

WE BELONG

A PEER BASED REVIEW ON EXTENSION, INCLUSION & APPROPRIATENESS OF HEALTH CARE IN THE MULTICULTURAL COMMUNITIES



Anup J Pereira ¹
¹ Hepatitis ACT

Hepatitis ACT refines its model of health education based on participant's engagement and understanding.

Viral hepatitis affects almost 500,000 Australians. In 2016, 32% of Canberra's population was overseas-born. International students, skilled workers and dependents with temporary visa status also constitute the multicultural population. The focus of this presentation is on the inclusion and support of health services in the context of viral hepatitis for Canberra's Culturally and Linguistically Diverse communities.



Owing to the stigma surrounding hepatitis in most communities, a session termed "Liver health education" gathers more momentum.

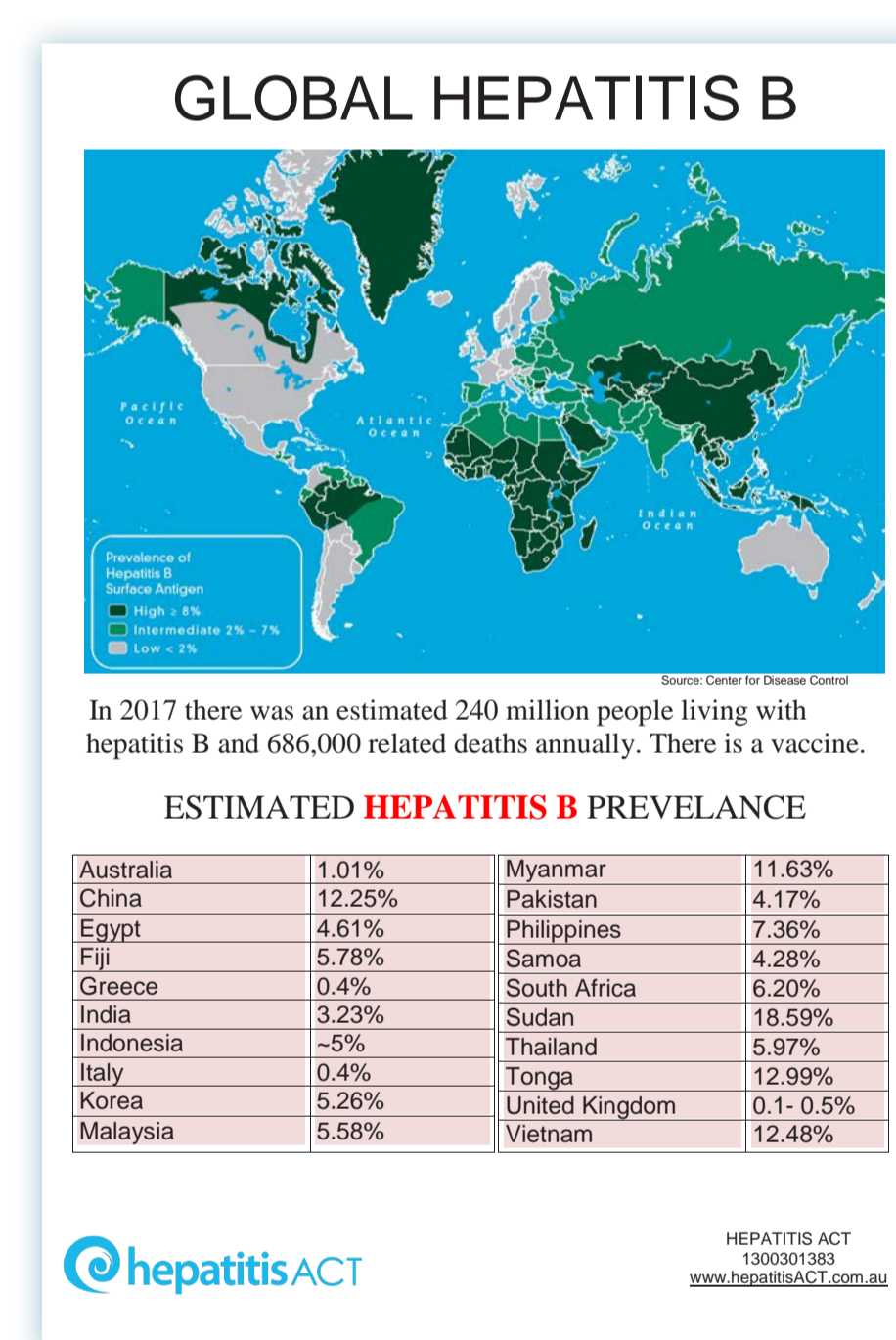
Cultural understanding, and appropriateness are key from the start to the finish of each session.



