

Submission –Health Department Sustainable Health Review 2017-18.

This submission, is an update to Submission 2, submitted in 2017. There have been changes that need to be documented in this edition for 2018.-See Aboriginal Health and recommendations, for changes.

*****indicates changes from 2017.

Having read the information sent in reference to the HDWA for the community to have an input into the formation of a Sustainable Health Care Plan for The State of WA, the author is writing this submission in two parts.

The first part is in relation to the current medical model of health service delivery as presented on the U Tube presentation of the Australian Health Care Medical System.

The second part is in relation to the Traditional Aboriginal Holistic Healing Model of health service delivery.

The author of this submission has been thinking about the challenges the Health System faces for many years now and has been developing and implementing solutions to some of the emotional, mental and spiritual challenges providers and consumers face. The author would like to take this opportunity to outline what could be solutions to both patient challenges and the current situation the health industry finds itself. The author has worked in remote aboriginal communities, in primary, secondary and tertiary hospitals and now finds great joy in providing Holistic Integrative Healing Support Service as a Nurse Healer to clients who choose to be reconnected in Body, Mind, Emotion and Spirit.

The Vision.

A fair and balanced reading of the literature will give the foregone conclusion that holistic integrative therapies are financially and ethically worthwhile using a patient- centred care approach. There is much evidence to support holistic nurse healers /practitioners delivering integrative therapies and their positive outcome. The goal of holistic care started with the nursing profession when Florence Nightingale stated the purpose of nursing is to promote health, facilitate healing and alleviate suffering. To do so the nurse focuses on the whole person-body, mind and spirit with compassion when delivering care. Most holistic healing integrative therapies use hands on touch and there has been evidence in the past and now more evidence of the power of touch to an individual's health and well-being. For example, research that looked at the effect of human touch on premature and newborn babies, leading to *decreased* length of hospital stays and decreased number of hospital readmission rates within the current **Diagnosis-Related Group (DRG)** funding model. The same is true for small children, teenagers, adults and the elderly. For those in the last days of their lives, touch is an ethical obligation that should not be ignored.

By introducing a holistic integrative healing therapeutic approach to Mainstream Health Service Delivery the author believes many of the problems today summarised in the Sustainable Health Review information package could be addressed. This could result in Western Australia becoming a leader in the creation of the best practice model of health service delivery not just nationally, but internationally.

I will now put forward a vision I have for the delivery of patient –centred integrated, high quality and financially sustainable healthcare across the State of Western Australia, that fits into The Western Australian Government of the need to develop a model of healthcare in the range of key areas as listed on the first page of the Sustainable Health Review Doc.

The author recognises that this submission may be very different; however the author will not be writing in the style of academia, however will be writing from a heart- centred and healing perspective.

As we know people are not just made up of a physical body. We are unique persons made up of a physical body, a mental body, an emotional body and a spiritual body and if parts of this whole are broken or missing then we have a break down in our wholeness.

On a broader scale, our communities are the same made up of unique persons and when sections of our communities are broken- e.g. respecting, valuing and listening to the wisdom of our children, our elders and not knowing our true self then communities have a breakdown in their wholeness.

As infants we are born whole, **including** babies who are born with physical disabilities (such as Down syndrome and cerebral palsy). It is only as we grow that outside influences start to impact on our wholeness. In 2017, the influence begins as young as 3 years of age I believe and sadly younger in some cases.

From the beginning of life children, adolescents, young adults and adults are being conditioned by outer world influences to live totally in the outside world and not from the inside world (the heart centre) out .the true self that they were when they were born.

