



Australian Indigenous
HealthInfoNet

WEBINAR: Heart Health for Aboriginal and Torres Strait Islander People During COVID-19

Presenters:

Sarah Fordham, Shelley McRae and Sandy Duxbury

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is provided by the
Australian Government
Department of Health



The information in this presentation about COVID-19
was current as at Tuesday 19 May 2020.

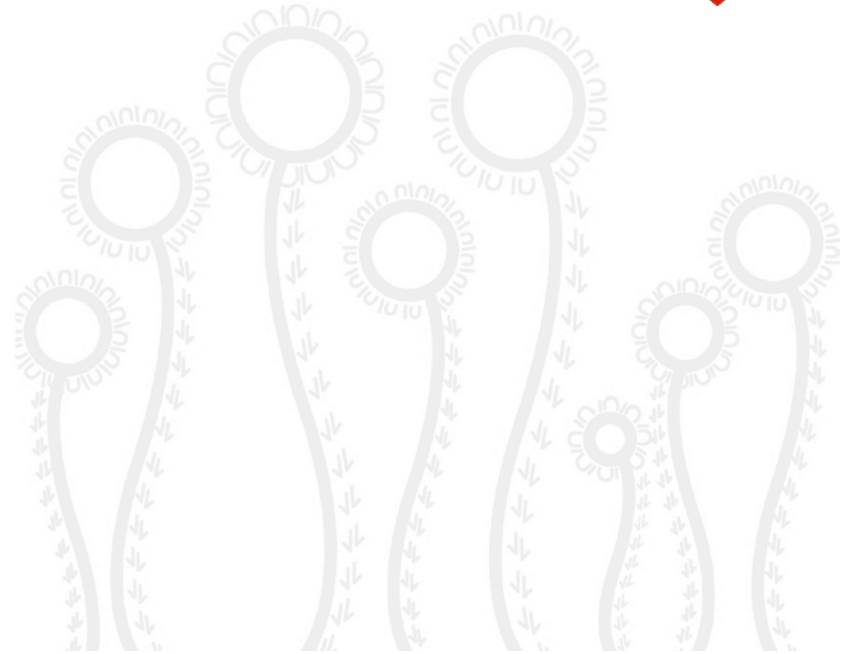


Acknowledgement of Country

We would like to acknowledge the Traditional Owners of the land we are standing on today, the Whadjuk people of the Nyoongar nation, and pay our respects to Elders past, present and future.



Heart Health for Aboriginal and Torres Strait People during COVID-19



Artwork on this presentation was designed and developed by Kyra Edwards, a proud Gunandji woman from a community near Cairns called Yarrabah. Kyra completed a career trackers internship at the Heart Foundation Walking Program in Brisbane 2019.

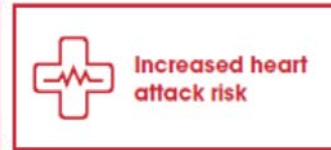


Acknowledgement of country

The Heart Foundation acknowledges the Traditional Owners and custodians of Country throughout Australia and their continuing connection to land, waters and community.

We pay our respect to them and their cultures, and Elders past, present and future.

What do we know?



Research shows people with heart disease infected with COVID-19 are at a higher risk of:

- experiencing severe illness
- being admitted to intensive care
- dying

Early reports and experience with other viruses suggest that COVID-19 could present a higher risk if you have:

- heart failure
- high blood pressure
- coronary heart disease (this may include people who have had a stent or surgery to treat coronary heart disease or a previous heart attack)
- heart valve disease
- abnormal heart rhythm

Heart Foundation COVID-19 and CVD campaign

If you have heart disease, you are more vulnerable to severe COVID-19 complications.

It may also worsen existing heart conditions. In addition to good hygiene and social distancing, we advise that you;

- **Maintain your current treatment and medication plan.**
If needed, you can now contact your doctor remotely, and have your medicines delivered to your home.
- **Get the flu vaccine.**
- **Stay physically active and eat healthily.**

Medical emergencies still require urgent care, so make sure you seek medical help if the symptoms of your heart condition become severe or worsen quickly.

