

# **Towards Best Practice in Primary Health Care**

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& Maria Wright**

*A Working Paper of the Best Practice in Primary Health Care Project*

**Centre for Development and Innovation in Health**

**February 1995**

# Acknowledgments

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## **Staff**

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## **Financial Support**

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# 1. Introduction

The 185 case studies in this volume have been brought together as a first step towards identifying the conditions for best practice in primary health care and "benchmarking" the ways in which primary health care agencies are striving to achieve best practice.

This collection of case studies, all of which had been published or distributed previously, provides a snap shot of primary health care in action in Australia during the nineties. They come from a wide breadth of agencies, private, public, non-government and community-based, and they involve an equally wide range of people and professions - consumers, nurses, doctors, social workers, allied health workers and so on. The topics and strategies are no less impressive in their breadth, covering health issues from asthma to homelessness and working with all manner of groups in the community.

## What is "best practice"?

The Australian Manufacturing Council has defined best practice as being "where firms cooperate with their employees to improve busliiens practices - such as those concerning leidership, planning, customers, suppliers and production of products and services". Also embodied in the concept of best practice is the use of "penchmark:i\_11 " to lift performance. This involves exanli\_11i\_11 g\_tli\_ performance of siimi\_1cl\_r organisationS\_()11\_Va1}.QQS11111, tiQnS\_1111.Q\_sml1\_g "P\_P012,11\_!\_<111\_!\_!\_t\_ lso - nt; rils\_ stmi\_yinK exactly how performance can be improved (Russell Lansbury, Professor of Industrial Relations at the University of Sydney in Lansbury R (1994), *Best practice and workplace reform*, Australian Health Review, 17(3), 17-28).

At a practical level, benchmarking includes visiting other organisations in order to learn and to exchange knowledge with other practitioners. We anticipate that this book will be useful to people in primary health care because it identifies 150 sites of current good work in primary health care in Australia.

The CDIH Best Practice Project, of which this working paper is one outcome, aims to identify the conditions for best practice in primary health care. 99 of these 185 cases are now being further analysed in order to identify models of practice that are associated with good outcomes and identify the kinds of settings and pre-conditions which facilitate the emergence of best practice in primary health care.

In selecting cases for study and in focussing our analysis, the project has concentrated largely on the relationships among agencies and between agencies and the community and has sought examples of good collaboration.

We have assumed that best practice in "profession-specific" work is being promoted by specific professional organisations (medical, nursing, dental, etc) and that best practice with respect to the organisation and service delivery work of agencies such as hospitals and community health centres is being promoted through "sector-specific" accreditation and standards programs such as the Australian Council on Health Care Standards (ACHCS) and the Community Health Accreditation and Standards Program (CHASP).

CDIH has been using case studies to promote and resource community work in health settings for several years. *The CDIH Resources Collection* (1988) contained six case studies, including the successful Northcote Hydrotherapy Self-help Massage Group. In 1993 CDIH published *Case Studies of Community Development in Health* with 16 detailed case studies, along with *Australian Case Studies of Community Development* (a bibliography of material published between 1972 and 1992).

In 1993 CDIH also published *Mapping the Models* which included case studies of programs run by Victoria's Women's Health Services. Most recently, in 1994, we published *Innovation and Excellence in Community Health*. This comprised 13 case studies of award-winning programs from Victorian community health services. To us at CDIH, it seems that the management theorists are just catching-up with the notion that case studies can provide benchmarks (including descriptions of best practice in action) to which we can all aspire.

**Tony McBride**  
**Convenor, National Advisory Committee**  
**Best Practice in Primary Health Care Project.**

## 2. The Best Practice in Primary Health Care Project

This publication, Towards Good Practice in Primary Health Care, is a by-product of the Best Practice in Primary Health Care Project. This project is presently being carried out by the Centre for Development and Innovation in Health (CDIH) in collaboration with the National Centre for Epidemiology and Population Health (NCEPH) at the Australian National University. The project has been funded by the Commonwealth Department of Human Services and Health under the National Health Advancement Program.

The Best Practice in Primary Health Care Project is based on the "outcomes, process and structure" model; in other words that good outcomes depend upon appropriate resources and organisation. In accordance with this model, the aims of the project are to collect and analyse published case studies of primary health care in action with a view to:

- \* delineating the links between good outcomes in primary health care practice and models and strategies of practice; and

- \* defining the pre-conditions for good practice in primary health care, in particular in terms of the organisational arrangements which allow good practice to emerge.

This work is still in progress. An interim report should be distributed in mid 1995. A final report is expected in late 1995.

Planning is presently under way for the second stage of the project which will focus on the processes of change in primary health care settings as managers, staff and community strive together to emulate world's best practice.

People seeking further information about the Best Practice in Primary Health Care Project are invited to contact Gai Wilson or Paul Butler at CDIH (03 482 2127).



### 3. Collecting the Case Studies

The objective of the initial survey was to establish a data base of about 200 primary health care programs. It was hoped these programs would include a wide range of agencies, projects and districts that have been described in various published sources as places where good practice in primary health care was being done.

#### Selection criteria

A program was defined as a service or activity that may have had a time limit (such as a specific health promotion effort) or that may have been ongoing (such as an antenatal service). The survey aimed to identify programs which:

- \* were carried out by agencies in the primary health care sector;
- \* conformed to the principles of primary health care, in at least some respects;
- \* had been reasonably well documented with respect to both process and outcomes; and
- \* had been undertaken since 1990.

The following definition of primary health care, adapted from the 1992 Primary Health Care Review<sup>1</sup>, was used:

Primary health care refers to a particular policy model which proposes a key role for the primary health care sector in health care and health promotion. The primary health care sector in this model includes general medical practitioners, pharmacists, community health practitioners, primary care hospital services, local government, self-help and volunteers. The policy model assumes a particular approach to health care practice. An emphasis is placed on: continuity of care, collaborative

networking amongst agencies, integration of prevention with sick care, a concern for population as well as individual health and consumer and community involvement.

#### Network focus

A further restriction was imposed on the selection of cases for inclusion. This was that selected programs should have involved collaboration among agencies and/or between service providers and community or consumer groups. This restriction was added for two reasons, both of which concern the network dimension of primary health care as distinct from the agency- or profession- specific functions of primary health care.

The Primary Health Care Review drew particular attention to the networking dimension of the primary health care model. It reported that whilst most professional providers and service agencies seemed to be delivering high quality programs, in the terms of their own professional or institutional norms of excellence, there appeared to be significant weaknesses (in terms of realising the principles of primary health care) with respect to collaboration across the network of agencies and between professional providers and the communities and consumers they were serving.

In fact there is a range of agencies which in varying degrees are focussing on particular professions and institutional sectors. These include the Royal Australian College of General Practitioners, the Australian Hospitals Association, the Australian Community Health Association and associated standards and accreditation bodies.



Thus programs where the focus was primarily clinical (eg how to take a better Pap smear in a general practice) were not included here. We presume that these are already the subject of competency or program standards. In a number of fields of primary health care practice (eg medical and dental care, psychiatric illness) published work is over-whelmingly clinical in nature. In fact we found very few articles and case studies in these areas which did not focus on specific clinical practices and procedures.

It is possible to undertake other primary health care activities (eg health promotion, community development) in isolation from other services but it is more difficult to do so in isolation from the community.

## Goals **and** targets

One of the initially proposed criteria was that we focus on the national outcome priorities determined through the National Health Goals and Targets process. It quickly became clear that the current priority areas account for only a small part of the documented work. Therefore, this was not used as a criterion for searching for materials.

## Sources

The sources we scanned in the initial survey included:

### Journals

- \* Australian Journal of Public Health, 1990 - 94
- \* Health Promotion Journal of Australia, 1990- 94
- \* Aboriginal and Islander Health Worker's Journal, 1990 - 94
- \* Australian Family Physician, 1990- 94
- \* Community Quarterly, 1990 - 94
- \* Health Issues Journal, 1990- 94.

### Books

- \* Innovation and Excellence in Community Health, CDIH, 1994
- \* Good Practices in Women's Mental Health, Healthshaping Women, 1994
- \* Australian Case Studies in Community Development 1972-1992, CDIH, 1993
- \* Community Health: A Focus on People, ACHA, 1993
- \* Mapping the Models, Victorian Women's Health Services, CDIH, 1993
- \* Primary Health Care Review, NCEPH, 1992
- \* Case Studies of Community Development in Health, CDIH, 1993
- \* South Australian Primary Health Care Casebook, SACHA, 1993
- \* Cases for Change, ACHA, 1992.

### Conference proceedings

- \* General Practice Evaluation Program, Work-in-Progress Conference reports, 1992,94
- \* National Health Promotion Conference, PHA & AAHPP, 1994
- \* ACHA Conference Proceedings, ACHA, 1993
- \* VCHA Conference Proceedings, VCHA, 1993
- \* Health Cities Conference Proceedings, ACHA, 1992
- \* Victorian Rural Health Conference, Deakin University, 1991
- \* ACHA Conference Proceedings, ACHA, 1990.

### Other

- \* HEAPS data base.
- \* 1992 General Practice Demonstration Grants reports
- \* Victorian Healthy Localities Evaluation reports.

These written sources were scanned starting with the most recent material (ie material published in 1994) and working back towards 1990.

In addition to scanning these publications, programs were also sought through the project's National Advisory Committee members and the informal networks of CDIH. This process realised a number of unpublished project reports which were also scanned. This latter process was used particularly to try and increase the number of programs from NSW which appears to be significantly under represented in the published literature.

Valuable assistance in this process was received from staff in many agencies, but particularly the General Practice Branch of the Department of Human Services and Health, the Victorian Health Promotion Foundation, the South Australian Health Commission Social Health Branch, the Central Sydney Area Health Service, the Community Health Accreditation and Standards Program national office, the Health Issues Centre and the Wentworth Centre for Health Promotion.

## **Scanning and abstracting**

The physical process carried out in scanning these documents involved reading the abstracts, summaries, descriptions or conclusions of the report and comparing the information with the above criteria. If the program appeared to meet the criteria listed above, then the whole report was read. If the program still appeared to meet the criteria then a cover sheet was prepared on the program.

The cover sheet is similar in format (see below for example) to a HEAPS entry. The sheet provides biographical details about the project and the auspicing agency and author, it provides an abstract of the program and some details around topic, subject, etc.

The cover sheet was designed to allow HEAPS to easily download our data base into their system. A number of the categories (eg topic, subject, agency type) are based on the HEAPS categories and we have used their headings and topic listings.

No record was kept of the much larger number of programs which were scanned but not included. The major reasons for programs being rejected was because they were primarily clinical in nature or carried out in isolation of other agencies, that programs were not sufficiently documented and that the reports described work done before 1990.

There were also numerous needs assessments and surveys that were rejected. Where a needs assessment was part of a larger project where interventions had actually been carried out, these were kept. This distinction was due to our interest in outcomes and the desire to relate outcomes to process and structure.

## **Data entry**

Once the cover sheets had been completed, they were entered into a computer data base. This allowed us to sort and select programs by a range of variables such as where the program occurred, what type of agency was involved, what was the topic of the program and what was the population group involved?

The cover sheets were then sent to the authors of the case study. Authors were invited to confirm the information on the cover sheet and to provide us with any further information such as more recent or more detailed reports on a program.

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TITLE:	Redfern Aboriginal Medical Service: Twenty Years On
AUTHOR/S:	Foley, G.
AGENCY:	The Aboriginal Medical Service Co-operative Redfern
ADDRESS:	36 Turner St, Redfern, NSW, 2016
PHONE:	02 699 5823
FAX:	02 319 3345
DESCRIPTION:	The Redfern Aboriginal Medical Service was established in 1971 and has since served as a model for the development of other Aboriginal health services throughout Australia. In this article Foley describes the historical development of the service, including: its struggles through changes of Government; its consolidation as a provider of direct services to the Aboriginal people; shifts towards broader roles in Aboriginal public health during the 1980's; education programs for Aboriginal health workers; and participation in the development of Government policy. The article concludes with a summary of the key strengths of Aboriginal controlled community health services.
MEDIA:	Journal article (Sp) in Aboriginal and Islander Health Worker Journal, Vol. 15, No. 4, July/August, 1991
POPULATION:	Aboriginal people
LOCATION:	Sydney
AGENCY TYPE:	Metropolitan community health centre
SUBJECTS:	Aboriginal health / Community health services

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1. National Centre for Epidemiology and Population Health, *Improving Australia's Health: the role of primary health care*, Final Report of the Role of Primary Health Care in Health Promotion in Australia, by DG Legge, NDN McDonald and C Benger, NECEPH, Australian National University, Canberra, 1992.

## 4. Using this Publication

Towards Best Practice in Primary Health Care has been designed as a useful reference tool for primary health care workers and activists. If you are looking for leads with respect to tackling a particular health issue or working with a certain population group we think that you will find cases here upon which you can build. Modelled on the HEAPS format, we have provided as much information as possible in the abstracts so that you can identify what will be useful before you commit the time and effort needed to locate the original document. We identified these case studies by searching through widely available publications and collections. We think that you should be able to find the majority of the full case studies without too much effort.

Individual case studies appear under **subject headings** as listed in the table of contents. These reflect our judgement as to what is the case study's main focus (not always easy to judge). However, since all of the studies deal with more than one issue, a more detailed **subject index** is also provided to cross index the case studies by two or three subjects and by the main population group that the project involved.

An **author index** is also provided to assist you in locating case studies by particular authors.

### How to read the entries

TITLE	The title of the program.
AUTHOR/S	The author/s of the case study.
AGENCY	The agency that carried out the program.
DESCRIPTION	This describes the program in brief giving some indication of the strategies used.
MEDIA	Refers to the publication in which the case study appeared or identifies the case study existing as a report of the program.
POPULATION	Refers to the population group with which the program was designed to have a major impact.
LOCATION	Where the program was carried out.
AGENCY TYPE	Refers to the type of agency which undertook the program.
SUBJECTS	The subjects with which the program is primarily concerned and by which case studies have been indexed.



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Other	115



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ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH
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**TITLE: Aboriginal Primary Health  
Care Project**

**AUTHOR/S:** Beaton, N.

**AGENCY:** Dr N Beaton

**ADDRESS:** PO Box 4897, Cairns, Qld, 4870

**PHONE:** 070 521 855

**FAX:** 070 521 866

**MEDIA:** Notes

**TOPIC:** Aboriginal and Torres Strait Islander  
health

**POPULATION:** Aboriginal and Torres Strait Islanders

**LOCATION:** Rural Qld

**AGENCY TYPE:** Country general practice

**SUBJECTS:** Aboriginal health / General practice

**DESCRIPTION:**

The author outlines the Aboriginal Primary Health Care Project which seeks to develop a model of primary care including general practice service provision, which is appropriate to the needs of Aboriginal and Torres Strait Islander communities. The project included extensive consultation with Aboriginal communities based on two discussion papers "Consultation Protocols for Aboriginal Communities" and "What is Health". In addition consultation with current and potential service providers have been conducted. A model for an Aboriginal community controlled primary health service will be developed.

---

**TITLE: Aboriginal and Torres  
Strait Islander Health  
Program**

**AUTHOR/S:** Beaton, N.

**AGENCY:** Wuchopperen Medical Service

**ADDRESS:** GPO Box 1268, Cairns, Qld, 4870

**PHONE:** 070 515 806

**FAX:** 070 521 482

**MEDIA:** Demonstration Practice Grants  
Program Report No. 741

**TOPIC:** Aboriginal and Torres Strait Islander  
health

**POPULATION:** Aboriginal people

**LOCATION:** Rural Qld

**AGENCY TYPE:** Country community health centre

**SUBJECTS:** Aboriginal health / Case management  
/ General practice

**DESCRIPTION:**

This report outlines a project undertaken by the Aboriginal Health Service in Cairns, Queensland. The project aimed to foster a multi-disciplinary team approach within the service and a case management approach with other private and public providers, including hospital based specialists. The report discusses the impact on staff of role changes and associated training programs, the implications of reduced clinical services whilst such administrative matters are implemented and the need to clarify roles and responsibilities with other related service providers.



**TITLE:           Doing It Differently and  
Doing It Well. Torres Strait  
Islander health care**

**AUTHOR/S:**    Campbell, D., Ellis, R.

**AGENCY:**       Torres Strait Health Council  
**ADDRESS:**     Douglas St, Thursday Island, Qld,  
4875

**PHONE:**        070 692 300

**FAX:**            070 692 045

**MEDIA:**         Journal article (Sp) in Aboriginal and  
Islander Health Worker Journal, Vol.  
17, No. 4, July/August, 1993

**TOPIC:**          Aboriginal and Torres Strait Islander  
health

**POPULATION:** Torres Strait Islanders

**LOCATION:**       Torres Strait

**AGENCY TYPE:** Country community/consumer  
group

**SUBJECTS:**      Aboriginal health / Community  
development / Women's health /  
Professional education

**DESCRIPTION:**

This article describes a number of community based and managed initiatives in the Torres Strait. They include the Health Worker Education Program, Health Action Groups, Thursday Island Community Health Centre, the Torres Strait Island Media Association and Mura Kosker - a community managed health and welfare service for women.

The author's profiles of various staff associated with these services reveal remarkable commitment and health initiative and dedication. Detailed demographic and health characteristics of the population are also included.

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**TITLE:           The Illawarra Aboriginal  
Health Advancement  
Project**

**AUTHOR/S:**      Campbell, D., Ellis, R.

**AGENCY:**        Illawarra Area Health Service  
**ADDRESS:**      5 Islands Rd, Port Kembla, NSW,  
2505

**PHONE:**         042 755 111

**FAX:**            042 761 447

**MEDIA:**         Journal article (3p) in Aboriginal and  
Islander Health Worker Journal, Vol.  
17, No. 5, September/October, 1993

**TOPIC:**          Aboriginal and Torres Strait Islander  
health

**POPULATION:** Aboriginal people

**LOCATION:**        Rural NSW

**AGENCY TYPE:** Country health department

**SUBJECTS:**      Aboriginal health / Community  
development / Screening

**DESCRIPTION:**

This article outlines the objectives and methods for the first comprehensive survey of all Aboriginal people in the Illawarra area. As well as asking the local people about their health and concerns the survey will incorporate a confidential screening service for people who have provided information about their health risk factors. It will also establish health committees in local Aboriginal communities and report the results of the survey to those committees. The Aboriginal health workers and the committees will design educational programs and community development projects on the basis of the information the survey generates.

The survey is a collaborative venture between Aboriginal health workers at the Illawarra Area Health Service, Waminda Aboriginal Women's Health Service, the Aboriginal Medical Services and local Aboriginal communities.

TITLE:	<b>Redfern Aboriginal Medical Service: Twenty years on</b>	DESCRIPTION:
AUTHOR/S:	Foley, G.	<p>The Redfern Aboriginal Medical Service was established in 1971 and has since served as a model for the development of other Aboriginal health services throughout Australia. In this article Foley describes the historical development of the service, including its: struggles through changes of Government; its consolidation as a provider of direct services to the Aboriginal people; shifts towards broader roles in Aboriginal public health during the 1980s; education programs for Aboriginal health workers; and participation in the development of Government policy. The article concludes with a summary of the key strengths of Aboriginal controlled community health services.</p>
AGENCY:	The Aboriginal Medical Service Co-operative Redfern	
ADDRESS:	36 Turner St, Redfern, NSW, 2016	
PHONE:	02 699 5823	
FAX:	02 319 3345	
MEDIA:	Journal! Article (5p) in Aboriginal and Islander Health Worker Journal, Vol. 15, No. 4, July/August, 1991	
TOPIC:	Aboriginal and Torres Strait Islander health	
POPULATION:	Aboriginal people	
LOCATION:	Sydney	
AGENCY TYPE:	Metropolitan community health centre	
SUBJECTS:	Aboriginal health / Community health services	

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TITLE:	<b>Nanima Aboriginal Outreach</b>	DESCRIPTION:
AUTHOR/S:	Haack, R.	<p>This report provides a comprehensive account of the establishment and implementation of an Aboriginal Health Outreach Service located in Wellington, a small town in central western NSW.</p>
AGENCY:	Wellington District Hospital and Health Services	
ADDRESS:	PO Box 321, Wellington, NSW, 2820	<p>The author demonstrates how her traditional role as a nurse was expanded and redefined in order to meet the National Aboriginal Health Strategy Working Party's (1989) definition of the meaning of health for Aboriginal people and local Aboriginal people's needs. She describes the informal discussions with local people which led to the development of a staff team consisting of an Aboriginal nurse, Aboriginal Project Officer, Health Education Officer and an early Childhood Nurse. The services offered included: a nutrition program; women's health clinics; ante-natal classes; and first aid classes. One to one follow up also occurred. In addition she describes their model for an Aboriginal Health Liaison Committee.</p>
PHONE:	068 452 722	
FAX:	068 452 100	
MEDIA:	Report	
TOPIC:	Aboriginal and Torres Strait Islander health	
POPULATION:	Aboriginal people	
LOCATION:	Rural NSW	
AGENCY TYPE:	Country hospital	
SUBJECTS:	Aboriginal health / Women's health / Nutrition / Rural health	

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**TITLE:**            **Young Aboriginal Women Project**

**AUTHOR/S:**     Hamilton, S.

**AGENCY:**        Hilton Community Health Centre

**ADDRESS:**      Cnr Paget St & Rennie Cres, Hilton, WA, 6163

**PHONE:**         09 337 2528

**FAX:**             09 331 3876

**MEDIA:**         Conference paper (3p) in Oarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

**TOPIC:**           Aboriginal and Torres Strait Islander health

**POPULATION:** Youth, Aboriginal women

**LOCATION:**       Suburban Perth

**AGENCY TYPE:** Metropolitan community health centre

**SUBJECTS:**      Aboriginal health / Youth health / Nutrition

**DESCRIPTION:**

During middle adolescence young people are looking for independence and have a strong need for identification to affirm their self-image and self-esteem. Research shows that developing a positive self-esteem is difficult for most adolescents and even more so for marginalised groups including young Aboriginal people. This paper describes how a collaborative team approach was used to develop a program aimed at increasing the self-esteem of a group of 15 year old young Aboriginal woman. The author outlines the eight week course which focussed on grooming and self-care and covered topics such as nutrition, exercise, grooming, dressing, movement and posture.

The author also discusses the program's outcomes.

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**TITLE:**            **Hep B Immunisation in Winton**

**AUTHOR/S:**     Heatherington, R.

**AGENCY:**        Dr R Heatherington

**ADDRESS:**      PO Box 235, Winton, Qld, 4735

**PHONE:**         076 571 337

**FAX:**             076 571 144

**MEDIA:**         Demonstration Practice Grants Program Report No. 205

**TOPIC:**           Aboriginal and Torres Strait Islander health

**POPULATION:** Aboriginal people

**LOCATION:**       Rural Qld

**AGENCY TYPE:** Country general practice

**SUBJECTS:**      Aboriginal health / Hepatitis B / HIV/AIDS / General practice

**DESCRIPTION:**

This brief two page report outlines an immunisation project in Winton, rural Queensland, with a population of 96 Aboriginal and Torres Strait Islander people. The author, a general practitioner, describes how an elder in the community requested information about HIV and Hepatitis B after the Palm Island Rugby League team visited the area. Consequent on this the project included immunisation against Hepatitis B, and provided education and counselling about HIV, Hepatitis B, safe sex and vaccination.

**TITLE:** **Streetwise Aboriginal HIV/AIDS Poster Project**

**AUTHOR/S:** Heiss, A.

**AGENCY:** Streetwise Comics

**ADDRESS:** 2/111 Moore St, Leichardt, NSW, 2040

**PHONE:** 02 560 3244

**FAX:** 02 560 3170

**MEDIA:** Journal article (2p) in Aboriginal and Islander Health Worker Journal, Vol. 17, No. 5, September/October, 1993

**TOPIC:** Aboriginal and Torres Strait Islander health

**POPULATION:** Aboriginal people, youth

**LOCATION:** Sydney

**AGENCY TYPE:** Metropolitan community arts agency

**SUBJECTS:** Aboriginal health / Youth health / HIV/AIDS / Community participation

**DESCRIPTION:**

Young Aboriginal people are rarely catered for in the development and provision of information on HIV/AIDS prevention. This article documents a project funded by the Aboriginal Arts Committee of the Australia Council and undertaken by Streetwise Comics, a publisher of low literacy educational comics. The project team conducted a series of visual arts workshops with young Aboriginal and Torres Strait Islander peoples from urban communities and various institutions.

Aboriginal health workers and a Koori artist assisted the young people to generate meaningful information on HIV/AIDS as well as to develop visual images which represented their culture in an authentic way. The project outcomes included four posters on HIV/AIDS prevention that highlight issues relevant to urban Aboriginal youth.

---

**TITLE:** **Food and Nutrition Policy Issues in Remote Aboriginal Communities: Lessons from Arnhem Land**

**AUTHOR/S:** McMillan, S.

**AGENCY:** Arnhemland Progress Association

**ADDRESS:**

**PHONE:**

**FAX:**

**MEDIA:** Journal article (5p) in Australian Journal of Public Health, Vol. 15, No. 4, December, 1991

**TOPIC:** Aboriginal and Torres Strait Islander health

**POPULATION:** Aboriginal people

**LOCATION:** Rural NT

**AGENCY TYPE:** Country community/consumer group

**SUBJECTS:** Aboriginal health / Nutrition

**DESCRIPTION:**

A growing body of evidence indicates that Aboriginal people suffer comparatively high rates of those disorders known to be associated with poor nutrition, for example, obesity and diabetes.

The Arnhemland Progress Association is a retailer which is owned and controlled by residents from five Aboriginal communities. It also provides business advice and support to six other Aboriginal community stores. This article describes attempts by the company directors to invest funds, skills and time activities which would improve nutrition and health status while maintaining commercial viability. This process began with the development of a corporate food policy.

The specific strategies which have been adopted by the Association are described and evaluated. Barriers to the implementation of the policy - many of them beyond the control of the Association, for example national advertising campaigns, are also identified.

**TITLE:** **Mookai-Rosie-Bi-Bayan**  
**AUTHOR/S:** Moggs, R.  
  
**AGENCY:** Mookai-Rosie-Bi-Bayan  
**ADDRESS:** PO Box 306, Earlville, Qld, 4870  
**PHONE:** 070 332 083  
**FAX:** 070 586 743  
  
**MEDIA:** Report  
**TOPIC:** Aboriginal and Torres Strait Islander health  
**POPULATION:** Aboriginal and Torres Strait Islanders  
**LOCATION:** Rural Qld  
**AGENCY TYPE:** Country community health centre  
**SUBJECTS:** Aboriginal health / Women's health / Sexual abuse

**DESCRIPTION:**  
  
This report documents the work of Mookai-Rosie-Bi-Bayan a community based maternal and child health service for Aboriginal and Torres Strait Islander women in the Cairns and Cape York region of far north Queensland.  
  
Women are referred to Mookai-Rosie-Bi-Bayan if they have special needs or are considered to be "at risk" during pregnancy, child birth and the postnatal period due to the impact of: geographical isolation; poor general health status; alienation from family of origin; lack of support or information about delivery; or the inability to access urban services due to their cultural inappropriateness.  
  
The author describes the aims and objectives of the service noting that they change in response to needs identified by the women or members of their communities. She notes for example, that they have responded to the women's increasing reports of physical and sexual violence by advocating for more suitable services in Cairns for Aboriginal and Torres Strait Islander women and by generating their own culturally specific rape/sexual assault support service.

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**TITLE:** **Listening, Learning and Responding - A community program for Aboriginal women**  
**AUTHOR/S:** Phillips-Rees, S., Sanderson, C., Herriot, M., May, A.  
  
**AGENCY:** Riverland Community Health Service  
**ADDRESS:** Cornwall St, Berri, SA, 5343  
**PHONE:** 085 822 666  
**FAX:** 085 823 305  
  
**MEDIA:** Case study (lp) in Phillips-Rees, S. et al, The Changing Face of Health, South Australian Health Commission and the South Australian Community Health Association, Adelaide, 1992  
**TOPIC:** Aboriginal and Torres Strait Islander health  
**POPULATION:** Aboriginal people  
**LOCATION:** Rural SA  
**AGENCY TYPE:** Country community health centre  
**SUBJECTS:** Aboriginal health / Child health / Diabetes / Rural health

**DESCRIPTION:**  
  
This brief article provides a snap shot of a community health activity which was initiated by a South Australian rural Aboriginal Council. The Council formally invited a local community health nurse, a Child and Adolescent Family Health Service nurse and a doctor to their community to discuss the community's health needs. Following these discussions, federal funding was secured to provide monthly child and youth health clinics, diabetes clinics and a fortnightly doctors clinic. In addition, Aboriginal nurses were employed by the rural hospital to liaise with and follow up Aboriginal people upon their discharge. The article outlines the various outcomes of these initiatives.

**TITLE:**           **Housing for Health**  
**AUTHOR/S:**   Pholeros, P., Rainow, S., Torzillo, P.  
  
**AGENCY:**       Healthabitat  
**ADDRESS:**     PO Box 495, Newport Beach, NSW,  
                    2106  
**PHONE:**        029 731 316  
**FAX:**  
**MEDIA:**        Book  
**TOPIC:**         Aboriginal and Torres Strait Islander  
                    health  
**POPULATION:** Aboriginal people  
**LOCATION:**      Rural SA  
**AGENCY TYPE:** Country intersectoral group  
**SUBJECTS:**     Aboriginal health / Environmental  
                    health / Housing

**DESCRIPTION:**

There is substantial evidence that improvements in essential health hardware (clean water and waste removal systems, appropriate housing to reduce crowding) in remote communities will lead to specific improvements in Aboriginal health status, particularly for children. The study and project comprehensively documented in this 124 page book refutes the view that Aboriginal people will not use health hardware facilities. The authors demonstrate that Aboriginal people enthusiastically use these facilities when they are functioning and maintained. Major improvements in the morbidity of infectious disease suffered by Aboriginal children will only occur with major improvements in their living environment. The authors argue that these improvements are dependent upon the implementation of certain strategies which they outlined in this publication. (For example, correctly constructed housing, well maintained underground waste removal systems). They emphasise that these strategies will only succeed if the detailed requirements for their implementation are acknowledged and adhered to. To improve environmental health for Aboriginal people, the principles are no longer enough. The authors conclude that it is the attention to detail in maintaining health hardware which is necessary if the final health benefits are to be successfully delivered.

