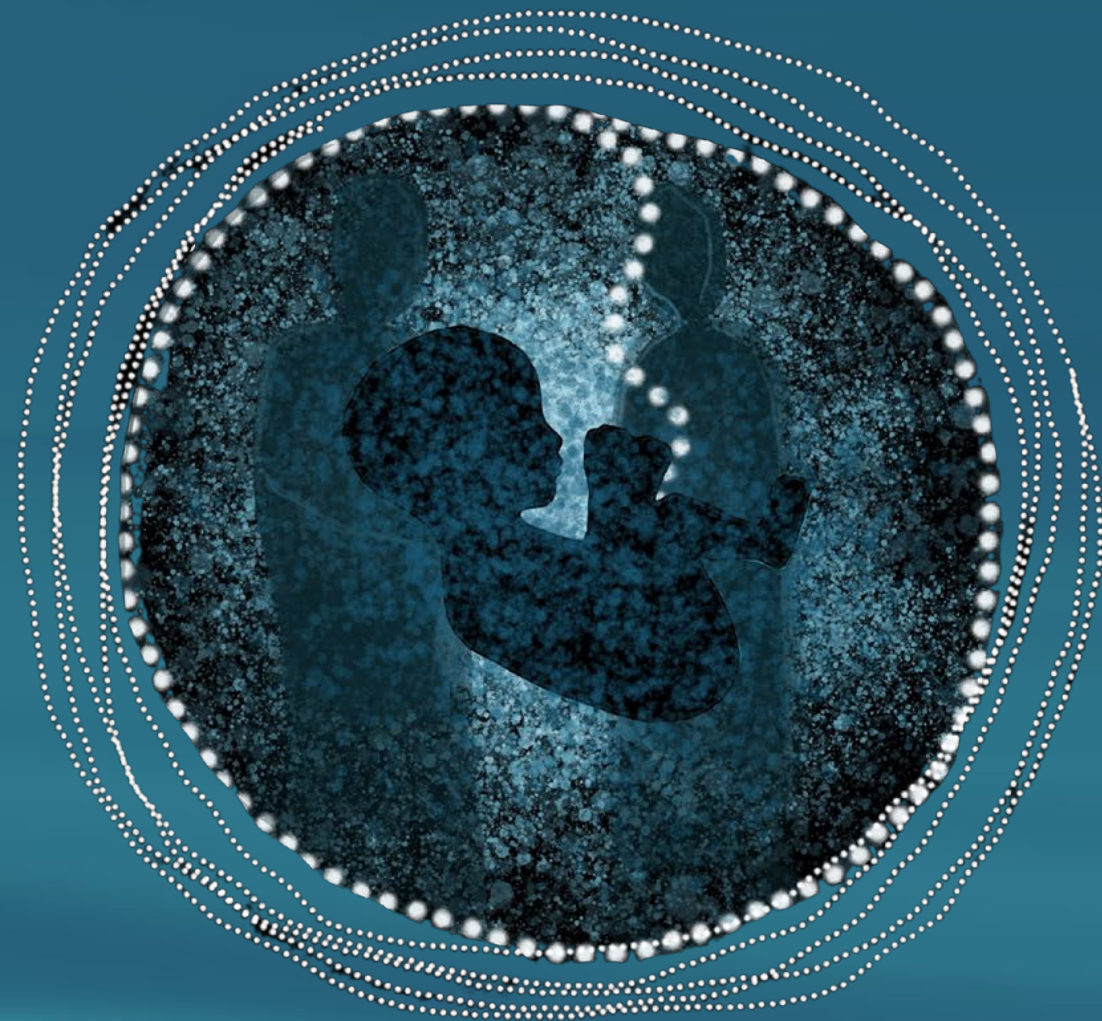


‘Nothing about us, without us’
Sharing our ways of
knowing, being and doing
to address stillbirth in
First Nations Communities





Acknowledgement of Country

Stillbirth CRE Indigenous Team



- Deanna Stuart-Butler
- Valerie Ah Chee
- Rupesh Gautam
- Megan Weller
- Meghna Bhamidipati
- Indigenous Advisory Group





A moment silence for all the families of those babies born sleeping, who came but never got to go home, only in the hearts of their loved ones...