Professor Garry Jennings AO
*Cardiologist & Chief Medical Advisor
Heart Foundation*

The Heart Foundation is here to support you –
for more information visit heartfoundation.org.au
or call our **Helpline** on **13 11 12**.





Consumer advice



Wash hands often, using soap and water



Cover your coughs and sneezes with your elbow or a tissue



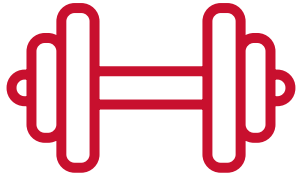
Use alcohol-based sanitisers



Avoid touching your eyes, nose and mouth



Practice physical distancing to limit close contact with others



Keep Moving

Keeping physically active is vital for better heart health, particularly during COVID-19

When it comes to getting active, the Heart Foundation recommends that we all aim to do:

- 150 minutes of moderate to vigorous intensity physical activity each week (at least 20 minutes a day)
- muscle-strengthening activities on at least 2 days each week

Being active at these levels can reduce your risk of heart disease by up to 35%, boost your general health and your mental health.



Exercise at home

Download our free resource today

- A simple exercise program to do at home with diagrams & instructions with two levels to pick from

Exercises to do at home

Physical activity is good medicine. It can help to boost your energy, think more clearly, manage blood pressure, reduce stress and anxiety and leads to a healthy heart.

When exercising, remember to drink water and stay hydrated, keep your exercise towel handy and change into comfy clothes.

Getting started. Pick one:
 Do one exercise in each group by following the yellow arrows down (total of 5 exercises)
OR
 Do all exercises by working across each row (total of 3 exercises per column)

Exercises to do at home: Level One

WARM-UP (10-15 minutes, with water and towel nearby, if you can)

ARM CIRCLES Stand with feet shoulder-width apart, arms straight out to the side. Bend your arms at the elbows. Turn your arms in a circle.	ARMING ON THE SPOT Stand with feet shoulder-width apart. Bend your arms at the elbows. Move your arms up and down.	STRETCHES Stand with feet shoulder-width apart. Bend your arms at the elbows. Move your arms up and down.
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ARMS

WALKING LAME Stand with feet shoulder-width apart. Bend your arms at the elbows. Move your arms up and down.	WALK PUSHUPS Stand with feet shoulder-width apart. Bend your arms at the elbows. Move your arms up and down.	HEAD PLANE Stand with feet shoulder-width apart. Bend your arms at the elbows. Move your arms up and down.
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CORE

PLATTER HELIX Lie on your back with knees bent. Lift your head and shoulders off the ground.	RUSSIAN TWISTS Lie on your back with knees bent. Lift your head and shoulders off the ground.	CRIBBAGE Lie on your back with knees bent. Lift your head and shoulders off the ground.
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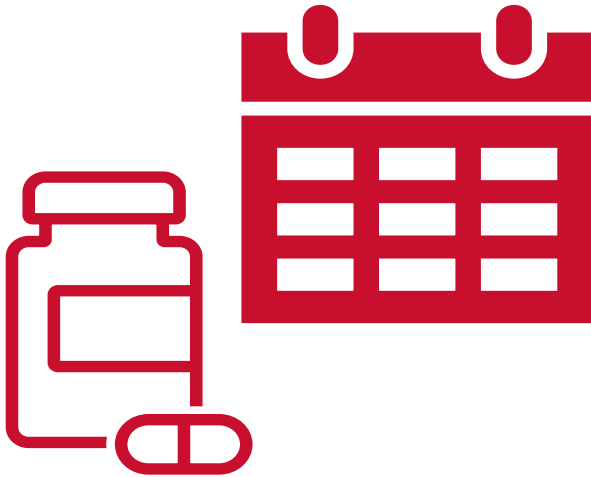
Eat good tucker

