented to the  
whole community  
The children  
designed  
t-shirts







## Practising before the Strep A awareness throat swabbing day







On the day we made sure everyone had a clear understanding of what we were doing, how and why







Analysing the result of the  
throat swabbing day and  
writing a report





At the Lowitja conference – presenting, listening and meeting other researchers (November 2017)





At the end of the first year OTW researchers learnt about and used different research methods to review the project (See the OTW Evaluation Report)

