



## Appendix 8

**This appendix was part of the submitted manuscript and has been peer reviewed.  
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Appendix to: Ilton MK, Walsh WF, Brown ADH, et al. A framework for overcoming disparities in management of acute coronary syndromes in the Australian Aboriginal and Torres Strait Islander population. A consensus statement from the National Heart Foundation of Australia. *Med J Aust* 2014; 200: 639-643. doi: 10.5694/mja12.11175.

## Appendix 8

### **Key considerations in planning successful cardiac rehabilitation programs for Aboriginal and Torres Strait Islander people (NHMRC)<sup>1</sup>**

- Ensure that cultural competency is integral to the core business of an organisation and supported at all levels within the organisation (e.g. employ Indigenous staff across the organisation, support cultural awareness training for non-Indigenous staff, ensure availability of and support for interpreters and cultural mentors).
- Involve Aboriginal Health Practitioners and family members in the care of patients and develop flexible approaches to raising awareness of the importance of cardiac rehabilitation.
- Ensure community involvement in planning, implementing and evaluating health promotion, including the development of culturally appropriate materials.
- Incorporate elements of cardiac rehabilitation and secondary prevention into existing activities or set up activities that draw on existing networks within the community.
- Develop and sustain partnerships between organisations (e.g. a hospital providing outreach cardiac rehabilitation services through the local Aboriginal Community Controlled Health Service).
- Take the specific needs of Aboriginal and Torres Strait Islander patients into consideration in planning and delivering mainstream cardiac services and develop policies and procedures to address these needs (e.g. identifying Aboriginal or Torres Strait Islander status, providing culturally-appropriate information on hospital discharge).

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<sup>1</sup> National Health and Medical Research Council (NHMRC). Strengthening Cardiac Rehabilitation and Secondary Prevention for Aboriginal and Torres Strait Islander Peoples. Canberra: NHMRC, 2005.