

# Well Women Workshop

Community education resource

A community education resource  
promoting and encouraging breast awareness  
and early detection in Aboriginal and Torres Strait  
Islander women across Australia



NATIONAL  
BREAST AND OVARIAN  
CANCER CENTRE

# **Well Women Workshop community education resource**

A community education resource  
promoting and encouraging breast awareness  
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Torres Strait Islander women across Australia

*Well Women Workshop community education resource*  
was prepared and produced by:

**National Breast and Ovarian Cancer Centre**

Level 1 Suite 103/355 Crown Street Surry Hills NSW 2010  
Tel: 61 2 9357 9400 Fax: 61 2 9357 9477 Freecall 1800 624 973

**Website: [www.nbcc.org.au](http://www.nbcc.org.au)**

Email: [director@nbocc.org.au](mailto:director@nbocc.org.au)

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Copies of this resource can be downloaded from the National Breast and Ovarian Cancer Centre website: [www.nbcc.org.au](http://www.nbcc.org.au) or ordered by telephone: 1800 624 973

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# Acknowledgements

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NBOCC would like to acknowledge Origin Communications Group for their work in focus testing the community education resource with Aboriginal and Torres Strait Islander women and health professionals across Australia.

## **National Breast and Ovarian Cancer Centre Staff**

The following people were involved in the development of this resource:

- Ms Alessia Campagna
- Ms Ornella Care
- Associate Professor Christine Giles
- Ms Emma Hanks
- Ms Janice Peterson
- Ms Katie Rampling
- Ms Trena Rowe
- Ms Jane Salisbury
- Dr Helen Zorbas

## **Funding**

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## **Contact us**

If you have any queries about the community education resource or about conducting the workshop please contact NBOCC directly on 02 9357 9400.

# Background

Aboriginal and Torres Strait Islander Health Workers are in an ideal position to promote positive health behaviours with Aboriginal and Torres Strait Islander women. This community education resource has been developed for Aboriginal and Torres Strait Islander Health Workers and health professionals who work with Aboriginal and Torres Strait Islander women to promote breast health and encourage breast awareness and early detection of breast cancer.

In 2009, NBOCC's approach to improving breast awareness and promoting early detection of breast cancer in Aboriginal and Torres Strait Islander women included:

- Developing a **breast awareness module** delivered via the Health Interactive Technology Network (HITnet) health promotion media kiosks, to Aboriginal and Torres Strait Islander communities throughout Australia.
- Undertaking **Well Women Workshops** that involved a story telling, face-to-face approach of delivering breast awareness and early detection messages to Aboriginal and Torres Strait Islander women.

## NBOCC breast awareness module

The NBOCC breast awareness module, called *'Looking after your breasts, what every Aboriginal and Torres Strait Islander women should know'*, provides culturally appropriate breast awareness and early detection messages to Aboriginal and Torres Strait Islander women. The module's interactive materials include:

- Four Aboriginal and Torres Strait Islander women's accounts of their experiences with breast cancer, promoting the importance of early detection and reducing the sense of fear associated with talking about the disease
- Information about breast awareness, early detection, screening and risk factors
- Breast cancer facts and fiction to address myths and misconceptions which may be barriers to early detection of breast cancer
- Interactive survey to evaluate the effectiveness of the module.

Based on the breast awareness module, a DVD with the same name has also been developed. This DVD includes all the information available on the interactive module as well as an additional section which features breast animation. The breast animation shows the visual breast changes to look out for. The DVD allows the information on the HITnet kiosk module to be made available to Health Workers and Aboriginal and Torres Strait Islander women who may not have access to the HITnet kiosks. For a list of HITnet kiosks locations please see Appendix B.

## **Well Women Workshops**

In 2009, NBOCC held two Well Women Workshops in community locations in Far North Queensland. The first workshop was held at Wuchopperen Health Service in Cairns and the second at Yarrabah Health Service in Yarrabah.

The workshops used a story telling, face-to-face approach for delivering early detection and breast awareness messages. The workshops involved Aboriginal and Torres Strait Islander breast cancer survivors talking with other Aboriginal and Torres Strait Islander women, as well as presentations from health professionals. The aims of the workshops were to:

- Promote the importance of early detection in surviving breast cancer through breast awareness and mammographic screening
- Inform women of all ages about what breast changes to look out for and the importance of breast awareness
- Advise women who they can talk to if they notice a change in their breast
- Increase women's knowledge about who can attend BreastScreen for a screening mammogram and when they should attend
- Advise women of the importance of receiving and completing treatment for breast cancer as early as possible, to improve treatment outcomes.

The planning of the Well Women Workshops was undertaken in collaboration with Aboriginal medical services, Aboriginal and Torres Strait Islander Health Workers, breast services and key community members at a local level.

## **Development of the community education resource**

The positive evaluations and feedback received from the Well Women Workshops have resulted in the development of the NBOCC Well Women Workshop community education resource. The community education resource supports Health Workers to share key health messages of breast awareness and early detection with Aboriginal and Torres Strait Islander communities across Australia. The information in the resource aims to facilitate a sustainable approach to health promotion and improve outcomes for women.

