



# East Metropolitan Health Service

## Moorditj Djena - Strong feet

*A survey of falls in EMHS Community & Population Health Aboriginal Community Programs*

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# Aboriginal Community Health

## Specialist Services



### **Moorditj Djena - Strong Feet**

Moorditj Djena is a podiatry and diabetes education outreach program for Aboriginal people within the Perth metropolitan area.



### **Aboriginal Healthy Lifestyle Programs**

We deliver a suite of healthy lifestyle services to support the Aboriginal community, including the LIFE and Journey of Living with Diabetes programs.



### **Aboriginal Acute Care Coordination**

The Aboriginal Acute Care Coordination program is available for Aboriginal patients admitted to Royal Perth Hospital and discharged with an acute condition.

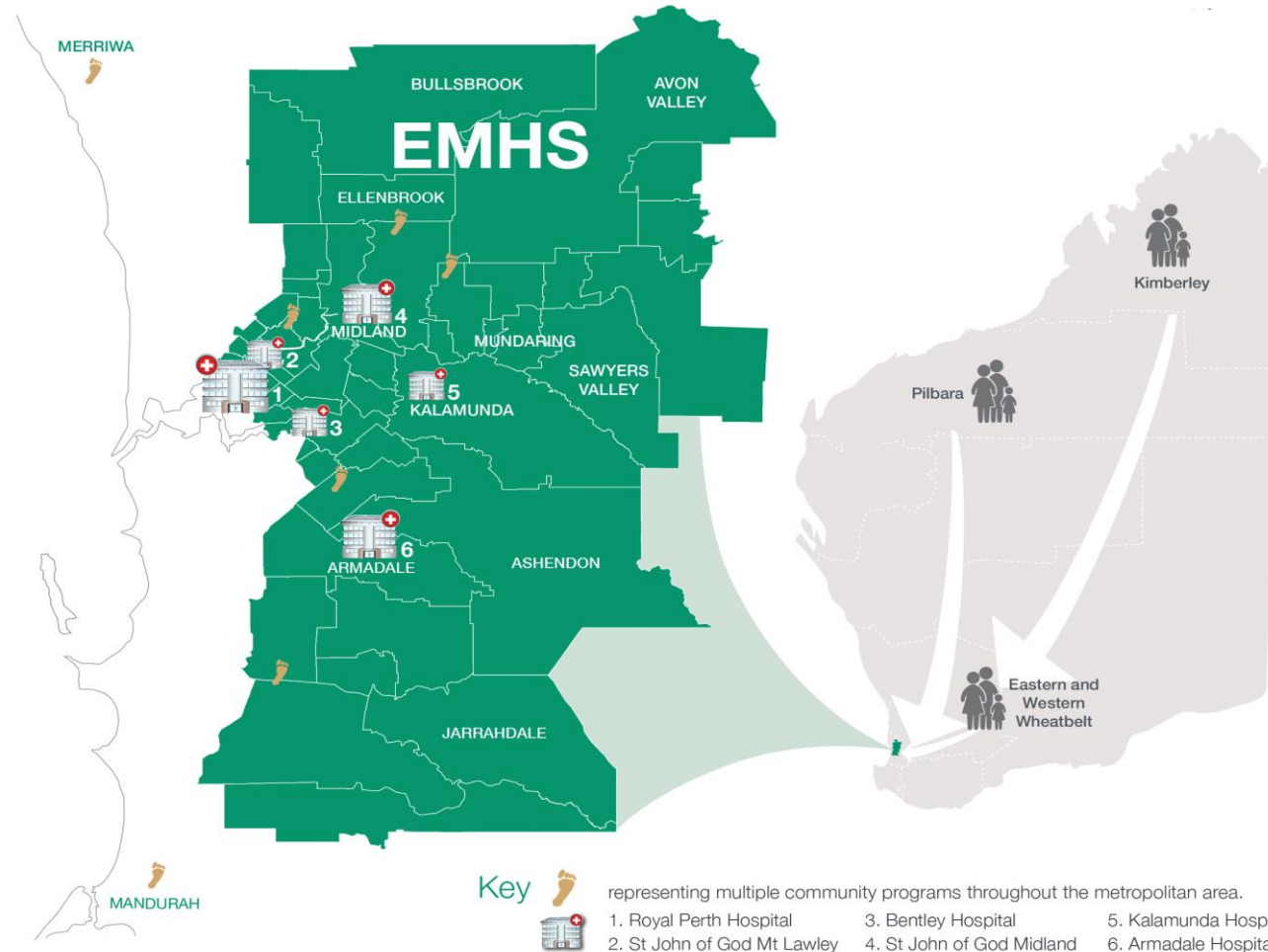


### **Service Collaboration**

The Aboriginal Community Health team collaborate with other departments to improve the health outcomes of our Aboriginal patients.