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**TITLE:**           **Aboriginal Control Over Diabetes**  
**AUTHOR/S:**     Ryan, P.  
  
**AGENCY:**        Aboriginal Community Recreation  
                    and Health Services Centre  
**ADDRESS:**     128 Wakefield St, Adelaide, SA,  
                    5000  
**PHONE:**        08 223 5011  
**FAX:**            08 232 0949  
  
**MEDIA:**         Case study (2p) in Ryan, P., Cases for  
                    Change, Australian Community  
                    Health Association, NSW, 1992  
**TOPIC:**         Aboriginal and Torres Strait Islander  
                    health  
**POPULATION:** Aboriginal people  
**LOCATION:**       Adelaide  
**AGENCY TYPE:** Metropolitan community health  
                    agency  
**SUBJECTS:**     Aboriginal health / Chronic illness /  
                    Diabetes

**DESCRIPTION:**

The inadequacy of focusing purely on the physical aspects of health problems is clearly illustrated when the state of Aboriginal health in Australia is examined. This case study exemplifies the importance of managing a chronic illness like diabetes in a way that takes into account the culture and social life of the people undergoing treatment.

The author outlines a diabetes program initiated in 1989 by the Aboriginal Community Recreation and Health Services Centre in Adelaide, South Australia. The program is staffed by a doctor, Aboriginal health worker, nutritionist and podiatrist. Strategies include demonstrations of food preparation and a series of successful camps. A support group, called Nunga Diabetics United, was also established. (Adapted from article).



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## ALCOHOL AND DRUGS

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**TITLE: Minor Tranquilliser Project**

**AUTHOR/S:** Kasearu, E.

**AGENCY:** Marion-Brighton-Glenelg Health and Social Welfare Council

**ADDRESS:** Cnr Oaklands & Morphett Rds,  
Warradale, SA, 5046

**PHONE:** 08 294 7417

**FAX:** 08 295 6844

**MEDIA:** Report

**TOPIC:** Alcohol and drugs

**POPULATION:** General population

**LOCATION:** Suburban Adelaide

**AGENCY TYPE:** Metropolitan

community/consumer group

**SUBJECTS:** Alcohol and drugs / Medications /  
Consumer participation

**DESCRIPTION:**

South Australia's Health and Social Welfare Councils aim to: increase community participation in decision making; strengthen local action to promote health; increase the accountability of health and welfare systems; and to participate in community education and awareness campaigns. The Minor Tranquilliser Project described in this report was initiated by consumer activists at the Marion-Brighton-Glenelg Health and Social Welfare Council in Suburban Adelaide. The project's objectives were to research the extent of minor tranquilliser use in the area, educate people about use and dangers, create a forum for local health consumers to raise issues and to identify further action.

The author documents the project's processes and strategies, including a successful phone-in, information day and collaboration with local pharmacists. A comprehensive list of recommendations for local and statewide action is a feature of the report.

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**TITLE: Empathic Approaches to Alcohol Education**

**AUTHOR/S:** Australian Drug Foundation

**AGENCY:** Australian Drug Foundation

**ADDRESS:** PO Box 529, South Melbourne, Vic,  
3205

**PHONE:** 03 690 6000

**FAX:**

**MEDIA:** Report

**TOPIC:** Alcohol and drugs

**POPULATION:** Youth

**LOCATION:** Vic

**AGENCY TYPE:** Statewide foundation

**SUBJECTS:** Alcohol and drugs / Youth health /  
Schools

**DESCRIPTION:**

This report documents the "Youth Alcohol and Communities Project" (YACP) initiated by the Australian Drug Foundation and implemented between 1991 and 1994 in Victoria. The report presents an overview of the project, its activities, outcomes and implications for future work.

The project was divided into two main sections: the school component which targeted young people in the school system and their associated communities (teachers, parents); and the second component which focused on young people outside of the school system in various community locations. The main strategies included consultation with young people and their communities to determine: attitudes to alcohol, patterns of use and effective harm minimisation strategies. These strategies included, alcohol free cocktails, low alcohol drinks, a rock eisteddfod, health education and a liquor suppliers taskforce.

The authors document their model for a harm minimisation approach to alcohol education which has been implemented in 42 post primary schools.



**TITLE:** **Southern Downs  
Community Care Project**  
**AUTHOR/S:** Walters, J., Leech, D.  
**AGENCY:** Warwick Medical Centre  
**ADDRESS:** 148 Palmerin St, Warwick, Qld, 4370  
**PHONE:** 076 613 722  
**FAX:** 076 617 560  
**MEDIA:** Report  
**TOPIC:** Alcohol and drugs  
**POPULATION:** General population  
**LOCATION:** Rural Qld  
**AGENCY TYPE:** Country general practice  
**SUBJECTS:** Alcohol and drugs / General practice

**DESCRIPTION:**  
This report briefly describes a project which funded a full time social worker to provide counselling services to seven rural general practices. This model of service delivery facilitated greater integration and collaboration between the general practitioners and across sectors, such as the Southern Queensland Rural Division of General Practice, the Postgraduate Medical Education Committee, community organisations and drug and alcohol services. Beyond one to one counselling services the social worker also made presentations to community groups on a range of topics.

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**TITLE:** **COMPARI Year 1 and 2  
Project Reports**  
**AUTHOR/S:** Laughlin, D., Harrison, D., James, R., Midford, R., Boots, K.  
**AGENCY:** National Centre for Research Into the Prevention of Drug Abuse  
**ADDRESS:** GPO U1987, Perth, WA, 6001  
**PHONE:** 09 368 2055  
**FAX:** 09 367 8141  
**MEDIA:** Report  
**TOPIC:** Alcohol and drugs  
**POPULATION:** General population  
**LOCATION:** Rural WA  
**AGENCY TYPE:** Metropolitan tertiary institution  
**SUBJECTS:** Alcohol and drugs / Community development

**DESCRIPTION:**  
This two volume project report provides a comprehensive overview of the Community Mobilisation for the Prevention of Alcohol Related Injury (COMPARI) Project which was implemented over 1992 and 1993. The project aimed to mobilise existing groups in Geraldton, Western Australia, to reduce alcohol related injury in their community using community development and harm minimisation approaches. The intention of the project was to capitalise on community interest in alcohol-related harm and to assist community members to develop strategies to reduce local alcohol-related problems.  
  
The reports document the projects background, rationale and methodology, strategies and processes. The authors address some of the major problems encountered during the project and illustrate their flexible approach. Finally, the report concludes with a summary of achievements to date and future plans.

**TITLE:** **Innovative Alcohol Intervention**

**AUTHOR/S:** Furler, J., Bulliwana, K.

**AGENCY:** Gagudju Association Inc

**ADDRESS:** PO Box 38321, Winnellie, NT, 0821

**PHONE:** 089 470744

**FAX:** 089 470246

**MEDIA:** Demonstration Practice Grants  
Program Report No. 488

**TOPIC:** Alcohol and drugs

**POPULATION:** Aboriginal people

**LOCATION:** Rural NT

**AGENCY TYPE:** Country community/ consumer group

**SUBJECTS:** Alcohol and drugs / Aboriginal health / General practice

**DESCRIPTION:**

This document is the report of a six month project conducted by the Gagudju Association and funded by a Demonstration Practice Grant from the General Practice Funding Section of the Commonwealth Department of Human Services and Health.

The authors, a general practitioner and a local Aboriginal man, address the politics of Aboriginal health, describe their community, its location in Kakadu National Park and the health needs of local people.

The project focused on alcohol abuse within their community and the key strategy was to train the Aboriginal project worker, Kevin Bulliwana, as an alcohol counsellor. The training program was also Aboriginal controlled and implemented. The authors detail the training and the changes Kevin achieved within his community.

**TITLE:** **Locals, Not Yokels, Community Action on Alcohol and Marijuana**

**AUTHOR/S:** James, R., Marsdon, G., Harrison D., Laughlin, D.

**AGENCY:** National Centre for Research into the Prevention of Drug Abuse

**ADDRESS:** GPO U1987, Perth, WA, 6001

**PHONE:** 09 368 2055

**FAX:** 09 367 8141

**MEDIA:** Journal article (8p) in Community Quarterly, No. 24, September, 1992

**TOPIC:** Alcohol and drugs

**POPULATION:** General population

**LOCATION:** Suburban Perth

**AGENCY TYPE:** Metropolitan tertiary institution

**SUBJECTS:** Alcohol and drugs / Community development

**DESCRIPTION:**

During the last decade there has been a substantial increase in the number of community action groups which have formed to influence public policy in the areas of health, welfare, environmental development and social justice. The majority of these efforts are small, grass-roots initiatives that are rarely documented. As a result, we know far less about what happens when communities organise themselves than we do about community mobilising efforts that are professionally directed.

Since many social and health issues need to be resolved at the social level, it is important to study what residents do on their own. This article documents the history of two community action groups and discusses the lessons learned from their efforts.

It describes two community action campaigns which focused on alcohol and marijuana. The first project was a resident's action group which formed in order to address antisocial behaviour resulting from alcohol use. The Committee, mainly residents, undertook a study of antisocial behaviour which included recommendations for action. The then submitted it to the Freemantle Council. (Adapted from abstract).

The "Keep off the Grass" campaign was designed to increase community awareness of problems associated with the use of marijuana. This media-based campaign was initiated and implemented by a small group of residents without formal government support.

<b>TITLE:</b>	<b>The Care of Public Drunks in Halls Creek</b>	<b>DESCRIPTION:</b>
<b>AUTHOR/S:</b>	Midford, R., Daly, A., Holmes, M.	This article documents research undertaken by the National Centre for Research into the Prevention of Drug Abuse in Halls Creek, a small town in northern Western Australia with a population of 3,029 of which 80% are Aboriginal. The authors describe their community development model which resulted in the establishment of a sobering up centre in Halls Creek. The community advisory group established for this purpose also decided to respond to alcohol problems in a more comprehensive manner and became the Halls Creek Alcohol Action Advisory Committee.
<b>AGENCY:</b>	National Centre for Research into the Prevention of Drug Abuse	
<b>ADDRESS:</b>	GPO U1987, Perth, WA, 6001	
<b>PHONE:</b>	09 368 2055	
<b>FAX:</b>	09 367 8141	
<b>MEDIA:</b>	Journal article (4p) in Health Promotion Journal of Australia, Vol. 4, No. 1, 1994	
<b>TOPIC:</b>	Alcohol and drugs	
<b>POPULATION:</b>	Aboriginal people	
<b>LOCATION:</b>	Rural WA	
<b>AGENCY TYPE:</b>	Metropolitan tertiary institution	
<b>SUBJECTS:</b>	Alcohol and drugs / Aboriginal health / Community development / Rural health	The article documents how this Committee, with public support, sought to restrict the trading hours for liquor licensees. The Committee also successfully sought funding from ATSIC for family support. The authors argue that their processes encouraged the people of Halls Creek to own the alcohol problem and to take control of interventions as far as possible. They claim that the community's motivation and commitment to do something beyond the sobering up centre was based on a greater understanding of the alcohol problem as a consequence of their involvement.

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<b>TITLE:</b>	<b>Operation Drink Safe</b>	<b>DESCRIPTION:</b>
<b>AUTHOR/S:</b>	Ryan, P.	
<b>AGENCY:</b>	West Moreton Regional Drug and Alcohol Advisory Service	
<b>ADDRESS:</b>	12 Warwick Rd, Ipswich, Qld, 4305	
<b>PHONE:</b>	07 812 0452	
<b>FAX:</b>	07 812 1498	
<b>MEDIA:</b>	Case study (2p) in Ryan, P., Cases for Change, Australian Community Health Association, NSW, 1992	
<b>TOPIC:</b>	Alcohol and drugs	
<b>POPULATION:</b>	General population	
<b>LOCATION:</b>	Rural Qld	
<b>AGENCY TYPE:</b>	Country community health agency	
<b>SUBJECTS:</b>	Alcohol and drugs / Community participation / Injury prevention	In this article the author asserts that Operation Drink Safe illustrates the effectiveness of health promotion programs that draw together the diverse groups of people affected by a health issue. She argues that working with people with different perspectives led to changes in this health promotion program. Far from being a traditional campaign that told drinkers not to drink and drive, the program went to locations where drinking occurred and examined how it was possible to enjoy drinking and still drive within the legal limits. The author outlines objectives of the program which were to promote sensible drinking habits and a responsible attitude to drinking and driving. The program was a partnership between health services, hotel and brewery staff, police and road transport authorities. It involved monitoring a group of people who were drinking either light or heavy beer to demonstrate how long it took to reach .05 blood alcohol level.  The author argues that the program appears to have led to more consumption of light beers and an increase in referrals to drug and alcohol counsellors. It involved a high level of community consultation and participation.

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## CANCER

**TITLE: General Practice Screening for Prostate Cancer**

**AUTHOR/S:** Brett, T.

**AGENCY:** Dr T Brett

**ADDRESS:** 51 Harvey St, Mosman Park, WA, 6012

**PHONE:** 09 3844426

**FAX:**

**MEDIA:** Journal article (4p) in Australian Family Physician, Vol. 23, No. 4, April, 1994

**TOPIC:** Cancer

**POPULATION:** Men

**LOCATION:** Suburban Perth

**AGENCY TYPE:** Metropolitan general practice

**SUBJECTS:** Cancer / Men's health / Prostate cancer / General practice

**DESCRIPTION:**

With an ageing male population it is likely that Australia will see a substantial increase in the incidence of cancer of the prostate over the next few decades. Early detection is critical if curative treatment is to be achieved but, as yet, there is no widely agreed on protocol for prostate cancer screening. This article examines a study of a particular approach in general practice to prostate screening and discusses its acceptance at a primary health care level. The author outlines the study's aims, design methods, location and results.

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**TITLE: Cancer Support Program**

**AUTHOR/S:** Siemienowicz, J.

**AGENCY:** Langpark Medical Centre

**ADDRESS:** 33 Cranbourne Rd, Langwarrin, Vic, 3910

**PHONE:** 03 789 5966

**FAX:**

**MEDIA:** Demonstration Practice Grants Program Report No. 121

**TOPIC:** Cancer

**POPULATION:** Cancer sufferers

**LOCATION:** Rural Vic

**AGENCY TYPE:** Country general practice

**SUBJECTS:** Cancer / General practice / Self help / Rural health

**DESCRIPTION:**

This brief project report describes the establishment of Cancer Support Groups for patients and their carers by a group of general practitioners in rural Victoria. The relative absence of such groups in rural areas and the need for emotional and physical support for cancer sufferers and their families prompted the general practitioners to conduct four, eight session groups. The author sketches the groups clinical and client impacts and notes that one group continued to meet independently at his practice.

TITLE:	<b>Quality Assurance and Pap Smear Taking in General Practice</b>	DESCRIPTION:
AUTHOR/S:	Beattie, A.	Recent research suggests that population coverage of Pap smear taking in Australia has been inadequate. The author of this article notes that general practitioners have been encouraged to carry out audits of their own work in this field to identify the percentage of their women patients who are screened regularly and to improve both the quantity and quality of smears they undertake. The author outlines the audit methods he developed and the results obtained in his practice.
AGENCY:	Dr A Beattie	
ADDRESS:	79 High St, Coffs Harbour, NSW, 2450	
PHONE:	066 528 699	
FAX:		
MEDIA:	Journal article (6p) in Australian Family Physician, Vol. 21, No. 3, March, 1992	
TOPIC:	Cancer	
POPULATION:	Women	
LOCATION:	Rural NSW	
AGENCY TYPE:	Country general practice	
SUBJECTS:	Cancer / Pap smears / Women's health / General practice	

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TITLE:	<b>General Practitioners in Preventive Health Screenings</b>	DESCRIPTION:
AUTHOR/S:	Penna, J., Rosenthal, D.	In 1989 the Upper Murray Medical Association in the Riverland region of South Australia promoted a public awareness campaign advocating Pap smears and then provided free Saturday morning clinics. This article documents the campaign, its methods and results. The authors note that 277 women attended the clinics, a further 300 sought Pap smears from their doctors. They note that this was in addition to the usual base rate of 300 smears a month in that region.
AGENCY:	Dr J Penna	
ADDRESS:	Berri Medical Clinic, Cornwall St, Berri, SA, 5343	
PHONE:	085 822 855	
FAX:		
MEDIA:	Journal article (3p) in Australian Family Physician, Vol. 20, No. 1, January, 1991	
TOPIC:	Cancer	
POPULATION:	Women	
LOCATION:	Rural SA	
AGENCY TYPE:	Country general practice	
SUBJECTS:	Cancer / Pap smears / Women's health / General practice	

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TITLE:	<b>Preventative Women's Health Program</b>	DESCRIPTION:
AUTHOR/S:	Birks, K.	Dr Kay Birks outlines in her report the Preventative Women's Health Program initiated by her general practice in a provincial town in rural Victoria. The project consisted of women's health clinics which were conducted on Saturday mornings and staffed by a clinic nurse and a female general practitioner. The clinics aimed to attract women who would otherwise not access preventative services and screening programs.
AGENCY:	Moe Medical Centre	
ADDRESS:	PO Box 934, Moe, Vic, 3825	
PHONE:	051273 333	
FAX:	051275062	
MEDIA:	Demonstration Practice Grants Program Report No. 522	
TOPIC:	Cancer	
POPULATION:	Women	
LOCATION:	Rural Vic	
AGENCY TYPE:	Country general practice	
SUBJECTS:	Cancer / Pap smears / Women's health / General practice	

TITLE:	<b>Pap Test Victoria - Increasing cervical screening in unscreened and underscreened women</b>	DESCRIPTION:
AUTHOR/S:	Hirst, S., Torcello, N.	In this conference paper the authors provide a snapshot of Pap Test Victoria, a statewide cervical cancer screening education program which aims to reach underscreened and unscreened women. They detail the organisation's origins, management structure, major strategies, community activity programs, training programs and accountability requirements. The authors discuss their strategies for reaching primary target groups such as women aged between 50 and 69 and women from non-English speaking backgrounds, and also focus on the importance of collaboration and co-operation between providers of primary and secondary health care.
AGENCY:	Anti-Cancer Council of Victoria	
ADDRESS:	1 Rathdowne St, South Carlton, Vic, 3054	
PHONE:	03 279 1111	
FAX:		
MEDIA:	Conference paper (3p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993	
TOPIC:	Cancer	
POPULATION:	Women, older	
LOCATION:	Vic	
AGENCY TYPE:	Statewide society/foundation	
SUBJECTS:	Cancer / Pap smears / Women's health / Screening	

**TITLE: Paps I Should****AUTHOR/S:** Farnan, S., Gray, J.**AGENCY:** Women's Health Service for the West**ADDRESS:** 60 Droop St, Footscray, Vic, 3011**PHONE:** 03 689 9588**FAX:** 03 689 3861**MEDIA:** Case study (6p) in Butler, P. (ed),  
Innovation and Excellence in  
Community Health, Centre for  
Development and Innovation in  
Health, Melbourne, 1994**TOPIC:** Cancer**POPULATION:** Women, with disabilities**LOCATION:** Suburban Melbourne**AGENCY TYPE:** Metropolitan women's health  
service**SUBJECTS:** Cancer / Pap smears / Disability /  
Women's health**DESCRIPTION:**

Rates of cervical screening are particularly low amongst women with disabilities. This case study outlines how the Women's Health Service for the West successfully worked with women with disabilities to help them improve their access to Pap smear tests. The project was a partnership between the Service, the women and other health agencies. A range of strategies were used including professional education, advocacy, peer education and improving local services. By utilising peer education strategies the project was able to be extended to women with disabilities who were also from non-English speaking backgrounds.

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**TITLE: Pap Test Program in Rural Victoria****AUTHOR/S:** Webster, K., Wilson, G.**AGENCY:** Gippsland Women's Health Service**ADDRESS:** PO Box 664, Sale, Vic, 3850**PHONE:** 051431600**FAX:** 051431 224**MEDIA:** Case study (2p) in Webster, K.,  
Wilson, G. Mapping the Models,  
Centre for Development and  
Innovation in Health, Melbourne,  
1993**TOPIC:** Cancer**POPULATION:** Women, rural**LOCATION:** Rural Vic**AGENCY TYPE:** Country women's health service**SUBJECTS:** Cancer / Pap smears / Women's  
health / Rural health**DESCRIPTION:**

This case study provides an overview of the Gippsland Women's Health Service's role as a local partner in the Statewide program run by Pap Test Victoria which aimed to encourage women to have regular Pap tests. It describes the local activities undertaken by the service to complement Pap Test Victoria's letter-writing campaign. These included local promotion, encouraging local services to provide Pap tests and organising for service's to provide Pap tests in a wider context such as at women's health days. Training in Pap testing was also offered to health professionals.

TITLE:           **Opportunistic Cervical Screening in General Practice**

AUTHOR/S:     Brett, T.

AGENCY:       Dr T Brett

ADDRESS:      51 Harvey St, Mosman Park, WA, 6012

PHONE:        09 384 4426

FAX:

MEDIA:        Journal article (6p) in Australian Family Physician, Vol. 21, No. 12, December, 1992

TOPIC:         Cancer

POPULATION:  Women

LOCATION:       Suburban Perth

AGENCY TYPE:  Metropolitan general practice

SUBJECTS:      Cancer / Pap smears / Women's health / General practice

DESCRIPTION:

Over the past thirty years a large number of sexually active women have had Pap smears with the result that regular cervical screening is now commonly accepted practice and mortality rates have been declining.

However, despite the various strategies that have been devised to encourage women over 40 years of age to have regular Pap smears, the screening rates indicate that more needs to be done. The study outlined in this article sought to target a particular group of women, 50 to 70 year olds, by offering them opportunistic screening whilst they attended their surgery appointments. Initiated by an urban based solo general practitioner the study included a Pap smear history of each patient, tests and discussions about the advantages of regular 2 year smears. The author concludes that some previously unscreened women were successfully screened during the study period.

TITLE:           **Sunscreen with Farmers**

AUTHOR/S:     Miller, R.

AGENCY:       Kiewa and Ovens Valley Community Health Service

ADDRESS:      18 Lakeside Ave, Mt Beauty, Vic, 3699

PHONE:        057 572 220

FAX:           057 571 002

MEDIA:        Report, Miller, R., The Skin Cancer Awareness Pilot Program, Kiewa and Ovens Valley Community Health Service, Victoria, 1991 and Ryan, P., Cases for Change, Australian Community Health Association, NSW, 1992

TOPIC:         Cancer

POPULATION:  Workers, farming

LOCATION:       Rural Vic

AGENCY TYPE:  Country community health centre

SUBJECTS:      Cancer / Occupational health and safety / Skin cancer / Community development

DESCRIPTION:

The Kiewa and Ovens Valley Community Health Service operates from a number of provincial centres in the mountain country of northeast Victoria. The health promotion program summarised in this brief case study, and documented in more detail in a larger project report, arose from the farming communities' concern at the high incidence of skin cancers in their localities. Responding to these concerns the community health service implemented a needs study and then developed an appropriate skin cancer awareness program. The author describes the program's health promotion framework, approach, methods and effective strategies. It was their view that the project successfully built on existing networks and improved communication between local general practitioners, community health staff, State Electricity workers, farmers and pharmacists in order to improve awareness of and services related to skin cancer prevention. More importantly they concluded that "We'd opened the farm gate, what else should come through".



**TITLE:**        **A Tea Trolley Support Service in Oncology**

**AUTHOR/S:**   Menon,M.

**AGENCY:**     Western General Hospital

**ADDRESS:**   Gordon St, Footscray, Vic, 3011

**PHONE:**      03 319 6666

**FAX:**

**MEDIA:**       Case Study (7p) in Butler, P., Cass, S. (eds), Case Studies of Community Development in Health, Centre for Development and Innovation in Health, Melbourne, 1993

**TOPIC:**        Cancer

**POPULATION:** Cancer sufferers

**LOCATION:**    Suburban Melbourne

**AGENCY TYPE:** Metropolitan hospital

**SUBJECTS:**    Cancer / Hospitals / Self help / Community development

**DESCRIPTION:**

This article describes the formation of a support group for cancer patients that grew out of a community development initiative within a suburban Melbourne hospital. A hospital survey had revealed that patients identified other patients as the most preferred source of support and information exchange. The author initiated a tea trolley service to provide a focus for building links between patients and their families.

Operated by a woman who herself had had cancer, it acted as a catalyst for communication. Whereas previously the weekly oncology clinic waiting room had been silent and full of fear and despair, it had now become a warm supportive environment. Other self help initiatives, such as a telephone support network, emanated from the new situation.

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## CHILD HEALTH

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**TITLE:** **Boys and Relationships: A School based program for pre-adolescent boys**  
**AUTHOR/S:** Koszegi, B., Hunt, G.  
**AGENCY:** Tea Tree Gully Community Health Service  
**ADDRESS:** 77 Smart Rd, Madbury, SA, 5092  
**PHONE:** 08 263 1155  
**FAX:** 08 263 7144  
**MEDIA:** Conference paper (3p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993  
**TOPIC:** Child health  
**POPULATION:** Children, boys  
**LOCATION:** Suburban Adelaide  
**AGENCY TYPE:** Metropolitan community health centre  
**SUBJECTS:** Child health / Violence / Schools

**DESCRIPTION:**

This paper documents the "Boys and Relationships" program which was developed as a collaborative effort between the Children and Families team at the Tea Tree Gully Community Health Service (an outer suburban service), and Education Department representatives.

The authors describe the program which is designed for pre-adolescent boys and focuses on socialisation/stereotyping issues and provides options for alternative behaviours. It has been designed to run within schools encouraging both teacher involvement and information for parents. It has also been presented as a train-the-trainer model for teachers as well as at a Statewide teacher staff development session.

The authors believe that the program encourages participants to explore issues of power within society and encourages individual choice. As such it has great potential to develop awareness within school curricular about primary prevention, particularly in relation to issues such as domestic violence.

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**TITLE:** **Making Schools Healthy, WASH**  
**AUTHOR/S:** McBride, N., Midford, R., James, R., Cameron, I.  
**AGENCY:** National Centre for Research into the Prevention of Drug Abuse  
**ADDRESS:** GPO U1987, Perth, WA, 6001  
**PHONE:** 09 368 2055  
**FAX:** 09 367 8141  
**MEDIA:** McBride, N. et al, Making Schools Healthy II, National Centre for Research into the Prevention of Drug Abuse, Western Australia, 1994  
**TOPIC:** Child health  
**POPULATION:** Children  
**LOCATION:** WA  
**AGENCY TYPE:** Metropolitan tertiary institution  
**SUBJECTS:** Child health / Schools / Community development

**DESCRIPTION:**

The World Health Organisation, "Healthy People 2000" in the United States and Australia's "Pathways to Better Health", all identify schools as institutions that can play an important role in providing opportunities to improve the current and future health status of school-aged children. This detailed report describes the Western Australian Schools Health Project which aimed to promote health within the school setting using a comprehensive school health promotion approach. This involved focusing beyond the school curriculum to the whole school environment, its policies and structures and all aspects of school life. A range of pre, primary and secondary schools participated with disadvantaged schools being identified as a special focus of the project.

The report provides significant detail on the project's methodology, processes, partners, outcomes and also includes recommendations for future work.

**TITLE:** **Beechworth Primary School**

**AUTHOR/S:** Went, S.

**AGENCY:** Faculty of Education, Monash University

**ADDRESS:** Wellington Rd, Clayton, Vic, 3168

**PHONE:** 03 905 2819

**FAX:**

**MEDIA:** Evaluation report in Went, S. (ed), A Healthy Start, Monash University, Melbourne, 1991

**TOPIC:** Child health

**POPULATION:** Children

**LOCATION:** Rural Vic

**AGENCY TYPE:** Metropolitan tertiary institution

**SUBJECTS:** Child health / Schools / Nutrition / Exercise

**DESCRIPTION:**

This comprehensive evaluation report documents the contribution made by the Beechworth Primary School to the Health in Primary Schools (HIPS) project, a collaborative undertaking by Monash University and various primary schools in Victoria. The general aims of the project were to improve the health of primary school children and to establish a basis for a longitudinal study of the relationships between educational programs, lifestyles and health and fitness. A community development and primary health care approach were used to effect a range of strategies which focused on the school in its rural community.

This chapter outlines the particular projects initiated by the Beechworth primary school which included cholesterol testing and inter-generational fitness programs. In this instance the school became a health promotion agency on a day to day basis by making structural changes in the canteen and providing regular physical activities.

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**TITLE:** **A Healthy Start: Holistic approaches to health promotion in school communities**

**AUTHOR/S:** Went, S.

**AGENCY:** Faculty of Education, Monash University

**ADDRESS:** Wellington Rd, Clayton, Vic, 3168

**PHONE:** 03 905 2819

**FAX:**

**MEDIA:** Published evaluation report (309p)

**TOPIC:** Child health

**POPULATION:** Children

**LOCATION:** Vic

**AGENCY TYPE:** Metropolitan tertiary institution

**SUBJECTS:** Child health / Schools / Community development

**DESCRIPTION:**

Health in Primary Schools (HIPS) was a project funded by the Victoria Health Promotion Foundation and carried out jointly by Monash University and Victoria College. Community development was only one aspect of this program which also drew on health education, health policy and other techniques. The general aims of the project were to improve the health of Victorian primary school children and to establish the basis for a longitudinal study of the relationships between educational programs, lifestyles and health and fitness.

This evaluation reports on the 'lighthouse' phase of the project. Fourteen schools were selected to 'show the way'. These were well resourced in terms of funds; resources; support and direction. An evaluator was assigned to each school to record the implementation of the project. Each evaluator's report is written up as a case study describing and evaluating the strategies adopted in each school.

The book also includes an introductory section providing background to and a rationale for the project; a comparative evaluation of six schools; an assessment of the extent to which schools made links with the broader community; and a chapter outlining the future of the program.