By following the heart healthy eating pattern

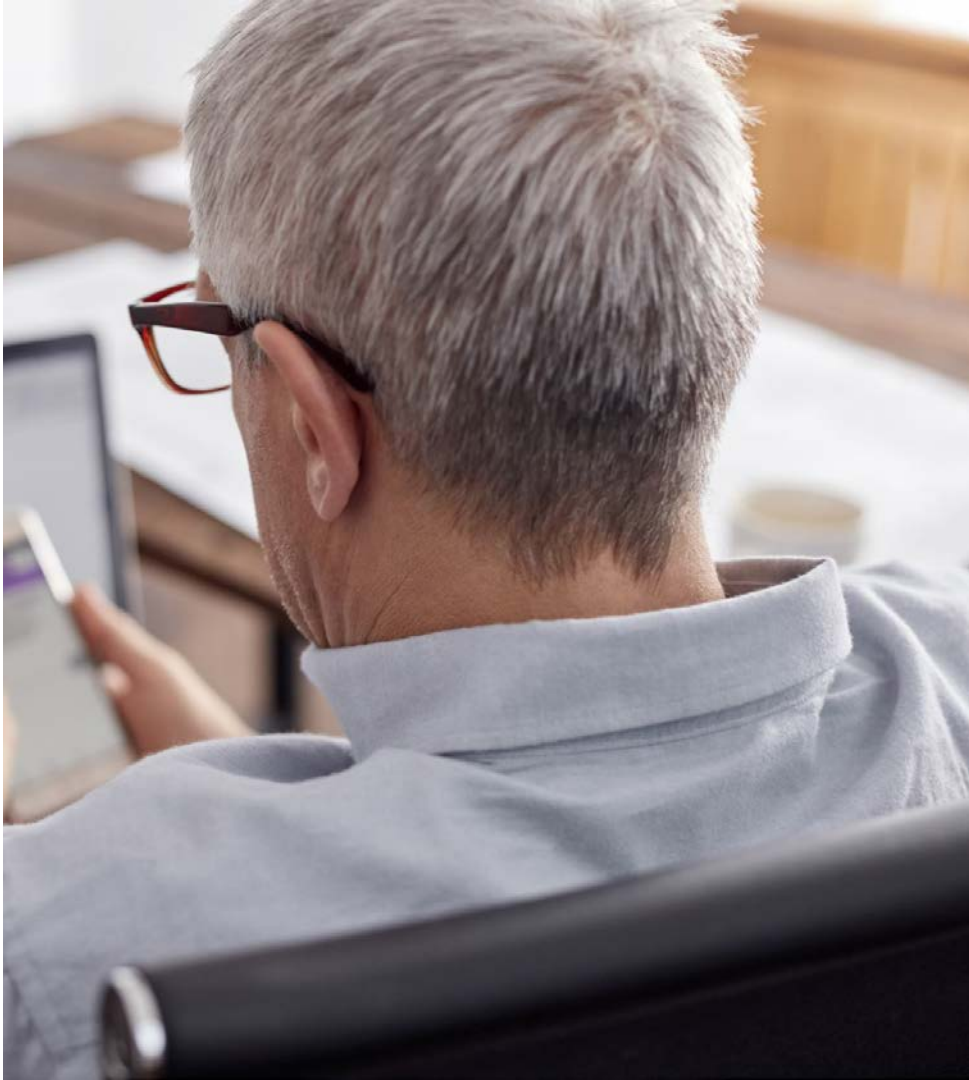
- Eat plenty of vegetables, fruit and wholegrains
- Include a variety of healthy protein-rich foods
- Choose unflavored milk, yoghurt and cheese
- Include healthy fats and oils
- Use herbs and spices to flavor foods instead of salt
- Reduce the amount of highly processed foods, eg chips, baked goods, chocolate, chips, lollies etc.
- Avoid overeating.

