



# AIDA

## Cultural Safety Training

ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH  
IN CLINICAL PRACTICE



Launched in 2019, AIDA's cultural safety training *Aboriginal and Torres Strait Islander Health in Clinical Practice* is a clinically focused training program that equips Registrars and Fellows in any specialty with the knowledge, skills and attitudes needed to integrate Aboriginal and Torres Strait Islander holistic health and cultural safety into everyday clinical practice. The program aims to inspire participants to change their own clinical practice and become an agent for change for others.

AIDA's cultural safety training is delivered by Aboriginal and Torres Strait Islander doctors who role model and reinforce culturally safe behaviours and practices throughout the training. The training is enhanced by the unique insights of AIDA members and by a range of clinical case studies from Aboriginal and Torres Strait Islander doctors.

Participants will develop the knowledge and skills necessary to improve engagement and health outcomes for Aboriginal and Torres Strait Islander patients. Through developing a greater understanding of Indigenous health perspectives and by undertaking a process of understanding their own perceptions, participants commence a process of critical self-reflection and are able to immediately embed and apply learnings in clinical practice.

### Structure and accreditation

The program is delivered over an 8-hour day, usually between 9am and 5pm. This training program includes interactive and experiential teaching, as well as preparatory and follow-up activities. Training sessions are designed for 10 to 25 participants.

*Aboriginal and Torres Strait Islander Health in Clinical Practice* includes and is accredited for continuing professional development, or equivalent, with a number of specialist medical colleges. AIDA applies for accreditation with relevant colleges prior to each session.

## Learning outcomes

On completion of AIDA's cultural safety training *Aboriginal and Torres Strait Islander Health in Clinical Practice* participants will:

- > Demonstrate awareness of personal worldviews and how these relate to clinical practice settings.
- > Understand and apply Aboriginal and Torres Strait Islander worldviews and approaches to health and wellbeing in clinical practice.
- > Understand racism and why it is a barrier to good health outcomes.
- > Recommend practical strategies to mitigate barriers and utilise enabling factors at systemic, organisational and practice level.
- > Strengthen culturally safe practices to achieve better health outcomes for Aboriginal and Torres Strait Islander Peoples.
- > Utilise techniques to improve rapport building, engagement and communication in clinical consultations.
- > Implement strategies to overcome access barriers at a practice and clinical level.
- > Integrate Aboriginal and Torres Strait Islander holistic health and cultural safety into everyday clinical practice.



“AIDA’s facilitators will role model and reinforce culturally safe behaviours and practices throughout the training”

For more information, pricing options and to register your interest, contact:

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