TITLE:	<b>Story A Day</b>	DESCRIPTION:
AUTHOR/S:	Ryan, P.	
AGENCY:	Noarlunga Health Services	This case study details a successful initiative of the Speech Pathology Team at the Noarlunga Health Service in southern metropolitan Adelaide. It outlines the development of a special "Story a Day" program which aimed to address the needs of young kindergarten children who were unfamiliar with books and could, as a consequence, have delayed speech and literacy skills. The "Story a Day" Program aimed to increase the number of stories which the young children heard.
ADDRESS:	Alexander Kelly Drive, Noarlunga Centre, SA, 5168	
PHONE:	08 384 9222	
FAX:	08 384 9244	
MEDIA:	Case study (3p) in Ryan, P., Cases for Change, Australian Community Health Association, NSW, 1993	
TOPIC:	Child health	
POPULATION:	Children	
LOCATION:	Suburban Adelaide	The author describes the various aspects of the program, which involved children in kindergartens and playgroups, staff in local libraries, volunteers in community service organisations, parents and students.
AGENCY TYPE:	Metropolitan community health centre	
SUBJECTS:	Child health / Speech pathology / Community participation	The case study includes reference to extensive program evaluation which facilitated the Speech Pathology Team to reflect on and modify their program targets.

TITLE:	<b>Bilanook Primary School</b>	DESCRIPTION:
AUTHOR/S:	Went, S.	
AGENCY:	Faculty of Education, Monash University	Bilanook Primary School was one of the fourteen schools located in rural and metropolitan Melbourne which participated in the collaboratively designed Health in Primary Schools Program (HIPS).
ADDRESS:	Wellington Rd, Clayton, Vic, 3168	
PHONE:	03 905 2819	
FAX:		
MEDIA:	Evaluation report in Went, S. (ed), A Healthy Start, Monash University, Melbourne, 1991	
TOPIC:	Child health	
POPULATION:	Children	
LOCATION:	Rural Vic	The author of this evaluation report records the progress made at this rural school in terms of enhanced fitness and nutritional programs. Utilising a structural approach the school generated a Health Policy and a Canteen Policy to provide guidelines for healthier behaviours. The author also specifies the range of activities and events which were implemented in an attempt to establish good nutritional habits within and outside the school.
AGENCY TYPE:	Metropolitan tertiary institution	
SUBJECTS:	Child health / Schools / Nutrition / Exercise	

**TITLE: Twenty Years of Immunisation in a Public Hospital**

**AUTHOR/S:** Forsyth, H

**AGENCY:** Adelaide Children's Hospital  
**ADDRESS:** 72 King William Rd, North Adelaide, SA, 5006  
**PHONE:** 08 204 7000  
**FAX:** 08 204 7459

**MEDIA:** Conference paper (3p) in Hall, R., Richters, J. (eds), Immunisation: The Old and the New, Proceedings of the Second National Immunisation Conference, Public Health Association, Canberra, 1992

**TOPIC:** Child health

**POPULATION:** Children

**LOCATION:** Suburban Adelaide

**AGENCY TYPE:** Metropolitan hospital

**SUBJECTS:** Child health / Immunisation / Hospitals

**DESCRIPTION:**

This article encapsulates a twenty year overview of the Adelaide Children's Hospital Immunisation Clinic. The author recounts the origin of the service, its early days and lessons learnt. She outlines its current functions as both a provider of immunisations and as a resource centre for service providers seeking further information on immunisation matters. The article includes the author's reflections on the rapid changes which have occurred in the immunisation field over two decades and discusses the most successful strategies and protocols she has overseen during that time.

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**TITLE: The Personal Health Record**

**AUTHOR/S:** Jeffs, D., Harris, M.

**AGENCY:** Illawarra Public Health Unit  
**ADDRESS:** PO Box 66, Keiraville, NSW, 2500  
**PHONE:** 042 261 944  
**FAX:** 042 285 623

**MEDIA:** Journal article (6p) in Australian Family Physician, Vol. 22, No. 8, August, 1993

**TOPIC:** Child health

**POPULATION:** General practitioners

**LOCATION:** NSW

**AGENCY TYPE:** Country health department

**SUBJECTS:** Child health / General practice

**DESCRIPTION:**

Personal health records held by patients are an important initiative towards improved child health in Australia. Although they have now been introduced in most States and Territories, few general practitioners make full use of them. This article describes a major study conducted by the Director of the Illawarra Public Health Unit, that examined ways in which personal health records could be used to greater effect by general practitioners.

The author provides informative background material on the origin and generation of Personal Health Records, discusses their implementation in Australia and then outlines his study which aimed to examine the use of the Personal Health Record by parents and its usefulness to a range of health professionals, including general practitioners. A brief overview of the study's methodology, results and discussion are included in the article.

**TITLE:** General Practitioner  
Involvement in a Child  
Development Unit

**AUTHOR/S:** Taylor, M.

**AGENCY:** DrMTaylor

**ADDRESS:** PO Box 1642, Port Lincoln, SA,  
5606

**PHONE:** 086 830 788

**FAX:** 086 822040

**MEDIA:** Demonstration Practice Grants  
Program Report No. 86

**TOPIC:** Child health

**POPULATION:** General practitioners

**LOCATION:** Rural SA

**AGENCY TYPE:** Country general practice

**SUBJECTS:** Child health / General practice /  
Hospitals

**DESCRIPTION:**

Port Lincoln, a provincial town in rural South Australia, has a population of 25,000 people and is served by twelve town based general practitioners and five located in outlying regions. The town is visited three times a year by the multi-disciplinary Child Development Unit, an Outreach Clinic of the Children's Hospital in Adelaide. The author of this report describes an initiative which enabled general practitioners to attend the Clinic's Review meetings and thereby participate in case management and review discussions related to their young patients. Dr. Taylor argues that attending these meetings resulted in major improvements for the patients, increased co-ordination between agencies and services and improved referral networks.

**TITLE:** Organisation, Management  
and Delivery of  
Immunisation in a  
Community Setting

**AUTHOR/S:** Pringle, J.

**AGENCY:** Northam Community Health Centre

**ADDRESS:** PO Box 337, Northam, WA, 6401

**PHONE:** 096 224 238

**FAX:** 096 225 752

**MEDIA:** Conference paper (4p) in Hall, R.,  
Richters, J. (eds), Immunisation: The  
Old and the New, Proceedings of the  
Second National Immunisation  
Conference, Public Health  
Association, Canberra, 1992

**TOPIC:** Child health

**POPULATION:** Children

**LOCATION:** Rural WA

**AGENCY TYPE:** Country community health centre

**SUBJECTS:** Child health / Immunisation / Rural  
health

**DESCRIPTION:**

This paper describes the organisation, management and delivery of immunisation services in the Central Wheatbelt area of rural Western Australia. It refers to the economic downturn that has increased unemployment which in turn has contributed to a more transient and poorer population. The author discusses the implications this, and the rural context has for immunisation programs.

Firstly she emphasises the importance of no cost immunisation clinics, noting that most rural general practitioners in the area charge scheduled fees. Secondly, she discusses the role of nurses in the rural immunisation programs and the evolution of a training course and certificate of competency for nurse immunisers which was agreed on by the Western Australian Department of Health, the Australian Medical Association, and the Nurses Board of Western Australia. She also describes the certification of nurses who work outside of the Department of Health.

Included in the paper is a thorough overview of other strategies developed to ensure that immunisation clinics can be provided in rural areas, such as mobile clinics, car based clinics and clinics in towns which coincide with social security payment days. The author concludes that these strategies have improved child health in her rural region.

**TITLE:**           **Kids Have Good Ideas**  
**AUTHOR/S:**   Renney, L., Pike, L.  
  
**AGENCY:**       Parks Community Health Service  
**ADDRESS:**     Trafford St, Angle Park, SA, 5010  
**PHONE:**        08 243 5611  
**FAX:**            08 347 4221  
  
**MEDIA:**        Conference paper (3p) in Clarke, B.,  
                    MacDougall, C. (eds), The 1993  
                    Community Health Conference, Vol.  
                    1, Papers and Workshops, Australian  
                    Community Health Association,  
                    NSW, 1993  
**TOPIC:**         Child health  
**POPULATION:** Children  
**LOCATION:**      Suburban Adelaide  
**AGENCY TYPE:** Metropolitan community health  
                    centre  
**SUBJECTS:**     Child health / Schools / Community  
                    development

**DESCRIPTION:**

This conference paper documents a productive partnership between health workers from the Parks Community Health Service in suburban Adelaide and a Student Representative Council (SRC) at a nearby primary school. Together they addressed various issues in order to make the school a healthier environment. These included renovating the students sick room, graffiti and first aid. The authors discuss the processes they utilised, such as the formation of a health committee and children brainstorming ideas and then prioritising them. They argue that the partnership has resulted in the Student Representative Council becoming an active health promoting structure within the school and its members gaining strong beliefs in relation to their ability to collectively influence their environment for health. (Adapted from abstract).

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**TITLE:**           **A Comprehensive  
Approach to School Health  
Promotion**  
**AUTHOR/S:**   Bola-Browne, V., Muller, P.  
  
**AGENCY:**       Kwinana Community Health Centre  
**ADDRESS:**     PO Box 187, Kwinana, WA, 6167  
**PHONE:**        09 419 2266  
**FAX:**            09 439 1088  
  
**MEDIA:**        Conference paper (3p) in Clarke, B.,  
                    MacDougall, C. (eds), The 1993  
                    Community Health Conference, Vol.  
                    1, Papers and Workshops, Australian  
                    Community Health Association,  
                    NSW, 1993  
**TOPIC:**         Child health  
**POPULATION:** Children  
**LOCATION:**      Suburban Perth  
**AGENCY TYPE:** Metropolitan community health  
                    centre  
**SUBJECTS:**     Child health / Schools / Drugs /  
                    Sexual health

**DESCRIPTION:**

In 1986, the Better Health Commission supported the important role schools play in the promotion of health in the Australian community, noting that many health objectives can be influenced directly by what does or does not occur in schools and whether the approach is educational or preventative.

This paper describes a pilot project which aimed to develop a comprehensive approach to school health promotion in the Armadale District of Perth. The pilot focused on: in-service training for a range of health educators, such as teachers and nurses; involving parents as health advocates; increasing the time given to health education in schools; raising the status of health education with principals; and developing strategies for health promotion programs, such as sexuality, drug education and self-esteem.

The author reflects on the project outcomes which included the generation of school health policies.

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## CHRONIC ILLNESS

**TITLE:** **Chronic Disease Management**  
**AUTHOR/S:** Beilby, J.  
**AGENCY:** Crafter Medical Centre  
**ADDRESS:** 140 Belair Rd, Hawthorn, SA, 5062  
**PHONE:** 08 272 5533  
**FAX:** 08 373 4419  
**MEDIA:** Demonstration Practice Grants  
Program Report No. 99  
**TOPIC:** Chronic illness  
**POPULATION:** Chronic disease sufferers  
**LOCATION:** Suburban Adelaide  
**AGENCY TYPE:** Metropolitan general practice  
**SUBJECTS:** Chronic illness / Asthma / Diabetes / General practice

**DESCRIPTION:**

This evaluation report summarises a Chronic Disease Management Project which was established by a metropolitan group of general practitioners. The report notes the incidence of chronic illness in the Australian population, the various models in the literature for chronic disease management and then delineates the piloting of a chronic disease register within the general practice clinic. The register was applied to four conditions: hypertension, asthma, diabetes mellitus and hyperlipidaemia.

The author records the project's implementation, staffing, participation rates and impacts from the general practitioner and consumer's perspective.

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**TITLE:** **A Diabetic Day in the Outback**  
**AUTHOR/S:** Jackson, S.  
**AGENCY:** Dr S Jackson  
**ADDRESS:** Roxby Downs, SA  
**PHONE:**  
**FAX:**  
**MEDIA:** Journal article (3p) in Australian Family Physician, Vol. 23, No. 3, March, 1994  
**TOPIC:** Chronic illness  
**POPULATION:** Sufferers of diabetes  
**LOCATION:** Rural SA  
**AGENCY TYPE:** Country general practice  
**SUBJECTS:** Chronic illness / Diabetes / General practice / Rural health

**DESCRIPTION:**

Isolated communities present particular problems for patients with chronic conditions. The author, a general practitioner, outlines the issues associated with providing complete care to her diabetic community in a rural community, 555 kms north of Adelaide, South Australia. She then outlines the organisation required for, and the information gained from, a 'diabetic day' held in Roxby Downs. The aim of the day was to assess the existing standard of care and to provide the diabetic community with improved access to specialised health care workers.



**TITLE:**           **Asthma Council**  
**AUTHOR/S:**     South West Centre for Public Health  
  
**AGENCY:**       South West Centre for Public Health  
**ADDRESS:**     PO Box 503, Albury, NSW, 2640  
**PHONE:**        060 230 350  
**FAX:**            060 230 168  
  
**MEDIA:**         Notes  
**TOPIC:**         Chronic illness  
**POPULATION:** Asthma sufferers  
**LOCATION:**      Rural NSW  
**AGENCY TYPE:** Country community health agency  
**SUBJECTS:**     Chronic illness / Asthma /  
                      Community health services / General  
                      practice

**DESCRIPTION:**

Provided in this brief overview is information about the Asthma Management Improvement Council which was established in response to the National Asthma Strategy and is co-ordinated from Albury, a large provincial town in rural south west NSW. The overview details the Council's Charter, which, in general terms is to identify effective prevention and management strategies and thereby improve the health outcomes of people with asthma. The Council links general practitioners, pharmacists, school authorities, health economists and health providers from a range of services including, school nurses, emergency hospital staff and community health centre staff.

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**TITLE:**           **Asthma and Diabetes  
                      Clinics in General Practice**  
**AUTHOR/S:**     Rasool, M.  
  
**AGENCY:**       DrM Rasool  
**ADDRESS:**     PO Box 534, Jurien, WA, 6516  
**PHONE:**        096 521484  
**FAX:**            096 521485  
  
**MEDIA:**         Demonstration Practice Grants  
                      Program Report No. 202  
**TOPIC:**         Chronic illness  
**POPULATION:** Asthma sufferers  
**LOCATION:**      Rural WA  
**AGENCY TYPE:** Country general practice  
**SUBJECTS:**     Chronic illness / Asthma / Diabetes /  
                      General practice

**DESCRIPTION:**

This report of a Demonstration Project General Practice Grant describes the development of regular asthma and diabetes clinics in Jurien Bay, a coastal community of 1500 people located approximately 250 kms north of Perth, Western Australia.

Dr. Rasool, the author, describes how he varied his usual clinical practice to incorporate group education sessions for his patients. He discusses how he assisted his patients to develop a six step asthma management plan based on guidelines provided by the National Asthma Campaign.

**TITLE:** **Diabetes Control Through  
Community Education:  
Teaching hospital and  
community together**

**AUTHOR/S:** Nosworthy, A.

**AGENCY:** Queen Elizabeth Hospital  
**ADDRESS:** 28 Woodville Rd, Woodville South,  
SA, 5011  
**PHONE:** 08 222 6000  
**FAX:**  
**MEDIA:** Conference paper (11 p) in Rees, A.  
(ed), Healthy Cities: Reshaping the  
Urban Environment, Australian  
Community Health Association,  
NSW, 1992

**TOPIC:** Chronic illness  
**POPULATION:** General population  
**LOCATION:** Rural SA  
**AGENCY TYPE:** Metropolitan hospital  
**SUBJECTS:** Chronic illness / Diabetes /  
Community participation / Hospitals

**DESCRIPTION:**

In 1991, the Diabetes Service of Adelaide's Queen Elizabeth Hospital undertook a diabetes community education program in Port Pirie. This paper describes the project in some detail beginning with the objectives which were to increase the community's awareness of the risk factors for diabetes, to encourage those at risk to seek medical assessment and to encourage medical practitioners to manage their diabetic patients according to published guidelines.

A range of strategies were used including: a media campaign; a blood glucose testing program; a school children's poster campaign; poster displays; a seminar for general practitioners; and milk carton advertising. The author describes the program as having successfully met most of its aims, although not all the strategies were as successful as she had hoped.

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**TITLE:** **St Agnes Diabetic Clinic,  
One Year On**

**AUTHOR/S:** Hart, M.

**AGENCY:** DrMHart  
**ADDRESS:** Tea Tree Surgery, 976 North East Rd,  
Modbury, SA, 5092  
**PHONE:** 04 264 4555  
**FAX:** 04 263 9062

**MEDIA:** Demonstration Practice Grants  
Program Report  
**TOPIC:** Chronic illness  
**POPULATION:** Diabetes sufferers  
**LOCATION:** Suburban Adelaide  
**AGENCY TYPE:** Metropolitan general practice  
**SUBJECTS:** Chronic illness / Diabetes / General  
practice

**DESCRIPTION:**

Diabetes is a common chronic illness which may result in many serious complications. There is increasing evidence that the risk of developing complications is reduced if optimum control of the disease is achieved. Acting on this understanding the author of the St Agnes Diabetic Clinic project report describes the establishment of a multidisciplinary diabetic clinic in his group general practice located in outer suburban Adelaide. He outlines management goals and protocols developed by the team, an annual review process and a "patient survival kit". The report includes discussion of the projects other outcomes as established by an evaluation.

**TITLE:**        **Open Airways - A joint health project**

**AUTHOR/S:**   Birrell, C.

**AGENCY:**     Inner South Community Health Service

**ADDRESS:**    341 Coventry St, South Melbourne, Vic, 3205

**PHONE:**      03 690 9144

**FAX:**         03 6967228

**MEDIA:**       Conference paper (2p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

**TOPIC:**        Chronic illness

**POPULATION:** Asthma sufferers

**LOCATION:**     Suburban Melbourne

**AGENCY TYPE:** Metropolitan community health centre

**SUBJECTS:**    Chronic illness / Asthma / Community health services / Hospitals

**DESCRIPTION:**

Open Airways is a shared care approach to asthma with a coordinated partnership between community health, general practitioners, consumers, community groups, hospitals and specialists. The project aims at promoting the health of people with asthma, improving consumers capacity for self-care and minimising the need/risk of hospitalisation.

---

**TITLE:**        **Breath of Relief**

**AUTHOR/S:**    Shah, S.

**AGENCY:**     Auburn Community Health Centre

**ADDRESS:**    9 Northumberland Rd, Auburn, NSW, 2144

**PHONE:**      02 646 2233

**FAX:**         02 7491749

**MEDIA:**       Journal article (7p) in Community Quarterly, No. 24, September, 1992

**TOPIC:**        Chronic illness

**POPULATION:** Children

**LOCATION:**     Suburban Sydney

**AGENCY TYPE:** Metropolitan community health centre

**SUBJECTS:**    Chronic illness / Asthma / Child health / Schools

**DESCRIPTION:**

Asthma affects one in five children and is Australia's most common childhood illness. It is the leading cause of childhood hospital admission and school absenteeism. This article describes a public health approach to asthma that addresses children with asthma, their families and the school environment in Auburn western Sydney. Auburn is characterised by people with high unemployment and low socio-economic status and has the second highest population of non-English speaking background people in Western Sydney.

The article describes a joint project between the Auburn Community Health Centre and a local consumer group which provided an education program for teachers and parents, a school asthma crisis plan, an asthma questionnaire and Asthma First Aid Kits. The author outlines the processes and strategies used by the project and discusses how they reflect primary health care principles.

**TITLE:** **Victorian Home Oxygen Support Group**  
**AUTHOR/S:** Stefanovski, M.  
**AGENCY:** West Heidelberg Community Health Centre  
**ADDRESS:** 20 Morobe St, West Heidelberg, Vic, 3081  
**PHONE:** 03 459 8833  
**FAX:** 03 459 5808  
**MEDIA:** Conference paper (4p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993  
**TOPIC:** Chronic illness  
**POPULATION:** Lung disease sufferers  
**LOCATION:** Suburban Melbourne  
**AGENCY TYPE:** Metropolitan community health centre  
**SUBJECTS:** Chronic illness / Self help / Lung diseases

**DESCRIPTION:**

Chronic illness usually represents a decisive turning point in the life situation of individual sufferers, affecting not only themselves but members of their immediate environment. Frequently their attention is no longer primarily focused on the medical condition but rather on the long term effects of that condition. In this context, the author of this case study asserts that self help groups can provide individuals with complimentary and additional support.

The paper discusses the origin of the Victorian Home Oxygen Support Group and its role in assisting those people who are affected by chronic lung illness and who receive domiciliary oxygen therapy from hospitals and community health centres. The paper explores the benefits and analyses the key aspects of the groups development. (Adapted from paper).

---

**TITLE:** **The Asthma Project**  
**AUTHOR/S:** Marion-Brighton-Glenelg Health and Social Welfare Council and the Cove Community Health Centre  
**AGENCY:** Marion-Brighton-Glenelg Health and Social Welfare Council  
**ADDRESS:** Cnr Oaklands & Morphett Rds, Warradale, SA, 5046  
**PHONE:** 08 294 7417  
**FAX:** 08 295 6844  
**MEDIA:** Report  
**TOPIC:** Chronic illness  
**POPULATION:** Children  
**LOCATION:** Suburban Adelaide  
**AGENCY TYPE:** Metropolitan community/consumer group  
**SUBJECTS:** Chronic illness / Asthma / Child health / Consumer participation

**DESCRIPTION:**

An Asthma Management Plan was successfully implemented in a number of schools when the consumer driven Marion-Brighton-Glenelg Health and Social Welfare Council and the Cove Community Health Service collaborated to address the needs for asthma education and management in their communities.

The author of this report describes the origins of the project and its processes. Consultation with local people and good communication between health agencies, parent bodies and a range of schools enabled the project staff to build on previous work and the project's effectiveness. Two discussion groups, one for teachers and one for parents were established. After identifying concerns and strategies separately, they then met and reached a common position. The result of this negotiation was a comprehensive list of recommendations outlining the roles and responsibilities for asthma management for the various parties involved. The report incorporates the detailed recommendations.

**TITLE:**           **Arthritis Phone Link**  
**AUTHOR/S:**     Reilly, J.  
  
**AGENCY:**       Arthritis Foundation of Victoria  
**ADDRESS:**     PO Box 195, Kew, Vic, 3101  
**PHONE:**        03 862 2555  
**FAX:**            03 853 0385  
  
**MEDIA:**        Case study (4p) in Butler, P. (ed),  
                    Innovation and Excellence in  
                    Community Health, Centre for  
                    Development and Innovation in  
                    Health, Melbourne, 1994  
  
**TOPIC:**         Chronic illness  
**POPULATION:** Arthritis sufferers  
**LOCATION:**      Melbourne  
**AGENCY TYPE:** Statewide society/foundation  
**SUBJECTS:**     Chronic illness / Arthritis /  
                    Community development

**DESCRIPTION:**

"I have become convinced that most people, if consulted, can be relied upon to know about what will help them (and similar others) in the management of their own conditions within their own life situations".

So states the author of this article which summarised the Arthritis Foundation of Victoria's "Phone Link Service". Essentially the service places arthritis sufferers in contact with each other so that they can provide mutual support, advice and empathy. The author describes the process of developing the service, the developed service and the current procedures as being the result of a participatory action research process. The Service's processes continue to change according to the expressed desires of the participants, that is, people with arthritis who feel, in any way, alone. She notes that participants report significant improvements to their emotional, mental and/or physical health and note that they attribute this to other participants "really understanding" how it feels to have arthritis.

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**TITLE:**           **"The Asthma Story", by the Wheezers**  
**AUTHOR/S:**     Munzel, A., Graves, K., Henery, M.,  
                    Maher, J.  
  
**AGENCY:**       Echuca, Bendigo, Northern District  
                    and Central Victorian Community  
                    Health Services  
  
**ADDRESS:**     c/-204 Pakenham St, Echuca, Vic,  
                    3564  
  
**PHONE:**        054 806 111  
**FAX:**            054 825 628  
  
**MEDIA:**        Case study (3p) in Butler, P. (ed),  
                    Innovation and Excellence in  
                    Community Health, Centre for  
                    Development and Innovation in  
                    Health, Melbourne, 1994  
  
**TOPIC:**         Chronic illness  
**POPULATION:** Children  
**LOCATION:**      Rural Vic  
**AGENCY TYPE:** Country community health centre  
**SUBJECTS:**     Chronic illness / Asthma / Child  
                    health / Schools / Community  
                    development

**DESCRIPTION:**

The Wheezers mentioned in the title of this brief article refers to the team of health educators who developed "The Asthma Story" Project. Having conducted asthma information and management programs for some time they determined to find a fun way of increasing school children's awareness of asthma and related matters. The article describes the result of their efforts.

The Asthma Story is a short play that teaches children about the effects and nature of asthma. The play, incorporating costumes, mime and an external narrator, is performed by children during an asthma education program in the classroom. The kit for the play contains an audio tape, script guidelines for the presenters, masks, costumes and teacher's notes.

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## COMMUNITY DEVELOPMENT

**TITLE:** **New Community Living Program**  
**AUTHOR/S:** Woodbridge, S.  
**AGENCY:** Near North Housing Service  
**ADDRESS:** PO Box 36, Burpengary, Qld, 4505  
**PHONE:** 07 888 0200  
**FAX:**  
**MEDIA:** Report  
**TOPIC:** Community development  
**POPULATION:** Older people  
**LOCATION:** Rural Qld  
**AGENCY TYPE:** Metropolitan community health agency  
**SUBJECTS:** Community development / Housing / Ageing and retirement

### DESCRIPTION:

The New Community Living Program outlined in this report aimed to provide and improve access to health and related services for residents in caravan, mobile home and relocatable home parks in Southern Queensland. The program staff consulted with park residents, service providers and local government staff with the result that 24 parks were accessed during the twelve month period of the project.

The author describes the demographic profiles of the park residents, the processes and strategies which were utilised and the health related issues that emerged. Project impacts are also discussed including reference to a health information resource manual which was generated for use by park managers. The report includes recommendations for future action by the local shire councils, health services and related organisations.

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**TITLE:** **The "Vote for Health" Campaign**  
**AUTHOR/S:** Phillips-Rees, S., Sanderson, C., Herriot, M., May, A.  
**AGENCY:** Parks Community Health Service  
**ADDRESS:** Trafford St, Angle Park, SA, 5010  
**PHONE:** 08 243 5611  
**FAX:** 08 347 4221  
**MEDIA:** Case study (2p) in Phillips-Rees, S. et al, The Changing Face of Health, South Australian Community Health Association and South Australian Health Commission, South Australia, 1992  
**TOPIC:** Community development  
**POPULATION:** Local government  
**LOCATION:** Suburban Adelaide  
**AGENCY TYPE:** Metropolitan community health centre  
**SUBJECTS:** Community development / Local government

### DESCRIPTION:

This case study outlines the "Vote for Health" Campaign, an exercise in community development and health promotion which served to change the relationship between local residents and their local government. Conducted by the Parks Community Health Service in metropolitan Adelaide, the campaign aimed to stimulate residents interest in the local government election and to encourage them to vote. Building on material distributed by the local Council, the health service added its own information about all the candidates views on a range of health issues. The author describes how this emphasis on health was reinforced with cartoon illustrating health in terms of access to good, cheap food, safety, strong community networks, jobs and clean air. Further information was developed about how to vote and this material was then displayed locally, translated into various languages and distributed to a number of other local health services.

The author details the results of these activities, noting an increase in vote registrations and discusses the projects other outcomes.

**TITLE: Wilson Reserve Project.  
Health promotion and  
community development**

**AUTHOR/S:** Tesoriero, F.

**AGENCY:** Parks Community Health Service  
**ADDRESS:** Trafford St, Angle Park, SA, 5010  
**PHONE:** 08 243 5611  
**FAX:** 08 347 4221

**MEDIA:** Report  
**TOPIC:** Community development  
**POPULATION:** Local government  
**LOCATION:** Suburban Adelaide  
**AGENCY TYPE:** Metropolitan community health centre  
**SUBJECTS:** Community development / Injury prevention / Local government

**DESCRIPTION:**

The Wilson Street reserve was constructed in 1987 as a Community Employment Project. Initial ambitious plans for the reserve (drawn up without community consultation) were never realised with the result that the partially completed park was inappropriate to the needs of local residents and represented a threat to health and safety.

This report documents a small successful campaign by local residents, with the assistance of the local community health centre, to have the council effect necessary repairs and alterations to the reserve.

The author reflects on the role of the community development worker in the intervention and the capacity of Community Health Centres to address health concerns, such as those at Wilson Street, relatively cost effectively.

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**TITLE: The Ivanhoe Place Health  
Development Project**

**AUTHOR/S:** Ansems, H.

**AGENCY:** Ryde Health Promotion Unit  
**ADDRESS:** Ryde Hospital, Denistone Rd,  
Eastwood, NSW, 2122  
**PHONE:** 02 874 0199  
**FAX:** 02 874 5414

**MEDIA:** Case study (12p) in Butler, P., Cass, S. (eds), Case Studies of Community Development in Health, Centre for Development and Innovation in Health, Melbourne, 1993  
**TOPIC:** Community development  
**POPULATION:** General population  
**LOCATION:** Suburban Sydney  
**AGENCY TYPE:** Metropolitan community health agency  
**SUBJECTS:** Community development / Housing

**DESCRIPTION:**

The project discussed in the article was to assist in the creation of a strong and effective tenant's lobby group to facilitate improvement of conditions on a newly built suburban housing estate. The estate is described as multi-cultural and youthful, with an initial dearth of community facilities.

The author describes the process of establishing herself among the residents and the formation of Ivanhoe Place Resident's Association, whose major issues of concern were related to the quality and safety of their children's environment. The development of the Association in terms of increased skills, confidence and determination, reflected by the many victories their campaigns achieved, is related.

Also discussed is the conflict which emerged within the Association, which eventually led to a split. The author analyses the nature of the conflict and reflects on how it might have been avoided.