Keep looking after your heart

Medicines



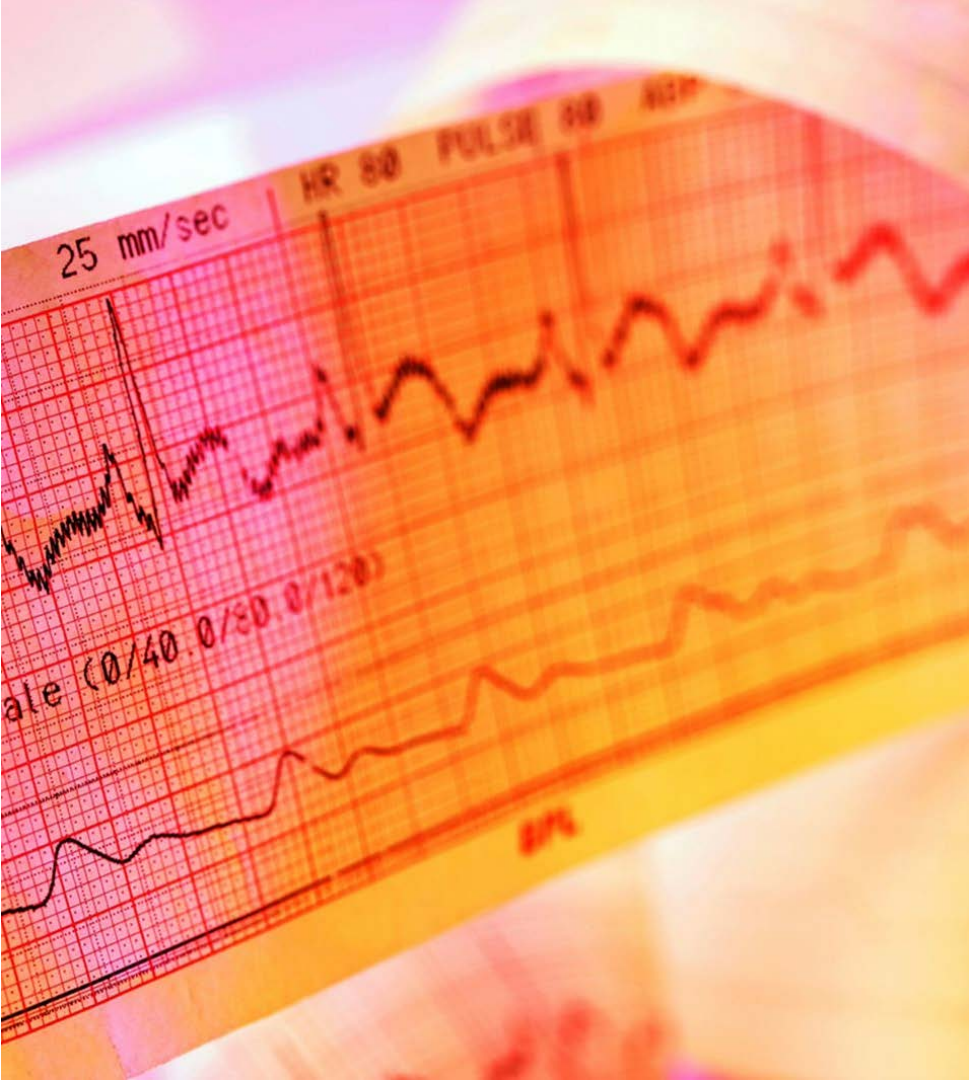
- Continue taking your medicines as prescribed, including those used to manage your blood pressure.
- Talk to your pharmacist about new home medicine delivery options available for people with heart disease.
- You can order prescription medicines over the phone and have these items delivered to your home.
- Some pharmacies may use Australia post to deliver medicines.



Stay connected with you doctor remotely



- To minimise your risk of exposure to COVID-19, people with heart disease can access Medicare subsidised GP and specialist services remotely; this is done by video conference or telephone.
- If you need to see your doctor, call ahead to find out what phone or video services are available.



Don't ignore a medical emergency

- Our health system is busy fighting COVID-19. However, your heart health matters, and medical emergencies still require urgent care.
- Get medical help if the symptoms of your heart condition become severe or become worse quickly.



If you are experiencing symptoms of a heart attack call triple zero (000) immediately.

Heart attack warning signs

Will you recognise your heart attack?



