Walking Together: Shared Decision Making and Medicines Stewardship for Aboriginal and Torres Strait Islander People

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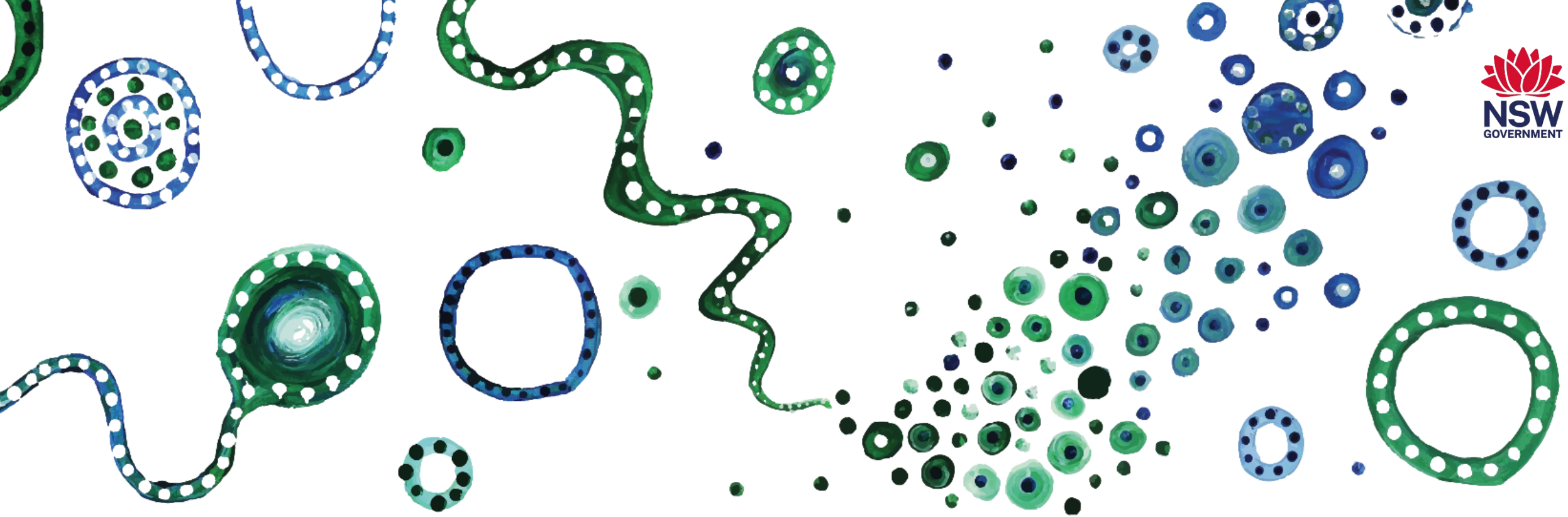
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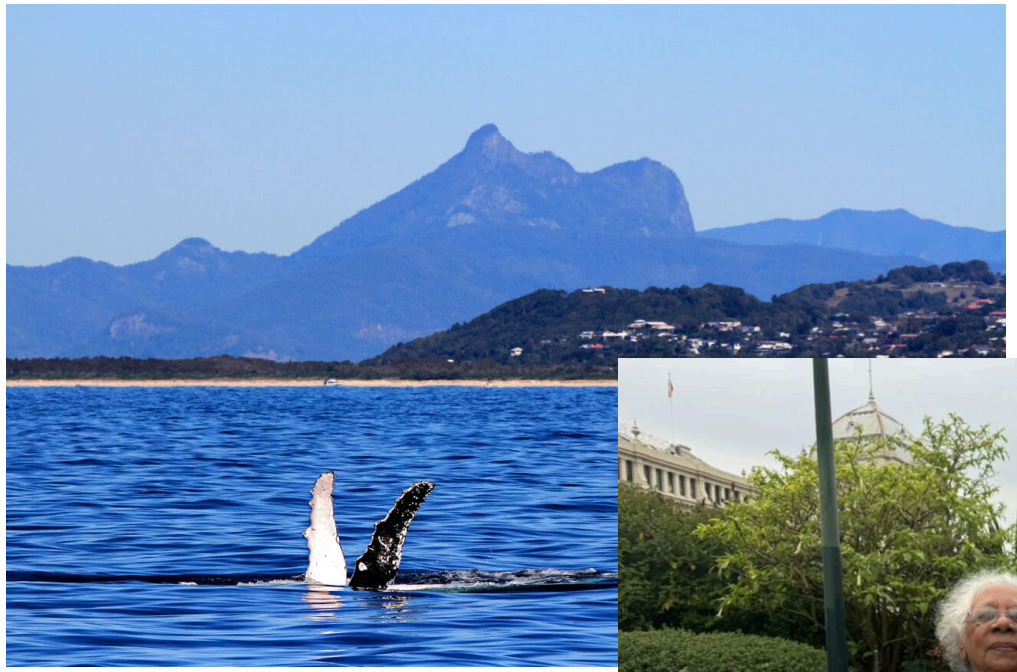




We acknowledge the traditional custodians of the land that we work on.