The consequences of this are seen **constantly** in our societies, clearly evident through the Senate Enquiries and Royal Commissions that are being held today. **Examples include the** Royal Commission to The Aboriginal Death in Custody, The Royal Commission into Child Sexual Abuse, and the Royal Commission into the WA Inc. years, here in Western Australia in the late 1980's, the latter leading from restructure to restructure depending on who was in Government and whether the Government supported regionalisation or centralisation for The HDWA. The current Royal Commission into the banking industry. **Other examples include** the Federal Senate Enquiry into Bullying in the Health Industry in 2016, the Senate Enquiry into Aged Care 2017 and now the Senate Inquiry into the Vaginal Sling and Pelvic Mesh operations in 2017, which had its origins in a Government Hospital in WA in 1989.***** In 2018 there have been a number of Federal Senate enquiries into PTSD in the defence force, the ambulance services and the first responders to name just a few , costing so many millions of dollars. The current senate enquiry into assisted dying laws currently here on here in Western Australia . Despite these enquiries, problems continue to be reported and appear to be increasing.

The pandemic suicide rates, homelessness, violence including domestic violence (which includes not only physical it also includes emotional, mental, financial, sexual, and spiritual abuse)), alcohol and drug addiction, Bullying/Abuse are in all facets of living from the very young to the aged and infirm and dying members of our society, and now we are witnessing it, in Parliament, both at State and Federal Level.

This also includes all nurses and doctors as regularly reported in newspapers and on a recent Insights Program on SBS. 20017. The author has been a victim of this insidious horizontal and vertical violence and has suffered very badly on two occasions. Many many nurses are still currently being bullied in the health industry throughout Australia in 2018.

SCGH in 2012-2013 invested many thousands of dollars on a research program to build resilience in nurses through Curtin University. The author was involved in the study and put forward a proposition for a solution to develop a healing centre offering complementary therapies to nurses. She however succumbed to the stressors of workplace bullying and seeing other nurses being broken, in particular heart-centred nurses before the outcome of the project was completed. The cost of bullying on the hospital budgets is enormous and to the Government, as seen recently in a nurse being awarded over \$1000000 in compensation in Queensland. Please make the workplace safe for our gifted caregivers and the future generations of gifted caregivers. In 2018 a few organizations in Australia are trying to bring about changes, however it appears very little has changed.

The physical, mental, emotional and spiritual brokenness of the individual and societies manifesting in physical disease, mental illness and broken spirits will continue if change does not happen.

The cost of health care delivery today could be absolutely reduced by introducing a truly holistic health care model. **This could be achieved** by taking an approach whereby individuals and communities are empowered to learn the true meaning of holism and healing and embrace holism in its deepest and purist form from Cradle to Grave.

The possibilities of such an approach.

In the first instance there needs to be a major commitment for changes by government institutions, bureaucrats and persons responsible for administering health care services will take this opportunity to congratulate and thank The Western Australian Premier The Honourable Mark McGowan, The Health Minister The Honourable Roger Cook and Policy Advisors [REDACTED] and [REDACTED], for their commitment to implement a truly sustainable model of health care.

The journey towards this vision could begin with an education program in place for all staff within health for the growth and development in holistic health care in the integration of the healing arts with the science of medicine and nursing. The current medical model is not meeting the needs of multicultural Australia.

To begin with it must be noted that no formal education is required to become a holistic or empowered person. The holistic approach requires the individual to learn to accept people as they are, without judgement, with unconditional love, compassion and harmony.

This approach starts with self-acceptance, which can be achieved by focusing inwards. There are various methods available that can help a person develop this focus such as meditation, visualisation, contemplation, prayer and spiritual practice. Self-awareness also leads the person to recognise the interconnectedness to all individuals and their relationship to the human and global communities. This recognition and awareness further creates a fertile ground for personal and professional development.

Once this philosophical shift has occurred in the system then it will flow automatically into our service delivery and communities and then the holistic rehabilitation of health care can become a reality.

The goal of rehabilitation for a Sustainable Health Review is to prioritise the delivery of patient and community centred; integrated high quality and financially sustainable healthcare across the State .This will take many many years.

The goal of the author's submission to this review is to restore and promote health, wellbeing, facilitate healing and alleviate suffering. In doing this strategists, financiers, planners, administrators and service deliverers focus on rehabilitating the WHOLE Person, the WHOLE Community in Body, Mind, Emotion, and Spirit.