Closing the Gap – Australia

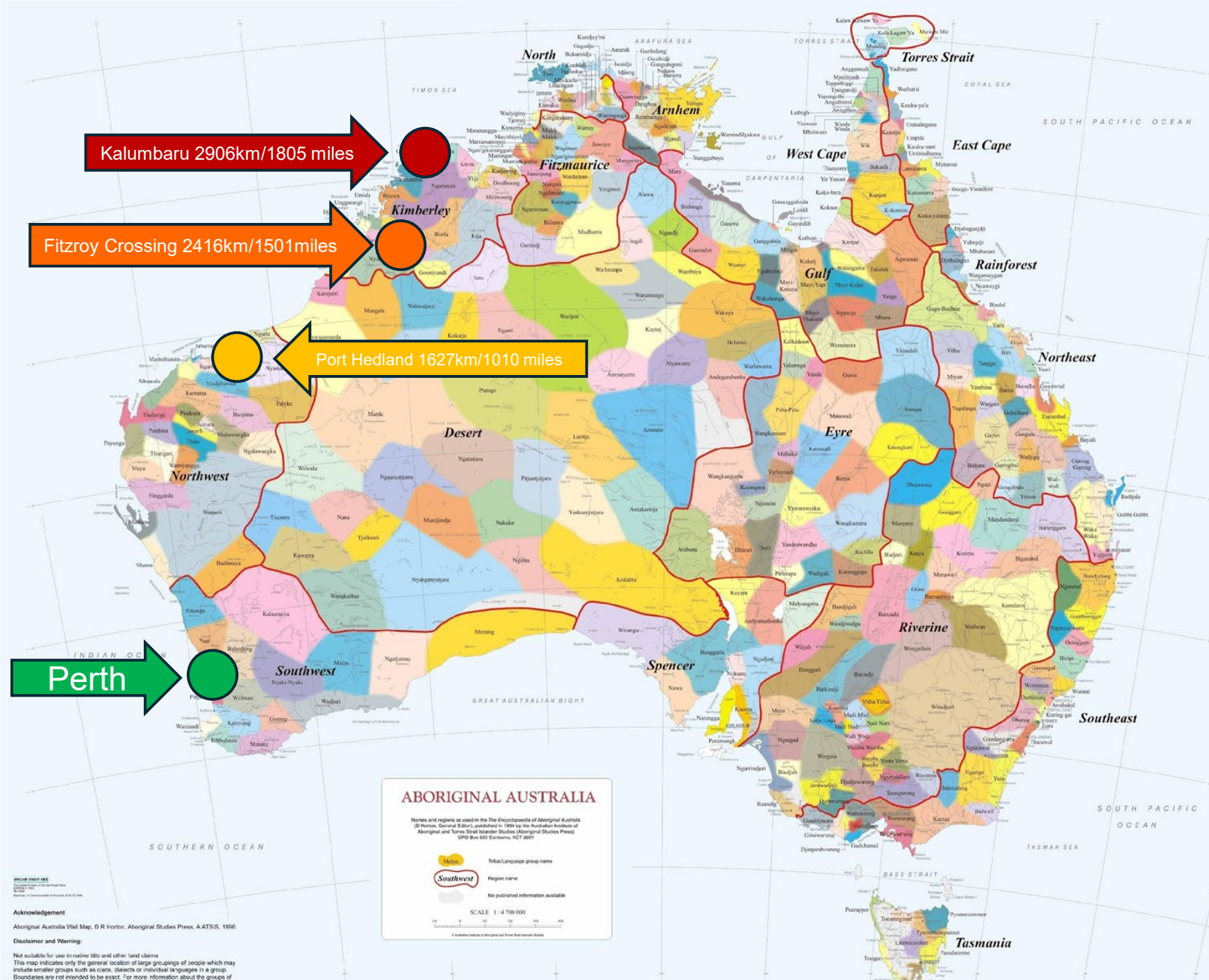
Achieving equality for Aboriginal and Torres Strait Islander People in health and life expectancy

