

Koolungar Moorditj Healthy Skin Newsletter

APR 2024

WELCOME TO OUR 2ND EDITION

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Uncle Noel Nannup & Aunty Dale Tilbrook!

s Elder researchers and investigators, Uncle Noel and Aunty Dale have been integral to the successes of the Koolungar Moorditi Healthy Skin project. They have provided strong cultural guidance and governance since the project's inception in 2019 after codesigning the methodology and establishing the guiding principles of respect, reciprocity, capacity building and community involvement. Both Uncle Noel and Aunty Dale are strongly embedded within the Noongar community, and amongst their busy schedules always find time to share stories with the team. Aunty Dale is the owner and operator of Maalinup Gallery where she showcases Noongar art, language and culture, she works alongside Tourism WA, and is on a number of other projects. Uncle Noel is a cultural guide, and mentor, he has worked throughout his life to promote public awareness of the importance of caring for the environment and is dedicated to educating people about the rich culture of Aboriginal people and the land. Congratulations to Uncle Noel for being appointed an Adjunct Senior Research Fellow at the University of Western Australia.



We would like to take this opportunity to sincerely thank both Uncle Noel and Aunty Dale for continuing to share their knowledge, time, and commitment to this work.

We look forward to walking alongside you both in the new and ongoing projects to achieve healthy skin for all koolungar.

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Sharing Key Results

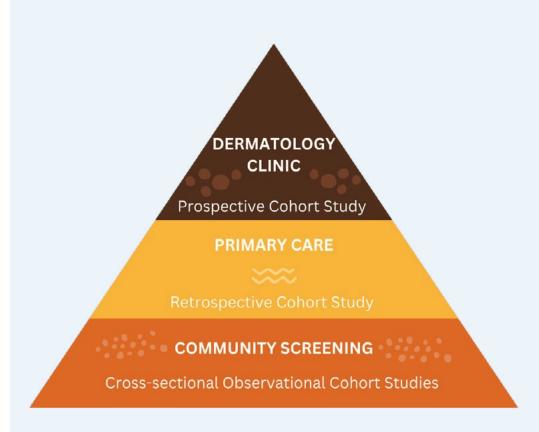
from The Koolungar Moorditj Healthy Skin Project

DERMATOLOGY CLINIC

Prospective Cohort Study: Derbarl & SWAMS Paediatric Dermatology Clinics

To investigate the spectrum of skin diagnoses in urban-living Aboriginal children to inform dermatology service provision, we conducted a prospective cohort study of Aboriginal children attending paediatric dermatology clinics at two urban Aboriginal Community Controlled Health Organisations (ACCHO). Over 19-months, data was collected from 32 clinics. Average attendance rate was 74% with 218 episodes of care provided. 72 new patients were recruited into the prospective cohort study (92% recruitment rate), only one of whom had attended specialist dermatology prior. Nearly 50% of referrals were for eczema (atopic dermatitis), ringworm (tinea) or acne; and 60% of patients received their first appointment within 4 weeks of referral. At first consult, 205 skin disorders were diagnosed in the 72 patients, with 80% of patients having 2-4 skin conditions. The most frequent dermatological diagnoses (primary or secondary) were eczema (atopic dermatitis, 26%, 19/72), ringworm (tinea infections, 25%, 18/72), acne (21%, 15/72), skin sores (impetigo, 18%, 13/72) and post-inflammatory pigment change (18%, 13/72).

This study demonstrated benefits for Aboriginal children in accessing specialist care when dermatology clinics are co-ordinated by Aboriginal Health Practitioners and embedded within ACCHOs.



PRIMARY CARE

Retrospective Cohort Study: Derbarl Primary Care Clinic

To investigate the primary care burden and clinical characteristics of skin concerns affecting urban-living Aboriginal children, we conducted a 1-year retrospective audit of urban-living Aboriginal children and young people (0-18 years) presenting for general practitioner (GP) consultation at Derbarl Yerrigan Health Service, East Perth. The study included 585 urban-living Aboriginal children; the median age was seven years, 50% were female and 99% resided on Whadjuk Noongar boodjar. The results indicated skin conditions account for a significant proportion (26%) of the GP workload, with a high burden of skin infections and dermatitis (eczema) identified for the first time in this setting. Bacterial skin infection (skin sores/impetigo) affected one in eight urban-living Aboriginal children presenting to Derbarl, with early and appropriate treatment minimising recurrent infections and hospitalisation.