We pay our respects to Elders past, present and emerging, and extend that respect to other Aboriginal peoples present here today.

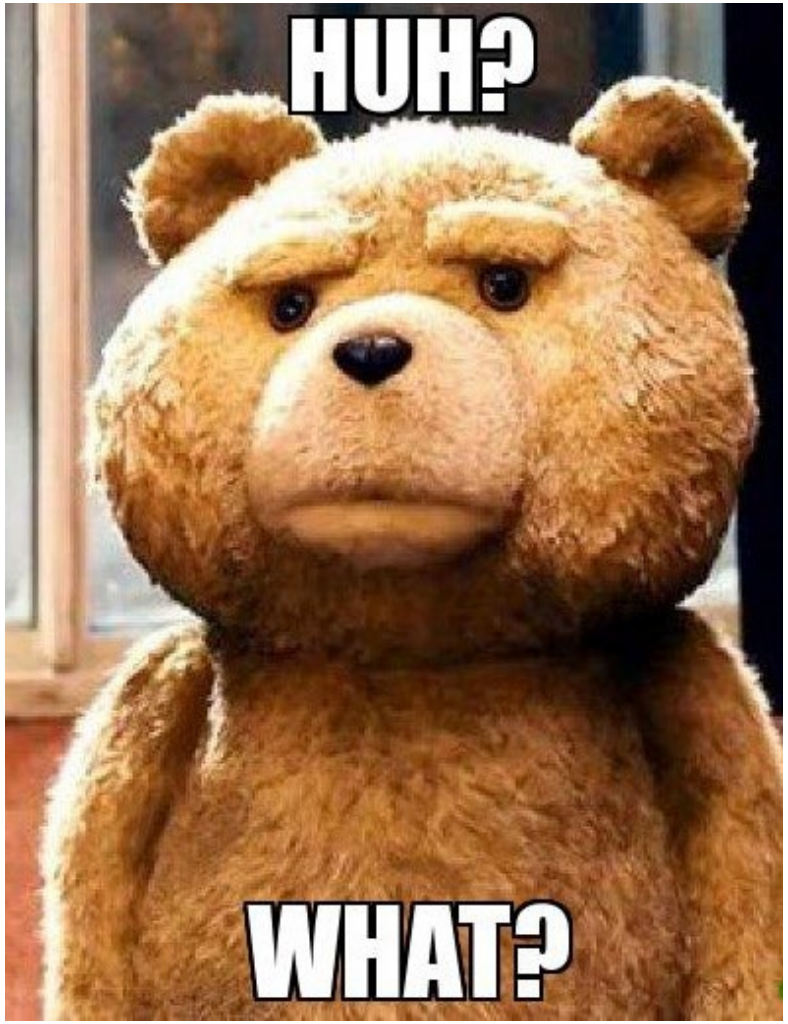
Where I Come From







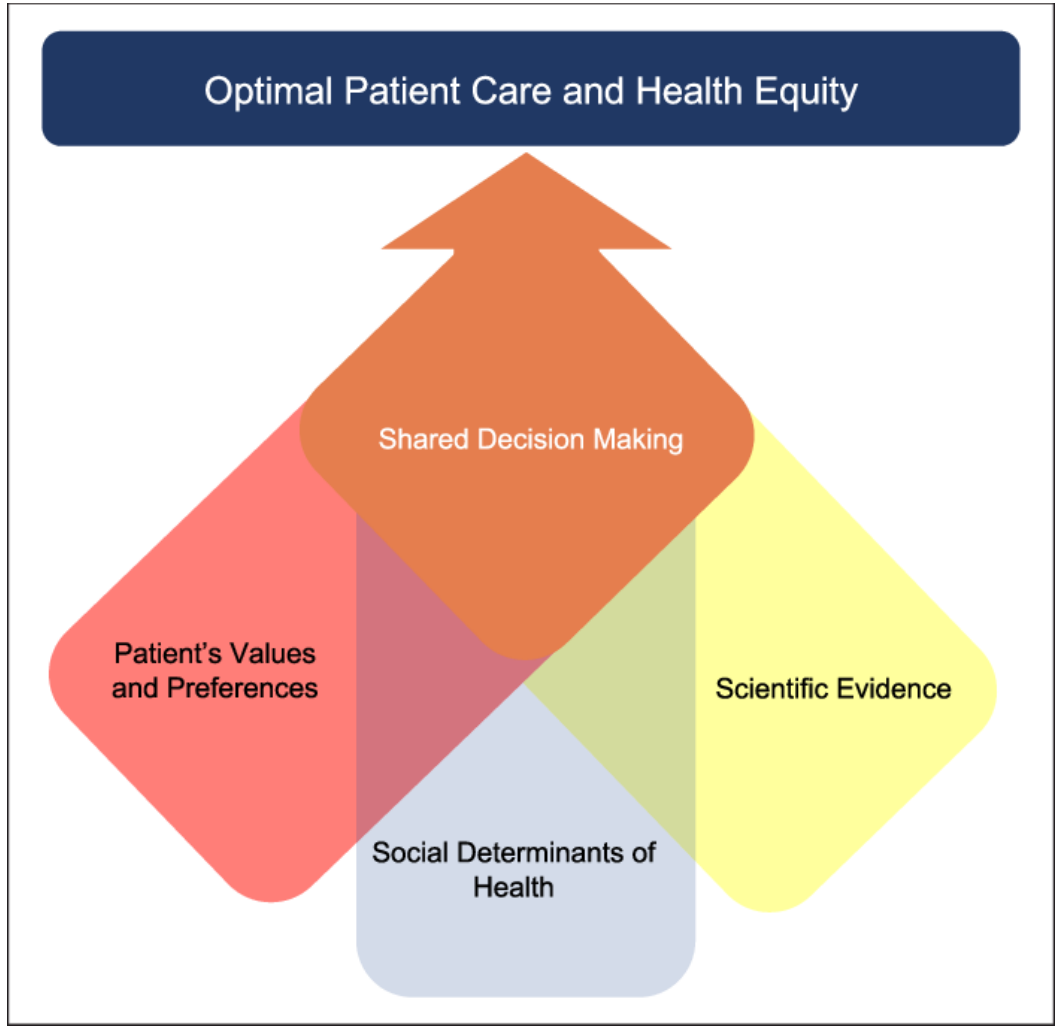
Starting with the Why…..