Closing the Gap is underpinned by the belief that when Aboriginal and Torres Strait Islander people have a genuine say in the design and delivery of policies, programs and services that affect them, better life outcomes are achieved. It also recognises that structural change in the way governments work with Aboriginal and Torres Strait Islander people is needed to close the gap. (<https://www.closingthegap.gov.au/>)

Government acknowledges that to close the gap, Aboriginal and Torres Strait Islander people must determine, drive and own the desired outcomes, alongside all governments (<https://www.closingthegap.gov.au/>)

This way of working requires governments to build on the strong foundations Aboriginal and Torres Strait Islander people have, through their deep connection to family, community and culture.
(<https://www.closingthegap.gov.au/>)





Aboriginal and Torres Strait Islander Map of Australia

500 Nations

250 language groups

Very diverse

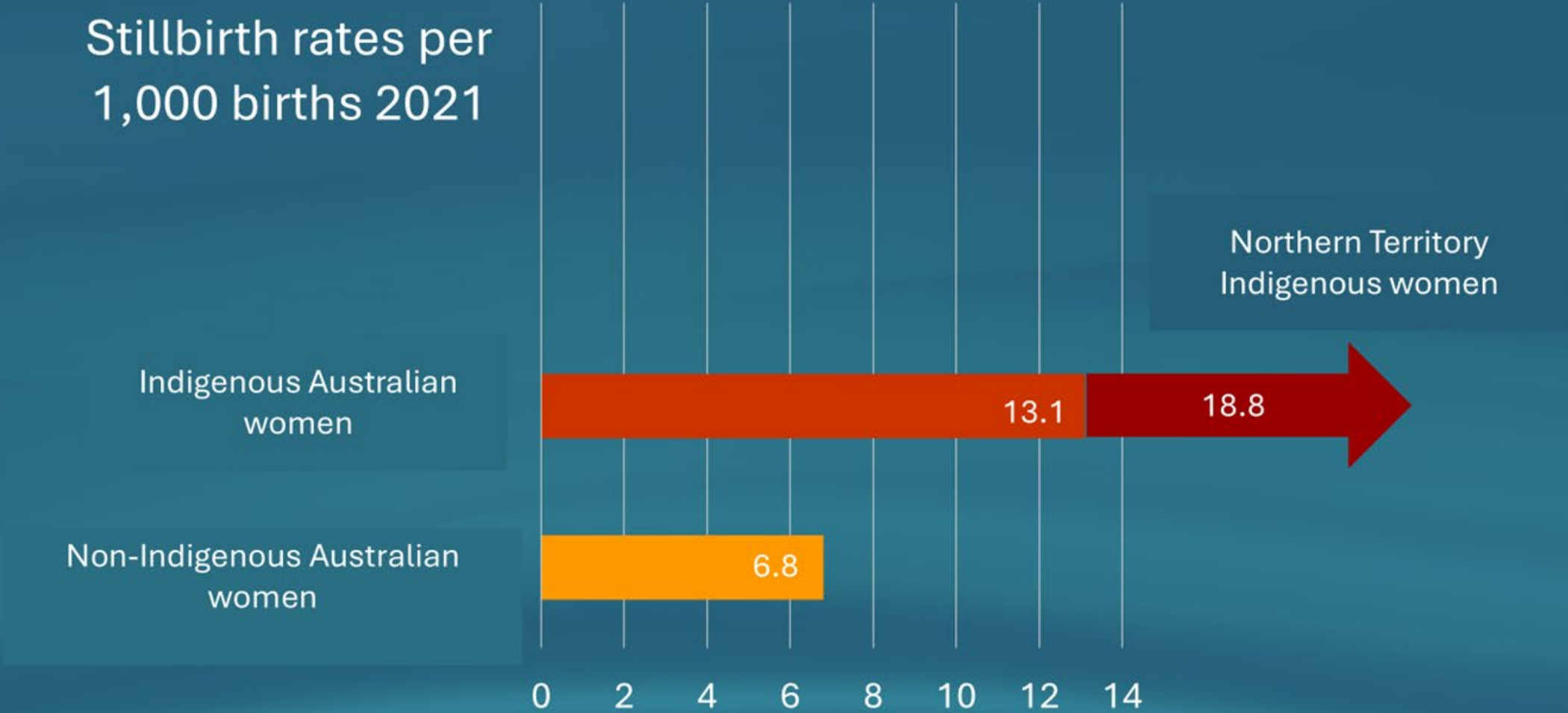
Metropolitan

Regional

Remote

Very remote

Stillbirth rates per
1,000 births 2021



Safer Baby Bundle



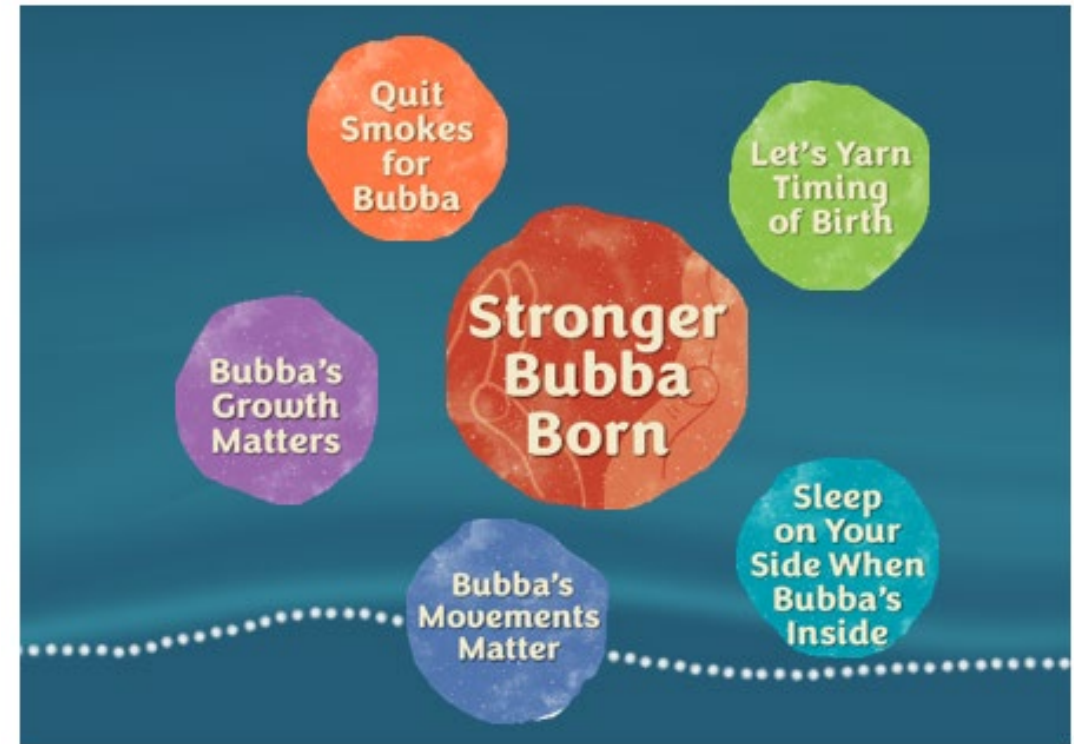
Element 1: Smoking Cessation

Element 2: Fetal Growth Restriction (FGR)

Element 3: Decreased Fetal Movement (DFM)