This study demonstrated the value of culturally-secure, multidisciplinary skin health assessment models within primary care to achieve optimal outcomes for patients and their families.



Sharing Key Results

from The Koolungar Moorditj Healthy Skin Project

COMMUNITY SCREENING

Cross-sectional Observational Studies: Derbarl & SWAMS Community Skin Screening Weeks 2022

To holistically describe skin health and document skin disease frequency in urban-living Aboriginal children, and to investigate disease associations for commonly identified skin disorders, we conducted a cross-sectional observational cohort study of urban-living Aboriginal children and young people (0-18 years) recruited from the waiting rooms of two urban Aboriginal Community Controlled Health Organisations (ACCHO). Participants completed a questionnaire, skin examination, clinical photos, and swabs, and received appropriate treatment.

Over two weeks in the term three school holidays of 2022, we recruited 164 children of whom 149 (91%) were urban-living Aboriginal children. Among this cohort, over half (78/148, 53%) of parents described a current skin, hair, or nail concern in their child. Parents had a great understanding of their child's skin condition, showing high accuracy for diagnosing skin sores (impetigo, 96%), ring worm (tinea, 92%) and eczema (atopic dermatitis, 89%).

The most prevalent skin conditions on examination were eczema (18%), head lice (18%), ringworm (12%) and skin sores (7%). Consistent with the research-service model, 40% (60/149) of all screened children



were referred to the paediatric dermatology clinic for treatment; with 83% (50/60) receiving sameday assessment (mostly for eczema and skin infections) and 17% (10/60) referred for later-day assessment. Disease associations for skin infections revealed living in social/public housing to be associated with increased odds of having head lice, ring worm and skin sores; while frequent bathing (at least second daily) and regular swimming in a chlorinated pool (at least monthly) were protective for skin sores.

Bush medicine for skin health remains highly relevant for urbanliving Aboriginal children and their families, with 10% using bush medicine for everyday skin care and 41% for skin problems. Sunburn was frequent, with nearly two thirds (65%) of all children reporting past sunburn and 15% reporting more than 10 past sunburns. Further, in children with fairer skin phototypes (II and III), nearly a quarter (23%) reported more than 10 sunburns, with less than half (45%) regularly using sunscreen in summer.

The Koolungar Moorditj Healthy Skin project is the first co-designed Australian study to describe skin health and disease in urban-living Aboriginal children; the results of which have been used to inform dermatology service provision, treatment recommendations and clinical factsheets, and relevant strengths-based health-promotion resources.

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Kaal Tackles Eczema Storybook Launch

ast month we officially launched Kaal Tackles Eczema, a children's storybook following a proud Noongar boy named Kaal (the Noongar word for fire) who loves his footy but tackles a new and unexpected challenge this season... eczema. The storybook's development was led by the Wardandi community advisory group members in collaboration with the project's research team after study results highlighted the impact eczema is having on urban-living Aboriginal koolungar. This rhyming storybook incorporates Noongar language and encourages children to speak to an adult about their skin, with parents reminded to seek medical

advice. It focuses on courage, resilience, and strong families.

The storybook is illustrated by the multi-disciplinary artist and designer Tyrown Waigana and graphic design by the talented Kelli Savietto. Language review and content was provided by Charmaine Councillor from Wardandi Miya-K Kaadadjiny (WMKAC).

The authors had the wonderful opportunity to soft launch the storybook with three reading sessions to the koolungar at Djidi Djidi Aboriginal School in Bunbury (Wardandi Boodjar). Special thank you to Karen Auguston and the Djidi Djidi Aboriginal School staff for hosting us.

The official launch took place at the Dolphin Discovery Centre along Koombana Bay. We had the privilege of being Welcomed by Aunty Melba Wallam and joined by community members from Wardandi boodjar and the SWAMS CEO Lesley Nelson and staff.

Special thank you to Jessica Gibson from CeraVe for your kind donation of goodie bags full of skincare products for the official storybook launch.

You can read more about the storybook, download a copy or listen to a reading at Healthy Skin Books.









