



# AIDA

AUSTRALIAN INDIGENOUS  
DOCTORS' ASSOCIATION



## Cultural Safety Training

### ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH IN CLINICAL PRACTICE

*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 tools needed to integrate Aboriginal and Torres Strait Islander holistic health and cultural safety into everyday clinical practice. The program offers an opportunity for participants to ask hard, cultural questions and have them addressed by Aboriginal and Torres Strait Islander doctors in a culturally safe space.*

### Developed by and Delivered by Indigenous Doctors

What we know is 'cultural safety' is everywhere and comes in all shapes and sizes.

What AIDA offer is unique with our program aimed at the clinical application of cultural safety, developed by Indigenous Doctors and delivered by Indigenous Doctors.

This compelling training helps participants to extend their knowledge about Aboriginal and Torres Strait Islander history and culture, explore how attitudes and values can influence perceptions, assumptions and behaviors in a clinical setting, and discuss specific ways to be more culturally aware.

This speaks to AIDA's purpose which is to drive equitable and just health outcomes for all our peoples in a healthcare system free from racism.

### Structure and accreditation

The program is delivered over an 8.5 hour day, usually between 8:30am 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 is accredited for continuing professional development (CPD), or equivalent, with a number of specialist medical colleges.*

**"I was particularly reminded about the impact of racism and how my cultural/values/beliefs lens' can impact the care I provide. Our facilitators showed a level of knowledge, warmth and openness that was inspiring. Thank you."**

*"The learning, engagement and practical guidance of AIDA on how to change clinical practice to achieve better health outcomes was simply excellent. Every doctor in Australia should grab the opportunity to complete the AIDA program."*

*- Dr Martin Laverty, Secretary general AMA.*

## Learning Outcomes

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

- Understand and apply Aboriginal and Torres Strait Islander worldviews and approaches to health and wellbeing in clinical practice.
- Understand the structural barriers and enabling factors regarding race as a barrier for good health outcomes.
- Recommend practical strategies to mitigate barriers and utilise enabling factors at a systemic and practice level
- Explore the qualities of being a strong advocate and ally.
- Identify and implement personal strategies to address racism
- Strengthen culturally safe practices relevant to Aboriginal and Torres Strait Islander Peoples to achieve better health outcomes.
- Implement strategies to overcome barriers to health access at an institutional level.
- Integrate Aboriginal and Torres Strait Islander holistic health and culturally safety into everyday clinical practice.



**"The stories told in some of the modules are mind blowing. How people have survived incredible personal hardships and are now supporting their own communities to increase resilience is inspiring."**

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