Core Educational Units

Core Unit 1:

Aboriginal and Torres Strait Islander Health

Is a critical issue in Australia, given the health disparities that exist between indigenous and non-indigenous Australians. The medical core units of Aboriginal and Torres Strait Islander health include:

Please only select the core units that the activity addresses (potentially more than one or none)

☐   1.1 **Cultural Safety:** Medical practitioners working with Indigenous communities need to be aware of the historical and ongoing impacts of colonization and the importance of culturally safe care. This involves understanding the diversity of Indigenous cultures and respecting their values, beliefs, and practices.

☐   1.2 **Social and Emotional Wellbeing:** Aboriginal and Torres Strait Islander peoples have unique social and emotional wellbeing needs, stemming from a range of factors such as historical trauma, cultural dislocation, and ongoing experiences of racism and discrimination. Medical professionals working with Indigenous communities need to be aware of these issues and provide culturally sensitive care.

☐   1.3 **Chronic Disease Management:** Aboriginal and Torres Strait Islander peoples experience higher rates of chronic disease such as diabetes, and kidney disease than non-indigenous Australians. It is critical to have medical professionals who are skilled in managing these conditions and providing appropriate care.

☐   1.4 **Maternal and Child Health:** Improving maternal and child health outcomes is a critical area of focus in Indigenous health. Indigenous women have a higher risk of adverse pregnancy outcomes, and indigenous children experience higher rates of developmental delays and chronic illness.

☐   1.5 **Infectious Disease Control:** Infectious diseases remain a significant health issue for Aboriginal and Torres Strait Islander peoples, including high rates of hepatitis B and C, sexually transmitted infections, and respiratory infections. Medical professionals need to be aware of the prevalence of these diseases and implement effective prevention and treatment strategies.

☐   1.6 **Environmental Health:** Poor environmental health, such as inadequate housing, lack of sanitation, and exposure to pollutants, is a significant contributor to poor health outcomes in Indigenous communities. Medical Practitioners need to be aware of the environment's, health issues specific to these communities and work with other professionals to address them.

☐   1.7 **Indigenous Health Improvement:** Requires a comprehensive approach that involves addressing various factors such as social determinants of health, historical and cultural factors, and healthcare system barriers.

☐   None of the above

Core Unit 2:

Leadership and Management

A holistic approach to leadership and management encourages Healthcare leaders and managers to develop core competencies, better equipping them to lead healthcare organizations and deliver high-quality, patient-cantered care.

Please only select the core units that the activity addresses (potentially more than one or none)

☐ 2.1 **Strategic Planning:** Developing and implementing strategies that align with the organization's mission and goals to improve patient outcomes and organizational effectiveness.

☐ 2.2 **Quality Improvement:** Implementing quality improvement methodologies to enhance the quality of care provided and optimize patient outcomes.

☐ 2.3 **Financial Management:** Understanding financial management principles and managing budgets to ensure financial sustainability and cost-effective healthcare delivery.

☐ 2.4 **Human Resource Management:** Understanding principles of recruitment, retention, and employee engagement to create an effective and high-performing workforce.

☐ 2.5 **Change Management:** Understanding the principles of change management to effectively manage change in healthcare settings, including the implementation of new technologies, policies, and procedures.

☐ 2.6 **Communication and Collaboration:** Effective communication and collaboration skills are essential for healthcare leaders and managers to build effective teams and foster a positive organizational culture.

☐ 2.7 **Risk Management and Compliance:** Identifying and managing risks associated with healthcare delivery, including patient safety, legal and regulatory compliance, and data privacy.

☐ 2.8 **Ethical and Legal Practices:** Understanding and adhering to ethical and legal principles in healthcare delivery, including privacy and confidentiality, informed consent, and patient rights.

☐ 2.9 **Health Policy and Advocacy:** Understanding health policy and advocating for policies that promote equitable access to quality healthcare and improve health outcomes for all.

☐ 2.10 **Patient-Centred Care:** Understanding the principles of patient-centred care and integrating them into healthcare delivery to promote patient engagement, satisfaction, and outcomes.

☐ 2.11 **Practitioner Self Care:** Learning skills that can be adapted to daily routines enhancing increased productivity, by improving mental and physical health practices.

☐ 2.12 **Professional Development:** Identifying opportunities for career development and recognising the skills needed to achieve progression and work life balance.

☐ 2.13 **Strategies for Professionals:** Learning skills and understanding the principles to cultivate and maintain a healthy work-life balance. Gaining practical insights and strategies to enhance healthcare professional well-being, prevent burnout, and achieve fulfilling professional and personal life practices.

☐ 2.14 **Succession Planning:** Identify future leadership needs, cultivate a talent pipeline, and ensure a smooth transition of key roles to maintain organisational and financial stability and continuity. Including retirement planning.

☐ None of the above

Core Unit 3:

Regional and Remote Practice

Regional and remote healthcare practice requires core units that address the unique challenges and needs of these areas. Some of the core units that are particularly important in this context include:

Please only select the core units that the activity addresses (potentially more than one or none)

☐ 3.1 **Primary Healthcare:** This includes the provision of basic healthcare services such as disease prevention, health promotion, diagnosis, and treatment of common illnesses. Primary healthcare units are particularly important in regional and remote areas, where access to specialized medical services may be limited.