Warning Signs Action Plan

Do you feel any

pain pressure heaviness tightness

In one or more of your

chest neck jaw arm/s back shoulder/s

You may also feel

nauseous a cold sweat dizzy short of breath

Yes

1 STOP and rest now

2 TALK tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

Yes

3 CALL 000 and chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it
Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

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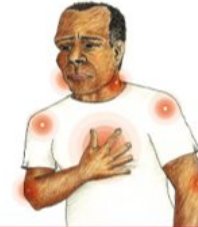
Warning signs of heart attack

Pain, pressure, heaviness or tightness in your:



You may also feel:

- sick
- a cold sweat
- dizzy
- out of breath



What to do:

+ call 000* for fast help 24 hours



*If calling 000 doesn't work on your mobile phone, try 112.

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Get your flu shot

- Influenza ('the flu') can trigger heart attacks. The flu vaccine helps to prevent influenza infection and prevent heart attacks.
- The cross over between the winter influenza season and the COVID-19 pandemic makes it even more important to get the flu vaccine as soon as possible.

Rheumatic heart disease



- The things you need to do to stop the coronavirus germ are similar to what you need to do to stop the strep germ.

People with rheumatic fever or rheumatic heart disease need to:

- if prescribed penicillin injections, keep getting these every 21 or 28 days
- keep looking out for signs of the strep germs – skin sores or a sore throat – and get treatment if those happen
- keep looking out for signs of rheumatic fever like sore joints, and go to the clinic if that happens
- keep having your check ups

St Vincent's Hospital and Heart Foundation Aboriginal heart health website



<https://www.svhhearthealth.com.au/aboriginal-heart-health>

HEART HEALTH



Heart Risks



Heart Problems



Heart Surgeries



Recovery



Stories



More Help



Consensus statements

- MJA - Cardiovascular disease and COVID-19: Australian/New Zealand consensus statement, 3 April 2020

<https://www.mja.com.au/journal/2020/cardiovascular-disease-and-covid-19-australiannew-zealand-consensus-statement>

- Cardiac Society of Australia and New Zealand

<https://www.csanz.edu.au/covid-19/>



Don't forget about the many resources available:



- Australian Government Dept of Health
- Aboriginal Health & Medical Research Council
- National Aboriginal Community Controlled Health Organisation (NACCHO)
- Health direct
- State Health Departments
- State Aboriginal Medical Services



COVID-19 and heart disease risks



Stay connected with you doctor



Heart medicines and COVID-19



Staying active at home



Food and healthy eating

Sign up for COVID-19 updates

Keep up to date with new COVID-19 information. Get the latest tips to look after your heart health during this pandemic.

