



CONSUMER SUMMARY OF FIRST NATIONS AUSTRALIANS GUIDELINES

FLOW & THRIVE

The Flow & Thrive artwork represents the **landscape of living with a kidney condition**.

The design represents the **different stages** of the health journey. At times the **waters are murky and turbulent**, which is represented by the **tsunami on the top right** of the design, and the **mangroves to the top left**. The mangroves represent the **challenges** of patients moving through their varying journeys, which traverse through the rivers and into calmer seas. From the **right bottom hand corner** of the design, a **sunrise emerges**, symbolising the **strength and resilience** of those living with kidney conditions.

This design reinforces the idea that those on this journey are never alone. The boats within the river represent the **family, friends, community and support networks** that surround the patients on their wellness journey. To the **far left** of the design is a series of **lines**, which represent the **various medical practitioners and clinical support personnel** who **guide and support** the patient with their **ongoing expertise and care**.



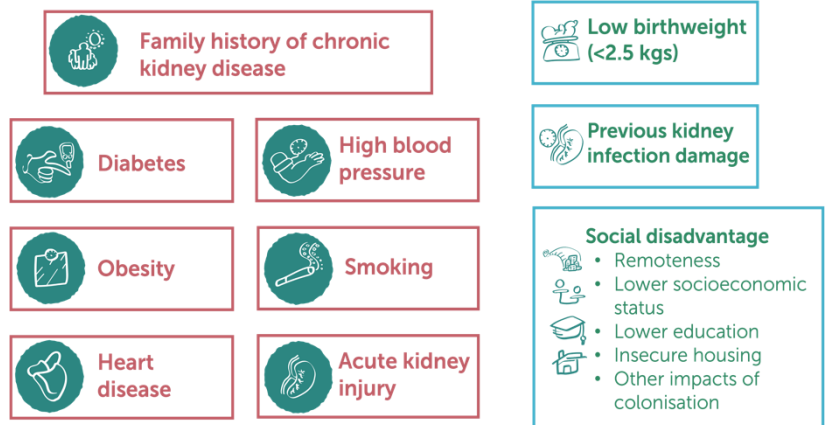
Developed in partnership with



These guidelines have been developed in **partnership** with **First Nations communities**, and with First Nations Australians with **lived experience of chronic kidney disease**.

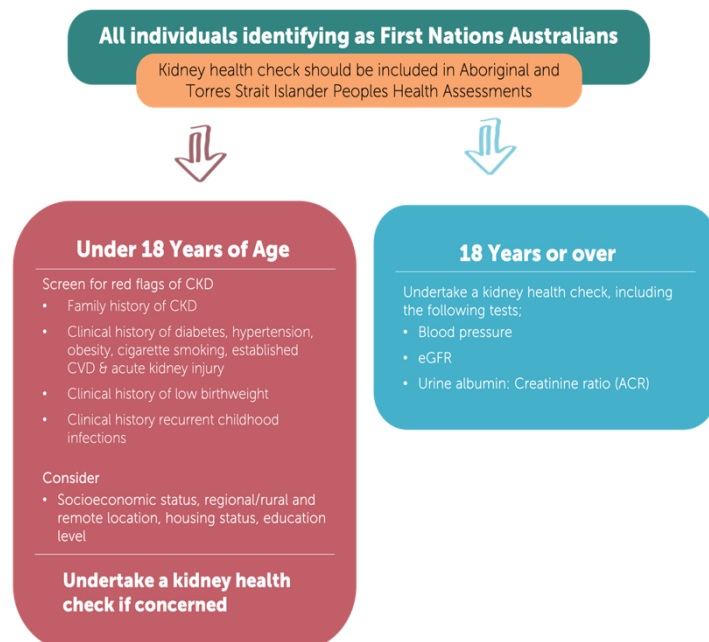
What should I know about chronic kidney disease and being a First Nations Australian? The higher burden of chronic kidney disease among First Nations Australians is due to the **impacts of ongoing colonisation, and the social, political, and cultural determinants** that affect our health and well-being. There is no current evidence showing that First Nations Australians genetics increase the risk of chronic kidney disease.

As First Nations Australians, what should we look out for to care for our kidneys? A family history of chronic kidney disease, or clinical history of diabetes, high blood pressure, obesity, smoking, heart disease, or acute kidney injury increase everyone’s likelihood of chronic kidney disease. As a First Nations Australian, we should also think about **low birthweight (<2.5 kgs) or repeated childhood infections leading to kidney damage** are associated with chronic kidney disease. The **social, cultural, and political impacts of colonisation** are associated with worse kidney health.



Factors associated with chronic kidney disease among First Nations Australians

What can I do about chronic kidney disease?



Screening matrix for chronic kidney disease among First Nations Australians

train their staff in cultural safety and monitor and address institutional racism and provide a safe complaints process.

Early detection of chronic kidney disease is vital. If you are **under 18 years of age, you and your health professional should talk about any of the red flags** of chronic kidney disease. If you are **over 18 years of age, get a kidney health check** at least annually. The bulk-billed Aboriginal and Torres Strait Islander Health Assessment (Medicare) includes a kidney health check.

How should health services support First Nations Australians with chronic kidney disease? You are the expert in your life and healthcare needs and should be included in the decision-making about your kidney health. Health services should accommodate your family’s involvement in your care according to your wishes. Other issues, such as transport and accommodation to attend clinical appointments should be taken care of. Health services need to