

MARRABINYA NEWS

Newsletter

August 2019

Marrabinya Exceeds 41,000 Brokered Services

Targeting Six Lifestyle Chronic Diseases

Since the Marrabinya program commenced in November 2016, up until the end of June 2019 the program has brokered more than 41,900 supplementary support services for eligible clients living in the Western NSW Primary Health Network region.

Marrabinya is funded under the Commonwealth's Integrated Team Care (ITC) program by Western NSW PHN. The ITC program aims to improve outcomes for Aboriginal people through better access to multidisciplinary care and improved access to culturally appropriate services in mainstream primary care services.

Given the success of the Marrabinya program we must now focus on supporting appointments that assist our eligible clients to manage their diagnosed chronic disease. The diseases which we target are:

- | | | |
|-------------------------------|------------------|----------------------|
| 1. Cardiovascular Disease | 2. Liver Disease | 3. Diabetes Mellitus |
| 4. Respiratory Disease (COPD) | 5. Cancer | 6. Renal Disease |

If you do not have one of these diseases you may not be eligible to receive support from the Marrabinya Program. For more information please call 1800 940 757.

"The biggest barrier we face in this region is poverty, which unfortunately means our clients couldn't access the care they need or there is a significant delay. Which means our clients were receiving sub-standard care. Marrabinya have been able to remove this barrier..."

- Dr Amy-Lea Perrin



Marrabinya Staff, Face to Face Meeting 19 June 2019

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Marrabinya Presentation at Aboriginal Chronic Conditions Network Conference 27—28 August 2019

The incidence and burden of chronic disease for communities living in Western NSW is considerably higher than the NSW and Australian average. The high incidence of chronic disease is attributed to socioeconomic disadvantage, geographical isolation, low levels of access to health services, and poor health among Aboriginal people who comprise a significant proportion of the Western NSW population. Brewarrina, Central Darling, Walgett and Broken Hill Shires are ranked 1st, 2nd and 4th and 9th as the most socially disadvantaged LGAs in NSW. As a whole, communities within the Far West of NSW are ranked as the most disadvantaged in

NSW in terms of relative socio economic disadvantage. The burden of chronic disease for communities increases with geographical remoteness where the contributing factors are more extreme. Access to appropriate health services is a key challenge to the prevention and management of Chronic Disease in Western NSW. Many residents living outside the main population centres have to travel long distances to access primary health care. There is limited public transport and a low rate of motor vehicle ownership while the cost of accessing health services is often unaffordable for communities, particularly in areas of high socioeconomic disadvantage. The burden of chronic disease is a serious problem for Aboriginal and Torres Strait Islander people in the Marrabinya region, where the rate of hospitalisation for chronic disease is up to 100% higher than the rate of non-indigenous populations in the Far West of NSW. Maari Ma has developed a new program in response to the burden of illness and high level of chronic disease experienced by Aboriginal people in its service area and has appropriately named it 'Marrabinya', Marrabinya is a Wiradjuri word meaning 'hand, outstretch thee'. Marrabinya was designed to lend a helping hand to Aboriginal people. Aboriginal or Torres Strait Islander people, living in the Western NSW PHN region who have a diagnosed chronic condition, are enrolled for chronic disease management in a general practice or AMS,

have a GP management plan in place, and are referred by their GP. The chronic diseases prioritised under Marrabinya are cardiovascular disease, diabetes, chronic respiratory disease, chronic kidney disease, liver disease and Cancer. Operating as a brokerage service, Marrabinya is accessed via all of the General Practices in western NSW who care for Aboriginal people. A central 1800# (1800 940 757) and direct email have been communicated to all mainstream general practices and AMSs. Any practice with an Aboriginal client eligible for the service can refer to Marrabinya. The referral is assessed within 48 hours and feedback is provided to the referring GP. Accepted referrals are assigned to a care link worker who follows up directly with the client and keeps the referring GP in the loop. The types of brokerage assistance provided includes payment of Specialist fees, diagnostic tests where a fee applies, travel and accommodation associated with attending out of town health appointments, and purchase or hire of medical aids where there is no other publicly funded program



Donna Jeffries Executive Manager

Mic Cavazzini Records Podcast with Marrabinya Team

Mic Cavazzini is a journalist and sound geek passionate about engaging people with ethics, health and the natural world. He produces the award-winning podcast *Pomegranate Health* for the Royal Australasian College of Physicians. Mic has also written for *The Medical Republic*, *Australian Doctor* and *The Canberra Times* and was a regular panelist on 2SER Radio's *Diffusion Science*.

In a former life, Mic worked as a research scientist at Oxford and the ANU, investigating neural computation and plasticity. He also enjoyed a few years at the front of the classroom, lecturing and coordinating for the Masters in Brain and Mind Sciences. But everyday human tales are Mic's greatest fascination.



Marrabinya team recording a podcast for the Royal Australasian College of Physicians. L to R: Jacob Bloomfield, Kym Lees, Possum Swinton, Sandra Ritchie, Desley Mason, Donna Jeffries, Gaby Bugg, Melissa Flannery & Joanne Bugg.