Kaal Tackles Eczema Storybook Launch









The storybook launch has gained some media coverage, you can check out some of the articles and interviews here:

Bunbury Herald
National Indigenous Times
The Wire

You can also download a copy of Kaal and his family colouring page here:

Telethon Kids Institute

The project team are working hard to distribute the storybooks across the Noongar Nation to health care centres, primary schools, libraries and community organisations. If you are interested in a hard copy, please email the team on:

kmhs@telethonkids.org.au



MRFF Success & Project Details

Moorditj Marp (Strong Skin): Evaluation & Development of Culturally Relevant Healthy Skin Storybooks

ith the success of a Community-Led Research Grant from the Medical Research Future Fund. we will soon be commencing a project to evaluate the effectiveness of Kaal Tackles Eczema as a health promotion tool for children and their families with eczema. The learnings of this evaluation will be applied to the development of a series of healthy skin storybooks following other important topics. Uncle Noel Nannup and Aunty Dale Tilbrook will continue in their role as Elder

researchers on this project and community advisory groups will also continue under a new title, the Aboriginal Community Steering Group (ACSG). Special thank you to our continued and NEW partner organisations for their support in making this successful:

- DYHS supported by Tracey
 Brand and Dr Richelle Douglas
- SWAMS supported by Lesley Nelson and Jodie Ingrey
- Cancer Council WA supported by Sally Blane and Catalina Lizama

- PCH/CAHS supported by Dr Stephanie Weston
- FSH/SMHS supported by Dr Alan Donnelly

We look forward to keeping you updated as this exciting project progresses. If you are a community member and would like to hear more about how you can be involved, please email the team.

kmhs@telethonkids.org.au



Music Video Launch Moorditj Skin Means Moorditj Health!

n July last year (2023), we officially launched the Moorditi Skin Means Moorditi Health music video. This engaging health promotion music video was led by the Whadjuk community advisory group members. With project results revealing skin infections were affecting urban-living koolungar, especially younger koolungar, the Whadjuk CAG prioritised development of a catchy, upbeat, and visually colourful music video. The lyrics are based on the '6 Steps for Moorditj Skin' messaging, »





Music Video Launch Moorditj Skin Means Moorditj Health!

« expanding the reach of this message and reinforcing the importance of moorditj skin for moorditj health. The music video was produced by Todd Russell and Mark Donohoe from The Digital Factory, a supply-nations certified organisation. A special thank you to the talented koolungar involved in the video and their families for supporting this piece. And thank you to everyone who joined us on the day to celebrate the official launch at the Institute!

We hope everyone enjoys this catchy video as much as we do!







2nd Edition Launched National Healthy Skin Guidelines

n the 23rd of October 2023 we officially launched the second edition of the National Healthy Skin Guideline. This was a wonderful morning celebrating the completion of this significant body of work and we were privileged to be joined by Uncle Nick Abraham who welcomed us to Country. Prof Asha Bowen then outlined the key new components of this second edition; being inclusion of new skin conditions more commonly experienced by urban populations (informed by the Koolungar Moorditj

Healthy Skin project), inclusion of evidence useful for health professionals in an urban context, and a new chapter on guidance for developing health literacy resources and great examples of some of those already available.

This guideline provides a detailed discussion of the evidence regarding treatment of skin infections in endemic settings. We anticipate they will be helpful to healthcare providers who work in these settings to improve diagnosis and treatment of these skin infections.



Download Guidelines



Clinic Updates DYHS & SWAMS

onthly paediatric dermatology clinics continue at Derbarl Yerrigan Health Service, East Perth. These clinics are coordinated by Ms Jacquie Rushford, Derbarl's Acting Coordinator of Paediatrics and Child Health, and Ms Rowie Winmar, Aboriginal Health Practitioner, and the clinics are now also attended by a dermatology trainee, Dr Jasmin Korbl. Thank you all for your enthusiastic involvement and collaboration in making these clinics such a success.

Monthly adult dermatology clinics also continue at Derbarl Yerrigan Health Service coordinated by Margarette Fisher, Aboriginal Health Practitioner, and in partnership with the South Metropolitan Health Service. These clinics represent an outreach service from Fiona Stanley Hospital, and we especially thank Ms Nyrene Jackson (Service Director Service 1: Cancer and Medical Specialties, Fiona Stanley Hospital), Ms Karen Tasker (Manager Outpatients, South Metropolitan Health Service), and Dr Richelle Douglas (Medical Director, Derbarl Yerrigan Health Service) for their great efforts in helping to establish this innovative model of tertiary specialist dermatology care within an urban ACCHO.

