



# Deadly Heart Trek - Together Let's End RHD

## REGISTER YOUR INTEREST - CENTRAL AUSTRALIA

We welcome you to be a part of the 'Deadly Heart Trek' to help end rheumatic heart disease (RHD)

### What is rheumatic heart disease (RHD)?

RHD is a preventable disease but if it's not diagnosed or treated, it can cause heart failure, disability and even death. It starts with a sore throat or skin sore caused by Strep A bacteria and can permanently damage the heart.

### What's this Trek all about?

We want to listen, learn and respond to the needs of Aboriginal and Torres Strait Islander Communities on RHD. So a group of experienced doctors, local health workers and Aboriginal leaders are **going to Central Australia to a few communities**. This Trek is in consultation with Aboriginal and Torres Strait Islander Communities, local Land Councils and other local organisations. This is not a medical research program, this is a team of dedicated health professionals and Aboriginal people who have Community interest at the core of their work. **It is up to your Community if you would like to participate and we will only visit if you have asked to take part.**

The team will offer education on RHD and where requested, identify and treat those affected by RHD.

### Why?

Together with your help, we will raise awareness and understanding of this disease within Community and beyond. We will empower Aboriginal leadership and self-determination. We will demonstrate that RHD needs political action and commitment for diagnosis, treatment and prevention.

### Who is involved?

We are a group of committed doctors, many of you would know us as we've been working in Communities for decades on RHD. Also supporting us is Heart Foundation Australia and the Champions4Change led by Aboriginal cultural advisor Vicki Wade, the Take Heart team who produced the film 'Take Heart' and The Snow Foundation, a philanthropic organisation supporting Aboriginal and Torres Strait Islander communities.

Supported by the RHD Control Program.

Doctors include:

**Dr Gavin Wheaton, Dr Bo Remenyi and Dr Robert Justo**

### How can we take part?

You can decide if you'd like to participate and the support you need. We may not be able to meet all of your requests due to limited timing but the information will be helpful to provide to your local Council so they are aware of your needs.

Check out the list of activities and fill in the attached form to select the activities for your Community:

- Education and activity sessions for Community, health workers and schools on RHD and acute rheumatic fever
- Skin education – to understand skin sores, scabies and their link to RHD
- Cardiology clinics for children at school – to treat the disease
- Healthy heart checks for children – echocardiographic (echo) screening to detect RHD early

### What about COVID-19?

All visitors into your Communities will follow COVID-19 protocols and guidelines. We will take all necessary precautions as advised by the health authorities, and the team are fully vaccinated.

### What next?

Talk to your Community including local leaders and health care workers and let us know if you are keen to participate. Please try and send us back the 'register your interest' form by December 15.

### I have feedback and questions - who do I contact?

Please share your thoughts with your local land council and feel free to email the tour group [info@deadlyhearttrek.org](mailto:info@deadlyhearttrek.org)



# Deadly Heart Trek – Register Your Interest

## RETURN TO US

Please fill in this form and email to [info@deadlyhearttrek.org](mailto:info@deadlyhearttrek.org) by December 15

### 1. We need a leader/champion in each Community to help organise the activities your community may need. Please fill in your details here:

Your Name: \_\_\_\_\_  
Community: \_\_\_\_\_  
Email: \_\_\_\_\_  
Mobile ph: \_\_\_\_\_

### 2. Please select the activities your Community would like to get involved in and number by priority:

You can choose as many as you'd like! We may not be able to meet all of your requests but this information will be helpful to provide to your local Council and other organisations so they are aware of your needs. Some activities can be held prior to the visit by the Trek team.

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|---|---|
| 1. Fun School Education Activities – on RHD, healthy hearts, healthy skin                     | 4. Healthy heart checks for children – echocardiographic (echo) screening to detect RHD early |
| 2. Education Session - for the Community - on RHD, healthy hearts, healthy skin               | 5. Cardiology clinics for children – to treat RHD   |
| 3. Education Session - for health workers/nurses/doctors on RHD, healthy hearts, healthy skin |   |

### 3. Please list all the key people you are keen to involve in the project.

Tick the box if you have already contacted them and leave the box empty if you would like us to contact them.

Name _____	Name _____
Role _____	Role _____
Phone _____	Phone _____
Email _____	Email _____
Name _____	Name _____
Role _____	Role _____
Phone _____	Phone _____
Email _____	Email _____
Name _____	Name _____
Role _____	Role _____
Phone _____	Phone _____
Email _____	Email _____

### 4. Anything else you'd like us to know about your Community eg. other events or health initiatives?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Don't forget you can contact us at: [info@deadlyhearttrek.org](mailto:info@deadlyhearttrek.org)