



Cultural Safety Training

ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH IN CLINICAL PRACTICE

*AIDA's cultural safety training, **Aboriginal and Torres Strait Islander Health in Clinical Practice***

is a clinically focused training program that equips Registrars and Fellows in any specialty with the tools needed to integrate Aboriginal and Torres Strait Islander holistic health and cultural safety into everyday clinical practice. . The program offers an opportunity for participants to ask hard, cultural questions and have them addressed by Aboriginal and Torres Strait Islander doctors in a culturally safe space.

AIDA's cultural safety training is developed and delivered by Aboriginal and Torres Strait Islander doctors who role model and reinforce culturally safe behaviours and practices throughout the training. The training is enhanced by the unique insights of AIDA members and by a range of clinical case studies from Aboriginal and Torres Strait Islander doctors. These case studies bring to view how attitudes, perspectives, lived experience and systemic bias can impact health outcomes.

Participants will develop the knowledge and skills necessary to improve engagement and health outcomes for Aboriginal and Torres Strait Islander patients. Through developing a greater understanding of Indigenous health perspectives and by undertaking a process of understanding their own perceptions, participants commence a process of critical self-reflection and are able to immediately embed and apply learnings in clinical practice.

Structure and accreditation

The program is delivered over an 8-hour day, usually between 9am and 5pm. This training program includes interactive and experiential teaching, as well as preparatory and follow-up activities. Training sessions are designed for 10 to 25 participants.

Aboriginal and Torres Strait Islander Health in Clinical Practice is accredited for continuing professional development (CPD), or equivalent, with a number of specialist medical colleges.

"I was particularly reminded about the impact of racism and how my cultural/values/beliefs lens' can impact the care I provide. Our facilitators showed a level of knowledge, warmth and openness that was inspiring. Thank you."

"The learning, engagement and practical guidance of AIDA on how to change clinical practice to achieve better health outcomes was simply excellent. Every doctor in Australia should grab the opportunity to complete the AIDA program."

- Dr Martin Laverty, Secretary general AMA.

Learning Outcomes

On completion of AIDA's cultural safety training, *Aboriginal and Torres Strait Islander Health in Clinical Practice*, participants will:

- Demonstrate awareness of personal worldviews and how these relate to clinical practice settings.
- Understand and apply Aboriginal and Torres Strait Islander worldviews and approaches to health and wellbeing in clinical practice.
- Understand racism and why it is a barrier to good health outcomes.
- Recommend practical strategies to mitigate barriers and utilise enabling factors at systemic, organisational and practice levels.
- Strengthen culturally safe practices to achieve better health outcomes for Aboriginal and Torres Strait Islander Peoples.
- Utilise techniques to improve rapport building, engagement and communication in clinical consultations.
- Implement strategies to overcome access barriers at a practice and clinical level.
- Integrate Aboriginal and Torres Strait Islander holistic health and cultural safety into everyday clinical practice.



"The stories told in some of the modules are mind blowing. How people have survived incredible personal hardships and are now supporting their own communities to increase resilience."

For more information, pricing options and to register your interest, contact:
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Australian Indigenous Doctors' Association