**TITLE: Christie Downs Gala Fun Day****AUTHORJS:** Marvis, C.**AGENCY:** Noarlunga Health Services**ADDRESS:** Alexander Kelly Drive, Noarlunga Centre, SA, 5168**PHONE:** 08 384 9222**FAX:** 08 384 9244**MEDIA:** Report**TOPIC:** Community development**POPULATION:** General population**LOCATION:** Suburban Adelaide**AGENCY TYPE:** Metropolitan community health centre**SUBJECTS:** Community development / Community health services**DESCRIPTION:**

This brief report describes a Gala Fun Day which was initiated by the Noarlunga Health Services in association with local residents, schools, churches, youth, women's health and welfare services as well as the local Council and individual counsellors. The Gala Fun Day was one strategy in their broader plan to engender a sense of local identity for the diverse residents of Christie Downs, an outer coastal suburb of Adelaide, South Australia. The author notes that over 2,500 people attended the event where a range of health information, fun activities and socialising was on offer. It was intended that a local Action Group would evolve from the Gala Day with the purpose of consulting widely on issues of concern to residents.

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**TITLE: Consumer's Health Advocacy Network Project****AUTHORJS:** Consumer's Health Advocacy Network Project Reference Group**AGENCY:** Consumer's Health Advocacy Queensland**ADDRESS:** PO Box 1302, Toowong, Qld, 4066**PHONE:** 07 871 0466**FAX:** 07 871 0699**MEDIA:** Report**TOPIC:** Community development**POPULATION:** General population**LOCATION:** Qld**AGENCY TYPE:** Statewide community/consumer group**SUBJECTS:** Community development / Consumer participation**DESCRIPTION:**

This report provides a background to consumer participation in health and proposes some directions for the further development of participation by consumers in all aspects of health planning, policy development, service delivery and quality assurance/evaluation processes in Queensland's health system.

The authors propose a statewide health consumer's advocacy network, include principles and strategies that such a network could utilise and outline an implementation plan.

The authors note that their proposals have been informed by consumer networks in other states, a literature review and surveys and consultations with consumers and various government and non-government agencies.



TITLE:	<b>Brukunga: A healthier place to live</b>	DESCRIPTION:
AUTHOR/S:	Phillips-Rees, S., Sanderson, C., Herriot, M., May, A.	<p>Brukunga, a small town in the Adelaide Hills, was built in the 1950s to house workers employed at a local mine. Following the closure of the mine the town became characterised by low income or unemployed people who had to endure poor public transport systems, rundown community amenities and a generally poor level of community spirit. This brief case study describes an initiative and a series of actions which addressed this situation with the result that town was re-energised. The author describes the variety of activities undertaken including a major town clean up campaign, community composting, and even blood pressure screening and immunisation.</p>
AGENCY:	Brukunga Community Action Group	
ADDRESS:	Brukunga, SA, 5252	
PHONE:		
FAX:		
MEDIA:	Case study (1p) in Phillips-Rees, S. et al, The Changing Face of Health, South Australian Community Health Association and South Australian Health Commission, South Australia, 1992	
TOPIC:	Community development	
POPULATION:	General population	
LOCATION:	Rural SA	
AGENCY TYPE:	Country community/ consumer group	
SUBJECTS:	Community development / Rural health	

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TITLE:	<b>Crime and Social Health - The Noarlunga "Together Against Crime" project</b>	DESCRIPTION:
AUTHOR/S:	Prior, G.	<p>A network of local health and community organisations received funding for a crime prevention strategy. Community consultation identified family violence, youth crime and personal and public safety as priorities. A family violence working group focussed on victim support and community awareness using community development strategies with women and general practitioners.</p>
AGENCY:	Woodcroft Community Health Centre	
ADDRESS:	175 Baines Rd, Woodcroft, SA, 5162	
PHONE:	08 325 8100	
FAX:	08 325 8199	
MEDIA:	Conference paper (2p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993	
TOPIC:	Community development	
POPULATION:	Women	
LOCATION:	Suburban Adelaide	
AGENCY TYPE:	Metropolitan community health centre	
SUBJECTS:	Community development / Family violence / Women's health / Safety	

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## DENTAL CARE

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**TITLE:** **Teeth for Keeps - A school oral health promotion project**  
**AUTHOR/S:** Short, L.  
**AGENCY:** University of New England and Regional Dental Service, Moree Plains Shire  
**ADDRESS:** School of Health, University of New England, Armidale, NSW, 2351  
**PHONE:** 067 733 675  
**FAX:** 067 733 666  
**MEDIA:** Conference paper, International Conference on Community Health Nursing Research, Edmonton, Canada, September, 1993  
**TOPIC:** Dental care  
**POPULATION:** Aboriginal people  
**LOCATION:** Rural NSW  
**AGENCY TYPE:** Country tertiary institution  
**SUBJECTS:** Dental care / Aboriginal health / Child health

**DESCRIPTION:**

In 1990, the Who Carries? Report on the dental status of approximately 900 school children in the Moree district of rural NSW, identified that children in the Moree district were two and a half times more likely to require dental treatment than children in Tamworth and that Aboriginal children were five times more likely to require treatment than children in Tamworth (another major rural centre in NSW).

To address this issue the Teeth for Keeps project was jointly implemented by the Regional Dental Service and the University of New England. This conference paper outlines the: dental health needs of the people in the Moree Plains Shire, the project's rationale, methods and outcomes and concludes that the project not only reduced inequalities in oral health status but also created conditions for improvement, and community building. In addition the author presents a new framework, Conceptual Framework for Health Promotion, which she believes is a useful guide when planning, implementing and evaluating health promotion projects.

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**TITLE:** **It's Easier Than Pulling Teeth - Changing a dental service**  
**AUTHOR/S:** Phillips-Rees, S., Sanderson, C., Herriot, M., May, A.  
**AGENCY:** South Australian Dental Service  
**ADDRESS:** Frome Rd, Adelaide, SA, 5000  
**PHONE:** 08 223 9211  
**FAX:** 08 223 1648  
**MEDIA:** Case study (Ip) in Phillips-Rees, S. et al, The Changing Face of Health, South Australian Community Health Association and South Australian Health Commission, South Australia, 1992  
**TOPIC:** Dental care  
**POPULATION:** Aboriginal people  
**LOCATION:** Adelaide  
**AGENCY TYPE:** Metropolitan hospital  
**SUBJECTS:** Dental care / Aboriginal health / Youth health / Hospitals

**DESCRIPTION:**

In order to encourage young people and Aboriginal people to use a major dental service in Adelaide some important changes were made to the way services were usually provided. This case study describes how staff at the Aboriginal Medical Service and the South Australian Dental hospital co- operated to provide dental services specifically targeted at young and Aboriginal people. The case study outlines the features of the new service which included: no waiting time; clients being able to be seen without proof of identity, health care cards or proof of age; the opportunity for clients to use their street names and to not provide addresses; and an examination in a room free of traditional dental equipment. The author lists the positive outcomes for youth and Aboriginal people.

TITLE: **Healthy Smiles**  
AUTHOR/S: Ryan, P.  
  
AGENCY: Parks Community Health Service  
ADDRESS: Trafford St, Angle Park, SA, 5010  
PHONE: 08 243 5611  
FAX: 08 347 4221  
  
MEDIA: Case study (2p) in Ryan, P., Cases for Change, Australian Community Health Association, NSW, 1993  
TOPIC: Dental care  
POPULATION: Parents, Indo-Chinese  
LOCATION: Suburban Adelaide  
AGENCY TYPE: Metropolitan community health centre  
SUBJECTS: Dental care / Ethnic health / Child health

DESCRIPTION:

Some community health services often find the demands of curative work make it difficult for them to address health promotion possibilities. This case study shows how a health centre in suburban Adelaide took on the challenge of dental health prevention within the Vietnamese community.

The program, developed after consultation with the Service's Vietnamese dentist, an interpreter and members of the Indo-Chinese community, focussed on the parents of pre-school children. Group education sessions were held using a children's TV character known as Fat Cat. During these sessions advice was provided to the parents and children on how to prevent tooth decay and how to access appropriate dental treatment.

The author notes that this program would have been difficult to achieve without access to a multidisciplinary team in an organisation with clearly articulated health promotion goals and strategies. (Adapted from article).

TITLE: **Dental Health Promotion Project**  
AUTHOR/S: Wilkins, J.  
  
AGENCY: Royal Dental Hospital of Melbourne  
ADDRESS: 711 Elizabeth St, Melbourne, Vic, 3000  
PHONE: 03 342 0222  
FAX: 03 341 0400  
  
MEDIA: Report  
TOPIC: Dental care  
POPULATION: Children, non-English speaking  
LOCATION: Melbourne  
AGENCY TYPE: Metropolitan hospital  
SUBJECTS: Dental care / Ethnic health / Consumer participation / Child health

DESCRIPTION:

This comprehensive report describes a Dental Health Promotion Project in inner urban Melbourne which demonstrated a way of involving the community in dental health promotion with three specific groups: Timorese pre-schoolers, Vietnamese adolescents and Cambodian adolescents. Community based dental health promotion groups were established as a result of joint efforts from inner urban community health centres, the Dental Hospital and members of the communities. The dental health needs of the target group were identified and relevant strategies developed and implemented. Activities included a dramatic production, information sessions, curriculum development, a school's resource book, a children's colouring book in seven languages and advocacy. A key feature of the project was the increased networking between the staff of a range of community agencies and dental services. The author outlines the project's methodology, evaluation and outcomes.

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## ENVIRONMENTAL HEALTH

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**TITLE:** **Hunter Lead Study**  
**AUTHOR/S:** Galvin, J., Stephenson, J., Walter, G.,  
Loughran, B., Clarke, R.,  
Wlondarczyk, J.  
  
**AGENCY:** Public Health Unit, Hunter Area  
Health Service  
**ADDRESS:** PO Box 11A, Newcastle, NSW, 2300  
**PHONE:** 049 291 292  
**FAX:** 049 294 037  
  
**MEDIA:** Report  
**TOPIC:** Environmental health  
**POPULATION:** General population  
**LOCATION:** Rural NSW  
**AGENCY TYPE:** Country health department  
**SUBJECTS:** Environmental health / Lead  
poisoning / Community participation

**DESCRIPTION:**

Lead in the environment has been a course of concern in the general population with the issue of lead exposure being particularly worrying to those people residing near lead smelting centres, such as Boolaroo and Argenton in rural New South Wales. Following representation from a Parliamentary Task Force the Hunter Area Health Service's Public Health Unit undertook an extensive investigation of the lead levels in children aged 1 to 4 years in Boolaroo and Argenton. This comprehensive report documents that investigation and provides details on: the surveys of young children; their blood lead levels; a range of interventions which provided information to their affected communities about lowering their risk of lead contamination; and the establishment of a Community Lead Advisory Committee which was to address longer term lead production issues.

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**TITLE:** **CORE - Coalition of Residents for the Environment**  
**AUTHOR/S:** Knothe, C.  
  
**AGENCY:** Dandenong/Springvale District Health Council  
**ADDRESS:** ~~at~~ Victorian Consumer Health Voice, Yarra House, Fairfield Hospital, Melbourne, Victoria, 3078  
**PHONE:** 03 280 2288  
**FAX:** 03 280 2454  
  
**MEDIA:** Case study (9p) in Butler, P., Cass, S. (eds), Case Studies of Community Development in Health, Centre for Development and Innovation in Health, Melbourne, 1993  
**TOPIC:** Environmental health  
**POPULATION:** Government departments  
**LOCATION:** Suburban Melbourne  
**AGENCY TYPE:** Metropolitan community/consumer group  
**SUBJECTS:** Environmental health / Community development

**DESCRIPTION:**

This case study traces the development of CORE, a group of residents and community organisations formed in the late 1980s to campaign against the further development of noxious industries in the South Dandenong area of Melbourne. The author narrates the history of the group, the relevant demographics of the outer suburbs in which it is located and the nature of the environmental health pollution and issues that it addressed. She describes the range of strategies used by the group over years, to try and improve as well as protect the environmental health of the area. A feature of the case study is the author's careful and critical reflection on her own role and skills as a community worker and the scientific and political aspects of environmental health campaigns.

**TITLE:**            **The Onkaparinga Estuary:  
Community action on water  
pollution**

**AUTHOR/S:**   Phillips-Rees, S., Sanderson, C.,  
Herriot, M., May, A.

**AGENCY:**       Onkaparinga Water Quality Group

**ADDRESS:**    Wetlands House, River Road, Old  
Noarlunga, SA, 5168

**PHONE:**       08 384 7453

**FAX:**

**MEDIA:**       Case study (1p) in Phillips-Rees, S. et  
al, The Changing Face of Health  
South Australian Community Health  
Association and the South Australian  
Health Commission, South Australia,  
1992

**TOPIC:**        Environmental health

**POPULATION:**Government departments

**LOCATION:**     Suburban Adelaide

**AGENCY TYPE:** Metropolitan  
community/consumer group

**SUBJECTS:**    Environmental health / Community  
development

**DESCRIPTION:**

The degradation of a river estuary in metropolitan Adelaide due to pollution grew to the extent that it became an increasing concern to the local community. People using it for recreational purposes were at risk of skin irritation, gastro-intestine upsets, and ear, nose and throat infections. Native vegetation and wildlife had all but disappeared. Although community concern had been brewing for almost twenty years, a Healthy Cities Project, and a nearby health service, in partnership with local people, galvanised action in 1990.

This brief case study documents their collaboration and their outstanding success. The authors describe a number of outcomes, the most notable being a report that proposed strategies to address stormwater pollution, the development of the area into a Wetlands, and the return of native wildlife. Further, the group was successful in their lobbying of local, state and federal governments to commit the \$900,000 required to implement the report's recommendations.

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**TITLE:**            **Passion in Parks!**

**AUTHOR/S:**   Verity, F., Goodes, L.

**AGENCY:**       Parks Community Health Service

**ADDRESS:**    Trafford St, Angle Park, SA, 5010

**PHONE:**       08 243 5611

**FAX:**           08 347 4221

**MEDIA:**       Journal article (6p) in Community  
Quarterly, No. 20, 1991

**TOPIC:**        Environmental health

**POPULATION:**Local government

**LOCATION:**     Suburban Adelaide

**AGENCY TYPE:** Metropolitan community health  
centre

**SUBJECTS:**    Environmental health / Community  
development / Local government

**DESCRIPTION:**

Angle Park, situated in Adelaide's North Western suburbs, is an industrial manufacturing area with a high proportion of low income earners, young families, unemployed people and people from a non-English speaking background.

In 1989 a consultation conducted by the local Parks Community Health Service with residents indicated that people saw industrial pollution as an issue of particular concern to them. Accordingly, time was allotted by the board of the community health service for community workers to work along side residents to address this issue.

This article describes one result of this partnership, a successful campaign by the Parks Residents Environmental Action Group to oppose construction of a tannery in Wingfield (an area in Angle Park). It outlines the strategies used in the campaign and the outcomes. The roles of the community development workers are described as being those of educators, motivators and legitimators. Drawing on their experiences, the authors argue that there are a number of elements required for a successful campaign. These include the need for workers to: have organisational sanction and support; validate local peoples' knowledge and experience; have enthusiasm; place importance on process; and maintain an awareness of the "bigger picture".

The Centre has supported residents concerned about pollution and air quality in the area for many years. In the late 80s funding was received for a project officer to assist in the production of a report on environmental health. This was followed by the establishment of the Port Adelaide Environment Forum. The Forum involves residents, Government, industry and trade unions.

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## ETHNIC HEALTH

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**TITLE:** **Mensa - A recreational program with an older Italian community**

**AUTHOR/S:** Phillips-Rees, S., Sanderson, C., Herriot, M., May, A.

**AGENCY:** Eastern Community Health Service

**ADDRESS:** 5/5 Darley Rd, Paradise, SA, 5075

**PHONE:** 08 207 8933

**FAX:** 08 365 2223

**MEDIA:** Case study (1p) in Phillips-Rees, S. et al, The Changing Face of Health, South Australian Community Health Association and the South Australian Health Commission, South Australia, 1992

**TOPIC:** Ethnic health

**POPULATION:** Older Italians

**LOCATION:** Suburban Adelaide

**AGENCY TYPE:** Metropolitan community health centre

**SUBJECTS:** Ethnic health / Ageing and retirement / Community development

**DESCRIPTION:**

Mensa, a recreational program with members of the older Italian community living in metropolitan Adelaide, is the subject of this brief case study. The author traces the origin of Mensa, its goals and activities and provides an outline of training sessions which are made available to the significant number of volunteers who support the group. Now separately incorporated, Mensa has a life independent of the community health centre which assisted with its birth.

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**TITLE:** **A One Year Reflection on Primary Health Care with Women from non-English Speaking Backgrounds**

**AUTHOR/S:** Pugh, L.

**AGENCY:** Fairfield Multicultural Family Planning Association

**ADDRESS:** 356 The Horsley Drive, Fairfield, NSW, 2165

**PHONE:** 02 754 1322

**FAX:**

**MEDIA:** Conference paper (4p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

**TOPIC:** Ethnic health

**POPULATION:** Women, non-English speaking

**LOCATION:** Suburban Sydney

**AGENCY TYPE:** Metropolitan community health agency

**SUBJECTS:** Ethnic health / Family planning / Women's health / Sexual health

**DESCRIPTION:**

The Fairfield area is one of the most culturally diverse areas in Australia with over 100 nationalities residing in 21 suburbs and with a total population of 182,000. It has traditionally been the area within NSW that newly arrived immigrants and refugees have settled. The main cultural communities include Chinese, Vietnamese, Lao, Khmer, Arabic, Italian and Spanish. This paper describes how the Fairfield Family Planning service responded to the various needs of this population. It outlines the service's history and establishment strategies and processes. The author discusses the service's emphasis on community participation; their bilingual community educators program; the Chinese women's health program and the range of sexual and reproductive health services provided. The author also reflects on the achievements of the service over a calendar year.



**TITLE:** **Vietnamese Rubella Education Program**  
**AUTHOR/S:** Deafness Foundation, Victoria  
**AGENCY:** Deafness Foundation, Victoria  
**ADDRESS:** 340 Highett Rd, Highett, Vic, 3190  
**PHONE:** 03 555 8777  
**FAX:** 03 553 2619  
**MEDIA:** Report  
**TOPIC:** Ethnic health  
**POPULATION:** Women, Vietnamese  
**LOCATION:** Melbourne  
**AGENCY TYPE:** Statewide society/foundation  
**SUBJECTS:** Ethnic health / Immunisation / Rubella

**DESCRIPTION:**

In 1983 the Australian Bureau of Statistics published the findings of their national Rubella Immunisation Survey which identified that up to 43% of immigrant women living in Australia were not immunised against rubella. In particular, the immunisation level for Vietnamese women was lower than that of any other Indo-Chinese group. This comprehensive report delineates a project initiated and implemented by the Deafness Foundation Victoria in response to the potential threat posed by Congenital Rubella Syndrome to the Vietnamese community. The author describes the project's collaborative approach, its employment of Vietnamese health workers and its use of multi-media methods. The project's evaluation, outcomes and recommendations for future work are also included.

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**TITLE:** **Hablamos por Nuestras Propias Voces ... In Our Own Voices, Spanish Speaking Women Speak Out About Interpreter Services**  
**AUTHOR/S:** Murray, C., Chiappe, M.  
**AGENCY:** North West Suburbs Health and Social Welfare Council  
**ADDRESS:** PO Box 5035, Alberton, SA, 5014  
**PHONE:** 08 341 2592  
**FAX:** 08 3411127  
**MEDIA:** Conference paper (3p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993  
**TOPIC:** Ethnic health  
**POPULATION:** Women, Spanish-speaking  
**LOCATION:** Suburban Adelaide  
**AGENCY TYPE:** Metropolitan community/consumer group  
**SUBJECTS:** Ethnic health / Women's health / Interpreter services

**DESCRIPTION:**

The North West suburbs of Adelaide, South Australia are characterised by a high proportion of people from non-English speaking backgrounds. Traditionally excluded from health policy and program decision making, their voices are rarely heard when health services are planned or reviewed. To address this and other issues the authors of this conference paper initiated a Spanish-speaking Women's Issue Group.

The paper briefly outlines the history and aims of the North West Suburbs Health and Social Welfare Council which fostered and supported the group and then goes on to detail the group's project, "In Our Own Voices".

The project originated in the Spanish-speaking women's dissatisfaction with interpreter services and their desire to present a consumer perspective on the service to its administrators and staff. Members of the group interviewed a range of people who had used the services, developed a report and presented it to a number of relevant government departments. The paper summarised the report and the outcomes for the Spanish women who were involved.

**TITLE:** **Indo-Chinese Communities and Primary Health Care: Increase access and participation**

**AUTHOR/S:** Lieu, T., Tuyet, N., Lanh, N., Tran, L.

**AGENCY:** Parks Community Health Service  
**ADDRESS:** Trafford St, Angle Park, SA, 5010  
**PHONE:** 08 243 5611  
**FAX:** 08 347 4221

**MEDIA:** Conference paper (3p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

**TOPIC:** Ethnic health  
**POPULATION:** Indo-Chinese people  
**LOCATION:** Suburban Adelaide  
**AGENCY TYPE:** Metropolitan community health centre  
**SUBJECTS:** Ethnic health / Community participation

**DESCRIPTION:**

Language, culture and traditional beliefs about the nature of illness often function as barriers to Indo-Chinese people trying to access mainstream health services. The Vietnamese authors of this conference paper argue that health workers wishing to implement health prevention and health education programs with ludo-Chinese people need to be very aware of how health and illness are perceived by Indo-Chinese people. The paper outlines a model for an Indo-Chinese health access team which developed as a result of committed staff and management, dedicated resources and a strong knowledge of the local community.

The team consists of ethnic health workers, a receptionist, a medical officer, a dentist and an ante-natal nurse who collectively are from Vietnamese, Cambodian and ethnic Chinese backgrounds. The team aims to increase access and participation of Indo-Chinese residents and also provides a range of services and programs in the Health Centre and elsewhere.

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**TITLE:** **Vietnamese Women's Domestic Violence Poster Project**

**AUTHORJS:** Kennedy, L., Clarke, H., Yong, H.

**AGENCY:** Inner West Community Network Against Violence Towards Women and Children  
**ADDRESS:** c/- 12 Gower St, Kensington, Vic, 3031  
**PHONE:** 03 376 0523  
**FAX:** 03 372 1588

**MEDIA:** Case study (3p) in Butler, P. (ed), Innovation and Excellence in Community Health, Centre for Development and Innovation in Health, Melbourne, 1994

**TOPIC:** Ethnic health  
**POPULATION:** Women, Vietnamese  
**LOCATION:** Suburban Melbourne  
**AGENCY TYPE:** Metropolitan community/consumer group  
**SUBJECTS:** Ethnic health / Family violence / Women's health / Community development

**DESCRIPTION:**

Domestic violence support groups for women from non-English speaking backgrounds are rare despite the fact that such violence crosses the barriers of class, culture and race. This case study tells the story of a Vietnamese women's domestic violence support group, their decision making processes and strategies and the gradual development of trust and sharing of personal experiences. The authors discuss how the Vietnamese women, working with a community artist, designed an eye-catching poster which provided important information about domestic violence in Vietnamese. They also outline other group activities which include offering advice and support to women who are experiencing or who have left violent domestic situations.

TITLE: **A Passport to Health and Participation**

AUTHORJS: Ziguas, S.

AGENCY: Yarra Community Health Service

ADDRESS: 622 Lygon St, Carlton, Vic, 3054

PHONE: 03 347 0022

FAX: 03 348 1961

MEDIA: Journal article (5p) in Community Quarterly, No. 24, September, 1992

TOPIC: Ethnic health

POPULATION: People from non-English speaking backgrounds

LOCATION: Suburban Melbourne

AGENCY TYPE: Metropolitan community health centre

SUBJECTS: Ethnic health / Community health services / Community development

DESCRIPTION:

Isolation and lack of access to information and services such as health care are all the more pronounced for people living in Australia with limited English ability. This case study examines how an ethnic access worker, employed at an inner city community health service, trialled a range of strategies aimed at increasing access to the service by people from non- English speaking backgrounds in general and from Arabic, Turkish, Spanish and Vietnamese backgrounds in particular. The author portrays the Service's initial attempts as incomplete and mis-directed. On reflection he determined that a community development approach which focused on building relationships with the community would be more sensible and that the service required centre wide strategies and policies if it was to improve access for these groups. In the case study he outlines some successful strategies, processes and activities.

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TITLE: **Pap Smears and Breast Self Examination for NESB Women**

AUTHOR/S: Prasad, R., Shinwari, W.

AGENCY: Women's Health Centre

ADDRESS: PO Box 665, Spring Hill, Qld, 4004

PHONE: 07 839 9962

FAX: 07 831 7214

MEDIA: Case Study (7p) in Butler, P., Cass, S. (eds), Case Studies of Community Development in Health, Centre for Development and Innovation in Health, Melbourne, 1993

TOPIC: Ethnic health

POPULATION: Women, non-English speaking

LOCATION: Suburban Brisbane

AGENCY TYPE: Metropolitan women's health service

SUBJECTS: Ethnic health / Women's health / Cancer / Hospitals

DESCRIPTION:

This detailed case study profiles an awareness raising project, undertaken by the Women's Health Centre in Brisbane, which aimed to communicate the importance of pap smear tests and breast self-examination to women from twelve different ethnic communities.

The authors describe how they attempted to increase these women's participation in such tests by removing the barriers identified by the women in consultations. The case study records the selection and training processes for a team of bilingual community educators, describes their key activities, documents participation rates, discusses the project's achievements and reflects on how strategies could be modified to improve the project.

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## GENERAL PRACTICE

**TITLE:** **Patient Education Classes in General Practice**

**AUTHOR/S:** Schattner, P.

**AGENCY:** Dr P Schattner

**ADDRESS:** 212 Murrumbeena Rd,  
Murrumbeena, Vic, 3163

**PHONE:** 03 569 5363

**FAX:**

**MEDIA:** Journal article (4p) in Australian  
Family Physician, Vol. 22, No. 7,  
July, 1993

**TOPIC:** General practice

**POPULATION:** General population

**LOCATION:** Suburban Melbourne

**AGENCY TYPE:** Metropolitan general practice

**SUBJECTS:** General practice / Patient education /  
Asthma / Diabetes

**DESCRIPTION:**

The author's main purpose in this article is to describe the steps involved when implementing a Demonstration Practice Grant Program project and, more importantly, to discuss how patient education classes can be introduced into general practice. He outlines the aim of the project which was to implement and evaluate patient education classes on the four common, lifelong and chronic conditions of hypertension, asthma, diabetes and hyperlipidaemia. The project's methods, content and findings are discussed with the author concluding that such classes increase patients' understanding and may assist them to comply with the required treatment. (Adapted from article).

---

**TITLE:** **Blacktown Area Community Services**

**AUTHOR/S:** O'Connor, J., Gupta, S.

**AGENCY:** Dr J O'Connor

**ADDRESS:** 4 Freeman St, Lalor Park, NSW, 2147

**PHONE:** 02 624 3355

**FAX:**

**MEDIA:** Demonstration Practice Grants  
Program Report No. 324

**TOPIC:** General practice

**POPULATION:** General practitioners

**LOCATION:** Suburban Sydney

**AGENCY TYPE:** Metropolitan general practice

**SUBJECTS:** General practice / Community health  
services

**DESCRIPTION:**

Collaboration among the various service providers at the primary health care level is essential if continuity of care is to be guaranteed to the patients they service. This brief project report traces the implementation of a Demonstration Practice Grant Program project which aimed to improve links between a general practice in Blacktown, inner Sydney, and a range of local allied health and community health agencies. The author describes the project's strategies, including a series of visits by general practitioners to other services and the production of a referral manual.

**TITLE:**            **Small Practice Patient Recall System**

**AUTHOR/S:**    Mears, T.

**AGENCY:**       DrTMears

**ADDRESS:**    87 Formosa St, Drummoyne, NSW, 2047

**PHONE:**       02 819 7181

**FAX:**

  

**MEDIA:**        Demonstration Practice Grants  
                      Program Report No. 301

**TOPIC:**         General practice

**POPULATION:** General practitioners

**LOCATION:**     Suburban Sydney

**AGENCY TYPE:** Metropolitan general practice

**SUBJECTS:**    General practice / Pap smears / Cholesterol

**DESCRIPTION:**

This brief project report documents the establishment of a simple and effective patient recall system by a solo general practitioner in suburban Sydney. Focusing on regular pap screening for his women patients and cholesterol tests for others he concludes that the system provides a useful reminder to his patients and a valuable addition to his practice.

---

**TITLE:**            **Fairfield General Practice Liaison Unit**

**AUTHOR/S:**    Ryan,P.

**AGENCY:**       Fairfield Hospital

**ADDRESS:**    Fairfield, NSW, 2165

**PHONE:**       02 727 4244

**FAX:**

  

**MEDIA:**        Case study (2p) in Ryan, P., Cases for Change, Australian Community Health Association, NSW, 1992

**TOPIC:**         General practice

**POPULATION:** General practitioners

**LOCATION:**     Suburban Sydney

**AGENCY TYPE:** Metropolitan hospital

**SUBJECTS:**    General practice / Diabetes / Palliative care / Hospitals

**DESCRIPTION:**

Improving continuity of care is a major issue for governments and health service providers. The differing priorities and practices of the key providers of health care have often led to inadequate communication at best, or outright animosity at worst, with individual clients being lost in the crossfire. This article delineates a program initiated by the General Practitioner Liaison Unit at Fairfield Hospital, a Sydney outer south western suburb.

The author explains that the Unit exists to promote communication and cooperation between the hospital, local general practitioners and the community health centre, which is a part of the hospital. The Unit also works to establish shared care programs between agencies on health issues, such as, diabetes and palliative care, as well as to provide continuing education for general practitioners on a range of topics. (Adapted from article).

**TITLE:** Osborne Park Health Service, General Practitioner Unit

**AUTHOR/S:** Surveyor, M.

**AGENCY:** Osborne Division of General Practice

**ADDRESS:** Osborne Park Hospital, Osborne Place, Stirling, WA, 6021

**PHONE:** 09 346 8066

**FAX:** 09 346 8067

**MEDIA:** Demonstration Practice Grants Program Report

**TOPIC:** General practice

**POPULATION:** General population

**LOCATION:** Rural WA

**AGENCY TYPE:** Metropolitan general practice

**SUBJECTS:** General practice / Hospitals / Managed care

**DESCRIPTION:**

The author of this report argues that many patients remain in highly specialised medical units when they could be receiving satisfactory care from general practitioners in less expensive facilities which are closer to their homes. To effect this, communication in general between the tertiary and secondary levels of care would need to be improved with general practitioners becoming involved in hospital planning and policy development as well as discharge planning. This report outlines a project which aimed to improve such communication between the Osborne Park Hospital and local general practitioners in Stirling, rural Western Australia.

