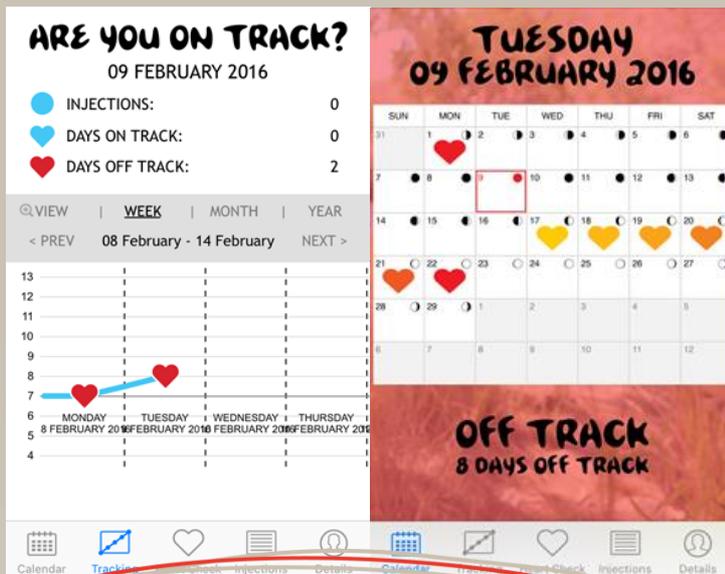


Are you on track?

Laynhapuy Homelands Health Service and Moonshine productions have collaborated to develop a Self-Management tool for people living with Rheumatic Heart Disease. People receiving Secondary Prophylaxis for ARF/RHD can download the Take Heart app and use it to keep track of when their next LAB is due. When a patient receives an LAB injection, they record that date in the app and a calendar is generated showing when their next injection is due. Seven days before the next injection is due, the app starts to send reminders to the person that it is time to go to the clinic. The app also keeps track of Days at Risk (i.e. how many days late a person is for their LAB). The tool is now available for download for Apple and Android phones – and it's free! Search for 'take heart' in the Play Store or App Store.



People living with ARF/RHD can now download the Take Heart App onto their smartphone to help them manage their Secondary Prophylaxis!

Once it's downloaded you don't need an internet connection to use the app.

Issue 6 April 2016

Welcome to the sixth newsletter from the Improving Secondary Prophylaxis (SP) for Rheumatic Heart Disease (RHD) research project. In our quarterly newsletter we share stories from participating health centres: What works in their community, how they are improving their processes for RHD care, and how the project is supporting them.

What is the project about?

Our project is titled 'Improving delivery of Secondary Prophylaxis for Rheumatic Heart Disease.' The aim of our study is to assist health centres to maximise efforts to deliver Secondary Prophylaxis.

What do we do?

We are implementing a package of activities to optimise clinical care and quality improvement in NT health centres to increase adherence to SP in a sustainable way.

Our project team visits each participating clinic 2-3 times during the beginning of the project to learn about SP processes. Together with clinic staff we developed a tailored Action Plan which includes a variety of activities, all designed to improve SP delivery. We then visit each clinic monthly for 15 months, to support the staff to implement their Action Plan.

What is our goal?

If successful, the activity package we are testing could be used by health centres across the NT and beyond - which would hopefully see significant reductions in Acute Rheumatic Fever recurrence rates and severity, and prevalence of RHD.

Who do we work with?

We are working with ten health centres across the NT, in collaboration with the NT RHD Control Program, RHD Australia and other stakeholders.

Take Heart: The quest to rid the Australasia of Rheumatic Heart Disease

Moonshine Productions have released their latest movie 'Take Heart: the quest to rid Australasia of Rheumatic Heart Disease'. The movie shares the story of young people from the Top End of Australia, New Zealand and the Pacific Islands who are living with rheumatic heart disease – it follows their journey through diagnosis, secondary prophylaxis and surgery. It is a great tool for staff and patient education. The full version of the film is approximately 1 hour long, and there are several short films. The films can be watched online, or you can register for a Toolkit which includes a DVD, posters and postcards. There are 500 free toolkits available for rural and remote health centres across Australia.



Get your copy today!
Register for the Take
Heart toolkit at
<http://www.takeheart.tv/>

Take Heart Launch at the Tiwi Grand Final

The RHD SP project team worked with the Julanimawu Health Clinic, Bupa and Moonshine Productions to organise a launch of the Take Heart movie at the Tiwi Football Grand Final in March. Approximately 60 people including visiting medical staff, clinic staff and people affected by ARF/RHD attended the launch on the morning of the Grand Final. The movie was well received. After the screening, the project team set up a health promotion stall at the footy grounds, and delivered messages about ARF prevention. The project team invited children to put their 'Hands Up for A Healthy Heart' – which involved getting messy with red paint! It was also a great activity to teach children about handwashing. In the evening the clinic hosted a community BBQ, and screened the Take Heart Short Films to an audience of children and football players. The audience was very engaged.



The screening of the Take Heart Movie



The health promotion stall



'Hands up for a Healthy Heart'

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