☐ 3.2 **Emergency medicine:** This unit focuses on the management of medical emergencies and acute illnesses, including trauma and critical care. Given the distances involved in regional and remote healthcare, emergency medicine units are particularly important to ensure timely and effective treatment.

☐ 3.3 **Mental health:** Mental health issues can be particularly prevalent in regional and remote areas due to factors such as social isolation, unemployment, and limited access to healthcare services. Mental health units can provide support and treatment for individuals experiencing a range of mental health issues.

☐ 3.4 **Indigenous health:** Many regional and remote areas have a significant Indigenous population, and as such, Indigenous health units are important to ensure that these communities receive culturally appropriate healthcare services that meet their unique needs.

☐ 3.5 **Public health:** Public health units are responsible for monitoring and managing the spread of infectious diseases, environmental health hazards, and other health risks. These units are particularly important in regional and remote areas where access to healthcare services may be limited, and outbreaks of infectious diseases may be more difficult to contain.

☐ 3.6 **Allied health:** Allied health units encompass a range of health professions, including physiotherapy, occupational therapy, and speech therapy. These units are particularly important in regional and remote areas where access to specialized healthcare services may be limited.

☐ 3.7 **Clinical governance:** Clinical governance units ensure that healthcare services are delivered safely and effectively, and that healthcare providers are held accountable for the quality of care they provide. In regional and remote areas, clinical governance units can play a particularly important role in ensuring that healthcare services are delivered in a consistent and coordinated manner.

☐ None of the above

Core Unit 4:

Clinical Knowledge and Skill

Essential for healthcare professionals to provide safe and effective care to patients. Some of these core units include:

Please only select the core units that the activity addresses (potentially more than one or none)

☐ 4.1 **Anatomy and Physiology:** A sound understanding of the structure and function of the human body is essential for healthcare professionals. This knowledge provides a foundation for understanding disease processes and for making accurate diagnoses and treatment plans.

☐ 4.2 **Pharmacology:** Healthcare professionals must have a thorough understanding of how medications work, their indications and contraindications, dosages, side effects, and potential interactions. This knowledge is necessary for safe and effective medication management.

☐ 4.3 **Medical Terminology:** Medical terminology is the language used in healthcare to describe anatomy, diseases, procedures, and treatments. Healthcare professionals must have a good grasp of medical terminology to effectively communicate with colleagues and patients.

☐ 4.4 **Patient Assessment and Diagnosis:** Healthcare professionals must be skilled in conducting comprehensive assessments of patients, including taking medical histories, conducting physical examinations, and interpreting diagnostic tests. They must also be able to make accurate diagnoses based on this information.

☐ 4.5 **Communication and Interpersonal Skills:** Effective communication with patients, their families, and other healthcare professionals is essential for providing quality healthcare. Healthcare professionals must be able to listen actively, empathize with patients, and communicate clearly and concisely.

☐ 4.6 **Infection Control:** Healthcare professionals must have a thorough understanding of infection control measures to prevent the spread of infectious diseases. This includes understanding how infections are transmitted, knowing when to use personal protective equipment, and understanding how to properly clean and disinfect equipment and surfaces.

☐ 4.7 **Cultural Competence:** Healthcare professionals must have an understanding of cultural differences and how they may affect healthcare delivery. They must be able to provide culturally sensitive care that respects the beliefs, values, and practices of patients from diverse backgrounds.

☐ None of the above

Core Unit 5:

Communication

Effective communication can improve patient outcomes, enhance patient satisfaction, and promote teamwork among healthcare providers:

Please only select the core units that the activity addresses (potentially more than one or none)

☐ 5.1 **Active Listening:** Healthcare professionals must be able to listen actively to patients, which involves not only hearing their words but also interpreting their tone, body language, and emotions. Active listening helps healthcare professionals build rapport with patients and understand their concerns.

☐ 5.2 **Verbal Communication:** Healthcare professionals must be able to communicate clearly and effectively using verbal communication. This includes using appropriate language, tone, and pace, as well as avoiding medical jargon or complex technical terms.

☐ 5.3 **Written Communication:** Healthcare professionals must be able to communicate effectively in writing, such as in medical reports, discharge instructions, and emails to colleagues. Written communication must be clear, concise, and accurate, and must adhere to professional standards.

☐ 5.4 **Non-Verbal Communication:** Non-verbal communication, such as body language, facial expressions, and gestures, can convey important information in healthcare interactions. Healthcare professionals must be able to recognize and interpret non-verbal cues from patients and colleagues.

☐ 5.5 **Empathy:** Healthcare professionals must be able to demonstrate empathy, which involves understanding and sharing patients' emotions and experiences. Empathy helps healthcare professionals build trust with patients and provide patient-centred care.

☐ 5.6 **Cultural Competence:** Cultural competence involves understanding and respecting the beliefs, values, and practices of patients from diverse cultural backgrounds. Healthcare professionals must be able to communicate effectively with patients from different cultures and avoid cultural stereotypes or biases.

☐ 5.7 **Interprofessional Communications:** Effective communication among healthcare providers is essential for coordinating care and ensuring patient safety. Healthcare professionals must be able to communicate effectively with colleagues from different disciplines, such as physicians, nurses, and allied health professionals.

☐ None of the above