---

**TITLE:** Community Based Primary Care of People with Disabilities

**AUTHOR/S:** Davis, R.

**AGENCY:** Knox Division of General Practice

**ADDRESS:** 7/18 Floriston Rd, Boronia, Vic, 3155

**PHONE:** 03 761 0244

**FAX:** 03 761 0442

**MEDIA:** Report

**TOPIC:** General practice

**POPULATION:** People with disabilities

**LOCATION:** Suburban Melbourne

**AGENCY TYPE:** Metropolitan general practice

**SUBJECTS:** General practice / Disability

**DESCRIPTION:**

This project aims to foster the development of a general practice clinic with a special interest and experience in the delivery of primary health care for the intellectually disabled in a rural setting; to encourage interaction between medical practitioners and other professionals involved; to establish a health maintenance program for them.

**TITLE:** **Involving General Practitioners in Public Health Initiatives**

**AUTHOR/S:** Jeffs, D., Gray, T., Wenzel, W.

**AGENCY:** Illawarra Area Health Service

**ADDRESS:** PO Box 66, Keiraville, NSW, 2500

**PHONE:** 042 261 944

**FAX:** 042 285 623

**MEDIA:** Journal article (4p) in Australian Family Physician, Vol. 20, No. 1, January, 1991

**TOPIC:** General practice

**POPULATION:** General practitioners

**LOCATION:** Rural NSW

**AGENCY TYPE:** Country health department

**SUBJECTS:** General practice / Measles / Cardiovascular disease

**DESCRIPTION:**

Goals and Targets for the Year 2000 and Beyond identified important priority areas for health action all of which were amenable to health prevention strategies. General practitioners have the potential to play a crucial role in achieving these national health goals. However to be most effective, they will need to work closely with other health professionals in structured health promotion initiatives. This article documents two community studies of campaigns conducted in the Illawarra area of NSW which, the author argues, demonstrates how general practitioners can successfully participate in structured public health activities. He concludes that the approach he outlines will bring benefits to the patient, the participating general practitioner, and the wider community, and serves as a model for increased involvement in such programs.

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**TITLE:** **Learning More About Your Practice Through Preventive Medicine Projects**

**AUTHOR/S:** Hays, R., Stanley-Davies, P., Odium, T.

**AGENCY:** DrRHays

**ADDRESS:** Sydney

**PHONE:**

**FAX:**

**MEDIA:** Journal article (3p) in Australian Family Physician, Vol. 20, No. 11, November, 1991

**TOPIC:** General practice

**POPULATION:** General practitioners

**LOCATION:** NSW and Qld

**AGENCY TYPE:** Metropolitan general practice

**SUBJECTS:** General practice / Alcohol and drugs / Immunisation / Smoking

**DESCRIPTION:**

General practitioners are widely expected to increase their involvement in health promotion programs in order to meet the health needs of the Australian community. Practical guidelines listing steps general practitioners can implement in their practices were published by the Royal Australian College of General Practitioners in 1990. The authors of this article describe a brief intervention that aimed to raise awareness amongst general practitioners of the illness prevention needs of their patients. Patients were surveyed in three general practices and it was found that many needed tetanus immunisation, wanted to cease smoking or reduce their use of alcohol. The authors conclude that these findings highlighted the need for general practitioners to become more involved in illness prevention programs. (Adapted from article).

**TITLE:**        **The General Practitioner  
and Community Health  
Centre Liaison Project**

**AUTHOR/S:**   Birrell, C.

**AGENCY:**     Inner South Community Health  
Service

**ADDRESS:**    341 Coventry St, South Melbourne,  
Vic,3205

**PHONE:**      03 690 9144

**FAX:**         03 696 7228

**MEDIA:**      Conference paper (3p) in Clarke, B.,  
MacDougall, C. (eds), The 1993  
Community Health Conference, Vol.  
1, Papers and Workshops, Australian  
Community Health Association,  
NSW, 1993

**TOPIC:**       General practice

**POPULATION:** General practitioners

**LOCATION:**    Suburban Melbourne

**AGENCY TYPE:** Metropolitan community health  
centre

**SUBJECTS:**   General practice / Community health  
services

**DESCRIPTION:**

Building the foundations for better working relations between general practitioners and community based health agencies was a key finding of a comprehensive health needs analysis conducted in the Inner South metropolitan area of Melbourne. This conference paper outlines the combined response to this finding by the then separate St Kilda, Prahran and South-Port Community Health Centres.

The author notes that previous attempts to create better linkages between general practitioners and community health centre staff were ad hoc at best and non-effective at their worst. She then describes a project which successfully increased liaison with general practitioners and established directions for future collaboration. Referrals between the two groups were improved as a result of a shared information base, and general practitioners increased their participation in community health centre programs.

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**TITLE:**        **South Kingsville Health  
Service**

**AUTHOR/S:**    Whitfield, K.

**AGENCY:**     South Kingsville Health Services Co-  
op

**ADDRESS:**    19 Vernon St, South Kingsville, Vic,  
3015

**PHONE:**      03 3916777

**FAX:**

**MEDIA:**      Demonstration Practice Grants  
Program Report No. 386

**TOPIC:**       General practice

**POPULATION:** General population

**LOCATION:**    Suburban Melbourne

**AGENCY TYPE:** Metropolitan community health  
centre

**SUBJECTS:**   General practice / Community  
participation

**DESCRIPTION:**

This report documents a project undertaken by the South Kingsville Health Service, an alternative model of medical service by virtue of its structure as a consumer co-operative, managed on a voluntary basis by its consumers. The authors argue that this structure allows many consumer initiatives, such as increasing effectiveness while reducing costs and giving patients the opportunity to actively participate in their own health management, in ways that would be impossible in a private practice. It also promotes acute awareness of social factors that effect health, and orients the medical service strongly towards its users.

The project outlined in the report involved the employment of a practice manager who was to: increase consumer participation and membership in the co- operative; streamline administration; and expand their services. The authors document the project's strategies and outcomes, which included the development of a low-cost dental service and health promotion groups and increased links with other health agencies.





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## HOMELESSNESS

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**TITLE: Hospital/Community Care of Homeless People**

**AUTHOR/S:** Royal District Nursing Service  
Homeless Persons Program

**AGENCY:** Royal District Nursing Service  
Homeless Persons Program

**ADDRESS:** 45 Victoria Pde, Collingwood, Vic,  
3066

**PHONE:** 03 416 2513

**FAX:** 03 416 2610

**MEDIA:** Report

**TOPIC:** Homelessness

**POPULATION:** Homeless people

**LOCATION:** Suburban Melbourne

**AGENCY TYPE:** Metropolitan community health  
agency

**SUBJECTS:** Homelessness / Community health  
services / Hospitals

**DESCRIPTION:**

Providing adequate follow up care for the homeless person who has been treated in a public hospital emergency department has been an issue of concern for most agencies involved in the provision of health care to this most disadvantaged group. This report describes an innovative pilot project which aimed to address this specific problem through the close collaboration of a major inner metropolitan hospital, St Vincent's, and the Royal District Nurses Homeless Persons Program. Together the two agencies developed a "Model of Care" which consisted of policies and protocols to be utilised when homeless people were treated at the hospital.

The author concludes that as a result of the effective implementation of the Model of Care homeless people who access the hospital's emergency department are now more likely to: complete their medications; attend follow-up appointments; be linked with other agencies; receive on-going care from the Homeless Persons Program team. Further, she argues that the staff of the hospital are more aware of issues related to providing health services to homeless persons and more conscious of the barriers to be overcome.

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**TITLE: Opening the Doors**

**AUTHOR/S:** Ronnios, P., MacWilliams, J.,  
Crawford, S.

**AGENCY:** Melbourne District Health Council  
**ADDRESS:** ~~at~~ Victorian Consumer Health Voice,  
Yarra House, Fairfield Hospital,  
Melbourne, Victoria, 3078

**PHONE:** 03 280 2288

**FAX:** 03 280 2454

**MEDIA:** Report

**TOPIC:** Homelessness

**POPULATION:** Homeless people

**LOCATION:** Melbourne

**AGENCY TYPE:** Metropolitan  
community/consumer group

**SUBJECTS:** Homelessness / Community  
development

**DESCRIPTION:**

It is a truism to say that homeless people often suffer from poor health and that they experience considerable barriers when attempting to access mainstream health services. This comprehensive and thoughtful report traces the development, implementation and impacts of Opening the Doors, a health and homelessness project initiated by the consumer driven Melbourne District Health Council in 1991.

The authors document the key activities of the project which focused on: improving communication between homeless person's agencies, health care services, health promotion agencies and the homeless themselves; developing strategies to integrate homeless people into hospital services, accommodation agencies and primary care services and generating appropriate health promotion activities with homeless people.

The report outlines the considerable achievements of the project team and includes recommendations for future activities.

TITLE: **Needs Assessment of Former Residents of Great Southern**

AUTHOR/S: Spurling, S.

AGENCY: Royal District Nursing Service  
Homeless Persons Program

ADDRESS: 45 Victoria Pde, Collingwood, Vic, 3066

PHONE: 03 416 2513

FAX: 03 416 2610

MEDIA: Case study (3p) in Butler, P. (ed),  
Innovation and Excellence in  
Community Health, Centre for  
Development and Innovation in  
Health, Melbourne, 1994

TOPIC: Homelessness

POPULATION: Homeless people

LOCATION: Suburban Melbourne

AGENCY TYPE: Metropolitan community health  
agency

SUBJECTS: Homelessness / Housing

DESCRIPTION:

The Great Southern Hotel was one of several inner city hotels in Melbourne that provided low cost accommodation to residents who were often marginalised men and women on the fringe of becoming homeless. This article tells the story of how a group of homeless, or at risk of being homeless persons, and agencies dedicated to providing services to them responded to the sale of the Great Southern Hotel. The author describes the campaign undertaken to negotiate with the new owner to protect the low cost accommodation, the alternative strategies developed when this failed and the resultant study of the needs of the hotel's former residents.

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TITLE: **It Can Be Done: Health care for people who are homeless**

AUTHOR/S: Royal District Nursing Service

AGENCY: Royal District Nursing Service

ADDRESS: 452 St Kilda Road, Melbourne, Vic, 3004

PHONE: 03 266 8791

FAX:

MEDIA: Report, A Model of Primary Health  
Care, Royal District Nursing Service,  
Melbourne, 1992

TOPIC: Homelessness

POPULATION: Homeless people

LOCATION: Suburban Melbourne

AGENCY TYPE: Metropolitan community health  
agency

SUBJECTS: Homelessness / Community health  
services

DESCRIPTION:

The author of this chapter which is part of a larger report, describes the Victorian Royal District Nursing Service's Homeless Persons Program as illustrative of Labonte's four-pronged planning strategy: health promotion; health education; community development; and personal and structural advocacy. She outlines the philosophical underpinning, organisational structure and key strategies of the program and emphasises its work to create supportive environments for homeless people in need of health care. This often requires working with homeless people in night shelters, day centres, rooming houses, rented accommodation and on the street. She argues that by working cooperatively with other agencies, the service can provide multilayered response which includes: contact and health assessment; clinical care and follow up; referral and advocacy; community development and structural advocacy; health education and promotion.

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## INJURY PREVENTION

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**TITLE:** "Patchwork" - Bushfire safety education  
**AUTHOR/S:** Millicer, K.  
**AGENCY:** Anglesea Community House  
**ADDRESS:** 9 Mawson Ave, Anglesea, Vic, 3230  
**PHONE:** 052 632 116  
**FAX:**  
**MEDIA:** Case Study (7p) in Butler, P., Cass, S. (eds), Case Studies of Community Development in Health, Centre for Development and Innovation in Health, Melbourne, 1993  
**TOPIC:** Injury prevention  
**POPULATION:** General population  
**LOCATION:** Rural Vic  
**AGENCY TYPE:** Country community/consumer group  
**SUBJECTS:** Injury prevention / Safety / Community development / Rural health

**DESCRIPTION:**

Having lived through the Ash Wednesday devastation, the author recounts her initiative to prevent a repetition of the disaster, by a Bushfire Safety Education Campaign. The project was named "Patchwork" to signify its aim of encouraging maximum community awareness and involvement.

In cooperation with the local Country Fire Authority (CFA), and using the resources of the Anglesea Community House in rural Victoria, the project allocated volunteers to different sections of the town, in which each was responsible for distributing information, reporting fire hazards and preparing emergency evacuation procedures. The project has involved a large number of local volunteers and was commended by the CPA as a worthy model for other towns to follow.

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**TITLE:** Penrith Panthers Buckle Up Campaign  
**AUTHOR/S:** Wentworth Area Health Service  
**AGENCY:** Wentworth Centre for Health Promotion  
**ADDRESS:** 23 Normie Ave, East Blaxland, NSW, 2774  
**PHONE:** 047 394 622  
**FAX:** 047 398 459  
**MEDIA:** Report  
**TOPIC:** Injury prevention  
**POPULATION:** Children  
**LOCATION:** Suburban Sydney  
**AGENCY TYPE:** Metropolitan community health agency  
**SUBJECTS:** Injury prevention / Child health / Intersectoral collaboration

**DESCRIPTION:**

Road trauma represents a significant component of injury across all age groups and is a major factor in child health. The authors of this thorough report note that in NSW road trauma is the chief cause of accidental death amongst children aged 0 to 14 years. Armed with these facts and the large number of young families in their locality Penrith, the Wentworth Area Health Service initiated a collaborative health promotion campaign aimed at increasing the use of appropriate child restraints in vehicles by 5 to 13 year old children. The authors emphasise the elements of the project that were consistent with the Ottawa Charter, detail their strategies, discuss the projects limitations and celebrate their successes, which included an increase in the proportion of children who were appropriately restrained in vehicles.

**TITLE:** **Safe Living Program**  
**AUTHOR/S:** Hennessy, M., Arnold, R., Harvey, P.  
**AGENCY:** Accident Research Centre, Monash University  
**ADDRESS:** Wellington Rd, Clayton, Vic, 3168  
**PHONE:** 03 565 4372  
**FAX:** 03 565 2779  
**MEDIA:** Report, Hennessy, M. et al Safe Living: The First Three Years, Shire of Bulla, Victoria, 1994  
**TOPIC:** Injury prevention  
**POPULATION:** General population  
**LOCATION:** Suburban Melbourne  
**AGENCY TYPE:** Metropolitan tertiary institution  
**SUBJECTS:** Injury prevention / Community participation / Local government

**DESCRIPTION:**

Safe Living is a community based injury prevention program based on the now famous Falkoping Accident Prevention Program in Sweden (1980-82). This comprehensive report documents the first three years of the Shire of Bulla's Safe Living Program, a program established by the Shire in association with the Monash University's Accident Research Centre. The authors describe how the program was implemented in Bulla, an outer suburban area of Melbourne, in partnership with a range of community services, organisations, businesses and voluntary agencies.

Features of the program's approach include: its length (seven years in the first instance); its focus on all kinds of injuries relevant to all age groups; its high profile in the community; the large number of intersectoral and co-operative undertakings; and the priority given to institutionalising safe living precepts into business practices and council departments.

The report details the program's success after three years and outlines future activities.

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**TITLE:** **Local Injury Information, Community Participation and Injury Reduction**  
**AUTHOR/S:** Jeffs, D., Booth, D., Calvert, D.  
**AGENCY:** Illawarra Public Health Unit  
**ADDRESS:** PO Box 66, Keiraville, NSW, 2500  
**PHONE:** 042 261 944  
**FAX:** 042 285 623  
**MEDIA:** Journal article (8p), in Australian Journal of Public Health, Vol. 17, No. 4, 1993  
**TOPIC:** Injury prevention  
**POPULATION:** Parents  
**LOCATION:** Rural NSW  
**AGENCY TYPE:** Country health department  
**SUBJECTS:** Injury prevention / Community participation / Child health

**DESCRIPTION:**

Better injury prevention is now a national health priority in Australia. Applying the health promotion strategies of the Ottawa Charter to injury prevention forms the basis of the World Health Organisation's worldwide Safe Communities program. Taking such a community-focused approach has led to quantifiable reductions in injuries in several overseas countries, particularly in Scandinavia where falls of up to 30 per cent in particular injuries have been reported over a three-year period. This article describes an intervention in the Illawarra area of New South Wales, where data from local hospital emergency departments have been used as the basis for a "community information" strategy, in an attempt to replicate this overseas experience in an Australian setting. Reductions of 17 per cent in attendances by children for injuries ( $P < 0.05$ ) and a 14 per cent fall in accident-related hospital admissions of children (not statistically significant) have been observed over the course of the four-year intervention. The authors note that problems of community definition and external confounding influences outside the control of the project make it difficult to confirm a causal relationship. However, they believe that community information forms one important component in a comprehensive local injury-reduction strategy. (Adopted from abstract).

**TITLE: How Dangerous is that Visit to the Beach?**

**AUTHOR/S:** Grenfell, R., Ross, K.

**AGENCY:** Dr R Grenfell

**ADDRESS:** 20 John St, Geelong West, Vic, 3218

**PHONE:**

**FAX:**

**MEDIA:** Journal article (4p) in Australian Family Physician, Vol. 21, No. 8, August, 1992

**TOPIC:** Injury prevention

**POPULATION:** General population

**LOCATION:** Rural Vic

**AGENCY TYPE:** Country general practice

**SUBJECTS:** Injury prevention / General practice

**DESCRIPTION:**

The objective of this project was to determine the profile of injuries sustained on a resort beach during summer. Information was gathered from patients presenting at first aid, pharmacy and medical services with injuries sustained on the beach. An injury profile was developed and recommendations for preventive measures made.

The traditional Australian summer holiday more often than not incorporates a visit to the beach. The site of this pilot study was Lorne, a picturesque sea side town in coastal Victoria, whose population swells to 20,000 in summer and which has a reputation as a safe family beach. The authors question this assumption and set about proving the dangers that lie in wait for holiday makers. Their intention was to develop a profile of injuries sustained on the beach during a fixed period by utilising data from patient presentations at the local hospital, first aid centres, pharmacies, doctors surgery and life saving club. The articles outlines the resultant injury profile, includes suggestions for prevention methods and notes that the surf life saving club, which played a crucial role in preventing deaths by drowning, was to sustain a budget cut from the state government.

**TITLE: Linking Community Health with Statewide Campaigns**

**AUTHOR/S:** Lawrence, A., Elkington, J., Fowler, D., Brown, J.

**AGENCY:** Australian Community Health Association

**ADDRESS:** PO Box 657, Bondi Junction, NSW, 2022

**PHONE:** 02 389 1433

**FAX:** 02 387 5032

**MEDIA:** Conference paper (3p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

**TOPIC:** Injury prevention

**POPULATION:** General population

**LOCATION:** NSW

**AGENCY TYPE:** Statewide community health agency

**SUBJECTS:** Injury prevention / Bums / Community health services / Child health

**DESCRIPTION:**

This conference paper outlines the Australian Community Health Association's (ACHA) role in a major statewide injury prevention campaign in NSW during late 1992.

It documents how ACHA was funded by the NSW Health Department to link community health services into a statewide campaign to inform the general public and carers of young children - especially parents, older children and grandparents - that scalds are a common and serious problem. The central focus of the Scalds Prevention Campaign was a month-long TV and media campaign. ACHA consulted with and resourced community health services in order to assist those services to participate in the campaign.

The authors believe that ACHA can play a significant role in co-ordinating statewide campaigns and that community health services are well placed to support these campaigns due to their established intersectoral links, their experience in health promotion and their active involvement with their local communities.

The author's conclusion incorporates suggestions for improvement should such statewide campaigns be repeated.



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## MENTAL HEALTH

---

**TITLE:** **Women's Advisory Group**

**AUTHOR/S:** Cox, M.

**AGENCY:** North Eastern Metropolitan  
Psychiatric Services

**ADDRESS:** Plenty Rd, Bundoora, Vic, 3083

**PHONE:** 03 280 2000

**FAX:**

**MEDIA:** Case study (4p) in Cox, M., Good  
Practices in Women's Mental Health,  
Healthsharing Women's Health  
Resource Service, Melbourne, 1994

**TOPIC:** Mental health

**POPULATION:** Women

**LOCATION:** Suburban Melbourne

**AGENCY TYPE:** Metropolitan health department

**SUBJECTS:** Mental health / Women's health /  
Sexual health

**DESCRIPTION:**

Melbourne's North Eastern Metropolitan Psychiatric Services provide a range of clinical and rehabilitation services across three hospital campuses and a number of community mental health services. This case study describes the establishment of the Women's Advisory Group within this institutional setting. The group was a response to concerns about the quality of care on campus for women with enduring mental illness. The group members include women from a range of disciplines and program areas within the hospital, as well as from community based organisations with an interest in women and mental health issues. The case study outlines the group's initiatives which includes health screening for women, the development of family planning facilities, a sexuality education training program for staff and sexual harassment policies. (Adapted from publication).

---

**TITLE:** **Primary Mental Health  
Care, Caboolture Shire**

**AUTHOR/S:** Easton, D.

**AGENCY:** Dr D Easton and Associates and  
Sunshine Coast Regional Health  
Authority

**ADDRESS:** 13 Hastings St, Caboolture, Qld,  
4510

**PHONE:** 074 952 644

**FAX:**

**MEDIA:** Report

**TOPIC:** Mental health

**POPULATION:** General population

**LOCATION:** Rural Qld

**AGENCY TYPE:** Country general practice

**SUBJECTS:** Mental health / General practice

**DESCRIPTION:**

This report briefly outlines a co-operative venture between the Caboolture Mental Health Service, local general practitioners and the Department of Health, Queensland. It describes an initiative of a group of medical practitioners who aimed to provide counselling support to their patients suffering distress associated with relationship issues, substance abuse, anxiety disorders, grief and so on. By providing this service they were addressing a gap in service delivery in their rapidly growing locality, 43 kms north of Brisbane.



**TITLE:**           **The Survivors Group**  
**AUTHOR/S:**    Bosworth, D., Bowles, A., Coward, J.  
  
**AGENCY:**       Berwickwide Community Health  
                      Centre  
**ADDRESS:**     PO Box 35, Doveton, Vic, 3177  
**PHONE:**        03 704 9811  
**FAX:**            03 7040043  
  
**MEDIA:**        Case study (4p) in Butler, P. (ed),  
                      Innovation and Excellence in  
                      Community Health, Centre for  
                      Development and Innovation in  
                      Health, Melbourne, 1994  
**TOPIC:**         Mental health  
**POPULATION:** Adult survivors of child sexual abuse  
**LOCATION:**      Suburban Melbourne  
**AGENCY TYPE:** Metropolitan community health  
                      centre  
**SUBJECTS:**     Mental health / Sexual abuse /  
                      Community health services

**DESCRIPTION:**

This article provides a succinct account of the development and implementation of a group program for victim/survivors of child sexual abuse. The program was initiated by the staff of a community health service which is located in a rapidly expanding outer suburban area. The area is characterised by a high proportion of families with young children. The authors describe the sixteen week program, focusing on the group therapy processes, the complex issues of child sexual assault and the program's creative outcomes which included a patchwork banner titled "The Art of Survival".

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**TITLE:**           **Approachable Mental  
Health Care**  
**AUTHOR/S:**     Ryan, P.  
  
**AGENCY:**       Hillcrest Northern Outreach Service  
**ADDRESS:**     Lyell McEwin Hospital, Haydown  
                      Rd, Elizabeth Vale, SA, 5112  
**PHONE:**        08 2821297  
**FAX:**  
  
**MEDIA:**        Case study (1p) in Ryan, P., Cases for  
                      Change, Australian Community  
                      Health Association, NSW, 1992  
**TOPIC:**         Mental health  
**POPULATION:** Mentally ill  
**LOCATION:**      Suburban Adelaide  
**AGENCY TYPE:** Metropolitan hospital  
**SUBJECTS:**     Mental health / Hospitals

**DESCRIPTION:**

A new and innovative approach to the prevention and treatment of mental health problems is being used by an emergency outreach service of a South Australian metropolitan psychiatric hospital. The service is community based, and is promoting and developing mental health services in response to the particular needs of the community. This very brief one page overview sketches the essential elements of the service. These include: treatment (counselling, grief work, crisis intervention, group therapy and so on); liaison and integration with other mental health services; access to a network of community and hospital based services; and access and referral to emergency housing, income support and financial counselling.

The article also mentions various pilot projects the service is undertaking as well as some of its research activities. (Adapted from article.)

**TITLE:**        **The Boomerang Club  
Women's Program**

**AUTHOR/S:**   Cox, M.

**AGENCY:**     City of Essendon

**ADDRESS:**    34 Wilson St, Moonee Ponds, Vic,  
3039

**PHONE:**       03 370 5233

**FAX:**

**MEDIA:**       Case study (5p) in Cox, M., Good  
Practices in Women's Mental Health,  
Healthsharing Women's Health  
Resource Service, Melbourne, 1994

**TOPIC:**        Mental health

**POPULATION:** Women

**LOCATION:**     Suburban Melbourne

**AGENCY TYPE:** Metropolitan local government

**SUBJECTS:**    Mental health / Women's health /  
Local government

**DESCRIPTION:**

This case study describes the Boomerang Club, a well-established psychosocial rehabilitation service based in an inner north suburb of Melbourne. The author describes it as one of the few example of local government involvement in the provision of psychiatric services in Melbourne. The case study maps how, over the past few years, workers and participants at the Service have developed a range of responses to the needs of women with mental health problems. These include: a code of conduct; a video about women and medication; production of a radio program; and collaboration with a local family support agency on a parenting group for women with psychiatric disorders. (Adapted from article).

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**TITLE:**        **Making the Net Work -  
From mental institutions to  
community life**

**AUTHOR/S:**    Dixon, C.

**AGENCY:**     Yarra Community Health Service

**ADDRESS:**    75 Brunswick St, Fitzroy, Vic, 3065

**PHONE:**       03 419 5266

**FAX:**         03 419 5046

**MEDIA:**       Conference paper (3p) in Clarke, B.,  
MacDougall, C. (eds), The 1993  
Community Health Conference, Vol.  
1, Papers and Workshops, Australian  
Community Health Association,  
NSW, 1993

**TOPIC:**        Mental health

**POPULATION:** Mentally ill

**LOCATION:**     Suburban Melbourne

**AGENCY TYPE:** Metropolitan community health  
centre

**SUBJECTS:**    Mental health / D institutionalisation  
/ Homelessness

**DESCRIPTION:**

Fitzroy in inner suburban Melbourne, has high rates of residents with psychiatric disability living in rooming houses and public housing. This conference paper is a local case study which demonstrates the use of a community development approach to establish and implement a local system of communication between community based agencies and consumers. This system facilitated consumers and agency staff to participate in the planning and delivery of services for people with a psychiatric disability.

The author argues that such a communication system or network of services providing support focused on maintaining housing and income, resolving psychosocial differences, assessing psychiatric treatments and creating opportunities for recreation/occupation offers the best health outcomes for people with psychiatric disabilities. (Adapted from abstract).

**TITLE:** **Inner South Housing Support Program**  
**AUTHOR/S:** Sullivan, K.  
**AGENCY:** Inner South Community Health Service  
**ADDRESS:** 18 Mitford St, St Kilda, Vic, 3182  
**PHONE:** 03 534 0981  
**FAX:** 03 525 3180  
**MEDIA:** Case study (3p) in Butler, P. (ed), Innovation and Excellence in Community Health, Centre for Development and Innovation in Health, Melbourne, 1994  
**TOPIC:** Mental health  
**POPULATION:** Homeless people  
**LOCATION:** Suburban Melbourne  
**AGENCY TYPE:** Metropolitan community health centre  
**SUBJECTS:** Mental health / Homelessness / Housing

**DESCRIPTION:**  
Mental health policies at both the federal and state level support an approach to service provision which maximises the opportunities for people with psychiatric illnesses to live in the community. This brief article documents a supported accommodation program for people with severe disabilities associated with mental illness and who have been homeless. The author outlines the Housing Support Program which is a joint initiative of an inner urban community health service, a local rooming house group and the State Department of Health and Community Services. The program's staff are attached to the service's mental health team and provide extended hours support to people living in a group of specially purchased flats in the local area. Strategies include: one to one support, effective liaison with specialist mental health services, community recreation programs and supportive community advocacy groups. The author also discusses the program's preliminary impacts, which include reduced re-admission rates for psychiatric treatment for the residents.

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**TITLE:** **Young Women's Outreach Pilot Project**  
**AUTHOR/S:** Cox, M.  
**AGENCY:** Richmond Fellowship of Victoria  
**ADDRESS:** PO Box 130, West Brunswick, Vic, 3055  
**PHONE:** 03 388 0466  
**FAX:** 03 380 4042  
**MEDIA:** Case study (4p) in Cox, M., Good Practices in Women's Mental Health, Healthsharing Women's Health Resource Service, Melbourne, 1994  
**TOPIC:** Mental health  
**POPULATION:** Women, youth  
**LOCATION:** Suburban Melbourne  
**AGENCY TYPE:** Metropolitan community/consumer group  
**SUBJECTS:** Mental health / Youth health / Community participation

**DESCRIPTION:**  
This case study details a project which aims to develop the capacity of services in the north-west sector of Melbourne to respond to the needs of young women who are homeless or at risk of homelessness, and who are experiencing psychiatric or serious emotional psychosocial difficulties. The author describes the project's emphasis on developing cross-sector knowledge and understanding through research into the service requirements of young women.  
  
She outlines the key aspects of the project which include documenting the young women's experiences, the development of strategies at both the service and regional level to increase the access and responsiveness of services to young women and the employment of young women by the project. A feature of the article is the description of an innovative cross sector training program. (Adapted from article).