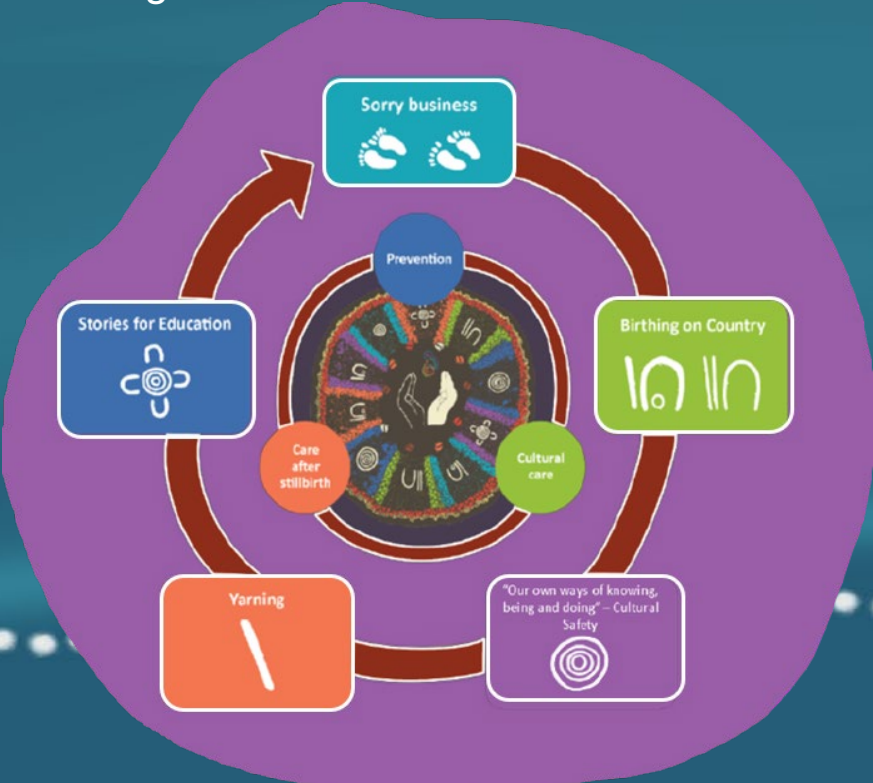
Element 4: Side Sleeping

Element 5: Timing of Birth



What Community told us

We yarned with Indigenous communities across Australia about safe and equitable pregnancy care and stillbirth prevention. Community advised us That they want resources on safe pregnancy developed in their ‘own ways of knowing, being and doing’ and that bub and mum are surrounded by people they trust. That is how Stronger Bubba Born came into being.



Quit Smokes for Bubba

Smoking in pregnancy is one of the main causes of Sorry Business Babies (stillbirth). Stopping smoking as soon as possible in pregnancy is best for bubba and for you.

Risks to bubba from my smoking

- Miscarriage or Sorry Business Babies (stillbirth)
- Bubba born too soon (before 37 weeks)
- Bubba born small and may have breathing problems
- Higher risk of sudden unexpected death or an infant (SUDI or cot death)

Benefits of quitting

- Bubba will be safer and healthier
- Better health for you and your family
- More money in your pocket

Help with quitting

Your Aboriginal and/or Torres Strait Islander health practitioner, midwife or doctor can help you to quit. They can help you to get support for:

- Deal with stress and cravings
- Access quit smoking products like gum or patches.

You can also call the Aboriginal Quitline on 02 98 46 1111 and ask to speak with an Aboriginal person, or yarn with the Tackling Indigenous Smoking (TIS) team in your community.

Tackling Indigenous Smoking: uncutbacking

Let's Yarn Timing of Birth

Yarning with your Aboriginal and/or Torres Strait Islander health practitioner, midwife, or doctor about the best timing for bubba's birth can help to keep bubba safe.

When might bubba be born?

Bubba's estimated date of birth (due date) is usually 40 weeks after the first day of your last period. Most women have their bubba between 37 and 42 weeks, this is called full term.