First Name *

Email *

State *

Select a State

Phone Number

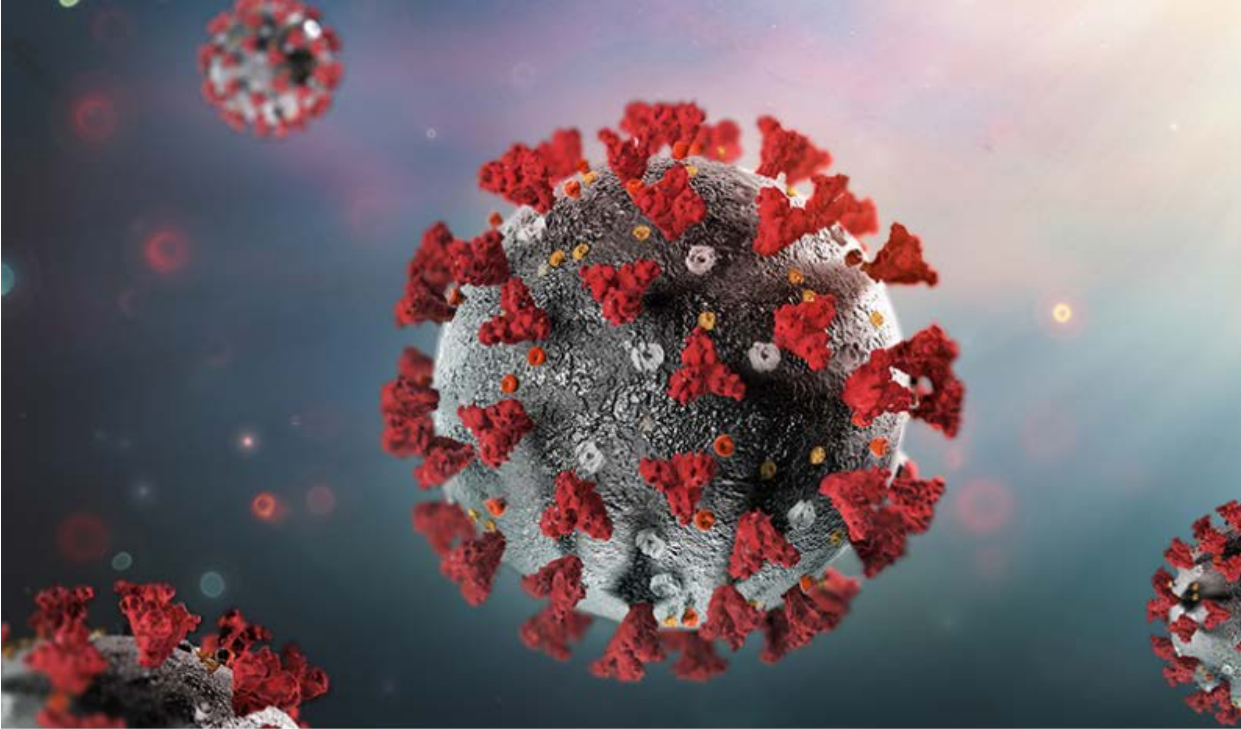
I agree that I have read and I accept, the Heart Foundation's Privacy Statement and Campaigns Disclaimer.

SUBMIT

**Heart Foundation
website
or call Helpline
13 11 12**

<https://campaigns.heartfoundation.org.au/covid-19/>





Health Professional hub

<https://www.heartfoundation.org.au/covid-19/for-professionals-COVID-19-cardiovascular-disease>

COVID-19 & cardiovascular disease

Information and resources for health care professionals.



Thank you

Contact details

Shelley McRae

Heart Health Manager WA

334 Rokeby Road, Subiaco WA 6008

Ph: (08) 9382 5923

Email: Shelley.McRae@heartfoundation.org.au

Sandy Duxbury

Coordinator Heart Health WA (Nutrition and Equity)