**TITLE:** Horizons Women's Program

**AUTHOR/S:** Cox, M.

**AGENCY:** Horizons Support and Living Skills Association

**ADDRESS:** 2 Erica Ave, St Albans, Vic, 3021

**PHONE:** 03 3641455

**FAX:**

**MEDIA:** Case study (Sp) in Cox, M., Good Practices in Women's Mental Health, Healthsharing Women's Health Resource Service, Melbourne, 1994

**TOPIC:** Mental health

**POPULATION:** Women

**LOCATION:** Suburban Melbourne

**AGENCY TYPE:** Metropolitan community health agency

**SUBJECTS:** Mental health / Women's health / Community participation

**DESCRIPTION:**

Traditionally women and people from non-English speaking backgrounds have been under represented in their use of psychosocial rehabilitation services. In this case study workers and consumers from the Horizons Support and Living Skills Association discuss the highly successful strategies they have used to encourage the involvement of women from non-English speaking backgrounds in their service.

Horizons is a community managed psychiatric disability support service located in an outer western suburb of Melbourne. The service provides social and recreational activities, skills development, individual support and outreach programs for people with psychiatric disabilities. The authors describe the establishment and implementation of the women's program which involves "women's only" time one morning per week followed by lunch and female focussed, culturally relevant activities in the afternoon. The case study also includes discussion of specific access issues, the use of interpreters, participation strategies and the outcomes of the service. (Adapted from publication).

**TITLE:** The Role of Self Help Groups in Assisting General Practitioners in the Management of Mental Illness: Partnerships in practice

**AUTHOR/S:** Health Issues Centre

**AGENCY:** Health Issues Centre

**ADDRESS:** Level 11, 300 Flinders Street, Melbourne, Vic, 3000

**PHONE:** 03 650 7511

**FAX:** 03 654 6108

**MEDIA:** Report

**TOPIC:** Mental health

**POPULATION:** Mentally ill

**LOCATION:** Melbourne

**AGENCY TYPE:** Statewide community/consumer group

**SUBJECTS:** Mental health / General practice / Self help

**DESCRIPTION:**

Research conducted by the Health Issues Centre in Melbourne in 1992 concluded that links between general practitioners and self help groups in improving patient care was beneficial, but that these links were underutilised. It urged stronger links between these two helping systems and suggested that one of the major areas for collaborative work was chronic conditions where patients require management and support over time. This report outlines a project consequent on these research findings and which aimed to: identify the role general practitioners and self help groups play in managing people with mental illnesses and establish areas where this management could be shared. The project also aimed to produce guidelines for the management of people with a mental illness. The author discusses the project's processes and some of the difficulties associated with implementation.

**TITLE:**            **The Mental Illness Project:  
A consumer driven plan for  
the development of services  
for people with mental  
illness in the southern area  
of Adelaide**

**AUTHOR/S:**     Mott, K., Palmer, H., Lofthouse, B.

**AGENCY:**       Marion-Brighton-Glenelg Health and  
Social Welfare Council

**ADDRESS:**     Cnr Oaklands & Morphett Rds,  
Warradale, SA, 5042

**PHONE:**        08 294 7417

**FAX:**            08 295 6844

**MEDIA:**        Conference paper (2p) in Clarke, B.,  
MacDougall, C. (eds), The 1993  
Community Health Conference, Vol.  
1, Papers and Workshops, Australian  
Community Health Association,  
NSW, 1993

**TOPIC:**          Mental health

**POPULATION:** Mentally ill

**LOCATION:**      Suburban Adelaide

**AGENCY TYPE:** Metropolitan  
community/consumer group

**SUBJECTS:**     Mental health / Consumer  
participation

**DESCRIPTION:**

Historically, the participation of people with mental illness in any sphere of decision making has been limited. When the South Australian mental health system was to be reorganised a local consumer/ community organisation felt that the people who would be most affected by the changes should be consulted about them.

This paper describes the Marion-Brighton-Glenelg Health and Social Welfare Council's Mental Illness Project. Located in suburban Adelaide, the Council involved almost 200 people with mental illness and their families in meetings, interviews and discussions in order to generate the Consumer Driven Plan for the Development of Services for people with mental illness in the Southern Area of Adelaide. The paper discusses issues related to the project such as: how to involve and work with people with a mental illness; the nature of negotiating with a bureaucracy to ensure that consumer views are listened to; and the dilemmas of mismatches between consumer and bureaucratic needs.

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**TITLE:**           **Safe Place for Women**

**AUTHOR/S:**     Cox, M.

**AGENCY:**        Safe Place for Women

**ADDRESS:**     10/319 High St, Northcote, Vic, 3070

**PHONE:**        03 482 4702

**FAX:**

**MEDIA:**        Case study (3p) in Cox, M., Good  
Practices in Women's Mental Health,  
Healthsharing Women's Health  
Resource Service, Melbourne, 1994

**TOPIC:**          Mental health

**POPULATION:** Women

**LOCATION:**      Suburban Melbourne

**AGENCY TYPE:** Metropolitan  
community/consumer group

**SUBJECTS:**     Mental health / Women's health /  
Housing

**DESCRIPTION:**

Safe Place for Women is a housing and support service for women in the north east region of Melbourne who have experienced mental health problems. Support is provided to women in their own accommodation or in medium-term supported housing managed by the Service. This case study explores the Service's philosophy and principles and how these are translated into service delivery. The author illustrates the Service's approach with a number of examples and discusses their achievements to date.

**TITLE:**        **Development of an Integrated Mental Health Service in the Far West of NSW**

**AUTHOR/S:**   Hemming,M.

**AGENCY:**     Far West Mental Health Service

**ADDRESS:**    PO Box 457, Broken Hill, NSW, 2880

**PHONE:**       080 878 800

**FAX:**           080 882 926

**MEDIA:**        Journal article in Mental Health in Australia, December, 1993

**TOPIC:**          Mental health

**POPULATION:** Mentally ill

**LOCATION:**      Rural NSW

**AGENCY TYPE:** Country community health service

**SUBJECTS:**     Mental health / Rural health / Aboriginal health

**DESCRIPTION:**

This article provides a detailed description of the Far West Mental Health Service, an agency which has developed a range of effective strategies for servicing mentally ill people living in the isolated rural communities of far west NSW.

The author describes the demographics and characteristics of the area, the organisational structure, management approach, staff profile and service provision of his agency. In particular he details their outreach strategies, approach to assertive care management, and their visiting psychiatrists program. The author also documents the success of the service in reducing hospital admissions for mentally ill people and increasing the access of Aboriginal mentally ill people to mental health services.

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**TITLE:**        **Mid March Self Help Groups Project**

**AUTHOR/S:**    Wallace, J.

**AGENCY:**       Dr J Wallace

**ADDRESS:**     PO Box 237, Clare, SA, 5453

**PHONE:**        088 422 773

**FAX:**            088 423 295

**MEDIA:**        Demonstration Practice Grants Program Report

**TOPIC:**          Mental health

**POPULATION:** General practitioners

**LOCATION:**      Rural SA

**AGENCY TYPE:** Country general practice

**SUBJECTS:**     Mental health / General practice / Chronic illness / Self help

**DESCRIPTION:**

There are few facilities in country areas that are adequately equipped to cope with the needs of patients presenting with symptoms of mental illness. Where care for patients with psychosocial disorders is available, its provision is irregular and sparse. For those experiencing mental illness, the rural health service is the primary point of care. This report describes how a country general practice expanded its role to meet some of the needs of people with mental illness who reside in their rural catchment.

The author describes how he increased the role of the general practitioner at his clinic to include the identification of psychosocial disorders and how he encouraged patient autonomy in the management of those conditions. He describes a series of self help groups that were established for patients, their carers and families and which addressed Attention Deficit Disorder, Chronic Pain, mental illness, and Heartbeat Inc. He also discusses the benefits of the self help groups for other health professionals in the district.

TITLE: **Self Help Education and Support Program**  
AUTHOR/S: Schizophrenia Fellowship Victoria  
AGENCY: Schizophrenia Fellowship Victoria  
ADDRESS: 223 McKean St, Nth Fitzroy, Vic, 3068  
PHONE: 03 482 4199  
FAX: 03 482 4878  
  
MEDIA: Report  
TOPIC: Mental health  
POPULATION:Families of people with psychiatric illness  
LOCATION: Melbourne  
AGENCY TYPE: Statewide community/consumer group  
SUBJECTS: Mental health / Carers / Community participation

DESCRIPTION:  
  
With almost 25,000 Victorian suffering from psychosis and up to 2-3,000 new cases being diagnosed each year, education and support programs that promote understanding and self help skills are vital. Psychotic illnesses, such as schizophrenia, dramatically affect the way a person usually thinks, feels and behaves. As a consequence families can have enormous difficulties in dealing with these changes. The project outlined in this report details an education and training program developed by the Schizophrenia Fellowship of Victoria for families and sufferers of psychosis. It describes the consultation initiated by them in both rural and urban Victoria and the resultant training and education campaign for carers and others health professionals and others. The campaign's outcomes included: voluntary, trained, support group workers assisting health professionals, in a range of settings, to work with newly diagnosed patients and their families; and a number of clearly explained printed resources, designed to assist families and sufferers to seek early intervention.

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TITLE: **Uncovering Women's Needs**  
AUTHOR/S: Webster, K., Wilson, G.  
  
AGENCY: North East Women's Health Service  
ADDRESS: 76 Edwardes St, Reservoir, Vic, 3073  
PHONE: 03 462 3266  
FAX: 03 462 3270  
  
MEDIA: Case study (2p) in Webster, K., Wilson, G., Mapping the Models, Centre for Development and Innovation in Health, Melbourne, 1993  
TOPIC: Mental health  
POPULATION:Women, non-English speaking  
LOCATION: Suburban Melbourne  
AGENCY TYPE: Metropolitan women's health service  
SUBJECTS: Women's health / Mental health / Ethnic health

DESCRIPTION:  
  
This case study demonstrates how the North East Women's Health Service has placed particular emphasis on the mental health of women from non-English speaking backgrounds. The Service, in collaboration with a psychiatric hospital, community based mental health services and community health services, has undertaken three mental health projects. Together the projects are providing women with information and support services, linking them more effectively with mainstream services, educating mainstream services on the women's needs and documenting the women's experiences of a range of mental health services.

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## NUTRITION

**TITLE: Maffra "Get About Nutrition" Project**

**AUTHOR/S:** Young, J

**AGENCY:** Shire of Maffra

**ADDRESS:** Shire Offices, Maffra, Vic, 3860

**PHONE:** 051873 2089

**FAX:**

**MEDIA:** Report

**TOPIC:** Nutrition

**POPULATION:** General population

**LOCATION:** Rural Vic

**AGENCY TYPE:** Country local government

**SUBJECTS:** Nutrition / Local government /  
Community development

**DESCRIPTION:**

Healthy Localities was the title of a major initiative of the Victorian Municipal Association which aimed to assist local Councils to plan and undertake health promotion and disease prevention activities. These activities were to be informed by a social view of health, based on locally identified needs and involve a wide range of local organisations and residents in the planning and implementation. This informative report documents one of the six Healthy Localities Projects, the Get About Nutrition Project, which was the initiative of the Shire of Maffra, located in rural Victoria. The author narrates the story of the project, its partners, methods, lessons and successes. Key strategies such as the mobile resource van, the generation of nutrition information, and nutrition workshops at schools and for food suppliers are described. The report also includes the findings of a thorough evaluation study.

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**TITLE: Cringila Nutrition and Dental Project**

**AUTHOR/S:** Langridge, D., Russell, C.

**AGENCY:** Illawarra Area Health Service

**ADDRESS:** Unit 31, Piccadilly Shopping Centre,  
Crown St, Wollongong, NSW, 2500

**PHONE:** 042 261 944

**FAX:** 042 285 623

**MEDIA:** Demonstration Practice Grants  
Program Report No. 608

**TOPIC:** Nutrition

**POPULATION:** Children

**LOCATION:** Rural NSW

**AGENCY TYPE:** Country health department

**SUBJECTS:** Nutrition / Child health / Dental care  
/ General practice

**DESCRIPTION:**

This comprehensive report documents a project which aimed to improve the nutritional status and dental health of children through an intersectoral approach involving general practitioners, a health service and community groups. A community nutritionist was based at a rural general practice and undertook a range of community education and health promotion activities in schools and the community.



TITLE: **Beyond Glossy Resources  
- Working with schools in  
a low income area to  
improve nutrition**

AUTHOR/S: Central Sydney Health Promotion  
Unit

AGENCY: Central Sydney Health Promotion  
Unit

ADDRESS: c/- Royal Prince Alfred Hospital,  
Missenden Rd, Camperdown, NSW,  
2050

PHONE: 02 516 8958

FAX:

MEDIA: Report

TOPIC: Nutrition

POPULATION: Children

LOCATION: Suburban Sydney

AGENCY TYPE: Metropolitan community health  
agency

SUBJECTS: Nutrition / Community participation /  
Schools / Child health

DESCRIPTION:

This report describes work undertaken by the Central Sydney Health Promotion Unit to encourage the development of health promoting schools in its locality. The author refers to a number of studies which had identified the presence of poverty, poor nutrition and a range of health problems in the Central Sydney population. The author then specifies the Unit's key strategies which included a healthy breakfast and a vegetable garden program. A key feature of both programs was the level of consultation participation and co-operation between health agency staff, local families, schools and local government.

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TITLE: **Local Food and Nutrition  
Policy**

AUTHOR/S: Grossman, J., Webb, K.

AGENCY:

ADDRESS:

PHONE:

FAX:

MEDIA: Journal article (6p) in Australian  
Journal of Public Health, Vol. 15, No.  
4, December, 1991

TOPIC: Nutrition

POPULATION: General population

LOCATION: Australia

AGENCY TYPE:

SUBJECTS: Nutrition / Community development

DESCRIPTION:

This article draws on the experiences of groups in a number of localities in which there have been attempts to implement a New Public Health approach to food policy using a combination of political pressure and community development strategies. It describes the ways in which food and nutrition issues can be addressed at the local level and identifies problems and the ways in which these can be countered.

The bibliography refers to a number of Australian case studies including those developed in the context of the Health Localities and Healthy Cities Programs.

**TITLE: The Family Food Program  
- A primary health care  
approach to nutrition  
education in low income  
families**

**AUTHOR/S:** Booth, S.

**AGENCY:** South Australian Health  
Development Foundation

**ADDRESS:** Women and Children's Hospital,  
North Adelaide, SA, 5006

**PHONE:** 08 204 7000

**FAX:**

**MEDIA:** Conference paper (3p) in Clarke, B.,  
MacDougall, C. (eds), The 1993  
Community Health Conference, Vol.  
1, Papers and Workshops, Australian  
Community Health Association,  
NSW, 1993

**TOPIC:** Nutrition

**POPULATION:** Parents

**LOCATION:** Suburban Adelaide

**AGENCY TYPE:** Statewide society/foundation

**SUBJECTS:** Nutrition / Child health / Schools /  
Community participation

**DESCRIPTION:**

The Family Food Program outlined in this paper, was developed by the South Australian Health Development Foundation and originated in the Elizabeth/Smithfield Plains area of Adelaide. These northern suburbs are characterised by high levels of unemployment with 30% of families surviving on annual incomes of \$12,000 or less. The author records that consultation with schools, community members and local health agencies indicated a need for a program which provided nutritional information and enabled parents to prepare healthy meals. The paper provides an overview of the program's development from these origins into a statewide Family Food Program which now operates in kindergartens and primary schools throughout South Australia.

The author describes how the program is delivered as a series of sessions with parents which cover a range of nutrition topics and allow parents to raise their own issues. Parents are encouraged to become Program facilitators to participate in a training program and then to be involved in other health promotion activities in their community.

**TITLE: Nutritional Health in the  
Parks: From worker  
control to community  
ownership/participation**

**AUTHOR/S:** Spurr, C., Ward, J., Payton, J.

**AGENCY:** Parks Community Health Service

**ADDRESS:** Trafford St, Angle Park, SA, 501 O

**PHONE:** 08 243 5611

**FAX:** 08 347 4221

**MEDIA:** Conference paper (3p) in Clarke, B.,  
MacDougall, C. (eds), The 1993  
Community Health Conference, Vol.  
1, Papers and Workshops, Australian  
Community Health Association,  
NSW, 1993

**TOPIC:** Nutrition

**POPULATION:** General population

**LOCATION:** Suburban Adelaide

**AGENCY TYPE:** Metropolitan community health  
centre

**SUBJECTS:** Nutrition / Community development /  
Schools

**DESCRIPTION:**

This conference paper describes how the Parks, a community health centre in a low socio-economic suburb of Adelaide, undertook initiatives related to nutrition which saw them move away from a traditional health education approach with individuals, to more innovative ideas involving local people in addressing structural barriers to better health. A health promotion grant to promote breads and cereals was used to support a community working party which: undertook nutrition promotions in shopping centres; encouraged the supply of nutritional foods through local shops; helped research and tackle poor nutrition amongst school children; campaigned over 'cholesterol free' labelling; and planned to improve the supply of fresh fruit and vegetables.

These achievements, the author argues, were only possible as a result of a partnership between local people, health professionals, food retailers, and local schools.

TITLE:	<b>Improving Nutrition in a Low Income Community: The food in Redfern project</b>	DESCRIPTION:
AUTHOR/S:	Finlay, P., Hodge, W.	Programs to improve nutrition in low income areas have been few and have often focused only on changing the behaviour of individuals rather than addressing some of the systemic causes of poor nutrition. The food in Redfern project, profiled in this report, was a multi-strategic health promotion project aimed at making changes in the environment to sustain long- term healthy eating habits. Located in inner urban Sydney, the population of Redfern has large numbers of people at greater risk of developing diet-related illnesses, people on low-incomes, older people and Aboriginal people. This project used community development principles to understand the barriers to healthy eating in Redfern and to engage the population in identifying locally relevant solutions.
AGENCY:	Central Sydney Health Promotion Unit	
ADDRESS:	c/- Royal Prince Alfred Hospital, Missenden Rd, Camperdown, NSW, 2050	
PHONE:	02 516 8958	
FAX:		
MEDIA:	Report	
TOPIC:	Nutrition	
POPULATION:	General population	
LOCATION:	Suburban Sydney	
AGENCY TYPE:	Metropolitan community health agency	
SUBJECTS:	Nutrition / Community development / Intersectoral collaboration	The authors outline the range of strategies that were employed to produce both long-term and short-term change. They also describe the intersectoral activities which involved the local council, schools, community organisations and the business sector. (Adapted from abstract).

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TITLE:	<b>Healthy Food Choices Program</b>	DESCRIPTION:
AUTHOR/S:	Bordas, E., Tinney, M., Williams, S.	The project discussed in this paper illustrates how intersectoral co-operation can result in increased choices for local residents. The author outlines a Healthy Food Choices Program which was initiated by the Port Adelaide Community Health Service and implemented in collaboration with the local Council, community members and catering businesses, such as restaurants, canteens, bars and hotels. The authors note that the project originated in local community people observing that even when they knew about the value of nutritional diets they were limited by the poor quality food offered by businesses in and near the local shopping area.
AGENCY:	Port Adelaide Community Health Service	
ADDRESS:	Cnr Church & Dale Sts, Port Adelaide, SA, 5015	
PHONE:	08 240 9611	
FAX:	08 240 9609	
MEDIA:	Conference paper (2p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993	
TOPIC:	Nutrition	
POPULATION:	General population	
LOCATION:	Suburban Adelaide	
AGENCY TYPE:	Metropolitan community health centre	
SUBJECTS:	Nutrition / Local government	As a result of effective co-operation the authors believe that the residents now have a wider choice of healthy foods when eating at local businesses. The paper provides an overview of the Healthy Food Choices Program's key strategies and activities which include: identifying sympathetic food retailers, working with them to incorporate healthy food choices in their menus, providing advice and support to maintain healthier food options and rewarding the retailers via an accreditation procedure and publicity.

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**TITLE:**            **The Health Surveillance Program for Vineyard Workers**

**AUTHOR/S:**     Galvin, J., Christine, D., Brown, T., James, J., Ball, J.

**AGENCY:**       Public Health Unit, Hunter Area Health Service

**ADDRESS:**     PO Box 11A, Newcastle, NSW, 2300

**PHONE:**        049 291 292

**FAX:**           049 294 037

**MEDIA:**        Report, Galvin, J. et al, Health Surveillance Program for Vineyard Workers Report, Hunter Area Health Service, Newcastle, NSW, 1994

**TOPIC:**         Occupational health and safety

**POPULATION:** Workers, farming

**LOCATION:**      Rural NSW

**AGENCY TYPE:** Country health department

**SUBJECTS:**     Occupational health and safety / Pesticides / Environmental health

**DESCRIPTION:**

The Health Surveillance Program for Vineyard Workers Report is a comprehensive record of a unique occupational health and safety environmental health project which relied on collaborative efforts of industry managers and associations, viticulturists, workers, Workcover and the Hunter Area Public Health Unit in rural NSW.

Known collectively as "Wine Care" this group established the Health Surveillance Program which aimed to monitor the effectiveness of procedures designed to protect vineyard workers from the dangers of pesticide exposure. The thorough report documents: the project's target area and industry characteristics; the pesticide use pattern; toxicity and its effects; the local people's views and understandings of hazards associated with pesticides; baseline health tests conducted during the research; follow up strategies for protection; discussions and recommendations related to the findings and future strategies.

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**TITLE:**            **A Collaborative Approach to High Blood Pressure in the Workplace**

**AUTHOR/S:**     Ryan, P.

**AGENCY:**       Salisbury Community Health Centre

**ADDRESS:**     46 Commercial Rd, Salisbury, SA, 5082

**PHONE:**        08 281 5400

**FAX:**           08 258 9541

**MEDIA:**        Case study (1p) in Ryan, P., Cases for Change, Australian Community Health Association, NSW, 1992

**TOPIC:**         Occupational health and safety

**POPULATION:** Workers, blue-collar

**LOCATION:**      Suburban Adelaide

**AGENCY TYPE:** Metropolitan community health centre

**SUBJECTS:**     Occupational health and safety / Blood pressure / Screening

**DESCRIPTION:**

By screening for high blood pressure in the workplace, a number of people who might never consult a doctor are provided with an opportunity for a check up. With careful follow-up it can be an effective means of preventing more serious problems. The activities outlined in this brief project overview are part of a planned approach to workplace and community based blood pressure screening in the Salisbury metropolitan area of Adelaide. This activity is a joint venture between a community health centre, the Red Cross and the Blood Pressure Awareness Program.

The article provides a succinct account of the project's aims and processes. By working with the Occupational Health and Safety Representative at factories, the project team was able to establish a blood pressure screening roster for workers which covered all shifts. In addition other health information was made available to the workers.

The article concludes with a few "lessons learned". (Adapted from article).

TITLE:	<b>Worksite Health Promotion in Wagga Wagga</b>	DESCRIPTION:
AUTHOR/S:	Lemerle, K.	<p>This conference paper profiles a worksite health promotion pilot project located in Wagga Wagga, a provincial centre in rural NSW which aimed to incorporate public health screening into services provided by private occupational rehabilitation health services and industry. Focusing on young men with a low socio-economic status, the project team provided work site screening to identify their major health risk factors, and then developed recommendations for longer term screening programs which would be managed by the worksite itself. The author concludes with an overview of the advantages offered by such a partnership between the private and public sectors.</p>
AGENCY:	Wagga Wagga Community Health Centre	
ADDRESS:	Docker St, Wagga Wagga, NSW, 2650	
PHONE:	069 386 411	
FAX:	069 386 410	
MEDIA:	Conference paper (7p) in Rees, A. (ed), Healthy Cities: Reshaping the Urban Environment, Australian Community Health Association, NSW, 1992	
TOPIC:	Occupational health and safety	
POPULATION:	Workers, blue-collar	
LOCATION:	Rural NSW	
AGENCY TYPE:	Country community health centre	
SUBJECTS:	Occupational health and safety / Screening / Community health services	

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TITLE:	<b>"Is it Work Related?" Screening for occupational injury and disease</b>	DESCRIPTION:
AUTHOR/S:	Ryan, P.	<p>The difficulties of accurately detecting health problems confront most community health services which embark on early detection programs. Screening for occupational injury and disease is particularly difficult due to the lack of training of community health staff in the area of occupational health and the lack of research on the issue in Australia. This case study widens the scope of early detection programs carried out by community health services and illustrates how useful accurate measurement can be in targeting prevention services. The author describes the project, located in Inala, southern Brisbane, which aimed to screen the community health services' patients for work related injuries, and then identify appropriate strategies for addressing them. The author details their survey approach and discusses their findings. (Adapted from article).</p>
AGENCY:	Inala Community Health Centre	
ADDRESS:	PO Box 52, Inala, Qld, 4077	
PHONE:	07 275 5333	
FAX:	07 372 7323	
MEDIA:	Case study (2p) in Ryan, P., Cases for Change, Australian Community Health Association, NSW, 1992	
TOPIC:	Occupational health and safety	
POPULATION:	General population	
LOCATION:	Suburban Brisbane	
AGENCY TYPE:	Metropolitan community health centre	
SUBJECTS:	Occupational health and safety / Screening / Community health services	

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<p><b>PRENATAL / PostNATAL CARE AND CHILDBIRTH</b></p>
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**TITLE:**           **Antenatal Care in General Practice**

**AUTHOR/S:**    Azoury, J.

**AGENCY:**       DrJ Azoury

**ADDRESS:**     150 Crawford St, Queanbeyan, NSW, 2620

**PHONE:**       06 297 3311

**FAX:**

**MEDIA:**        Demonstration Practice Grants  
                    Program Report No. 686

**TOPIC:**         Prenatal/postnatal care and childbirth

**POPULATION:** Women, pregnant

**LOCATION:**      Rural NSW

**AGENCY TYPE:** Country general practice

**SUBJECTS:**     Prenatal/postnatal care and childbirth  
                    / Women's health / General practice

**DESCRIPTION:**

This very brief report sketches an attempt by a rural general practitioner to improve pregnant women's understanding of the birthing process and their confidence in it by conducting joint midwife/general practitioner clinical sessions. Private discussions with the midwife were also made available to the women. The author argues that participants experienced a higher level of reassurance and information consequent on the sessions.

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**TITLE:**           **A Comparison of Two Methods of Breastfeeding Management**

**AUTHOR/S:**     Rowe, L., Cumming, F., King, R., Mackey, C.

**AGENCY:**       Dr L Rowe

**ADDRESS:**     19 High St, Bannockburn, Vic, 3331

**PHONE:**       052 811 481

**FAX:**

**MEDIA:**        Journal article (6p) in Australian Family Physician, Vol. 21, No. 3, March, 1992

**TOPIC:**         Prenatal/postnatal care and childbirth

**POPULATION:** New mothers

**LOCATION:**      Rural Vic

**AGENCY TYPE:** Country general practice

**SUBJECTS:**     Prenatal/postnatal care and childbirth  
                    / Child health

**DESCRIPTION:**

This article features a study which compared a specific intervention program for breastfeeding management with standard breastfeeding advice, in order to assess their relative efficacy. The study found that mothers who were given the specific intervention gave fewer breastfeeds a day, used fewer complementary bottles of formula and were more likely to be breastfeeding at 4 months post-partum than the control group of mothers who were given the current, standard advice.

**TITLE:** **Vietnamese Antenatal/  
Postnatal Project**

**AUTHOR/S:** Tran, H

**AGENCY:** North Richmond Community Health  
Centre

**ADDRESS:** 23 Lennox St, North Richmond, Vic,  
3121

**PHONE:** 03 429 5477

**FAX:** 03 428 2269

**MEDIA:** Case study (6p) in Butler, P. (ed),  
Innovation and Excellence in  
Community Health, Centre for  
Development and Innovation in  
Health, Melbourne, 1994

**TOPIC:** Prenatal/postnatal care and childbirth

**POPULATION:** Women, Vietnamese

**LOCATION:** Suburban Melbourne

**AGENCY TYPE:** Metropolitan community health  
centre

**SUBJECTS:** Prenatal/postnatal care and childbirth  
/ Women's health / Ethnic health

**DESCRIPTION:**

The program focused on supporting Vietnamese women before, during and after childbirth. The bilingual staff provided antenatal education, professional education and developed appropriate resource materials.

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**TITLE:** **The Little Clinic**

**AUTHOR/S:** Morrison, J., McRae, S.

**AGENCY:** Ballarat Community Health Centre

**ADDRESS:** PO Box 1156, Ballarat, Vic, 3350

**PHONE:** 053 331 635

**FAX:** 053 326 617

**MEDIA:** Conference paper (13p), 1993  
National Midwives Conference,  
Adelaide, September, 1993

**TOPIC:** Prenatal/postnatal care and childbirth

**POPULATION:** Youth, pregnant

**LOCATION:** Rural Vic

**AGENCY TYPE:** Country community health centre

**SUBJECTS:** Prenatal/postnatal care and childbirth  
/ Women's health / Youth health

**DESCRIPTION:**

This paper portrays "The Little Clinic", an innovative service for pregnant adolescent women, which was developed as a joint program by a rural community based health service and a large provincial public hospital. The Clinic staff aim to assist positive long term outcomes for the adolescent women and their babies by implementing various early intervention strategies. The authors describe some of these strategies which include the establishment of peer support groups pre and post natally in a community setting and the development of professional and community understanding of the specific needs of adolescent mothers. They argue that the continuity of care encouraged by the model allows staff to act as brokers and advocates for the young women in order to assist them to meet the social, medical and personal challenges of their pregnancy and child.

**TITLE:**           **Obstetrics in a Small Maternity Hospital**

**AUTHOR/S:**     Elliott, C.

**AGENCY:**       Dr C Elliott

**ADDRESS:**     35 Cook St, Northgate, Qld, 4013

**PHONE:**        07 266 2160

**FAX:**

**MEDIA:**        Journal article (5p) in Australian Family Physician, Vol. 21, No. 5

**TOPIC:**         Prenatal/postnatal care and childbirth

**POPULATION:** Women

**LOCATION:**      Suburban Brisbane

**AGENCY TYPE:** Metropolitan general practice

**SUBJECTS:**     Prenatal/postnatal care and childbirth  
                      / Women's health / Hospitals /  
                      General practice

**DESCRIPTION:**

This article presents the case for continuing to practice safe obstetrics in a small suburban hospital in metropolitan Brisbane and argues that large centralised and small peripheral hospitals should not be seen as competitive but as complementary. The author, a general practitioner-obstetrician with 32 years experience portrays the small Boothville Maternity hospital as the home of personalised family-centred care, low intervention rates and a hospital which is able to maximise the factors that favour uncomplicated deliveries. He outlines the services provided by the hospital and concludes that small is not only beautiful but safe. Personalised family- centred care in congenial surroundings serves to maximise the factors that favour uncomplicated delivery.

