

Model of Care: Powerful Nunga Mums, Strong Healthy Bibi and Families

Improving care, support and knowledge of women who experience cardiometabolic complications in pregnancy



Australian National University

The *Powerful Nunga mums, strong healthy Bibi and families Model of Care* is driving meaningful change for culturally informed action and system-level reform in South Australia.

The Model of Care supports the health of women and their babies with cardiometabolic complications of pregnancy and aids in the prevention and management of cardiometabolic disease in the short and long-term. It was co-designed by Aboriginal women with lived experiences of cardiometabolic complications in pregnancy.

What needs to happen now! Urgent, new system and program priorities



Digital Toolkit for e-health monitoring during and after pregnancy: Developing and deploying a digital e-health toolkit to guide antenatal, pregnancy and postnatal care for Aboriginal women and their healthcare providers that outlines: care pathways, follow-up schedules, post-hospital checks, long-term diabetes and heart disease risks, available supports and services, healthy living information, and guidance for GPs supporting new mothers.



Culturally tailored online perinatal resources: Clear and relevant information to support empowered decision making for Aboriginal women and their families.



Peer Support Networks for women during and following pregnancy: Providing vital connections and culturally relevant guidance during the maternal health journey for Aboriginal women and their families.



Chronic Disease Care Plans: Supporting maternal and baby health and wellbeing beyond pregnancy and birth in primary health care. This includes maternal check-ups aligned with baby immunisations, and chronic condition management in primary care.



Nutrition Options and Education: Developing information, resources and funding health care workers to support women's knowledge and access to quality, nutritious and affordable food that assists in the management of cardiometabolic complications.

Short Term Immediate 1-2 Years

- Online culturally tailored perinatal resources
- Chronic conditions care plan that is delivered in primary care and extends beyond 2 years from pregnancy
- Digital toolkit and e-health monitoring throughout and beyond pregnancy
- Nutrition options and education
- Peer support programs for mums throughout their pregnancy journey

Medium Term 2-3 Years

- Culturally safe accommodation and dedicated housing
- Develop flexible policies that allow safe births in regional hospitals

Long Term 4-5 years

- Pre-conception and maternity care that creates multiple opportunities for cardiometabolic screening
- Incorporation of culturally oriented care protocols that support the Aboriginal Family Birthing Program

Urgent system improvements



Flexible regional birthing policies: Prioritising access to culturally safe birthing options in regional areas and closer to home, supporting women to make informed decisions about where and how they give birth, surrounded by the support and care that best meets their needs.



Travel reforms: Providing resources and reforms to support funded travel and accommodation for women and families. Increase access to the Patient Assisted Travel Scheme (PATS) and reduce out of pocket expenses for women and families.



Cultural Safety training: Prioritising and implementing mandatory cultural safety and trauma informed all staff training and policies across health services.



Strengthen Aboriginal workforce: Prioritising and expanding Aboriginal workforce, and increasing access to Aboriginal Family Birthing Programs for Aboriginal women and their families particularly when experiencing a medically complex pregnancy.



Increase access to telehealth specialist appointments: Enhancing health care accessibility and affordability for women and the upskilling of community health care workers.



Holistic support and care: Implementing support and care initiatives that drive culturally safe and holistic care, such as access to social supports and birthing planning.

Short Term 1-2 Years

- Training for staff on Edinburgh Depression Tool to improve cultural safety.
- Cultural safety for all staff
- PATS travel reforms
- Increased access to Aboriginal Family Birthing Program across the State
- Increased access to telehealth for specialist care

Medium Term 2-3 Years

- Roll out birthing care programs that recognise partner and family involvement
- Increase breastfeeding support programs for Aboriginal mothers

Long Term 4-5 years

- Include pre-pregnancy planning into the Medicare Health Assessments for Aboriginal and Torres Strait Islander People (MBS 715)

More information on the *Powerful Nunga Mums, Strong Healthy Bibi and Families Model of Care* is available at www.thekids.org.au/projects/powerful-nunga-mums-strong-healthy-bibi-families or scan the QR code.

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Artwork by Kurna, Ngarrindjeri, Narungga, Wirangu artist Gabriel Stengle, and is her reflections on journeys for mothers, baby and families during pregnancy. This project received MRFF funding from the Australian Government's Translation Research Accelerator program, delivered by MTP Connect.