1 A traffic lights game is used at the session, which involves audience participation in deciding what is good and bad for the liver. A further discussion on the topic builds excellent rapport with the clients.



2 This evolves into discussions about the viral forms of hepatitis (A-E), with the use of pictorials, liver models and global prevalence maps.



3 Cancer is a subject that is often an eye opener, so the last section involves the explanation of progression of liver damage into liver cancer.



Language support is pivotal. Hepatitis ACT provides information about hepatitis in 40+ languages, gathers feedback through evaluation forms in multiple languages and provides factsheets that advise people where to get tested in the ACT region.

WHERE TO GET TESTED IN ACT

People who know their health status are better able to make informed lifestyle choices. This includes testing for hepatitis B & C, protecting the liver, preventing transmission, avoiding alcohol, liver damage, and seeking treatment. Testing for hepatitis B & C and other blood-borne viruses and sexually transmissible infections is offered by a range of organisations in the ACT. Some services are offered for specific populations.

Canberra Sexual Health Centre
 Canberra Sexual Health Centre is a free service and a leading Canberra clinic for the testing and treatment of sexually transmissible infections and blood-borne viruses. No appointments are necessary at the Centre's walk-in clinic.
 Monday, Tuesday, Thursday and Friday 9am - 2pm
 Wednesday 9am - 12pm - 3:30pm
 M Clinic offers STI checks for men who have sex with men from 8:30am - 10:30am on the first business Monday of every month. HIV results are available via SMS text from 24 hours.

Directions Health Services - Aithes Wellness Centre
 Aithes Wellness Centre is a clinic for anyone experiencing the impact of alcohol and other drugs, including family members/partners of people who use substances. Services are free or low cost (based on individual circumstances and income). Appointments are essential.

Directions Health Services - Civic Needle and Syringe Program Outlet
 The Civic primary care outlet provides free sterile injecting equipment, information on safe injecting practices, general health information and access to primary health care services for people who inject drugs. People who use drugs are able to access free blood-borne virus testing on most Thursdays. No appointment is needed, however it's good to call ahead to confirm.

City Health Centre, Car Alinga & Moore Bus Stop (on right of main entrance)
 (02) 6142 5900 | directorsact.com.au

Companion House
 Companion House is a community based organisation working with adults and children who have sought safety in Australia from persecution, torture and war related traumas. Programs include a General Practice and primary health services for refugees and asylum seekers. The service is open to long GPs consultations, bulk billing and interpreter use.
 41 Temponon St, Cook, ACT
 (02) 6241 4506 | companionhouse.org.au

General Practitioners (GPs) in Canberra
 GPs are able to organise testing for hepatitis B & C, HIV and other sexually transmissible infections. The first 3 health services, practitioners and after hours healthcare options available in Canberra and surrounding region.
health.act.gov.au/health-services/health-services

Health Translations

Search resources here

1. Knowledge (知识)

	Strongly agree (非常同意)	Agree (同意)	Unsure (不能确定)	Disagree (不同意)	Strongly disagree (非常不同意)
I learned something new today. (我今天学到了新的知识。)	😊😊😊😊	😊😊😊	😊😊	😊	😞😞
The information was useful. (这场活动对我了解乙型肝炎非常有帮助。)	😊😊😊😊	😊😊😊	😊😊	😊	😞😞
I learned where to get help or testing for hepatitis B. (我现在了解乙型肝炎可以去何处寻求帮助和检查。)	😊😊😊😊	😊😊😊	😊😊	😊	😞😞