



LEVERAGING EFFECTIVE AMBULATORY PRACTICES

# LEAP PROJECT

## LEAP Project Update

No.4 | May, 2020

### Welcoming 2020

Hello and welcome to our start-of-year LEAP Newsletter. 2020 has arrived and with it new researchers, new goals and as we've gotten further into the year new challenges. In this update we share about our direction, plans and take a look at what is coming up for the LEAP Project. Enjoy!

### Our New Researchers

Welcome to our new Research Officers Kris Vine and Talah Laurie. Kris and Talah joined the LEAP project at the beginning of the year and are both based at UCRH (University Centre for Rural Health) in Lismore, alongside Veronica Matthews.

Michelle Redman-MacLaren and Nalita Turner came to visit Talah and Kris during the induction into their new roles.

Their roles include supporting and assisting with the co-ordination of the LEAP project, data collection and



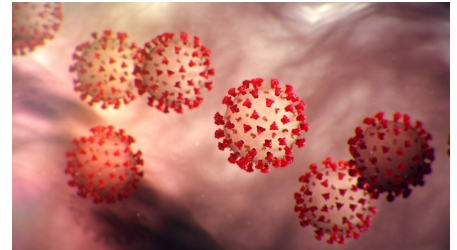
data translation. Kris and Talah both feel very honoured to work with such a great team on a project that is services led and supports community empowerment.

*Pictured left to right: Kris Vine, Nalita Turner, Talah Laurie, Veronica Matthews & picture taken by Michelle Redman-MacLaren*

---

## How the LEAP Team is doing our bit, to stop the spread & flatten the curve

With the COVID-19 virus making big changes to how the LEAP team planned to undertake 2020, we are doing our part to stop the spread by working from home, practicing social distancing whilst out, ceasing our community visits, and postponing the annual LEAP Face-2-Face meeting with the project's service partners.



Especially since we work with remote Aboriginal communities, we felt that travelling would be a large risk of us potentially bringing the virus into communities. We continue to work and connect together via online media platforms and the LEAP team sends our collective support and best wishes to our service partners and their communities at this very trying and uncertain time.

A link to the Australian Government's health alert page has been attached to provide readers with accurate, reliable and live updates regarding this virus.

[Coronavirus \(COVID-19\) Health Alert Page >>](#)



---

## 2020 & What is Expected

The start of 2020 has been unexpected and not off to the start we had in mind with the all-consuming challenge of COVID-19. The LEAP team has approached this pandemic by maintaining our main monthly meetings with our partners and the services we work with, to remain connected online, offer support and ongoing opportunities for peer learning, as well as share resources between services and LEAP.

LEAP has been approved by NHMRC for a timing extension for the project to allow services more time to undertake their improvement activities, collect more data, and restart our visits with front line health care workers and members of community.

But in the meantime the LEAP team are focusing on filtering good and relevant resources to share with services, supporting CQI processes where needed and planning for later in the year.

---

A graphic with a dark blue background and light blue wavy lines on the left and right sides. The text "Service Partner Stories" is centered in white.

## Service Partner Stories

The LEAP team are so grateful to be working alongside services who provide great care and learnings with LEAP, one of our service partners TAIHS (Townsville Aboriginal and Islanders Health Services) has shared their story of dealing with the COVID-19 pandemic, from a community health service perspective.

### TAIHS Story

*“Heather Lee from TAIHS reports that things have been really challenging at the service, with a huge amount of effort going into preparedness, and keeping the community (especially elders) and vulnerable staff members safe from potential infection. A COVID screening tent is operational, and although some COVID testing of potential cases has taken place, no positive cases have been recorded, which is fantastic. Lots of health promotion messages have been going out to the community and there have been challenges in terms of phone systems, record systems, access to PPE and connectivity. One of the big concerns is that routine attendances have dropped considerably due to fear in the community – this is a real concern for chronic disease and antenatal/mums and bubs care into the future. Heather and the team wish all the best to all the other LEAP partner services as they deal with this pandemic – maintaining connections is really important.”*

### Gunbalanya Story

*“Staff at Gunbalanya have been extremely busy in securing the community and preparing for COVID-19. Timothy and other team members have been out and about in the community all day every day, speaking to people in language about how to keep themselves safe through protection against the virus. Community elders have been active in advocating for the road from Jabiru to be closed as another strategy to keep everyone safe. It’s fabulous to hear about such strong links between community and health service teams.”*



## Self-Care tips during COVID-19

The impact that COVID-19 has had on the way people work, live and study has been challenging.

