

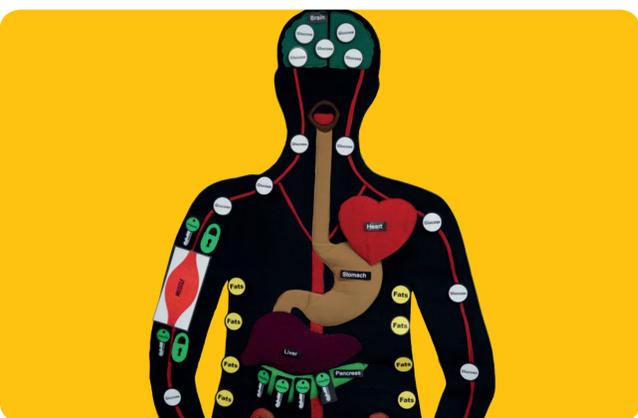
Feltmum™: A diabetes in pregnancy education tool for Australian Aboriginal Communities

Colin Mitchell^a, Jennifer Browne^b, Martin Plowman^a, Emily D'Amico^a, Kristie Cocotis^a, Joy Kingdom^a, Shakara Montalto^b, Simone Andy^b, Catherine McNamara^c, Carissa McQualter^a
^a Diabetes Victoria, Melbourne, Victoria Australia ^b Victorian Aboriginal Community Controlled Health Organisation, Collingwood, Victoria, Australia ^c Mercy Hospital for Women, Heidelberg, Victoria, Australia



Background

- Australia's Indigenous population, the Aboriginal and Torres Strait Islander people, proudly maintain the longest continuing culture in the world.
- Since colonisation of Australia, this population has experienced significant health inequalities, including a high prevalence of diabetes.
- Rates of gestational diabetes are 1.5 times higher in Aboriginal and Torres Strait Islander women than in non-Aboriginal women.¹
- Furthermore, the prevalence of type 2 diabetes in pregnancy is 10 times higher than in non-Aboriginal women.²
- Targeted resources are required to increase awareness and improve management of diabetes in pregnancy among Aboriginal and Torres Strait Islander women.
- The Victorian Aboriginal Community Controlled Health Organisation (VACCHO) is the lead advocate for Aboriginal health in the Australian state of Victoria, where Aboriginal people make up 0.7% of the population.³
- VACCHO works in partnership with Diabetes Victoria, the state's peak diabetes organisation, to improve diabetes prevention and management in the Victorian Aboriginal population.



The Feltman™ diabetes education tool

- In 2010, VACCHO and Diabetes Victoria launched the Feltman™ diabetes education tool following consultation with Aboriginal Health Workers.
- Feltman™ is a life-sized felt body showing the main organs involved in the digestion and metabolism of food, and the main parts of the body affected by diabetes.

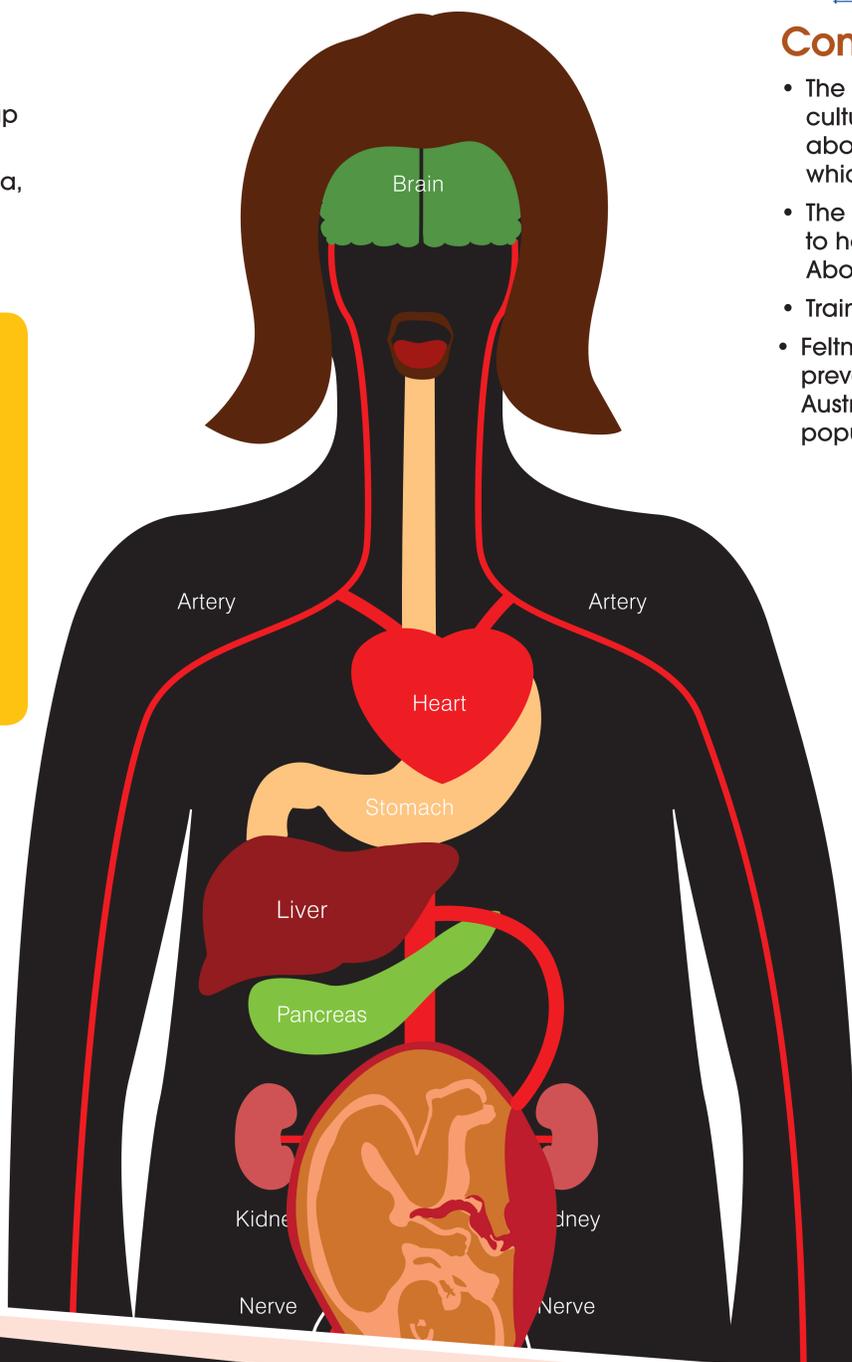
- Feltman™ has been distributed to approximately 60 health organisations across Victoria, including 26 Aboriginal community-controlled services.
- Evaluation revealed that Feltman™ was a highly acceptable diabetes education resource among Aboriginal Health Workers, however, was limited in its ability to be used for education about diabetes and pregnancy.⁴