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**TITLE:**           **Deconstructing Antenatal Care - The birthwise project**

**AUTHOR/S:**     Shame, L., Kazan, Z., Littlejohn, A.,  
                      Gunn, J., Henderson, M.

**AGENCY:**       Dale Street Women's Health Centre

**ADDRESS:**     56 Dale St, Port Adelaide, SA, 5015

**PHONE:**        08 477 033

**FAX:**           08 477 043

**MEDIA:**        Conference paper (3p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

**TOPIC:**         Prenatal/postnatal care and childbirth

**POPULATION:** Women, pregnant

**LOCATION:**      Suburban Adelaide

**AGENCY TYPE:** Metropolitan women's health centre

**SUBJECTS:**     Prenatal/postnatal care and childbirth  
                      / Women's health

**DESCRIPTION:**

The authors of this conference paper outline how a feminist approach was used to run an antenatal and postnatal support group. Their approach recognised women's needs for information, support and skill sharing. The women were able to explore and analyse their experiences together, and through this develop their competency as partners with their providers of antenatal, intrapartum and postnatal care. The paper explains the development of the author's approach and examines why and how it varies from traditional antenatal care. The authors also discuss the evolution of their project including the lessons learnt along the way. They provide a framework to enable other workers to utilise a similar approach.



TITLE: **Providing Antenatal Care for Teenagers**

AUTHOR/S: Ryan, P.

AGENCY: The Warehouse Youth Health Centre

ADDRESS: 123 Henry St, Penrith, NSW, 2750

PHONE: 047 218 330

FAX: 047 316 787

MEDIA: Case study (3p) in Ryan, P. Cases for Change, Australian Community Health Association, NSW, 1993

TOPIC: Prenatal/postnatal care and childbirth

POPULATION: Youth, pregnant

LOCATION: Suburban Sydney

AGENCY TYPE: Metropolitan community health agency

SUBJECTS: Prenatal/postnatal care and childbirth  
/ Community health services /  
Women's health / Hospitals

DESCRIPTION:

When attempts are made to involve health care consumers and their families in their health care, a range of factors need to be addressed. Simply providing information is frequently inadequate. The young women's antenatal program portrayed in this case study tackled the appropriateness of the clinic's venue for the women, their special needs as a group and the importance of peer education as a strategy to achieve the women's involvement in their own antenatal care. It outlines the program's other strategies and concludes that the program is a good example of co-operation between a community health service and a hospital to improve the health outcomes for young women and their babies. (Adapted from article).

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TITLE: **Lindisfarne Postnatal Support Project**

AUTHOR/S: Creagh, A.

AGENCY: Lindisfame Medical Group

ADDRESS: 697 Beaufort St, Mt Lawley, WA, 6050

PHONE: 09 272 2455

FAX:

MEDIA: Demonstration Practice Grants Program Report

TOPIC: Prenatal/postnatal care and childbirth

POPULATION: New mothers

LOCATION: Suburban Perth

AGENCY TYPE: Metropolitan general practice

SUBJECTS: Prenatal/postnatal care and childbirth  
/ Women's health / General practice

DESCRIPTION:

This report documents an initiative of the Lindisfame Medical Practitioners Group in suburban Perth which aimed to address women's postnatal problems, such as role adjustment, isolation and the myriad of difficulties associated with early parenting. The author documents the Practice's strategies which involved the employment of a nurse practitioner, liaison with general practitioners providing care to their clients, the development of resource material related to postnatal depression and the establishment of networks with other agencies.

The report notes the challenges such strategies provide to traditional general practice as well as the opportunities for improved patient care.

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## RURAL HEALTH

**TITLE:**        **The Challenge of Change:  
A country hospital's  
experience**

**AUTHOR/S:**   Phillips-Rees, S., Sanderson, C.,  
Herriot, M., May, A.

**AGENCY:**     Laura Hospital

**ADDRESS:**   Mill St, Laura, SA, 5480

**PHONE:**      086 632 568

**FAX:**          086 632 210

**MEDIA:**       Case study (lp) in Phillips-Rees, S. et  
al, The Changing Face of Health,  
South Australian Community Health  
Association and the South Australian  
Health Commission, South Australia,  
1992

**TOPIC:**        Rural health

**POPULATION:** General population

**LOCATION:**    Rural SA

**AGENCY TYPE:** Country hospital

**SUBJECTS:**   Rural health / Hospitals

**DESCRIPTION:**

"The interesting part is how the community is reacting. I felt sure we could provide a better service than we had in the past and that is just what has happened. Now people are grateful for the change, and programs like the clinics are really popular".

So begins this brief account of the transformation of Laura Hospital, a small country service in northern South Australia. The author continues her story of how staff roles, services, and the issues the hospital responded to changed in the light of local needs and a new South Australian Primary Health Care Policy. She also outlines specific initiatives around women's health, diabetes education, outreach nursing and homecare and occupational health and safety in the rural context.

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**TITLE:**        **Community Development  
in Maryborough - The  
Good Health Expo**

**AUTHOR/S:**   Kassulke, D.

**AGENCY:**     Epidemiology and Prevention Unit,  
Queensland Health

**ADDRESS:**   147-163 Charlotte St, Brisbane, Qld,  
400

**PHONE:**      07 234 0111

**FAX:**

**MEDIA:**       Video

**TOPIC:**        Rural health

**POPULATION:** General population

**LOCATION:**    Rural Qld

**AGENCY TYPE:** Country health department

**SUBJECTS:**   Rural health / Community  
development

**DESCRIPTION:**

This video documents an aspect of a community development intervention aimed at providing better access to health information and health care. It concentrates on the area of prevention and highlights the need for local ownership in community development projects. The video is part of the process of evaluation of a community development intervention in Maryborough, a town in South Eastern Queensland.

TITLE:	<b>Rural Women Sharing Change</b>	DESCRIPTION:
AUTHOR/S:	South Gipp land Farmer's Support Group	<p>Lessons learnt from previously unsuccessful work became the basis for the regenerated and effective project which is delineated in this report. Rural Women Sharing Change documents the second successful phase of an information program for rural women living in South Gippsland, Victoria. It outlines the program's organisational metamorphosis from a centralised decision making model to one of devolved participation at the local level. Networking, appropriate timing, the involvement of local media and the provision of child care are also identified as contributing to the program's success. The authors include details on the program's planning implementation and achievements in the report.</p>
AGENCY:	South Gippsland Farmer's Support Group	
ADDRESS:		
PHONE:		
FAX:		
MEDIA:	Report to Victorian Health Promotion Foundation	
TOPIC:	Rural health	
POPULATION:	Women	
LOCATION:	Rural Vic	
AGENCY TYPE:	Country community/consumer group	
SUBJECTS:	Rural health / Women's health / Community development	

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TITLE:	<b>Hopetoun Health Centre</b>	DESCRIPTION:
AUTHOR/S:	Haggett, T.	<p>Residents of rural and remote regions are frequently disadvantaged when requiring even routine medical attention due to the unavailability of health services near their localities or the limited nature of the services which are available to them. The project outlined in this brief report addresses the lack of infrastructure necessary for minor surgery and some clinics in the Ravensthorpe and Hopetoun areas of Western Australia. Prior to the project's successful completion clinics were conducted in the Hopetoun town hall without hot running water, privacy or storage facilities. The author describes the project's implementation which resulted in the equipping and fitting out of a surgery and consulting rooms for visiting allied health and general practitioners.</p>
AGENCY:	Ravensthorpe and Hopetoun General Practice	
ADDRESS:	PO Box 175, Ravensthorpe, WA, 6346	
PHONE:	098 381088	
FAX:	098 381244	
MEDIA:	Demonstration Practice Grants Program Report No. 116	
TOPIC:	Rural health	
POPULATION:	General population	
LOCATION:	Rural WA	
AGENCY TYPE:	Country general practice	
SUBJECTS:	Rural health / General practice / Isolation	

**TITLE: Taking Health Care to a Small Community: The town of Hawkesdale****AUTHOR/S:** Thomas,M.**AGENCY:** Faculty of Nursing, Deakin University**ADDRESS:** PO Box 496, Warrnambool, Vic, 3280**PHONE:** 055 633 333**FAX:****MEDIA:** Conference paper (7p), 1991 Rural Health Conference, School of Nursing, Deakin University, Warrnambool, 1991**TOPIC:** Rural health**POPULATION:**General population**LOCATION:** Rural Vic**AGENCY TYPE:** Country tertiary institution**SUBJECTS:** Rural health / Community health services**DESCRIPTION:**

The conference paper outlines one provincial town's response to the primary health care needs of its adjoining **rural** localities. Deakin University's Warrnambool campus purchased a Mobile Community Health Laboratory and visited a range of outlying areas with the aim of delivering accessible, acceptable and affordable services to rural residents. The author adopts a case study approach to illustrate the type of services which were offered, the kind of people who attended them and the effects of the service provision.

**TITLE: Dalwallinu Multi-purpose Health Service****AUTHOR/S:** Lee, J., Steed, D.**AGENCY:** Dalwallinu District Hospital**ADDRESS:** 19 Wasley St, Dalwallinu, WA, 6609**PHONE:** 096 611203**FAX:** 096 611154**MEDIA:** Report**TOPIC:** Rural health**POPULATION:**General population**LOCATION:** Rural WA**AGENCY TYPE:** Country hospital**SUBJECTS:** Rural health / Hospitals / General practice**DESCRIPTION:**

Becoming more receptive to the community's changing needs, adapting to evolving funding and policy environments and effecting the required organisational and service provision changes are the themes of this report on the Dalwallinu Multi-purpose Health Service. (MPS)

Dalwallinu, a small country town is located 250 kms north east of Perth and is serviced by one general practice and a small 18 bed district hospital. The authors outline the transformation of these services into a responsive, integrated, participatory primary and secondary health care service. They document the key strategies utilised to achieve this change, outline the outcomes to date and propose future directions. They also note that the Dalwallinu MPS received an Australian Hospital's Association National Outreach Award.

**TITLE:** **Passive Smoking and Children**  
**AUTHOR/S:** Davey, C., Storti, C.  
**AGENCY:** Traralgon Community Health Centre  
**ADDRESS:** PO Box 297, Traralgon, Vic, 3844  
**PHONE:** 051 749 800  
**FAX:** 051749602  
**MEDIA:** Article (13p)  
**TOPIC:** Rural health  
**POPULATION:** Children  
**LOCATION:** Rural Vic  
**AGENCY TYPE:** Country community health centre  
**SUBJECTS:** Rural health / Smoking / Community health services / Child health

**DESCRIPTION:**

Undertaking health promotion activities in rural areas is fraught with difficulties given the large geographical distances usually involved, the relatively small number of people in some locations, the multiple sites and the associated high costs. A further complication is added when health workers wish to address issues that the community may perceive to be "done to death", like smoking, but which still constitute a very real health risk.

A creative solution to these problems was developed and implemented by the authors of this article. They employed a theatre group to perform entertaining skits for children with anti-smoking messages that reinforced a range of other community based health education programs. This complementary approach consolidated and maximised the effects of a number of health initiatives within the locality.

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**TITLE:** **The Dalwallinu Project**  
**AUTHOR/S:** Steed, D.  
**AGENCY:** Dalwallinu District Hospital  
**ADDRESS:** 19 Wasley St, Dalwallinu, WA, 6609  
**PHONE:** 096 611203  
**FAX:** 096 611154  
**MEDIA:** Report  
**TOPIC:** Rural health  
**POPULATION:** General population  
**LOCATION:** Rural WA  
**AGENCY TYPE:** Country hospital  
**SUBJECTS:** Rural health / Community participation / Hospitals

**DESCRIPTION:**

The Dalwallinu Project outlined in this report documents an attempt by a solo general practitioner and his community to improve the ability of their small, isolated, rural community to deal with limited access to medical and health care facilities by promoting "Wellness".

The author describes their basic premise: that community "Wellness" was attainable and that the techniques of "Wellness" could be taught to the whole community by trained members of that community, traces the development of a needs study, its implementation and the consequent health promotion program which was conducted by trained volunteer facilitators. Ongoing support groups and clinics were also established as a result of the newly health promotion approach. The author comments on the advantages of program and the extent to which it encouraged increased linkages between health professionals, district and regional health authorities as well as an increased health awareness amongst participants.



**TITLE:**           **Disability Health  
Promotion Project**

**AUTHOR/S:**    Goss,A.

**AGENCY:**       Bairnsdale Community Health Centre

**ADDRESS:**     PO Box 696, Bairnsdale, Vic, 3875

**PHONE:**       051 531 444

**FAX:**           051 521 500

**MEDIA:**        Report

**TOPIC:**         Rural health

**POPULATION:** People with disabilities

**LOCATION:**     Rural Vic

**AGENCY TYPE:** Country community health centre

**SUBJECTS:**     Rural health / Sexual health /  
Disability

**DESCRIPTION:**

This project began with the premise that much needs to be achieved if intellectually disabled people living in rural areas are to be fully informed about matters related to their sexual health.

The author documents a range of strategies which aimed to make some progress towards this goal. The key strategies included: training staff who work with intellectually disabled people to provide sexual health education sessions; the development of a training manual; and the establishment of a referral network.

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**TITLE:**           **Health Localities Benalla**

**AUTHOR/S:**    Healthy Localities Project Benalla

**AGENCY:**       City of Benalla

**ADDRESS:**     City Offices, Benalla, Vic, 3672

**PHONE:**       057 621533

**FAX:**

**MEDIA:**        Report

**TOPIC:**         Rural health

**POPULATION:** General population

**LOCATION:**     Rural Vic

**AGENCY TYPE:** Country local government

**SUBJECTS:**     Rural health / Community  
development / Local government

**DESCRIPTION:**

The Healthy Localities Benalla Project was one of the six Healthy Localities projects funded for three years through the Victorian Health Promotion Foundation. This project was a community development project which linked changes to rural communities, and particularly negative changes such as service reductions and lower incomes, to health. The project aimed to provide the community with a greater chance to control its own destiny and to use an intersectoral approach to tackling identified health issues.

Major areas of work for the project included youth issues, particularly drug and alcohol, farm occupational health and safety and public transport.

**TITLE:**           **Reaching Out to Women in Rural Victoria**

**AUTHOR/S:**     Webster, K., Wilson, G.

**AGENCY:**       Loddon Campaspe Women's Health Service

**ADDRESS:**     31 Mackenzie St, Bendigo, Vic, 3550

**PHONE:**        054 430 233

**FAX:**            054414074

**MEDIA:**        Case study (3p) in Webster, K., Wilson, G., Mapping the Models, Centre for Development and Innovation in Health, Melbourne, 1993

**TOPIC:**          Rural health

**POPULATION:** Women

**LOCATION:**      Rural Vic

**AGENCY TYPE:** Country women's health service

**SUBJECTS:**     Rural health / Women's health

**DESCRIPTION:**

One of the most significant challenges facing rural services is how they can have a meaningful impact on the lives of women in rural and remote communities without spreading their resources so thinly that they become ineffectual. This case study outlines how the Loddon Campaspe Women's Health Service responded to this challenge by developing an Outreach Service. To ensure that the service would be resource-effective they decided to employ staff who lived in or near their targeted towns. Thus these women brought existing and extensive networks to the Outreach Service.

These staff and networks formed the basis for part-time services in three locations which addressed local women's health issues, collaborated with other health agencies and practitioners, provided opportunities for skill sharing and exchange and advocated for women's needs within the community.

After two years the Outreach Service will target other small towns in their region.

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**TITLE:**           **Babinda: The place where people count**

**AUTHOR/S:**     Barker, R., May, H.

**AGENCY:**       Peninsula and Torres Strait Regional Health Authority

**ADDRESS:**     88 Abbott St, Cairns, Qld, 4870

**PHONE:**        070503 400

**FAX:**            070 315 710

**MEDIA:**        Conference paper (3p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

**TOPIC:**          Rural health

**POPULATION:** General population

**LOCATION:**      Rural Qld

**AGENCY TYPE:** Country hospital

**SUBJECTS:**     Rural health / Community participation / Hospitals

**DESCRIPTION:**

In this paper the authors describe how the principles of community development and participation in health, intersectoral co-operation, healthy public policy and primary health care became the blueprint for change at Babinda Hospital, a small rural service in North Queensland. They discuss how the hospital staff grasped the opportunities provided by the regionalisation of Queensland's health administration to re-orient their services to be more responsive to local needs. Adopting the philosophy of the Ottawa Charter and using community development strategies, the hospital has moved away from the traditional medical model and towards a service that is community driven and health promoting. The paper provides some detail on the strategies and processes utilised by the staff to achieve this change.

The authors conclude that Babinda now has a functional, well organised and collaborative health care network. Further, they argue that the benefits of this change extend beyond the health system and are manifested in an improved community spirit.

**TITLE:** **Tin Can Bay Community Health Project**  
**AUTHOR/S:** Martin, P.  
**AGENCY:** Cooloola Medical and Professional Centre  
**ADDRESS:** 5 Dolphin Ave, Tin Can Bay, Qld, 4580  
**PHONE:** 074 864 600  
**FAX:**  
**MEDIA:** Demonstration Practice Grants Program Report No. 17  
**TOPIC:** Rural health  
**POPULATION:** General population  
**LOCATION:** Rural Qld  
**AGENCY TYPE:** Country general practice  
**SUBJECTS:** Rural health / Isolation / General practice

**DESCRIPTION:**

This quite detailed report is authored by Dr. P.L. Martin, a general practitioner with a solo medical practice situated in the small town of Tin Can Bay, rural Queensland. Aware of the many services related to allied health and health education that he was unable to provide to his patients, Dr. Martin initiated a "Community Health Project". In this report he describes the rationale and background to the project, its aims, strategies and impacts, and its likely longer term effects on himself, his style of practice and his patients.

In his conclusion he notes the importance of allied health services, such as physiotherapy, and nutritional advice, in rounding out a general practice service as well as the advantages to all offered by an active Patient Advisory Committee and the participation of patients in their own health care.





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## SocIAL IsoLATION

**TITLE:** Coburg Carers Project  
**AUTHOR/S:** Hurle, W., Harris, S.  
  
**AGENCY:** Coburg City Council  
**ADDRESS:** PO Box 113, Coburg, Vic, 3058  
**PHONE:** 03 350 0111  
**FAX:** 03 350 0212  
  
**MEDIA:** Report  
**TOPIC:** Social isolation  
**POPULATION:** Women, carers  
**LOCATION:** Suburban Melbourne  
**AGENCY TYPE:** Metropolitan local government  
**SUBJECTS:** Social isolation / Women's health / Community development / Local government

### DESCRIPTION:

Healthy Localities Coburg, was one of the six projects funded under the Victorian Healthy Localities Program which aimed to assist local councils to plan and implement health promotion and disease prevention activities. It encouraged an approach to health promotion which emphasised a social view of health, locally identified and relevant health needs and participation and collaboration with community, business and health services at a range of levels.

This report documents the Coburg Project in metropolitan Melbourne which began when community consultation identified the needs of women carers caring for children, aged, ill or disabled relatives or friends. The report details the project's aims, strategies, processes and impacts and provides information about the effectiveness of the project in relation to their three key target groups; carers, services and the general community.

The report also features some of the innovative, creative and beautiful projects undertaken by the diverse women who participated over the three year period.

---

**TITLE:** Redlands "Link a Friend"  
**AUTHOR/S:** Allard, S.  
  
**AGENCY:** Program Development Branch, Queensland Health  
**ADDRESS:** 147-163 Charlotte St, Brisbane, Qld, 4000  
**PHONE:** 07 2341775  
**FAX:** 07 2341582  
  
**MEDIA:** Notes  
**TOPIC:** Social isolation  
**POPULATION:** Older people  
**LOCATION:** Rural Qld  
**AGENCY TYPE:** Country health department  
**SUBJECTS:** Social isolation / Ageing and retirement

### DESCRIPTION:

Research on health and well being has indicated that there are many health and personal benefits derived from satisfying social relationships and community involvement. Recent consultations conducted in Queensland in association with Queensland Health have identified that social isolation is a very real issue for well older people and is often related to residential relocation in retirement, the death of a partner or changing family arrangements, cultural differences and remote locations. Consequently Queensland Health has funded a number of "Link-a-friend" programs, outlined in this brief overview which, utilising Telecom's Telelink Service, can connect up to 30 people on the one telephone line. Such a number allows the project organiser's, in this case the Redlands Blue Nursing Service, to involve older isolated people in discussions about issues of importance to them and the identification of their preferred activities.

TITLE: **Woodcroft Co-operative Gardening - Building green community networks**

AUTHOR/S: Ranson, D.

AGENCY: Woodcroft Community Health Centre

ADDRESS: 175 Baines Rd, Woodcroft, SA, 5162

PHONE: 08 325 8100

FAX: 08 325 8199

MEDIA: Conference paper (2p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association NSW, 1993

TOPIC: Social isolation

POPULATION: General population

LOCATION: Suburban Adelaide

AGENCY TYPE: Metropolitan community health centre

SUBJECTS: Social isolation / Community development / Nutrition

DESCRIPTION:

This conference paper outlines a project which attempted to combat social isolation in the outer suburbs of Adelaide, South Australia. It describes Woodcroft, a large new housing development with a population which is expected to double over 5 years. As in similar areas in urban Australia, this rapid population growth produces significant problems for the new residents, who have often settled far from family and friends.

The author describes the project which involved the establishment of a group of people who met twice a fortnight around their common interest in gardening. Most members were women and activities included visiting speakers, working bees at members' gardens, visits to gardens and nurseries, workshops and courses and some social events. The author reports that an evaluation after 12 months indicated that stronger social networks had developed as well as improvements in confidence, but unfortunately, no increase in growing vegetables.

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TITLE: **Social Isolation and the Elderly**

AUTHOR/S: Molyneux, M.

AGENCY: Parks Community Health Service

ADDRESS: Trafford St, Angle Park, SA, 5010

PHONE: 08 243 5611

FAX: 08 347 4221

MEDIA: Conference paper (3p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

TOPIC: Social isolation

POPULATION: Older people

LOCATION: Suburban Adelaide

AGENCY TYPE: Metropolitan community health centre

SUBJECTS: Social isolation / Community development / Ageing and retirement

DESCRIPTION:

Social isolation, defined as the absence of satisfying relationships and a low level of involvement in community life, is a major health issue for elderly people. It impacts directly and indirectly on their physical, mental and social well being and can possibly lead to a decline in independence and even to the need for more supported accommodation or nursing services. Prompted by these understandings the Parks Community Health Centre in metropolitan Adelaide initiated a grounded and participatory approach to the development of a series of activities and strategies focused on increasing opportunities for social contact amongst elderly people.

The author delineates the project's origins, collaborators, processes and outcomes. She notes that a feature of the project, and its key to success, was the participation of the peer group comprised of local elderly people in both the planning and implementation of the project. Further she observes that their participation had a preventative effect by building their support systems, providing them with opportunities to contribute and resulting in them being recognised for their expertise, all of which counteract social isolation. (Adapted from article).

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## W o M E N ' s H E A L T H

**TITLE: Taking the Health Message to Women**

**AUTHOR/S:** Webster, K., Wilson, G.

**AGENCY:** Women in Industry and Community Health

**ADDRESS:** 83 Johnston St, Fitzroy, Vic, 3065

**PHONE:** 03 416 3999

**FAX:** 03 416 3749

**MEDIA:** Case study (2p) in Webster, K., Wilson, G., Mapping the Models, Centre for Development and Innovation in Health, Melbourne, 1993

**TOPIC:** Women's health

**POPULATION:** Women, non-English speaking

**LOCATION:** Melbourne

**AGENCY TYPE:** Statewide women's health service

**SUBJECTS:** Women's health / Ethnic health / Occupational health and safety

**DESCRIPTION:**

Conventional models for delivering health information often assume competence in English, a shared cultural understanding of health, and an ability to access health services for more than the most pressing of health concerns. It is difficult to contemplate how the health needs of women from non-English speaking backgrounds, working in factories, could be met using these models. This case study illustrates how one women's health service, Women in Industry and Community Health, has developed innovative ways of reaching these women.

The service has developed a successful Factory Visits Program which takes health information to women in the workplace via a team of bilingual and bi- cultural workers who, between them, speak over 100 languages. The case study outlines the team's health promotion strategies which include discussing health issues identified by the women workers over lunch, as well as the use of a range of written and audio-visual material.

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**TITLE: Women's Cancer Screening at BHP**

**AUTHOR/S:** Ryan, P.

**AGENCY:** Illawarra Area Health Service

**ADDRESS:** Unit 31, Piccadilly Shopping Centre, Crown St, Wollongong, NSW, 2500

**PHONE:** 042 261 944

**FAX:** 042 285 623

**MEDIA:** Case study (2p) in Ryan, P., Cases for Change, Australian CommunityHealth Association, NSW, 1992

**TOPIC:** Women's health

**POPULATION:** Workers, blue-collar

**LOCATION:** Rural NSW

**AGENCY TYPE:** Country health department

**SUBJECTS:** Women's health / Breast cancer / Pap smears / Screening

**DESCRIPTION:**

Increased collaboration between industry, unions and health services is enabling more health programs to be based in workplaces and to therefore reach women who may not regularly visit their own health practitioner. This case study outlines a screening program which was undertaken by the Illawarra Area Health Service at the Port Kembla BHP plant.

Following a successful pilot in one part of the company, the program was extended to all women working at BHP. The attendance rates were less than hoped, however, the program was very successful in reaching women from non- English speaking backgrounds.

The author describes the services provided by the clinics which included Pap screening, breast examination, information in a range of community languages, and referrals.

TITLE:	<b>Recreating the Village: The development of groups to improve social relationships among mothers of newborn infants in Australia</b>	DESCRIPTION:
AUTHOR/S:	Lawson, J., Callaghan, A.	<p>Ryde, a lower middle class suburb of Sydney, is home to many new mothers who experience social isolation for a variety of reasons. Following a survey of baby health services it became apparent that Maternal and Child Health Nurses although well placed to address such isolation were offering very little in the way of socially oriented services to new mothers. Consequently the nurses were encouraged to allocate time to the development of groups aimed at providing peer support to, and promoting the development of support networks for these women.</p> <p>This article reports on the findings of a survey which evaluated the extent to which the groups had achieved these objectives. The researcher concludes that indeed the outcomes of the groups were positives. The new mothers reported the development and continuation of strong interpersonal relationships and improved confidence in their role.</p>
AGENCY:	School of Health Services Management, University of New South Wales	
ADDRESS:	PO Box 1, Kensington, NSW, 2033	
PHONE:	02 385 2591	
FAX:		
MEDIA:	Journal article (3p) in Australian Journal of Public Health, Vol. 15, No. 1, March, 1991	
TOPIC:	Women's health	
POPULATION:	New mothers	
LOCATION:	Suburban Sydney	
AGENCY TYPE:	Metropolitan tertiary institution	
SUBJECTS:	Women's health / Maternal health services / Social isolation	

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TITLE:	<b>Massage and Older Women's Health</b>	DESCRIPTION:
AUTHOR/S:	Byrnes, M., Turner, M.	<p>Inspired by the health generating effects of mutual support and self help for older women, the authors of this case study initiated an older women's health and well being project. They describe how twenty women aged 48 to 80 participated in a six-month program to address common issues affecting their well-being. The women identified decreasing mobility, increasing social isolation, decreasing incomes and decreasing access to services as major issues for them. The women then decided to begin regular exercise and to learn massage as a group. The authors note that at the conclusion of the program, the women's physical and social health showed marked improvement. They continued to meet weekly and twelve months later were teaching new group members massage and exercise skills.</p>
AGENCY:	East Preston Community Health Centre	
ADDRESS:	Cnr Blake & Crevillis Sts, East Reservoir, Vic, 3073	
PHONE:	03 478 5711	
FAX:	03 478 9647	
MEDIA:	Case study (Sp) in Butler, P. (ed), Innovation and Excellence in Community Health, Centre for Development and Innovation in Health, Melbourne, 1994	
TOPIC:	Women's health	
POPULATION:	Women, older	
LOCATION:	Suburban Melbourne	
AGENCY TYPE:	Metropolitan community health centre	
SUBJECTS:	Women's health / Ageing and retirement / Exercise / Community development	

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**TITLE: Riverland Women's Health Project**

**AUTHOR/S:** Henn, E., Roberts, D.

**AGENCY:** Riverland Health and Social Welfare Council

**ADDRESS:** 7 Kay Avenue, Berri, SA, 5343

**PHONE:** 085 823 180

**FAX:**

**MEDIA:** Report

**TOPIC:** Women's health

**POPULATION:** Women

**LOCATION:** Rural SA

**AGENCY TYPE:** Country community/consumer group

**SUBJECTS:** Women's health / Community development / Rural health

**DESCRIPTION:**

The health needs of rural women are often considered to be similar to those of their city neighbours with perhaps just the complications of distance, lack of resources and services and limited choices when these services do exist. To ascertain if this was the case and to ensure that local services did reflect real local needs the Riverland Health and Social Welfare Council (a rural, consumer driven health advocacy group) conducted a thorough needs study in their locality. This comprehensive record of that study lists the diverse ways, locations and groups that contributed to the findings. The findings are structured into 14 Goals each with its own discussion. Following this study a Women's Health Implementation Committee was established which was able to write a successful submission for the establishment of a Riverland Women's Health Service based on the information gained in the consultation. The document highlights that community work does work but cannot be hurried.