Self-care is now more important than ever with everyone spending more time inside working, studying and caring for family and less time outside to socialise and connect with people and places.

Here are some common tips on boosting mental health and well-being during this pandemic;

1. Limit your exposure to media and only rely on Australian Government or reliable health organisations news.
2. Maintain your connections with your friends, family and work colleagues.
3. Keep routine where possible
4. Maybe even join some groups on social media.

[Tips on self-care during COVID-19 >>](#)

## Useful Resources For Services

- A new cultural safety portal for health professionals now available at HealthInfoNet.
- The National Indigenous Australians Agency (NIAA) have pulled together a great list of sites to check out.
- The NLC have created COVID-19 video messages in 18 languages.
- Animation video from the Kimberley.
- Mulungu Health Services deadly COVID-19 messages.
- Katherine West Health Board created great COVID-19 Posters.

## Corresponding links are below:

- [Cultural Safety Port...](#)
- [NIAA Link](#)
- [NLC Link](#)
- [Kimberley Animation Link](#)
- [Mulungu Health Services Link](#)
- [KWHB Posters Link](#)



## Centre of Research Excellence in STRengthening systems for InDigenous health care Equity (CRE-STRIDE)

The LEAP project is a CRE-STRIDE linked project. For more information on CRE-STRIDE please visit the link below.

You will be able to watch the **LEAP Storyboard** video at [CRE-STRIDE Storyboard](#) on YouTube!



Pictured is the CRE-IQI/CRE-STRIDE collaboration October, 2019.

[UCRH CRE-STRIDE Information >>](#)



### Photo Spot

Karen Carlisle came down to meet our new researchers in person, we loved having Karen come to visit us in Lismore.

She is a data wiz and has been sharing invaluable knowledge with our new team members.

Pictured left to right: Karen Carlisle, Kris Vine, Talah Laurie and Veronica Matthews

If you have a photo you would like to share with the LEAP project partners please do email us at [leap@jcu.edu.au](mailto:leap@jcu.edu.au)

Thank you!

## Responding to COVID-19 with the gift of music

East Arnhem Land's gifted singers and musicians came together to put on a live show in response to COVID-19. The Facebook live streamed video included a set of four songs showcasing the very best of Arnhem Lands

musicians, their stories and passion for driving connection, whilst at the same time amazing an audience of over 53,000 viewers.

The link to this article and clips are below, enjoy!

[Click to view >>](#)



## NACCHO Aboriginal Health News

NACCHO Aboriginal Health News streams live and reliable news about the latest COVID-19 updates, discusses the risks and shares resources for Aboriginal communities.

For more information, go and visit [NACCHO Aboriginal Health News](#) by clicking on the link below

[Visit NACCHO Aboriginal Health News Here >>](#)



## More information

If you have questions or would like more information about anything you have read in this LEAP Project Update, please go to our website at [www.jcu.edu.au/TheLeapProject](http://www.jcu.edu.au/TheLeapProject) or email us at [leap@jcu.edu.au](mailto:leap@jcu.edu.au)

If you no longer wish to receive this Update please email [leap@jcu.edu.au](mailto:leap@jcu.edu.au) and your details will be removed from the distribution list.

The **Leveraging Effective Ambulatory Practices** (LEAP) Project is co-led by Dr Veronica Matthews and Professor Sarah Larkins and funded by the National Health and Medical Research Council of Australia ([1148660](#))

The LEAP Project is a partnership between:



We acknowledge Australian Aboriginal People and Torres Strait Islander People as the first inhabitants of the nation, and acknowledge Traditional Owners of the lands where our staff and students live, learn and work.



This email was sent by CMD Communications, 1 James Cook Drive, Douglas Qld 4811 to  
sarah.larkins@jcu.edu.au