

Evidence Used and Rationale

Kimberley Clinical Guidelines

Healthy Living

Updated: 2023

Rationale:

This guideline is designed to support Aboriginal Health Workers and other clinicians conducting a 715 Health Check with the target age group of 15 to 49 years, prior to the onset of chronic disease. However, healthy living discussions can and should be incorporated into any patient encounter.

Each section of the guideline protocol can be used independently as a brief intervention but many of the factors are interrelated. It is important to acknowledge that the conditions in which people live, work and socialise can both cause and exacerbate health conditions (the social determinants of health) and that culture is integral to Aboriginal health and wellbeing (Kickett-Tucker et al 2016).

Review and input received from:

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- Dr Sarah Straw – Physician and Head of Unit, WACHS
- Sue Luketina, Kimberley Suicide Prevention Coordinator, Kimberley Mental Health and Drug Service (KMHDS), WACHS
- Trinda Kunzli Rix, Allied Health Team Leader/Dietitian West Kimberley, Boab Health Service

Discussion points:

Evidence has been sourced from specific resources for each section as outlined in the resources and reference section below. However overall guidance for the guideline was sought from:

- Couzos, S., Cordwell, L., Peiris, D., & Senior, T. (2012). [National guide to a preventive health assessment for Aboriginal and Torres Strait Islander people](#) (3rd edn).
- Couzos, S., & Murray, R. (2008). *Aboriginal primary health care: an evidence-based approach* (3rd edn.). Oxford University Press. (Chapter 5 'The Well Person's Health Check').

In this revision, a number of sections of the guideline have been updated to reflect changes in national guidelines (e.g. alcohol and physical activity guidelines, The Australian Immunisation Handbook) and updates to other Kimberley Clinical Guidelines. Other changes in the 2023 revision include:

- The addition of information regarding the importance of Country, culture and spirituality in the health and wellbeing of Aboriginal people. Research has clearly demonstrated connecting to Country, culture and spirituality is fundamental to the resilience and positive social and emotional wellbeing (SEWB) of Aboriginal people.
- The addition of information on healthy weight. Emerging evidence demonstrates the impact of weight bias and weight stigma and as such it is important to provide information to Kimberley clinicians on how to have non-judgmental, non-stigmatising conversations regarding weight. This does not necessarily need to include physical measurements, however consultation with clinicians suggested that waist circumference, BMI and waist-to-hip ratio targets should be included to provide clinical indicators for both baseline measurements and progress.
- Physical activity section retitled to exercise and definitions of vigorous and moderate activity included (based on talk test).
- Addition of information on the free HBV vaccination program for Aboriginal adults in Western Australia.
- Additional information included on cervical screening.
- New information included on COVID-19 vaccination.
- Additional information added under 'physical examination' including:
 - Lung and heart screening
 - Nerve, muscle and abdomen checks
 - Ear, eye and mouth screening
- Additional information provided under 'skin check', prompting clinicians to look for several skin conditions present in the Kimberley.
- Two additional questions added under 'family history'.

Other Resources:

Information included in the healthy living protocol has been sourced from the following resources:

- [Australian dietary guidelines](#)
- [Australian guidelines to reduce health risks from drinking alcohol](#)
- [Australian Immunisation Handbook](#)
- [Australian physical activity and exercise guidelines](#)
- Glycemic Index Foundation: [low GI explained](#)
- [Heart Foundation](#)
- [Kimberley Clinical Guidelines:](#)
 - Deliberate Self Harm and Suicidal Behaviour
 - Diabetes
 - Leprosy
 - Preconception Care
 - Smoking Cessation
 - STI screening
- Royal Australian College of General Practitioners, National guide to a preventive health assessment for Aboriginal and Torres Strait Islander people, Chapter 4. [The health of young people: Illicit drug use](#)
- Royal Australasian College of Physicians and the Royal Australian and New Zealand College of [Psychiatrists Illicit Drugs Policy: Using evidence to get better outcomes](#)
- WA Department of Health Silver Book: [STI screening recommendations in pregnant and post-partum women](#)

Endorsed by the Kimberley Aboriginal Health Planning Form out of session 27/10/23