Rural Health West have confirmed funding for quarterly dermatology clinics to continue at the South West Aboriginal Medical Service, Bunbury, in 2024. Thank you to Ms Elsie Penny (Cultural Practice Leader, Child Family & Kinship Services, SWAMS), Ms Ellesha Gale (Indigenous Health Project Officer), and all those involved at SWAMS and Rural Health West for helping to make this happen.





New & Ongoing Projects

A bitter pill to swallow? Exploring more palatable options for oral treatment of tinea in children.

Tinea capitis, or ringworm of the scalp, is a contagious fungal infection that causes scalp itch, scaling and hair loss. It increases the chances of secondary bacterial skin infection, which can lead to more serious conditions such as sepsis, heart and kidney disease. Tinea capitis is a significant cause of childhood illness globally and a frequent diagnosis in the urban-living Aboriginal children who participated in the Koolungar Moorditj Healthy Skin (KMHS) project.

The most effective treatment for tinea capitis in children is with a tablet called terbinafine; however, there are barriers to using this treatment, including the tablet being bitter and requiring cutting to deliver appropriate doses that worsen the taste for kids, many children just can't finish the 2–3-month daily doses due to the bitter taste. Different strategies can be used to administer terbinafine to kids. Spoiler alert: Nutella is most frequently used! »

New & Ongoing Projects

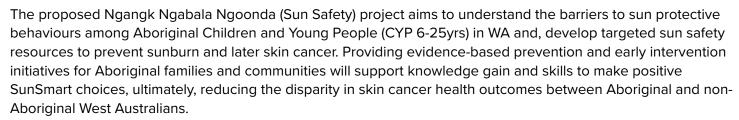
« This makes sense because chocolate, with its high fat content and enjoyable taste, is chemically well-placed to hide bitter flavours.

The challenges of tinea capitis treatment with terbinafine were brought to the KMHS project investigators and community advisory group members for discussion and led to a successful seed-funding application to formulate and evaluate the properties and palatability of a chewable terbinafine chocolate. In partnership with Community Advisory Group members, Prof Britta Regli-von Ungern-Sternberg (Perioperative Medicine Lead, TKI), and Prof Lee Yong Lim and Dr Ohkee Yoo (Division of Pharmacy, UWA), an ethics submission has been made. Following ethics approval, the first phase will proceed and involves optimising a few formulations and conducting preliminary taste tests with UWA students. We look forward to updating you on the progress of this project in due course.

Ngangk Ngabala Ngoonda (Sun Safety) of Aboriginal young mob of WA

Skin cancer, though less frequent among Aboriginal Australians, often presents at an advanced stage and with poorer prognosis compared to non-Aboriginal Australians. Through the Koolungar Moorditi Healthy Skin (KMHS) project we identified 65% of children had experienced past sunburn, with only 40-60% applying 2 of the 5 recommended sun-safe strategies. With ultraviolet radiation exposure before adulthood being the most critical risk factor for skin cancer, these results highlight the need for heightened awareness of skin cancer risk among Aboriginal people.

Additionally, Aboriginal Elder researchers, and community members identified a lack of culturally relevant sun safety health promotion resources.



Led by co-chief investigators, Prof Asha Bowen and Dr Heather-Lynn Kessaris, and in partnership with Community Advisory Group members and Cancer Council WA, a Healthway funding application has been submitted and we eagerly await the outcome!

Moorditj Marp (Strong Skin) – SHARE Program: Developing an Aboriginal Health Practitioner-Led Skin Health Assessment & Research Evaluation program for Aboriginal children admitted to the Perth Children's Hospital

Skin infections in Aboriginal CYP are under-diagnosed and under-treated in rural hospital settings. Compounding this, access to specialist dermatology care is challenging for Aboriginal CYP in WA, especially for those living in rural and remote locations, given pressures on existing public dermatology services that are predominantly located in tertiary hospitals in Perth. Underutilisation of dermatology services in tertiary hospitals by Aboriginal »



New & Ongoing Projects

« patients is seen, highlighting the need for improved cultural security in this setting. In keeping with this, the strengths of the Aboriginal Health Practitioner (AHP)-led model of care in the Aboriginal Community Controlled Health Organisation (ACCHO) sector are well recognised, with a focus on prevention, early intervention and culturally-safe care.

