



# Geraldton Regional Aboriginal Medical Service

## August 2024 Newsletter



### GRAMS Program Staff Attend One Day Health Promotions Training

The GRAMS Health Promotions team partnered with Dane Waters, CEO of Health Communication Resources (HCR), to learn what's involved with improving health promotions outcomes within our individual programs that are run on a regular basis at GRAMS.

"Health promotion is the process of enabling people to increase control over and improve their health" (WHO, 2021) The first international conference for Health Promotions was held in 1986 in Ottawa where the Ottawa chart was developed and provided the foundations for what we now refer to as health promotions.

Over the course of 2 days, 7 staff from various GRAMS departments spent time with Dane Waters and David Batty (Health Promotion Manager) learning about the foundations of health promotion, basic theories behind community development and how to write and record radio announcements along with conduct radio interviews.

Each of the team member that attended and completed the training had a great opportunity to record their own health promotions radio messages that are now up on our GRAMS website ([grams.asn.au](http://grams.asn.au)) and being played on our local radio daily at Radio MAMA

Following the attendees completing their new radio ads a new task was set for them all as a team to develop a small event for the community at GRAMS by September.

The team worked and planed out to deliver an event targeting pregnant mums and Gestational Diabetes.

**Health Promotions Is Everyone's Business**



# Knowledge and Practice Skills for Responding to FDV Disclosures using First Nations Strategies

14 staff members from the Geraldton Regional Aboriginal Medical Service attended the second delivery of the one-day workshop that was delivered by Kyalie Moore from Stopping Family Violence WA and supported by David Batty from GRAMS

The one-day workshop provided key knowledge, considerations and practice skills when responding to disclosures by people impacted by family and domestic violence. The workshop is one step towards building the capability of the organisation towards becoming an FDV informed organisation. Future training will include the Safe and Together Core training, followed by a Communities of Practice and a 1-day consultation to support the co-design of an ACCO Healing and Change service Model.

Kyalie Moore said "The work Stopping Family Violence is doing with GRAMS is more than training. We are building the capability of GRAMS and supporting staff to be FDV informed in their engagement and responses to clients who may be experiencing family and domestic violence and/or using family and domestic violence."



If you or someone you know is experiencing FDV or using FDV and require help, please call  
No To Violence: 1300 766 491, 13 YARN 13 92 76, LIFELINE 13 11 14

## We Can Together Stop Family Domestic & Sexual Violence

If you or someone you know is experiencing FDV or using FDV and require help please call **13YARN (13 92 76)**, Lifeline **13 11 14**, Women's Domestic Violence Helpline **1800 007 339** (free call), No To Violence **1300 766 491**

**Don't leave it till it's too late.**



Follow us on [Facebook](#) @GRAMSmob to keep up to date with the latest activities, programs and upcoming events.

For information on our services and programs, please phone GRAMS on [\(08\) 9956 6555](tel:(08)99566555) or visit our website [www.grams.asn.au](http://www.grams.asn.au)

# GRAMS Welcomes New Staff Members



## Registered Psychologist

Susan is a Community Psychologist who values improving the quality of each client's life. With experience working with a diverse range of clients including Aboriginal people, people with disabilities, minority sexuality and people from age five through the lifespan.

Susan works to empower clients with skills and knowledge to address a broad range of issues. Some of these issues include depression, trauma, anxiety, stress, learning, communication, conflict and relationship issues.

Susan has worked in community organisations, privately and in schools and likes to work collaboratively focusing on a client's life in a holistic manner. Some of the therapies Susan uses include Brief Solution Therapy, EMDR and CBT.



## Accounts

I am Brenda Van Rensburg and I am from Johannesburg, South Africa. I have been in Geraldton since January 2020.

I have been working in the Finance Department for almost a month now. I find GRAMS to be a very friendly environment to work in. It is a pleasure to come to work in the morning.

In my off time I try to go to the gym as frequently as I can, I like camping, walking my doggie and spending time with family and friends.

### My favorite quote:

**"If God is with you, who can be against you."**

## New Holter Monitors for GRAMS Clinic

**Last Week, the GRAMS clinic was benefited to receive 2 new Holter monitors for the clinic and training regarding how to use them was delivered by Sloane De Boni from WA Cardiology to the treatment room and clinic staff members.**

A Holter monitor is a small device that is worn by patients to records the heart's rhythm, normally worn for around 24 hours but may be worn for up to 3 days. It is a test to detect any irregular heartbeats known as arrhythmias in patients where an electrocardiogram, (or ECG) which is a quick 10 second test, doesn't provide enough information about the condition of the patient's heart.

Typical Holter monitors usually involve 4 dots, or electrodes, attached around the chest area connected to a machine with leads and worn with a strap around the neck. The new Vine Holter monitors only involve a small triangle shaped device with 3 electrodes connected to the machine which adhere onto the patient's chest with no leads or straps making it more comfortable to wear.



The process will be simple, if a patient is requiring a Holter monitor test and presents to the clinic for a GP appointment, the Dr will be able to send a referral to WA Cardiology to add the patient to the online system for the testing, which may only take a few minutes. Once the patient is added to the program one of the nurses or aboriginal health practitioners (AHPs) who will be trained in how to use the machine will set the patient up with the device and go through the necessary information.

Once the patient returns with the machine, the recordings will be uploaded to the device's program which will then be reviewed by the required Drs. Also to be noted that a patient may

also need to be reviewed by a cardiologist, heart specialist, if having this testing done.

We can't wait to start using these new machines in the clinic and to see the benefits of having them available for our patients here at GRAMS.

**Shakiah Forsyth**  
Enrolled Nurse GRAMS  
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www.grams.asn.au

# Look after your dental Health

Dental health is extremely important to so many parts of a person's general health and wellness. Most of us know the feeling of a bad toothache and would like to avoid that, however there are quite a few effects from poor dental health that flow onto the rest of the body that people may not understand, even when it is happening to them.

The most obvious problems people can start experiencing are problems with chewing, problems with talking and dental pain.

Then there is the flow on effects of changing the way someone smiles and even looks. These aesthetic changes lead to low self-esteem, isolation from the public and deep depression- all from the worries of how others judge someone with missing teeth.

This means that missing and decayed teeth can also influence employment and other life opportunities.

To add to that, tooth pain and infection can cause sleepless nights, make people acutely sick and even occasionally people need to be admitted to hospital with life threatening issues.

Poor chewing also creates diet issues which can then affect the person's ongoing general health through poor nutrition.

The less known but just as problematic issues, however, are the effects that untreated dental infections can cause to other organs in the body. Although it takes time, both gum disease and tooth abscesses can lead to (or at least contribute to) sinus and ear problems, diabetes and other endocrine issues, heart disease and blood vessel problems, respiratory disease, kidney problems, liver disease, lymph gland problems and even sex organ issues and that is nowhere near a complete list.

The truth is we do not even know the full extent of problems that untreated dental disease can cause.

Improving health outcomes for the Aboriginal community simply cannot happen without improving dental health at the same time. Closing the gap means fixing teeth too.



For further information please visit the GRAMS Website [grams.asn.au](http://grams.asn.au)

# We Can Together Stop

## Family Domestic & Sexual Violence

No form of violence is acceptable in any way  
Family and Domestic Violence is not a part of our Culture

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