Aims

- To increase awareness about diabetes in pregnancy among Aboriginal women in the Australian state of Victoria.
- To empower Aboriginal Health Workers to improve diabetes management during pregnancy through the development of targeted education resources for the Victorian Aboriginal community.

Methods

- In December 2013 a working group was formed to adapt the Feltman™ tool so it could be used as a resource to teach women about diabetes in pregnancy.
- The working group, led by Diabetes Victoria and VACCHO included Aboriginal Health Workers, midwives, diabetes educators, dietitians and health promotion professionals. Input was gathered from Aboriginal Health Workers and midwives who provide pregnancy care for Aboriginal women to ensure resources developed would be relevant and culturally appropriate for the Aboriginal community.



Results

- The working group developed Feltmum™, a diabetes in pregnancy add-on kit for the Feltman™ resource.
- Each Feltmum™ kit includes:
 - A felt baby, wig and uterine artery.
 - A set of 21 stick-on prompt cards.
 - A set of stick-on discs and keys showing glucose, insulin and pregnancy hormones.
 - A 'Key Messages' booklet.
 - A USB stick loaded with an Instructional Video (also available online <http://tinyurl.com/pk2wa79>).  Google search 'Feltmum video'

Conclusions

- The Feltmum™ kit provides Aboriginal families with culturally appropriate, evidence-based information about diabetes in pregnancy in a visual format which is easy to understand.
- The Feltmum™ add-on will be made available to health organisations in Victoria who work with Aboriginal women during pregnancy.
- Training in how to use the kit will also be provided.
- Feltmum™ fills an identified gap in diabetes prevention and management education for Australia's Aboriginal and Torres Strait Islander population.

References

- 1 Chamberlain, C., Joshy, G., Li, H., Oats, J., Eades, S. & Banks E. (2015). The prevalence of gestational diabetes mellitus among Aboriginal and Torres Strait Islander women in Australia: a systematic review and meta-analysis. *Diabetes Metab Res Rev*; 31: 234–247
- 2 AIHW 2010. Diabetes in pregnancy: its impact on Australian women and their babies. Diabetes series no. 14. Cat. no. CVD 52. Canberra: AIHW. Viewed 28 May 2015 .
- 3 Australian Bureau of Statistics (2012) Census of Population and Housing: Characteristics of Aboriginal and Torres Strait Islander Australians, Cat no: 2076.0
- 4 Browne, J., D'Amico, E., Thorpe, S., & Mitchell, C. (2014). Feltman: evaluating the acceptability of a diabetes education tool for Aboriginal health workers. *Australian journal of primary health*, 20(4), 319-322.

Conflict of Interest Disclosure:
 This poster does not contain any trade names.
 This poster does not cover any unapproved uses of specific drugs, other products or devices.



Mercy Health
 Care first