According to holistic philosophy wisdom and healing come from the individual not the service providers. The service providers help the process of healing by creating a Heart Centred environment in which healing can happen by creating a heart-centred environment in which healing can happen both in the individual and the community.

NB: The integrative (formally complementary) therapies such as Therapeutic Touch, Healing Touch, Clinical Reflexology, Stress Management, Massage, Aromatherapy Yoga, Kinesiology Meditation Art and Dance can be learned to enhance self-development and healing.(See Nurses and Midwives Board New South Wales: Complementary therapies in Nursing and Midwifery Practice-. <http://www.nmb.nsw.gov.au/Complementary-Therapies/default.aspx>)

The Nurses and Midwifery Boards of Australia regulated by AHPRA have accredited and endorsed the above Integrative (complementary) Therapies in nursing practise. (This has been endorsed since 1996 in Western Australia) The Alzheimer's and Dementia Association and Bethanie Aged Care Service Providers in Perth are leaders in developing a Patient-Centred model of service delivery. The Healing Insights team was honoured to attend a lecture at Bethesda Hospital recently presented by a visiting Dementia Nursing Consultant and senior lecturer at St Christopher's Hospice in London and primary author of "The Namaste Approach The Power of Touch "She gave insight into caring for people with advanced dementia to improve the quality of life for those who can no longer move or communicate and have limited capacity to communicate. The insight into what is happening in St Christopher's in London was so validating for the WA Healing Insights Organization, as this exactly the model of health care delivery members of the team practise in their individual private practises.

All people are inherently good and that goodness exists in every single human being as a permanent and inseparable element, quality or attribute. The author believes that by taking a holistic approach to living from cradle to grave we can create a better future for our health industry providers and service deliverers and to all we serve.

There are so many incredible organizations within our state, doing wonderful work and I am of the belief that the Department of Family and Children Services, The University of WA School of Business Social Impact org and others are doing a fantastic healing work in the State of WA, that could be integrated into community Health and primary care programs as well as in local and regional hospitals and tertiary hospitals. Attending many breakfasts at the university Club of UWA, has given great insight into the work that would be of great value to the State Sustainable Health Care Plan.

Aboriginal Health

Traditional Aboriginal Healing. There is an absolute urgency to integrate traditional Aboriginal healing practises, with mainstream health practises, to turn the issues relating to aboriginal morbidity and mortality around from system that is failing in the delivery of health care that is not compatible with Aboriginal Culture and Healing.

The author was privileged to spend part of her childhood in both the Pilbara and the Kimberley in the 1950's. Her friends were mostly made up of Aboriginal children.

The author of this submission has worked very closely with Traditional Aboriginal Healers in her extensive career as a nurse both in the Northern Territory-Yirrkala/ Nhulunbuy- Arnhem Land: Yarrilin West Katherine Aboriginal Health Service.-Western Australia in the Kimberley: Wyndham –Fitzroy Crossing- and BalgoHills.-The Pilbara Region: Jigalong ,Roebourne, Wickham, Karratha and Port Hedland Hospitals and Hospitals in the Roebourne shire.

During her first appointment as a public health nurse based in Yirrkala on the Gove Peninsular in 1972, as a naïve 23 year old registered nurse and midwife, the author was introduced to Men and Women of High Degree. A old Aboriginal health worker/healer taught her many lessons in relation to culture and healing, and on many occasions the author would liaise with this beautiful wise woman, and another male traditional healer. The author has been very blessed by being embraced and taught by Traditional Aboriginal Healers during her appointments throughout her career when working in remote communities, towns and regional centres. Today the author is a practising nurse healer who has studied and practised the Ancient Healing Arts in The Laying on of Hands with the modalities of integrative therapies/modalities that nurses are allowed to use in practise. The modality that encompasses in the author's opinion the closest to Traditional Aboriginal Healing is the Energy Based Healing Practise of Therapeutic Touch.(Australia is very fortunate to have very learned and experienced teachers in this modality.) The author is not a teacher ,however mentors and coaches in the integrative modalities that nurses are allowed to use in practice, as she chose to pursue studies in the Healing Arts, rather than upgrade her diploma in nursing and midwifery obtained in 1968and 1969 respectively to a degree in health sciences ;Bachelor of Nursing .The author was privileged to be able to study healing from 1998, recognizing she needed to be healed after suffering from a breakdown directly due to workplace bullying and harassment sustained over a 4 year period