- Before 37 weeks is called pre-term
- From 37-39 weeks is early term
- From 40 weeks on is called post-term

Giving birth close to your due date is generally best for bubba. However, for some bubbas it is safer for them to be born earlier. This is called a planned birth.

What is a planned birth?

A planned birth is when a woman has bubba at a specific time instead of waiting to go into labour. This is usually done by induction of labour or a caesarean section.

If a planned birth is decided, your health care team will work with you to decide the best and safest time.

Every week counts

Bubba develops and gets stronger right up to 40 weeks. The last weeks of pregnancy are important for bubba to keep getting stronger. Bubbas who are born a bit early (even close to 37 weeks) have a higher chance of having trouble with learning or behavioural problems as they grow up.

Weeks 37, 38, 39, 40, 41, 42

Bubba's Growth Matters

Even though all pregnancies are different, a healthy rate of growth for bubba is important.

Check

Throughout pregnancy your health care team will check bubba to make sure they are growing strong. If bubba is not growing as strong as they should, they may need more checks to watch bubba's growth. This gets done with an ultrasound.

Measure

From around 24 weeks of pregnancy, your health care team will go to every antenatal check-up to see how bubba's growth can be measured to make sure bubba is growing well.

Monitor

If bubba is not growing as well as they should, they may need more monitoring. If this happens, your health care team will yarn with you.

What is Fetal Growth Restriction (FGR)?

Fetal Growth Restriction (FGR) is when a bubba is growing slower or smaller than expected. FGR happens more often when women smoke in pregnancy or when they have had a small bubba before.

When and how will it be assessed?

All women should be assessed in early pregnancy. From 24 weeks, bubba's growth will be checked using a tape to measure your abdomen, then recorded on a growth chart. This way, your health care team can see how bubba is growing as the weeks go by. Sometimes women may need bubba's growth monitored by ultrasound.

Why is bubba growing at a slower rate?

Other, slow growth can happen if there is a problem with the placenta, but there can be other reasons too. Your health care team will work to find the reason if your bubba is not growing so well.

What can I do to check bubba's health?

It is important to come to each pregnancy visit. Feeling bubba's movements is a good sign they are healthy and growing. From 28 weeks of pregnancy, you should feel bubba moving every day. If you notice the movements have stopped or slowed down, it may be a sign bubba is in trouble. Contact your health care team immediately – you are not wasting your time. After all appointments to monitor your health and bubba's health.

I look smaller than other women who are due at the same time as me. Should I be worried?

Every woman is different just like every pregnancy is different. Your health care team will be following bubba's growth at every pregnancy visit and will yarn with you about next steps if there are signs that bubba's growth has slowed.

Bubba's Movements Matter

You will start to feel bubba move between weeks 16 and 24 weeks of pregnancy.

How often should bubba move?

There is no set number or pattern of normal movements. Feeling your bubba move is a sign they are healthy. You will start to feel bubba's movements between 16 and 24 weeks, and from 28 weeks onwards you should feel bubba moving every day.

Why are bubba's movements important?

If bubba's movements stop or slow down, it may be a sign that they are unwell. Around half of all women who had a Sorry Business Baby (stillbirth) noticed bubba's movements had slowed or stopped.

What should I do?

If you notice your bubba is moving less and less, or the movements are not as strong, contact your health care team immediately – you are not wasting their time.

What may happen next?

Your health care team should ask you to come in for a check. Investigations may include:

- Checking bubba's heartbeat
- Measuring bubba's growth
- Ultrasound and/or blood test.

About bubba's movements

It is not true that bubba moves less towards the end of pregnancy. You should continue to feel bubba move right up to the time you go into labour and whilst you are birthing too. Eating or drinking to try and make bubba move does not work.

If you have worries about bubba's movements, contact your health care team immediately.

Sleep on Your Side When Bubba's Inside

Going to sleep on your side from 28 weeks of pregnancy is best for bubba.

Sleeping on your side can help your risk of having Sorry Business Babies (stillbirth) compared with sleeping on your back.