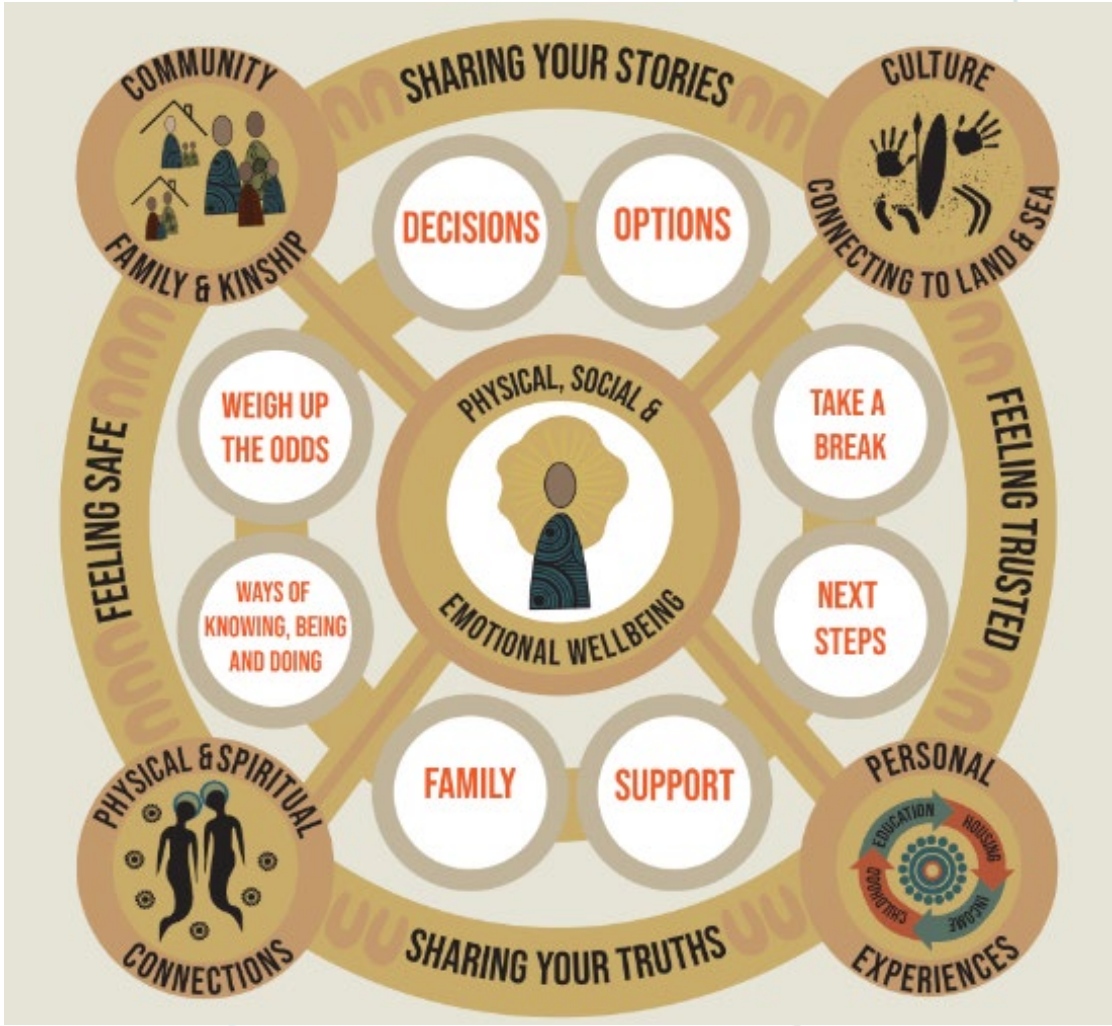




"I didn't know I could do that!!"

Shared Decision Making





Introducing the Finding Your Way tool

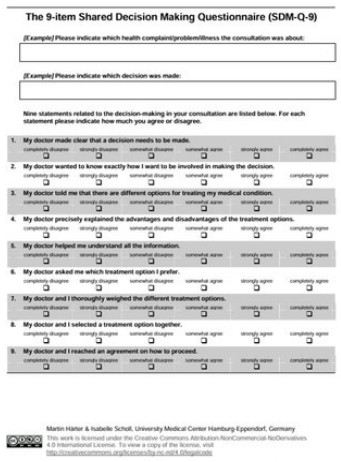
- A culturally safe model for Shared Decision Making with Aboriginal and Torres Strait Islander people
- Created with mob, for mob, in NSW Australia
- Developed over six weeks in August 2021, in response to the COVID-19 pandemic
- Developed as a tool to support conversation about and uptake of COVID-19 vaccinations with Aboriginal and Torres Strait Islander people

OUR JOURNEY SO FAR

Supporting Shared Decision Making (SDM)

2010

SDM-Q-9


The 9-item Shared Decision Making Questionnaire (SDM-Q-9)

[Example] Please indicate which health complaint/problem/illness the consultation was about:

[Example] Please indicate which decision was made:

Nine statements related to the decision-making in your consultation are listed below. For each statement please indicate how much you agree or disagree.

1. My doctor made clear that a decision needs to be made.
2. My doctor wanted to know exactly how I want to be involved in making the decision.
3. My doctor told me that there are different options for treating my medical condition.
4. My doctor precisely explained the advantages and disadvantages of the treatment options.
5. My doctor helped me understand all the information.
6. My doctor asked me which treatment option I prefer.
7. My doctor and I thoroughly weighed the different treatment options.
8. My doctor and I selected a treatment option together.
9. My doctor and I reached an agreement on how to proceed.

Martin Härter & Isabelle Scholl, University Medical Center Hamburg-Eppendorf, Germany

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2012

Question prompt lists (ASK)



2021

Development of *Finding Your Way*

Culturally-responsive SDM model, co-designed by and with Aboriginal people in NSW



2024

Cultural adaptation of SDM measure