The author does find it very sad and is deeply embarrassed when oversees researchers from European Countries come to study and work with the traditional Aboriginal healing cultures and practises. Two such researchers come to mind:

Helmut Petri

The research for the history of traditional Aboriginal healing, lead me to a book called "The Australian Medicine Man" written by a German anthropologist – Helmut Petri. The Australian medicine Man is an extensive survey of literature to the Aboriginal Medicine men or as Elkin was to term them "Men of High Degree"

Dr Francesca.

Dr Francescesca, an Italian researcher came to Australia in 2014, to study how international legal standards related to Aboriginal traditional medicine, she was amazed at the lack of research or recognition of this 40,000year old body of knowledge. "I had been aware that globally Australia is recognised as having advanced policy development and support for traditional medicine 'she says 'but it turned out this was because of the official embrace of Chinese medicine I could not believe that there was a complete dismissal at an official level of Indigenous health practise.

Reference – Aboriginal Healers are working to keep traditional medicine alive –AWAYE –ABC Radio National <http://www.abc.net.au/radio-national/program/awaye/aboriginal-healers-working-to-keep> –

traditional medicine alive. For Further reference see [www.Creative](http://www.CreativeSpirit.com) Spirit website.Korff ,J.,11th March 2016, Traditional Aboriginal Health Care ,www.creativespirits.info.

Further references can be obtained from the author

*****In 2018, The Royal Adelaide Hospital in Adelaide, South Australia, have now employed Traditional Aboriginal Healers to work alongside doctors.See-“Ngangkari healers 60,000 years of traditional Aboriginal methods made headway in medical clinics-ABC News (Australian..... www.abc.-AboriginalHealers .Posted 28th March 2018

Welcome to Country March 1st 2018.“Meet the Traditional Aboriginal Healers working Inside Australia’s Hospitals-Impressive results of Traditional Aboriginal Healers are starting to gain attention and respect of western health professions “

ANTACA Anangu Ngangkari TJutaka Aboriginal Corporation.

The author must document here that the best practise Committee for nursing practice at Nichol Bay Hospital Karratha had formulated a Complementary Therapies and a Traditional Aboriginal Healing Policy in 2003 and it was passed by the medical advisory committee and subjected to a review by the legal branch of the HDWA.The outcome was a very negative one. This is despite SCGH having just opened the Brown’s centre- Complementary Therapy Unit for oncology patients now Solaris Care at Sir Charles Gardiner Hospital situated in Nedlands Perth WA. Currently there are Solaris Care Units at SCGH and St John of God’s Hospital Subiaco. The author of this submission wrote the first patient hand out on Holistic Health care and Complementary Therapies for the Brown’s centre in 2001. This handout was also sent to the Hospice in Albany at their request. Margaret River Hospital was the only other hospital who had a complementary therapies policy at that time.

The author on reflection while writing this submission contemplates what could have been the outcome if this policy had been implemented back in 2003-14 years on. One looks at the situation from Wyndham to Esperance and (in particular now in Roebourne)-In remote areas, townships and regional , together with our urban brothers and sisters ,one does get a deep sense of deep sadness and shame for the burning and burying of The Great Indigenous Healing Arts. There are white clouds appearing in rainbow of Life’s Journey. I would ask if Persons who are responsible for planning and developing the sustainable health plan that they will have an open mind to explore the possibilities of opening the door to an integrated Holistic Healing Model with the mainstream medical healing model. The author will conclude this submission with a poem by Kevin Gilbert: called:

“Losing Bush Medicine”

Oh what if all the doctors died

Elena thought then cried and cried

and what if modern medicine fails

to keep the virus from this vale

of what if secret wisdom stays

a secret all our many ways

our bush food and our medicine

will be forgotten and lost to men

I truly

cannot understand

how can we keep?