Royal Australasian College of Physicians

The Royal Australasian College of Physicians (RACP) is the professional medical College of over 17,000 physicians and 8,000 trainee physicians, often referred to as specialists, in Australia and New Zealand. Through the RACP, specialists:

Educate

Provide accredited specialist training to trainee doctors who have completed their medical degree and wish to further specialise as physicians in Australia or New Zealand. Provide continuing professional development and education for specialists who have completed their physician training and have become Fellows of the RACP. Assess Overseas Trained Physicians who wish to practise as physicians in Australia or New Zealand. Hold events including conferences, training sessions and continuing professional development workshops. Provide opportunities for physicians and trainee physicians to connect as a community of physicians in Australia and New Zealand

Advocate

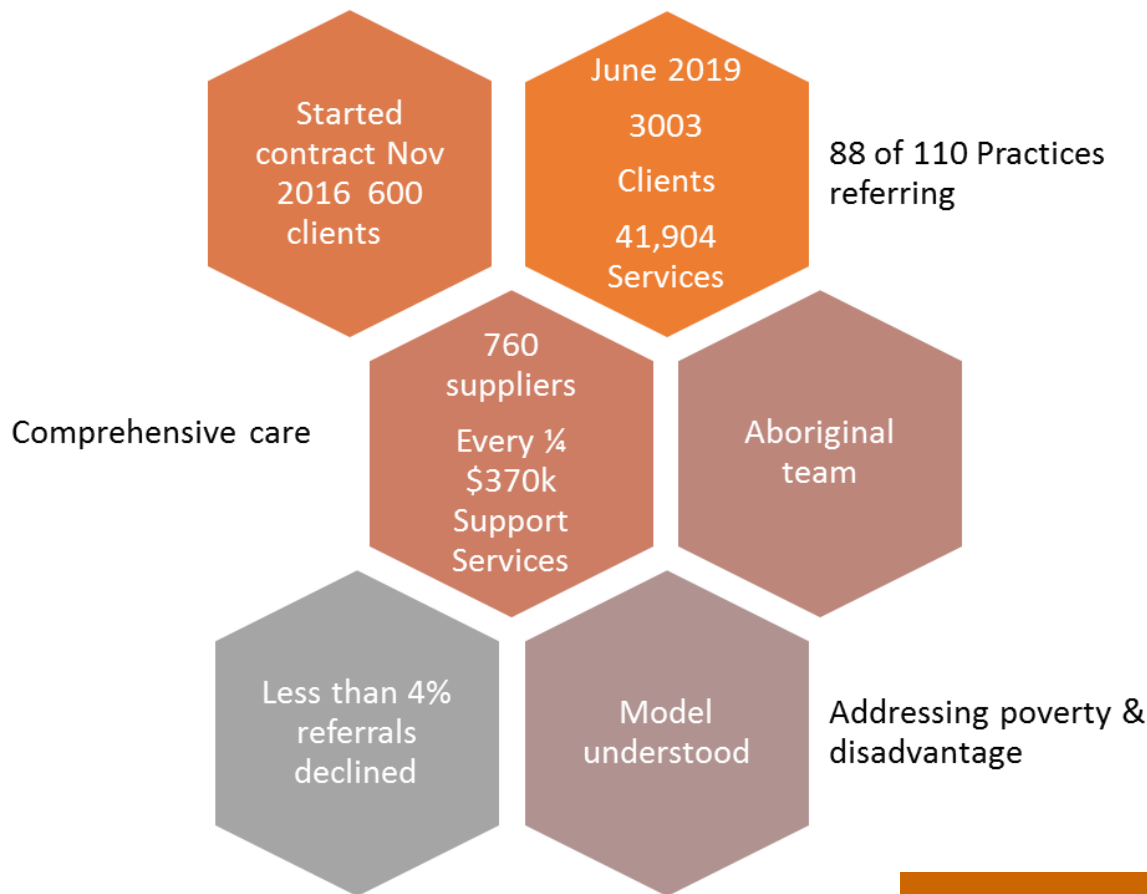
For healthcare policies that promote the interests of our profession, our patients and our communities

Innovate

Collaborate to lead innovation in the delivery of specialist medicine in a constantly changing world. Collaborate to develop world-leading medical education programs for the specialists of tomorrow. Support medical graduates, Fellows and trainee physicians education and research by awarding fellowships, grants and prizes to both early career medical researchers, and later career stage Fellows.

Marrabinya

Aboriginal Health in Aboriginal Hands



Exciting Results Thus Far

Marrabinya is an innovative brokerage service designed to assist Aboriginal and Torres Strait Islander people with a diagnosed chronic illness access Specialist appointments and medical aids to assist in managing their illness.

Started in November 2016 with 600 clients, up until 30 June 2019 we serviced 3003 clients, this is a 500% increase on our start up numbers after just over two years of operations. Over 80% of Practices in the region are engaged and referring to Marrabinya. Marrabinya have brokered 41,904 services for eligible clients. The model encourages comprehensive care with each referral requesting an average of up to 6 supplementary services – this means more Aboriginal and Torres Strait Islander people are spending more time with their GP planning their care and the supports required in the GP management plan. We have over 760 suppliers and in an average 3 month period our finance team will process more than 750 invoices which equates to approx. \$370k in supplementary service for our clients.

All Marrabinya staff are Aboriginal. Less than 4% of referrals are declined proving that the eligibility criteria for the program are well understood by general practice. GP & client are in the driver's seat. The Marrabinya model reduces barriers of poverty and disadvantage to accessing appropriate primary care.

Contact Us

For more information about the Marrabinya program and eligibility please give us a call.

[How to make contact with Marrabinya \(IHSS\):](#)

Phone: 1800 940 757
Fax: 08 8082 9889
Email inquiries to: ihss@maarima.com.au
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