# EMHS Service Delivery Areas



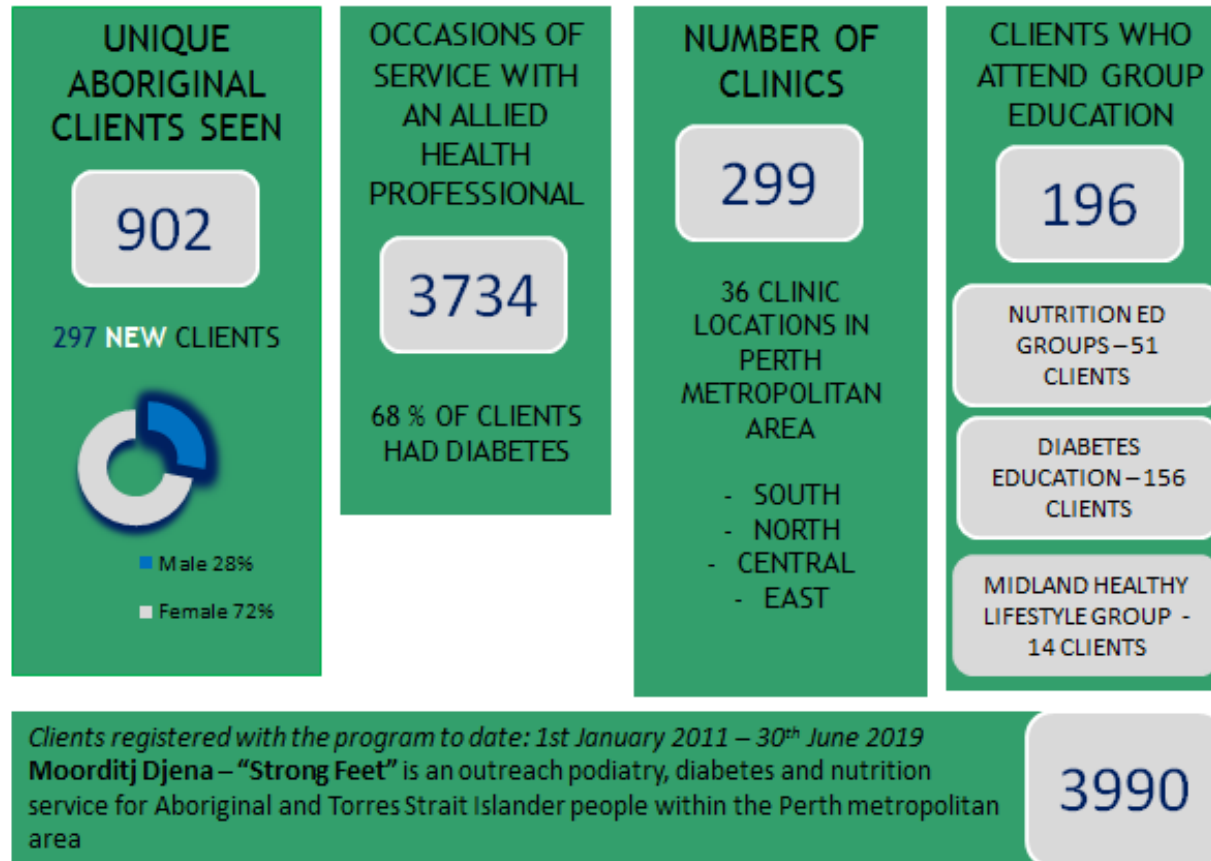


# Moorditj Djena





# Occasions of Service Jan-Jun 2019





# Current Falls Services in EMHS

- A culturally specific Aboriginal falls program is facilitated by NMHS at Herb Graham Centre Mirrabooka – IRONBARK Program
- Outpatient services (falls clinics) by GP referral
- EMHS Healthy Lifestyle Programs including Tai Chi Sessions
- Moorditj Djena
- Stay On Your Feet Resources



# Falls risk factors in the Aboriginal population

- Impaired mobility
- Stroke, head injury, epilepsy
- Poor hearing
- Incontinence, nocturia
- Excessive alcohol consumption <sup>(1)</sup>
- Earlier categorisation as ‘ageing’ at 50yo <sup>(2)</sup>

(1) Risk factors, incidence, consequences and prevention strategies for falls and fall-injury within older indigenous populations: a systemic review  
Caroline Lukaszuk et al. *Australian and New Zealand Journal of Public Health* 2016;40(6) 564-568

(2) Cotter PR, Condon JR, Barnes T et al. Do Indigenous Australians age prematurely? The implications of life expectancy and health conditions of older Indigenous people for health and aged care policy. *Australian Health Review* 2012; 36: 68-74