Delphi study conducted to culturally adapt the SDM-Q-9 measure; development of CA-SDM measure

2024

Using FYW to improve SDM in bowel cancer screening

Community-based yarning to adapt and develop local SDM resources



NHMRC Partnership Grant: *Finding Your Way- Supporting SDM in Practice*

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2025-

- Validate CA-SDM measure
- Test effectiveness of FYW model and resources in supporting SDM

Dunghutti Way

Mid North Coast Local Health District

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Medicines Stewardship: Safer Use Starts with All of Us

"Medicines stewardship is not just about managing medicines. It is about partnering with people to achieve the outcomes that matter most to them."

Culturally safe shared decision-making asks harder questions

- Whose knowledge counts?
- Who determines the options?
- Who defines risk?
- Whose priorities determine success?
- Who gets to decide?

Changing the relationship

From ***"This is what you need to take"*** *to* ***"Here are our options. Here is what we know. Tell me what matters to you and let's work this out together"***

Does the person sitting in front of us know that their voice has authority?

“Do they know they can ask questions?”

“Do they know they can disagree?”

“Do they know they can involve family?”

“Do they know they can say no?”

For Indigenous people

- It is about more than communication
- It is about agency
- It is about self-determination

Challenging us to do healthcare better

“With people, not to people”

Acknowledgements

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Aboriginal Shared Decision-Making Governance Group

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Aboriginal Community, Aboriginal and Torres Strait Islander Health Workers and Practitioners and my growling list of Indigenous Health Researchers (Nationally and Internationally)

Thank you, Questions

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