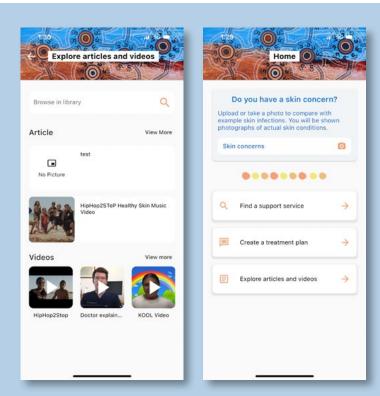
Combining the strengths of our research team working across WA to improve healthy skin for Aboriginal CYP inclusive of remote, rural and urban settings, the proposal for the Moorditj Marp - SHARE Program at Perth Children's Hospital (PCH) – Perth's tertiary paediatric hospital - for all Aboriginal CYP from across WA has emerged. Through a co-design process with Aboriginal Elders, and with community involvement we propose the development of an AHP-led, research-service Skin Health Assessment & Research Evaluation (SHARE) Program for Aboriginal CYP admitted to PCH. Opportunistic, culturally-sensitive skin examinations and strengths-based skin health education (yarning style) will be delivered by an AHP to consenting CYP. Where clinically indicated, inpatient consultation with a specialist dermatologist will follow, ensuring accurate diagnosis, treatment, and follow-up is provided to improve symptoms and quality of life; along with reduced contagion and prevention of potentially serious complications in the case of infection.

With the support and leadership of two Elder Researchers', wide consultation has progressed, with approval of the proposal received from relevant members of the research, clinical and Aboriginal communities. The primary objective will be to evaluate the SHARE Program in relation to effectiveness (health benefits to CYP, their family and the health service), acceptability (perceived social and psychological benefits to CYP, their family and the health service), equity (distribution of health resources among CYP) and efficiency (cost benefits to CYP, their family and the health service).

To our knowledge, this represents the first AHP-led research-service program in an Australian tertiary paediatric hospital to address inequity in health and access to health care, which if successful may have potential for expansion to specialties beyond dermatology.

Healthy skin app

This project emerged out of the SToP [See, Treat, Prevent Skin Sores and Scabies (SToP) Trial] and Koolungar Moorditj Healthy skin projects, where community members voiced the value of an accessible tool that provides users with realtime guidance on skin conditions. The app aims to support families to understand and manage skin conditions. Hosting a library of healthy skin resources and location specific service information, the app is currently in the last stages of community testing which will inform the final adjustments to be completed by the app developers before launching in the next few months. We look forward to sharing this with you soon! This project was led by Dr Hannah Thomas who has just gone on 12-months maternity leave. Congratulations on the safe arrival of your little one.



Team Updates

MEET ELOISE DELANEY

Eloise is a Research Assistant in the Healthy Skin and ARF team and over the past year has supported the KMHS project on a number of significant pieces. We hope you will have the opportunity to meet Eloise as she continues to support our



new and exciting projects into the future! Eloise has recently commenced a medical degree at University of Notre Dame.

DR HEATHER-LYNN KESSARIS

Dr Heather continues her dermatology training, which this year sees her completing the second year of training at the National Skin Centre in Singapore! Congratulations Heather on this great achievement. We know you will



learn so much and we also know the National Skin Centre is very lucky to have you! Dr Heather continues to be closely involved in the Koolungar Moorditj Healthy Skin project, and other projects, from afar.

CAROL MICHIE

Congratulations to Carol who has recently been appointed to the position of Co-Head of the Aboriginal Health and Wellbeing team at Telethon Kids Institute. Carol has been integral to ensuring our work is aligned with Aboriginal ways of knowing, being and doing,



and coordinating the involvement of Elder researchers in our work from the project's inception. We are so grateful for your continued guidance and knowledge you share.

MEET DR RACHEL BURGESS

Dr Rachel is an Aboriginal postdoctoral fellow at Telethon Kids Institute, based in Kununurra. Her extensive research career in culturally safe health promotion is adding immense value to our work, alongside Prof Asha Bowen, Dr Rachel will co-lead



the Moorditj Marp: Evaluation and Development of Culturally Relevant Healthy Skin Storybooks project.