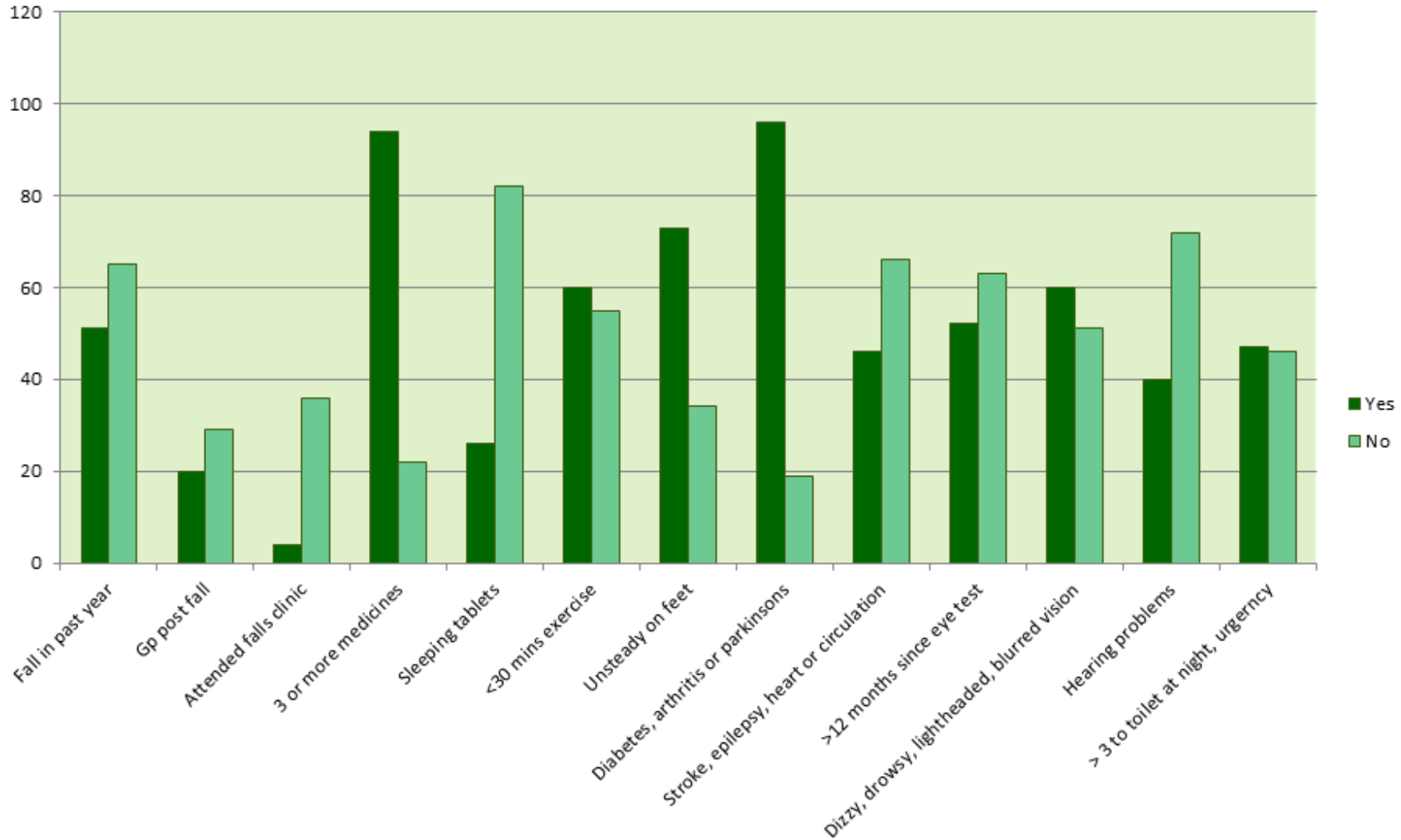
# Survey Questions

- Have you had a fall in the past year?
  - If YES did you see a GP or go to hospital
  - If YES have you attended a falls clinic
- Are you taking 3 or more medications
- Do you take sleeping tablets, anti-depressants or anti-anxiety medications
- Do you do less than 30 minutes exercise each day
- Are you unsteady on your feet, do you have trouble walking, do you find it hard getting up from a chair
- Do you have diabetes, arthritis or Parkinson's
- Have you had a stroke, epilepsy or heart and circulation problems
- Has it been more than a year since your eyes and glasses were tested
- Do you get dizzy, drowsy, unsteady, light headed or have blurred or double vision
- Do you have problems hearing
- Do you need to get up in the night to go to the toilet more than 3 times, or do you need to hurry





# Client Survey Outcomes





# Challenges of facilitating Falls Prevention within service delivery

- Lack of transport
- Lack of awareness on Falls Prevention
- Funerals are normally Mondays and Fridays programs are facilitated on a Tuesday
- Transient community



# Future Falls Prevention Education

- Falls and prevention education for staff and stakeholders
- Referral pathways developed for all service delivery areas
- Identify falls risks and provide education at initial client assessment
- Future development of culturally appropriate resources



# How to refer your Aboriginal clients to our services