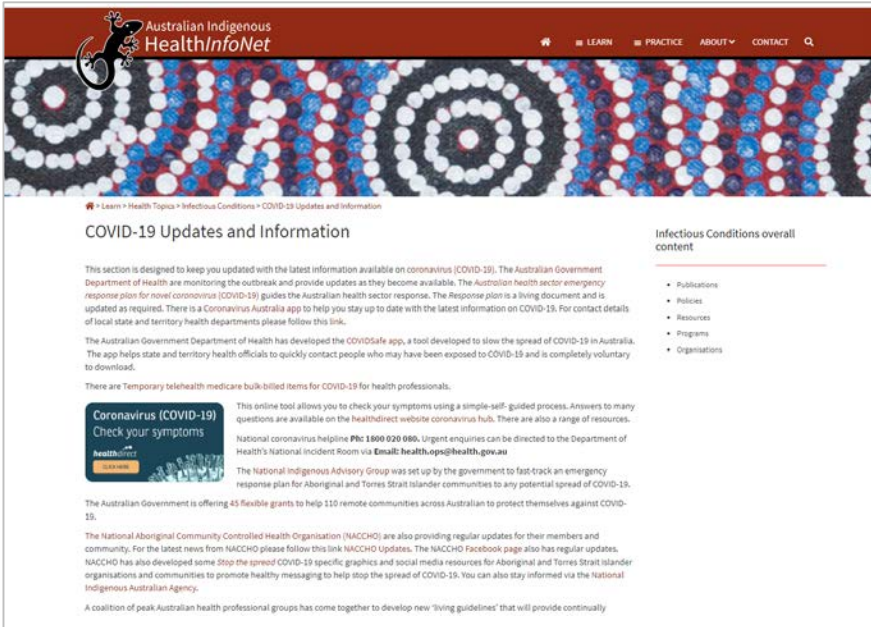
334 Rokeby Road, Subiaco WA 6008

Ph: (08) 9382 5937

Email: sandy.duxbury@heartfoundation.org.au



COVID-19 resources on the HealthInfoNet



The screenshot shows the Australian Indigenous HealthInfoNet website. The header features the logo and navigation links: LEARN, PRACTICE, ABOUT, CONTACT. The main content area is titled "COVID-19 Updates and Information" and includes several paragraphs of text, a sidebar with "Infectious Conditions overall content" (Publications, Policies, Resources, Programs, Organisations), and a "Check your symptoms" button. A decorative Aboriginal dot pattern is visible at the top of the page content.

Australian Indigenous HealthInfoNet

LEARN PRACTICE ABOUT CONTACT

Learn > Health Topics > Infectious Conditions > COVID-19 Updates and Information

COVID-19 Updates and Information

This section is designed to keep you updated with the latest information available on coronavirus (COVID-19). The Australian Government Department of Health are monitoring the outbreak and provide updates as they become available. The Australian health sector emergency response plan for novel coronavirus (COVID-19) guides the Australian health sector response. The Response plan is a living document and is updated as required. There is a Coronavirus Australia app to help you stay up to date with the latest information on COVID-19. For contact details of local state and territory health departments please follow this link.

The Australian Government Department of Health has developed the COVIDSafe app, a tool developed to slow the spread of COVID-19 in Australia. The app helps state and territory health officials to quickly contact people who may have been exposed to COVID-19 and is completely voluntary to download.

There are Temporary telehealth Medicare bulk-billed items for COVID-19 for health professionals.

This online tool allows you to check your symptoms using a simple self-guided process. Answers to many questions are available on the healthdirect website coronavirus hub. There are also a range of resources.

National coronavirus helpline **Ph: 1800 020 080**. Urgent enquiries can be directed to the Department of Health's National Incident Room via **Email: health.ops@health.gov.au**

The National Indigenous Advisory Group was set up by the government to fast-track an emergency response plan for Aboriginal and Torres Strait Islander communities to any potential spread of COVID-19.

The Australian Government is offering 45 flexible grants to help 110 remote communities across Australia to protect themselves against COVID-19.

The National Aboriginal Community Controlled Health Organisation (NACCHO) are also providing regular updates for their members and community. For the latest news from NACCHO please follow this link NACCHO Updates. The NACCHO Facebook page also has regular updates. NACCHO has also developed some Stop the spread COVID-19 specific graphics and social media resources for Aboriginal and Torres Strait Islander organisations and communities to promote healthy messaging to help stop the spread of COVID-19. You can also stay informed via the National Indigenous Australian Agency.

A coalition of peak Australian health professional groups has come together to develop new 'living guidelines' that will provide continually

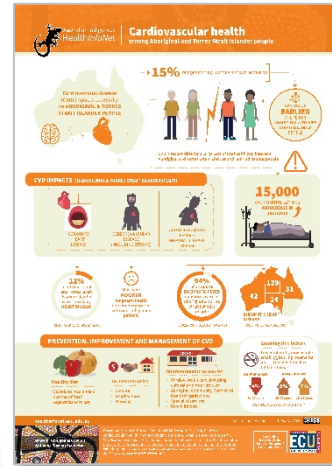
Infectious Conditions overall content

- Publications
- Policies
- Resources
- Programs
- Organisations

Coronavirus (COVID-19) Check your symptoms



CVD Review



Thank you

Presenter
Organisation
Email

Miranda Poynton
Australian Indigenous Health/InfoNet
m.poynton@ecu.edu.au



Contact details

Australian Indigenous Health*InfoNet*
Edith Cowan University
2 Bradford Street
Mt Lawley WA 6050
Ph: (08) 9370 6336

Email: healthinonet@ecu.edu.au

Website: <https://healthinonet.ecu.edu.au/>

Newsletter subscription: <https://healthinonet.ecu.edu.au/key-resources/newsletters/>