PROFESSOR ASHA BOWEN

Congratulations to the KMHS project CI and Head of the Healthy Skin and ARF prevention team, Asha on her professorship in 2023, what an amazing achievement and reflection of all the remarkable work you have done.



MEET AGNES LOW

Agnes is the Executive Officer in the Healthy Skin, and ARF Prevention team. Agnes works closely with all the healthy skin projects providing outstanding and ongoing support. We hope you have the opportunity to meet Agnes in person!



WELCOME BACK DR INGRID AMGARTH-DUFF

Ingrid returns to the team and straight into all the exciting work after 9-months of maternity leave. So great to have you back!

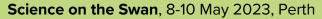




Presentations

During 2023 the team had the privilege of presenting the Koolungar Moorditj Healthy Skin project, its findings and outputs at several local, national, and international conferences.

Recent Projects





Join the convenction fellotists ALITS

ALATSIS

AIATSIS Summit, 5-9 June 2023, Perth



Lowitja Institute
3rd International
Indigenous
Health
& Wellbeing
Conference,
14-16 June 2023,
Cairns



PHAA Communicable Diseases & Immunisation Conference, 20 June 2023, Perth





25th World Congress of Dermatology,

3-8 July 2023, Suntec City, Singapore

Download Poster

Presentations

15th National Allied Health Conference, 7-9 August 2023, Perth



Model (largy San Mean Month) Land
Conception (Month) Conference of the Newton Management of the

World Congress on Rheumatic Heart Disease, 2-4 November 2023, Abu Dhabi

Child Health Research Symposium, 8-10 November 2023, Perth

We received top ranked abstract and best presentation of the symposium award!



Download Poster





Aboriginal Health Conference,



Telethon Kids Institute Research Seminar Series, 29 November 2023, Perth

Upcoming Projects

Australasian College of Dermatologists 56th Annual Scientific Meeting, May 2024, Perth

Manuscripts

"The burden of bacterial skin infection, scabies and atopic dermatitis among urban-living Indigenous children in high-income countries: a protocol for a systematic review"

Read Manuscript

"The burden of atopic dermatitis and bacterial skin infections among urban-living Indigenous children and young people in high-income countries: A systematic review"

Read Manuscript

Ranked in the top 10% of most accessed papers in Paediatric Dermatology!

"Describing skin health and disease in urban-living Aboriginal children: co-design, development and feasibility testing of the Koolungar Moorditj Healthy Skin pilot project"

Read Manuscript

"The Koolungar Moorditj Healthy Skin Project: Elder and Community Led Resources Strengthen Aboriginal Voice for Skin Health"

Read Manuscript

"Skin health of urban-living Aboriginal children attending a primary care Aboriginal Community Controlled Health Organisation clinic"

Available Soon

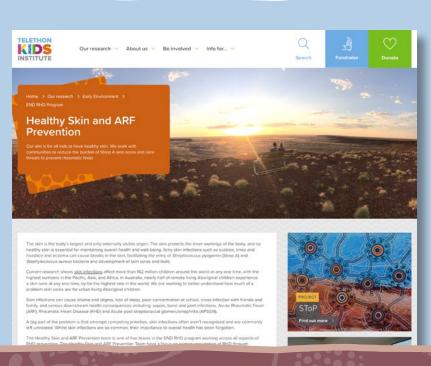
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New Website Is Up!

ur website has been updated!

Be sure to check out the new Healthy Skin and ARF Prevention team webpage to read about a range of current healthy skin projects.

The Resource Hub now hosts a variety of healthy skin resources for clinicians, families and individuals.





If you have any questions or concerns, please reach out to the team on kmhs@telethonkids.org.au

As the Koolungar Moorditj Healthy Skin Project formally wraps up, moving forward this newsletter will be renamed to 'Moorditj Marp (Strong Skin) Newsletter' and will encompass updates on the new projects mentioned above.

We acknowledge Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the land and waters throughout Australia and recognise their continuing culture, connection to the land, waters, and community. We acknowledge the Traditional Custodians of the land on which this project operates, the Wardandi and Whadjuk people of the Noongar nation. We pay our respects to their Elders past and present and honour their continued guidance and wisdom in our work to improve the health and development of all children.