After 28 weeks of pregnancy, lying on your back presses on major blood vessels which can reduce blood flow to your uterus and the oxygen supply to your bubba. The important thing is to start each sleep lying on your side. If you wake up on your back, don't worry, just roll onto your side.

Culturally unsafe care

Trauma Response

- Shame
- Fear
- Distrust
- Vulnerability
- Disempowerment
- Anxiety
- Stress
- Anger
- Sorrow
- Guilt

Behavioural response

- Disengagement
- Avoidance
- Compliance
- Non-compliance
- Aggressive
- Assertive
- DAMA (Discharge against medical advice)
- Don't complain

Snapshot – Culturally safe care

- *Acknowledge and understand the impact of colonisation*
- *Strength-based and trauma-informed*
- *Our ways of knowing, being and doing (storytelling, yarning, ceremony, Lore)*
- *Indigenous governance and protocols*
- *Individualised and responsive care*
- *Elders and Community led*
- *Include family*
- *Continuity of care/carer*
- *Indigenous workforce: health teams, midwives*
- *Cultural safety valued as much as clinical safety*

Jinda Maawit

Carolyn Lewis

Jinda Maawit Project

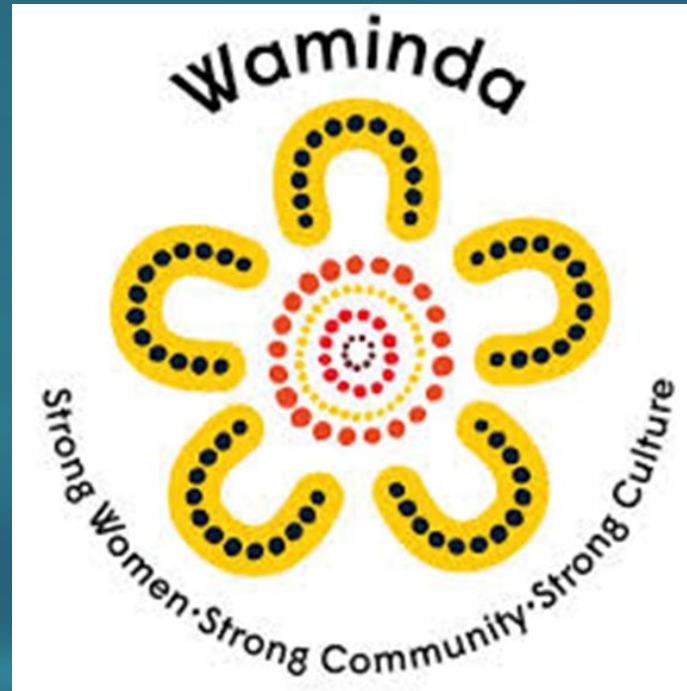
Aboriginal Researcher Fellow | School of Medicine

carolyn.lewis@curtin.edu.au



Waminda

Waminda.org.au



Birthing in our Community

<https://www.iuih.org.au/our-services/health-and-wellbeing-services/birthing-in-our-community>

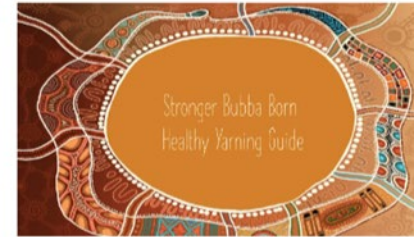


Stronger Bubba Born Website



We are so excited to have recently launched our new eLearning course

New



Stronger Bubba Born Healthy Yarning Guide

On completion of this eLearning course, health professionals should be able to recognise and understand the disparity in Indigenous stillbirth rates compared to non-Indigenous stillbirth rates, have a better understanding of the historical and contemporary issues that impact on Aboriginal and Torres Strait Islander women's health, and recognise the importance of culturally safe care in health to improve care and outcomes for Aboriginal and Torres Strait Islander women and communities.

START COURSE



Thank You

Deanna.stuart-butler@mater.uq.edu.au

Valerie.ahchee@mater.uq.edu.au



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