Elena wept and wept

and wept and wept.

Recommendations.*****

1. Request assistance from credible positive healers.-

Aboriginal Healers, Other Cultural Healers-Indian ,African, Indonesian, European Healers and Therapeutic Touch Healers ,in developing accredited healing programs to be incorporated and introduced in the Sustainable Health Care review/ Plan.

2. To develop educational awareness of holistic self-care and empowerment

3. To liaise with:

a. The Australasian Therapeutic Touch Association

b. The International Therapeutic Touch Association based in New York

c. The American Holistic Nurses Association

d. The Australian School of Reflexology and Relaxation Werribee –Victoria Australia

e .Peta Nottle –Tranquillitas Health Clinic- [REDACTED]

f. To develop integrative therapies programmes approved by The Australian Nursing and

Midwifery Boards to be included in the Sustainable Health Care Review

Submitted by Peta Nottle: Holistic RN/ Nurse Healer, through the integrative therapies of Therapeutic Touch Clinical Reflexology, Healing Touch , Massage ,Prayer Meditation and Contemplation Coach: Humanistic Neuro Linguistic Psychology Master Practitioner Life Coach-Stress Management Coach. Healing Mentor.

Associations: Registered with The Nursing Board of Australia.

Professional Member of the Reflexology Association of Australia.

Member of the International Therapeutic Touch Association

Member of the Australasian Therapeutic Touch Association.

Member of American Holistic Nurses Association

Peta Nottle .Tranquillitas Health Clinic.(Founder of Healing Insights -Healing Insights Co Pty

Contact details [REDACTED] . Peta was recognized by the International Nurses
Nurses Association in 2015 and was featured in the February edition 2016 of World Health
Leaders in Health Care)

I have included two stories to demonstrate “The Power of Touch through the Healing Modality of Therapeutic Touch.”

1 An Old Aboriginal Healer’s Story:

There was an old traditional Aboriginal healer originating from deep in the western Desert of the Kimberly region .He spent many years in Balgo Hills. In 2005 I was privileged to be contracted to Balgo Hills as a clinic nurse, and I was contracted as part of my role to introduce Traditional Aboriginal Healing into the mainstream medical model at Balgo Clinic. I was introduced to this man who had never seen a white person do the kind of work he did in his healing practise. One day he came into the clinic and asked to see this sister, (pointing to the author).He said “Sister me got sore foot-you fix.

The author took him to the consulting room, and did a 15 minute therapeutic touch treatment .all of a sudden he said “I’m better now Sister. “I took my hands off and he went away very happy, never to have the pain again. The old Aboriginal healer then taught the Author many of their traditional practises.

The Singapore Holiday:

The author was holidaying in Singapore in 2015. She was over at Santosa Island a 70 year old lady had a heavy fall ,injuring her left knee. The lady was in severe pain .her pain score 10/10and she could not weight bare. The author offered to help her, until arrangements could be made to transfer her to Singapore Hospital. The lady agreed, the author did a 15 minute therapeutic touch Rx on her knee. The outcome .After 15 minutes the pain had completely gone and she was able to walk normally. The Lady and her friends were just amazed. It turned the party was staying at the same hotel and were going on the same cruise that the author and her husband were going on. The author recommended that they go to Singapore Hospital and have a review to ensure the knee had no diagnosed injury. This they did .The all clear was given after x-rays and a medical review. Confirmation of this story can be validated by contacting the lady herself, who lives in Queensland and would be only too happy to validate her experience with Therapeutic Touch .If interested, please contact the author of this submission.

Thank you or the opportunity of submitting an update to submission two.

Peta Nottle

*"In every culture and
in every medical
tradition before ours,
healing was
accomplished by
moving energy."*