**TITLE: Reclaiming the Womb**

**AUTHOR/S:** Webster, K., Wilson, G.

**AGENCY:** Healthsharing Women's Health Resource Service

**ADDRESS:** 3rd floor, 373 Lt Bourke St, Melbourne, Vic, 3000

**PHONE:** 03 670 0855

**FAX:** 03 670 0683

**MEDIA:** Case study (4p) in Webster, K., Wilson, G., Mapping the Models, Centre for Development and Innovation in Health, Melbourne, 1993

**TOPIC:** Women's health

**POPULATION:** Women

**LOCATION:** Vic

**AGENCY TYPE:** Statewide women's health service

**SUBJECTS:** Women's health / Hysterectomy / Sexual health

**DESCRIPTION:**

Whether to have a hysterectomy is a significant decision in the lives of many women. It concerns not only their physical well being, but their emotional health, sexuality and self-image.

Australian research has shown that almost 17% of women between the ages of eighteen and sixty-nine have had a hysterectomy. This case study outlines the range of ways that Healthsharing Women's Health Resource Service has sought to improve the situation of women facing this difficult and complex decision and how this contributes to reducing sometimes unnecessary surgery.

The authors describe Healthsharing Women's key activities related to hysterectomy. They include: face-to-face and over the telephone support to individual women; action for the development of the Hysterectomy Support Group; production of resources summarising the latest research information and issues; a research project on the experiences of non-English speaking women; professional education; regular forms and conference papers.

TITLE:	Preventive Health for Female Patients	DESCRIPTION:
AUTHOR/S:	Lee,J.	This brief project report documents a rural general practitioners attempt to increase his female patients rates of Pap smear testing, breast self examination and immunisation. He outlines the services he offered to his female patients, the number of women who responded and discusses why the response rate was relatively low.
AGENCY:	Francisco Medical Centre	
ADDRESS:	94 Kooyong Rd, Rivervale, WA, 6103	
PHONE:	09 361 7166	
FAX:		
MEDIA:	Demonstration Practice Grants Program Report No. 83	
TOPIC:	Women's health	
POPULATION:	Women	
LOCATION:	Suburban Perth	
AGENCY TYPE:	Metropolitan general practice	
SUBJECTS:	Women's health / General practice / Cancer / Immunisation	

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TITLE:	Health For Women in Waverley	DESCRIPTION:
AUTHOR/S:	Health for Women in Waverley Committee	Following a survey of local women's needs the Women's Health Co-ordinating Committee of Waverley, an outer Melbourne suburb, established a Mobile Women's Health Information Van, with the intention of providing information to women who would not ordinarily access health services due to the limitations of public transport, the restraints of children, low incomes and disabilities.
AGENCY:	Waverley Community Health Centre	
ADDRESS:	7 Dunscombe Ave, Glen Waverley, Vic, 3150	
PHONE:	03 803 0177	
FAX:	03 802 3416	
MEDIA:	Report	The author reflects that the whole project benefited from a co-operative relationship between primary health care agencies in the area, local government and service clubs, such as Rotary. She records the kind of health information resources that were made available to a range of women who accessed the mobile service and notes that 48% of the women were referred on to a various other community and health agencies.
TOPIC:	Women's health	
POPULATION:	Women	
LOCATION:	Suburban Melbourne	
AGENCY TYPE:	Metropolitan community health centre	
SUBJECTS:	Women's health / Community health services / Local government	

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**TITLE:** **Risdon Vale Women's Health Program**

**AUTHOR/S:** Ryan, P.

**AGENCY:** Risdon Vale Community Health Centre

**ADDRESS:** Sugarloaf Rd, Risdon Vale, Tas, 7016

**PHONE:** 002435 022

**FAX:** 002 435 231

**MEDIA:** Case study (2p) in Ryan, P., Cases for Change, Australian Community Health Association, NSW, 1992

**TOPIC:** Women's health

**POPULATION:** Women

**LOCATION:** Suburban Hobart

**AGENCY TYPE:** Metropolitan community health centre

**SUBJECTS:** Women's health / Community development / Community health services

**DESCRIPTION:**

In this case study of a women's health program, the Risdon Vale Community Health Centre in Tasmania demonstrates the broadening of its service, previously focused on a medical, sick care role, into one which incorporates a wider primary health care approach with a particular emphasis on community development strategies. The author describes the evolution of the women's health program, its aims, objectives and processes and outlines how she and others seized various opportunities to expand the scope of their approach.

**TITLE:** **Women's Health Matters**

**AUTHOR/S:** Cosier, G.

**AGENCY:** Orana Community Health Centre

**ADDRESS:** 2 Palmer St, Dubbo, NSW, 2830

**PHONE:** 068 858 999

**FAX:** 068 858 901

**MEDIA:** Report

**TOPIC:** Women's health

**POPULATION:** Women

**LOCATION:** Rural NSW

**AGENCY TYPE:** Country community health centre

**SUBJECTS:** Women's health / Sexual health / Community health services / General practice

**DESCRIPTION:**

Collaboration between primary and secondary levels of health care is not rare in NSW given that community health centres are frequently united at a management level and are sometimes co-located. What is rare, especially in rural NSW is the cooperative partnership, outlined in this case study, between Dubbo's general practitioners, the community health service, the hospital and the town's pathology laboratory. Together they conducted the first women's health information evening that Dubbo had experienced. The evening session included short talks on various gynaecological matters, health literature and other non-print resources and referral information. The author records the positive feedback received from the participants and the health professionals involved in the organisation of the event.



TITLE:	<b>Rockhampton Sexual Assault Program</b>	DESCRIPTION:
AUTHOR/S:	Collins, F.	<p>This report profiles a Sexual Assault Program which is a service of the Women's Health Centre in Rockhampton, central Queensland. The author outlines the program which aims to provide training and education to the community and service providers on issues associated with sexual assault. The author refers to the community development approach she used in order to improve the quality and choice of services for survivors of sexual assault and notes that this approach successfully enabled her to develop collaborative partnerships with tertiary institutions, other health services and professionals and community organisations. In addition, relations were improved with the Office of the Director of Prosecutions and the Magistrates and District Courts. A range of workshops were conducted for women, displays and involvement at orientation weeks at tertiary institutions, workshops for health professionals and links with sections of the police department.</p>
AGENCY:	Rockhampton Women's Health Centre	
ADDRESS:	47 Cambridge St, Rockhampton, Qld, 4702	
PHONE:	079 226 585	
FAX:	079 222477	
MEDIA:	Report	
TOPIC:	Women's health	
POPULATION:	Women	
LOCATION:	Rural Qld	
AGENCY TYPE:	Country women's health service	
SUBJECTS:	Women's health / Sexual abuse / Community development / Rural health	

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TITLE:	<b>Women's Health Ethnic Liaison Project</b>	DESCRIPTION:
AUTHOR/S:	Jobst, J.	<p>This project aims to bring women of non-English speaking backgrounds together in groups to discuss their health issues and develop strategies to deal with them as well as liaising with local providers, in particular general practitioners, to familiarise them with cross cultural issues. The outcomes at this stage include the establishment of two ongoing self help groups with Greek and Turkish women whilst an Arabic women's group was due to commence in the near future. A community forum was held for women to give feedback to service providers. A workable network of informed general practitioners whose practices are accessible to ethnic women has also been established. A dialogue has been established with local health providers and hospitals.</p>
AGENCY:	South Central Region Migrant Resource Centre	
ADDRESS:	161-163 Fitzroy St, St Kilda, Vic, 3182	
PHONE:	03 525 4622	
FAX:		
MEDIA:	Report	
TOPIC:	Women's health	
POPULATION:	Women, non-English speaking	
LOCATION:	Suburban Melbourne	
AGENCY TYPE:	Metropolitan general practice	
SUBJECTS:	Women's health / Community development / Ethnic health / General practice	

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<b>TITLE:</b>	<b>Developing Women-centred Resources</b>	<b>DESCRIPTION:</b>
<b>AUTHOR/S:</b>	Webster, K., Wilson, G.	It is widely agreed that health promotion and illness prevention strategies have a major role to play in improving the health status of the community. Health providers and women in the community have repeatedly pointed to the absence of accessible, relevant and appropriate information about a broad range of women's health issues, a key element in health promotion strategies. This case study documents how Healthsharing Women's Health Resource Service generates its resources. Key strategies discussed in the case study include: beginning with women's needs; valuing women's experience; generating material in a range of media, styles, and languages; and working for change by developing strategic partnerships.
<b>AGENCY:</b>	Healthsharing Women's Health Resource Service	
<b>ADDRESS:</b>	3rd floor, 373 Lt Bourke St, Melbourne, Vic, 3000	
<b>PHONE:</b>	03 670 0855	
<b>FAX:</b>	03 670 0683	
<b>MEDIA:</b>	Case study (4p) in Webster, K., Wilson, G., Mapping the Models, Centre for Development and Innovation in Health, Melbourne, 1993	
<b>TOPIC:</b>	Women's health	
<b>POPULATION:</b>	Women	
<b>LOCATION:</b>	Vic	
<b>AGENCY TYPE:</b>	Statewide women's health service	
<b>SUBJECTS:</b>	Women's health	

<b>TITLE:</b>	<b>Frankston Young Women's Support Program</b>	<b>DESCRIPTION:</b>
<b>AUTHOR/S:</b>	Heffernan, K.	This article documents the successful establishment of a Young Women's Support Network in a large outer bayside suburb of Melbourne which has a significant number of potentially homeless, young mothers and pregnant women. The author outlines the genesis of the project, the various strategies she and the young women explored, their failures and their stresses. The Young Women's Support Network is a team of young mothers aged between 18 and 23. They provide support to other young women on a one-to-one basis and via workshops at local schools. The workshops address topics chosen by the students, such as, sexual health, harassment and teenage pregnancy. The women also produced their own health education video, entitled, Sex, Babies and Videotapes.
<b>AGENCY:</b>	Frankston Community Health Centre	
<b>ADDRESS:</b>	22 Orwill St, Frankston, Vic, 3199	
<b>PHONE:</b>	03 783 6077	
<b>FAX:</b>	03 783 6321	
<b>MEDIA:</b>	Case study (Sp) in Butler, P. (ed), Innovation and Excellence in Community Health, Centre for Development and Innovation in Health, Melbourne, 1994	
<b>TOPIC:</b>	Women's health	
<b>POPULATION:</b>	Women, youth	
<b>LOCATION:</b>	Suburban Melbourne	
<b>AGENCY TYPE:</b>	Metropolitan community health centre	
<b>SUBJECTS:</b>	Women's health / Sexual health / Youth health / Prenatal/postnatal care and childbirth	

TITLE: **Sharing the Load of Caring**  
AUTHOR/S: Webster, K., Wilson, G.  
  
AGENCY: Wellcoming Women's Health Service  
ADDRESS: PO Box 1033, Horsham, Vic, 3400  
PHONE: 053 811 663  
FAX: 053 811293  
  
MEDIA: Case study (2p) in Webster, K.,  
Wilson, G., Mapping the Models,  
Centre for Development and  
Innovation in Health, Melbourne,  
1993  
  
TOPIC: Women's health  
POPULATION: Women  
LOCATION: Rural Vic  
AGENCY TYPE: Country women's health service  
SUBJECTS: Women's health / Community  
development / Carers / Rural health

DESCRIPTION:  
  
The health needs of women as carers was one matter raised by rural women in consultation with the Wellcoming Women's Health Service, a service located in country Victoria. This case study outlines the Service's response to this issue and briefly documents the strategies they used to develop a support network for women carers. With the support network established and linked with a statewide carer's network the Service went on explore ways to provide support and training to rural health care providers who work with carers; address problems carers have in accessing community support services and raise the status of women as carers.

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TITLE: **Women's Health  
Information in "Plain  
English"**  
AUTHOR/S: Kerrigan, S., Oberin, J.  
  
AGENCY: Loddon Campaspe Women's Health  
Service  
ADDRESS: 31 Mackenzie St, Bendigo, Vic, 3550  
PHONE: 054 430 233  
FAX: 054 414 074  
MEDIA: Case study (8p) in Butler, P. (ed),  
Innovation and Excellence in  
Community Health, Centre for  
Development and Innovation in  
Health, Melbourne, 1994  
  
TOPIC: Women's health  
POPULATION: Women  
LOCATION: Rural Vic  
AGENCY TYPE: Country women's health service  
SUBJECTS: Women's health / Community  
participation

DESCRIPTION:  
  
This article provides a detailed overview of a women's health information project conducted by a well established rural women's health service. The project used an action research methodology to develop a series of resources for women which were written in "plain English". The topics were chosen by women from the community who then worked with the staff to research and develop the resource material. The project outcomes included seven different resource productions and a significantly increased level of public debate on literacy issues.

**TITLE:** **Feeling at E.A.S.E.**  
**AUTHOR/S:** Morano, P., Buck, H  
  
**AGENCY:** Craigieburn Family Services  
**ADDRESS:** 13 Dianne Ave, Craigieburn, Vic,  
3064  
**PHONE:** 03 305 5100  
**FAX:**  
  
**MEDIA:** Journal article (3p) in Community  
Quarterly, No. 27, June, 1993  
**TOPIC:** Women's health  
**POPULATION:** Women  
**LOCATION:** Suburban Melbourne  
**AGENCY TYPE:** Metropolitan community health  
centre  
**SUBJECTS:** Women's health / Nutrition /  
Community development

**DESCRIPTION:**

In Melbourne's rapidly developing outer northern suburb of Craigieburn, community development is being used to work with women from culturally diverse backgrounds on the socio-political and personal issues related to body image and eating behaviours. This article locates these issues within a broadly feminist framework and then provides an overview of an 8 week, 2 hours per week Eating Awareness and self esteem course which is offered collaboratively by the Craigieburn Community Health Service and Craigieburn Family Services. The authors describe the various strategies they utilised in the course and the range of impacts they have observed and the participants have identified.



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## YOUTH HEALTH

**TITLE: The Red Cross Youth Health Service**

**AUTHOR/S:** Wright, K., Bagozzi, R.

**AGENCY:** ACT Red Cross

**ADDRESS:** PO Box 610, Mawson, ACT, 2601

**PHONE:** 06285 4344

**FAX:**

**MEDIA:** Conference paper (2p) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

**TOPIC:** Youth health

**POPULATION:** Youth

**LOCATION:** Canberra

**AGENCY TYPE:** Statewide society/foundation

**SUBJECTS:** Youth health / Community development

**DESCRIPTION:**

The Service employs four regional youth health workers. This team works on a preventative health model and in doing so targets a broad range of young people between 12 and 25 years. The Service uses the following strategies: education and information; working with other sectors; making environments healthy; preventive services; and community development. In planning programs, the team adopts the five action areas of the Ottawa Charter.

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**TITLE: Life on Easy Street**

**AUTHOR/S:** Crockett, S.

**AGENCY:** Yarra Community Health Service

**ADDRESS:** 154 Sackville St, Collingwood, Vic, 3066

**PHONE:** 03 419 6155

**FAX:** 03 416 0492

**MEDIA:** Journal article (6p) in Community Quarterly, No. 17, and Australian Family Physician, Vol. 20, No. 9

**TOPIC:** Youth health

**POPULATION:** Youth

**LOCATION:** Suburban Melbourne

**AGENCY TYPE:** Metropolitan community health centre

**SUBJECTS:** Youth health / Community participation / Homelessness / General practice

**DESCRIPTION:**

Collingwood Community Health Centre (now part of Yarra CHS) is situated in inner city Melbourne. This article describes the Centre's attempts to respond to the needs of two groups of young people who were not utilising the service-the transient, homeless and young people on the local Ministry of Housing high rise estate, many of whom came from low income families of non-English speaking background.

The Centre's committee of management approved the development of a separate youth clinic. Young people were extensively involved in the establishment and operation of the clinic which in addition to providing clinic and support services attempts to meet young peoples immediate material needs.

The author describes the roles of the workers at the clinic and reflects on her own role as a doctor working with young people.

TITLE:           **Young Mothers on the Move, Pregnancy Support Project**

AUTHOR/S:   Norallinger, J., Lynch, T.

AGENCY:       Youth Emergency Accommodation Project

ADDRESS:     PO Box 338, Reservoir, Vic, 3073

PHONE:       03 478 2920

FAX:           03 478 3352

MEDIA:        Report

TOPIC:         Youth health

POPULATION: Youth, pregnant

LOCATION:       Suburban Melbourne

AGENCY TYPE: Metropolitan community welfare agency

SUBJECTS:     Youth health / Homelessness / Prenatal/postnatal care and childbirth

DESCRIPTION:

This detailed evaluation report outlines the Young Mothers Health and Housing Development Project which aimed to improve the delivery of health and housing services to homeless young pregnant women and young women with dependants in the North East Region of Melbourne.

The report outlines the project's objectives and key strategies, the range of agencies involved and the extent to which it achieved its original intentions. Recommendations for future directions are also included.

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TITLE:           **Lots of Love John and Betty: An evaluation**

AUTHOR/S:   Glanville, L., Webster, K.

AGENCY:       Sunbury Community Health Centre

ADDRESS:     Cnr Gap Rd & Home St, Sunbury, Vic, 3429

PHONE:       03 744 4455

FAX:           03 744 6777

MEDIA:        Report

TOPIC:         Youth health

POPULATION: Youth

LOCATION:       Suburban Melbourne

AGENCY TYPE: Metropolitan community health centre

SUBJECTS:     Youth health / Community development / Alcohol and drugs

DESCRIPTION:

Sunbury, a satellite town situated some 20 kms from Melbourne, is characterised by rapid population growth and a large proportion of young people (aged 10-19 years). A number of issues have been identified as affecting young people in the town including boredom, alcohol and drug use, poor public transport and family breakdown.

This document describes and evaluates a community theatre project initiated jointly by the Sunbury Community Health Centre and the West Theatre Company as a response to the Centre's failed attempts to work with young people.

The project had a number of objectives including: increasing awareness of and taking action on issues facing young people; fostering mutual understanding between young people and the community; promoting skills and interest in community theatre; enhancing the self esteem and interpersonal and team work skills of young people and ensuring active community participation.

The document critically analyses the project in the light of each of these objectives. Issues associated with the 'marriage' between community development and community theatre are discussed in some depth as are the strategies and pitfalls involved in securing the involvement of young people in decision making.

TITLE:	<b>Healthy Cities Caboolture: Youth needs taskforce</b>	DESCRIPTION:
AUTHOR/S:	Scriven, S.	The Taskforce was a project to strengthen the connection between youth, the community and service providers. Following a public meeting, a Steering Committee of young people and older support people was formed to research needs of young people and take appropriate action.
AGENCY:	Healthy Cities Caboolture	
ADDRESS:	LMB 1, Caboolture, Qld, 4510	
PHONE:	074 959 300	
FAX:	074 957 322	
MEDIA:	Conference paper (6p) in Rees, A. (ed), Healthy Cities: Reshaping the Urban Environment, Australian Community Health Association, NSW, 1992	The Committee undertook surveys, interviews and focus groups and had contact with about 800 young people. The Committee organised social functions for young people as a way of publicising its work and contacting more young people. The Committee advocated on a number of issues of importance to young people such as local facilities development.
TOPIC:	Youth health	
POPULATION:	Youth	
LOCATION:	Suburban Brisbane	
AGENCY TYPE:	Metropolitan intersectoral group	
SUBJECTS:	Youth health / Community development	

TITLE:	<b>Teenagers and Suicide</b>	DESCRIPTION:
AUTHOR/S:	Martin, G.	
AGENCY:	South Australian Child and Adolescent Mental Health Service	Following two suicides in one week at an Adelaide school, the Service developed a counselling program to use with groups of students and teachers in schools where there had been a suicide. The program has been used in a number of schools where suicides have occurred.
ADDRESS:	Flinders Medical Centre, Bedford Park, SA, 5042	
PHONE:	08 204 5412	
FAX:		
MEDIA:	Case study (3p) in Ryan, P., Cases for Change, Australian Community Health Association, NSW, 1993	The Service has also undertaken extensive research in a larger number of schools to look at which students may be at risk of suiciding and what might trigger a suicide attempt.
TOPIC:	Youth health	
POPULATION:	Youth	
LOCATION:	Suburban Adelaide	
AGENCY TYPE:	Metropolitan health department	
SUBJECTS:	Youth health / Suicide / Mental health / Schools	



TITLE: **Homeless Young Persons Health Access Program**

AUTHOR/S: Hannon, C., McDonough, V., Philip, L.

AGENCY: Inner South Community Health Service

ADDRESS: 18 Mitford St, St Kilda, Vic, 3182

PHONE: 03 534 0981

FAX: 03 525 3180

MEDIA: Case study (8p) in Butler, P. (ed), Innovation and Excellence in Community Health, Centre for Development and Innovation in Health, Melbourne, 1994

TOPIC: Youth health

POPULATION: Homeless people, youth

LOCATION: Suburban Melbourne

AGENCY TYPE: Metropolitan community health centre

SUBJECTS: Youth health / Homelessness / Community health services

DESCRIPTION:

In 1989 the Burdekin Royal Commission investigated homelessness in Australia. The Commission found that young people who were homeless, or at risk of becoming homeless, did not access health services until their problems were critical. It concluded that this could be for a number of reasons such as: alienation from mainstream services; not owning a Medicare card; being impoverished; or simply not knowing where to go.

This article describes an innovative program which was specifically designed to address these issues. The program outlined in the article, centred on a health bus which provides an outreach service on the streets of St Kilda, and other inner Melbourne suburbs at various times during the day and night. The staff make contact with homeless and at risk young people in their street environment. Services provided include health assessment, health education, referral and information. The bus is staffed by a multi-disciplinary team of health and youth workers who in turn liaise with a range of other health and community services. The authors argue that this assists the staff to ensure that appropriate referrals are provided to the young people. To illustrate the outreach program the authors have compiled a detailed report, which they include in the article, entitled, "A Day on the Bus."

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## OTHER

**TITLE:** **One Stop Body Shop**  
**AUTHOR/S:** Hill, H

**AGENCY:** Sunbury Community Health Centre  
**ADDRESS:** Cnr Gap Rd & Horne St, Sunbury,  
Vic, 3429  
**PHONE:** 03 7444455  
**FAX:** 03 744 6777

**MEDIA:** Case study (4p) in Butler, P. (ed),  
Innovation and Excellence in  
Community Health, Centre for  
Development and Innovation in  
Health, Melbourne, 1994

**TOPIC:** Other  
**POPULATION:** General population  
**LOCATION:** Suburban Melbourne  
**AGENCY TYPE:** Metropolitan community health  
centre  
**SUBJECTS:** Screening / Community health  
services

**DESCRIPTION:**

This ruticle provides a succinct overview of the "One Stop Body Shop", an annual two-day screening and health information program which is conducted each year to coincide with the local community fair. Participants can have a healthy heart check, Pap test, breast check, eye health test, fitness test, hearing test, stress test **and** can also find information on a range of other health issues. Professional staff are available to provide a brief consultation following the results. Volunteers and community organisations are involved in organising and implementing the program.

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**TITLE:** **Community Support  
NetworkNSW  
Incorporated -  
"Prepared to Care"**

**AUTHOR/S:** Stokes, M.

**AGENCY:** Community Support Network NSW  
Inc  
**ADDRESS:** Cnr Forbes & Bourke Sts,  
Darlinghurst, NSW, 2010  
**PHONE:** 02 360 3133  
**FAX:**

**MEDIA:** Conference paper (3p) in Clarke, B.,  
MacDougall, C. (eds), The 1993  
Community Health Conference, Vol.  
1, Papers and Workshops, Australian  
Community Health Association,  
NSW, 1993

**TOPIC:** Other  
**POPULATION:** People living with AIDS  
**LOCATION:** Sydney  
**AGENCY TYPE:** Metropolitan voluntary agency  
**SUBJECTS:** HIV/AIDS / Palliative care

**DESCRIPTION:**

This conference paper describes the Community Support Network, a community-based organisation which provides care in the home to any person with illness and/or physical complications arising from HIV infection. Care is provide by up to 400 trained volunteers who provide both practical assistance (for example shopping, housework) and basic nursing care, often on a 24-hour basis. Carers come from a variety of backgrounds, are required to attend a four day training course and spend an average of four hours per week caring. The organisation involves both clients and carers in management and policy development.

TITLE:	<b>Discharge Planning at Cabrini Hospital</b>	DESCRIPTION:
AUTHOR/S:	Kiehne,R.	This brief report describes the discharge planning service which operates at a large private metropolitan hospital in an area where there are many aged patients with inadequate support at home. The service is a collaboration between the hospital and the Centre. The aim is to ensure that no vulnerable person over 75 years is discharged to an environment which is not safe and supportive.
AGENCY:	Caulfield Community Care Centre	
ADDRESS:	240 Kooyong Rd, South Caulfield, Vic, 3162	
PHONE:	03 523 6666	
FAX:	03 532 8518	
MEDIA:	Report	
TOPIC:	Other	
POPULATION:	Older people	
LOCATION:	Suburban Melbourne	
AGENCY TYPE:	Metropolitan community health centre	
SUBJECTS:	Ageing and retirement / Hospitals / Managed care	

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TITLE:	<b>Addressing Inequalities in Health - An action learning program for health workers.</b>	DESCRIPTION:
AUTHOR/S:	Ryan, P, Roach, J.	This report documents a carefully targeted and planned Health Promotion Training Program conducted by staff from the Community Health Accreditation and Standards Program (CHASP) for Tasmanian health workers. The authors document the training model they developed which was based on adult learning principles, experience gained from implementing CHASP and the particular needs of the attending health workers. The report also outlines the implementation of the model, its expected and unexpected consequences and the range of projects which resulted.
AGENCY:	Community Health Accreditation and Standards Program	
ADDRESS:	27-33 Spring Street, Bondi Junction, NSW, 2022	
PHONE:	02 389 1433	
FAX:	02 387 5032	
MEDIA:	Report	
TOPIC:	Other	
POPULATION:	Workers, health	
LOCATION:	Tas	
AGENCY TYPE:	Statewide community health agency	
SUBJECTS:	Professional education / Community health services	

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**TITLE:**        **Gold Coast AIDS Association and Injectors' Newsline**

**AUTHOR/S:**   Patterson, E., Barker, C.

**AGENCY:**     Gold Coast AIDS Association and Injectors' Newsline

**ADDRESS:**

**PHONE:**

**FAX:**

**MEDIA:**       Conference paper (Sp) in Clarke, B., MacDougall, C. (eds), The 1993 Community Health Conference, Vol. 1, Papers and Workshops, Australian Community Health Association, NSW, 1993

**TOPIC:**        Other

**POPULATION:** Injecting drug users

**LOCATION:**     Rural Qld

**AGENCY TYPE:** Country self help/lobby group

**SUBJECTS:**    HIV/AIDS / Consumer participation / Selfhelp / Alcohol and drugs

**DESCRIPTION:**

This conference paper is a condensed overview of a larger study concerned with injecting drug users and user self-organisations.

The author's purpose was to critically analyse the lifeways of a group of injecting drug users in relation to their involvement with an organisation called GAIN (Gold Coast AIDS Association and Injectors' Newsline). Members of the group participated in the study which identified issues related to the nature of "involvement" in the group. It was hoped that this information would then be able to be used to resolve issues and problems, uncover influences and constraints on activities, promote further involvement and attract other members.

The author selects excerpts from interviews with GAIN members in order to highlight critical issues relevant to "user ownership". She believes that these issues will be relevant to other self help groups.

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**TITLE:**        **Medicine Information Project**

**AUTHOR/S:**    Pedler, K.

**AGENCY:**     Combined Pensioner's and Superannuants Association of NSW

**ADDRESS:**    Level 11, 35 York St, Sydney, 2000

**PHONE:**       02 262 6722

**FAX:**          02 262 6120

**MEDIA:**       Journal article (2p) in Health Issues, No. 24, September, 1990

**TOPIC:**        Other

**POPULATION:** Older people

**LOCATION:**     Melbourne

**AGENCY TYPE:** Statewide self help/lobby group

**SUBJECTS:**    Ageing and retirement / Medications / Community participation

**DESCRIPTION:**

The National Government's Goals and Targets for Australia's Health in the Year 2000 and Beyond states that "A partnership is required among consumers, health professionals, government and industry, to improve the quality use of medicines in Australia". This journal article describes an innovative and effective project which achieves such a partnership. The MIP project, under the auspice of the Combined Pensioner's and Superannuants Association of NSW, trained older people as volunteer peer educators called Medicine Information Persons (MIPs).

The article outlines how MIPs act as advocates, models and resource people in the wise use of medicines. The MIPs role also indicates strengthening the partnership between older people, their doctors and pharmacists in order to reduce the inappropriate use of medicines.

The article outlines the project's achievements to date which include a training manual for groups wishing to establish similar projects.

**TITLE:**       **The 60 and Better Project:  
Creating a healthier  
community for older people**

**AUTHOR/S:**   Cartwright, C.

**AGENCY:.**     Acacia Ridge Community Support  
**ADDRESS:**   48 Mannington Rd, Acacia Ridge,  
                  Qld, 4110

**PHONE:**       07 277 0632

**FAX:**

**MEDIA:**       Conference paper (7p) in Rees, A.  
                  (ed), Healthy Cities: Reshaping the  
                  Urban Environment, Australian  
                  Community Health Association,  
                  NSW, 1992

**TOPIC:**        Other

**POPULATION:** Older people

**LOCATION:**     Suburban Brisbane

**AGENCY TYPE:** Metropolitan  
                  community/consumer group

**SUBJECTS:**    Ageing and retirement / Community  
                  development

**DESCRIPTION:**

The Ottawa Charter formed the guiding principles for the project outlined in this conference paper, which aimed to identify and address the health needs of older people in Acacia Ridge, Queensland. The author argues that community action was strengthened when the target group, priority areas for action and took an active part in much of the work. Similarly, she believes that the project exemplified: the creation of supportive environments; that participants personal skills were enhanced; that staff attitude were changed and as a consequence some health services were re- oriented; and policies relating to older people were observed to be in need of modification.

The author includes the project's key activities in her overview noting that most of them were informed by a community development approach as well as the Ottawa Charter. These activities incorporated: production of a newsletter; "adopt-a-cop"; self-protection seminar; gentle exercise classes; regular seminars and workshops on health issues; medication awareness week; the Silver Cord program (linking members of the St Johns Ambulance to isolated house- bound people); a home maintenance team; and participation by older people in schools.

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