The community education resource has been focus tested with Aboriginal and Torres Strait Islander Health Workers and Aboriginal and Torres Strait Islander women across Australia, to ensure its appropriateness for Aboriginal and Torres Strait Islander women. In addition to the focus groups which were held in Broome, Shepparton and Sydney, a number of key Aboriginal and Torres Strait Islander stakeholders throughout Australia have been consulted through NBOCC's Advisory Network.

## **Who is the Well Women Workshop community education resource for?**

The Well Women Workshop community education resource has been designed specifically for Aboriginal and Torres Strait Islander Health Workers and health professionals who work with Aboriginal and Torres Strait Islander women.

## **Aim**

The aim of the Well Women Workshop community education resource is to support Health Workers to run a Well Women Workshop to provide Aboriginal and Torres Strait Islander women with the information they should know about breast changes and breast screening to encourage and enable women to be proactive about breast health.

## **Learning objectives**

After attending the Well Women Workshop participants will be able to:

- Understand the importance of early detection in surviving breast cancer
- Understand the role of mammographic screening and the importance of attending BreastScreen every two years particularly for women in the target age range of 50–69 years of age
- Identify breast symptoms and how to be breast aware
- Identify who they can talk to if they find a change in their breast.

# Organiser's notes

## Workshop format

This workshop is designed to be run over two to three hours (including a break) and with the option to run an activity during or at the end of the workshop. See page 29 for a suggested workshop program outline. The workshop is designed to be interactive, using the Presenter's notes provided. The workshop is best run in the lead up to a BreastScreen van visiting the community if there is no permanent local BreastScreen service.

## Organiser

11 steps for the workshop organiser:

1. **Source** the following people to participate in the workshop –
  - a. A local presenter (Aboriginal or Torres Strait Islander woman where possible)
  - b. A local Elder or senior member of the community
  - c. A health professional (Aboriginal or Torres Strait Islander Health Worker, Health Promotion Officer, nurse or local female GP)
  - d. An Aboriginal or Torres Strait Islander woman who can share their story of strength and survival related to breast cancer (**optional**)
  - e. A social worker or counsellor (female)
2. **Contact** the relevant state or territory BreastScreen to invite a Health Promotion Officer or Nurse to present at the workshop (see page 32) (**optional**)
3. **Organise** an activity for the women to take part in during or at the end of the workshop (see page 7) (**optional**)
4. **Book** venue and equipment including audio visual equipment required on the day (see page 7) to show the NBOCC breast awareness DVD
5. **Promote** and confirm workshop date amongst community and record registrations (see page 8 for promotional suggestions)
6. **Provide** a copy of the Presenter's notes and brief presenters on workshop details and organise any travel required (see page 7)
7. **Order** catering, if providing meal break and confirm timing (advise any dietary requirements)
8. **Request** required number of workshop resources with NBOCC (see page 33)
9. **Set-up** registration forms, pens and paper and name tags on registration table and pre-test all equipment to be used on the day
10. **Supply** required number of workshop evaluation forms for all participants to complete (see page 30)
11. **Report** to NBOCC the outcomes of the workshop.

*See Appendix A for suggested timeline for planning a Well Women Workshop.*

## Presenters

It is intended that the workshop is delivered by Aboriginal or Torres Strait Islander Health Workers or educators. Key teaching points are highlighted and relevant additional information is provided throughout the notes for each presenter. Prior to the workshop each presenter should be briefed by the organiser about how the workshop will run and who may be attending, as well as the need to be sensitive towards culturally-based interpretations and beliefs.

## Registration information

Each workshop participant should provide their details on arrival. Provide a sheet of paper for participants to fill out their name, contact details, and any other relevant information. You may need to fill out the details for participants if they wish. You will also need to provide name tags for all participants using sticky labels. You may wish to pre-prepare sticky labels for participants who have pre-registered, ensuring correct spelling of names.

## Equipment

The workshop organiser should prepare the following prior to the workshop and test all equipment before the workshop:

- Registration table (including registration form, markers/pens and name tags)
- Chairs for participants arranged
- Access to extension cords (if required for playing DVD)
- Laptop, data projector and screen or DVD player and TV monitor
- Whiteboard, markers and eraser or easel, butcher's paper and markers
- Pens and paper for participants.

## Activity

The workshop organiser may also choose to arrange an activity for participants to take part in during or at the end of the workshop. Activities may include:

- Arts/crafts
- Music /dance performance
- Cooking.

Depending on which activity is arranged, it may be necessary to organise a local expert to lead the group in the chosen activity.

Providing an activity for participants to take part in allows them to get to know each other, to talk about what they have learnt and ask questions, as well as discuss women's health issues in a relaxed and non-threatening environment.

## Resources

A USB containing all necessary resources to organise and run the workshop is included with this resource. Resources on the USB include:

- Workshop invitation (electronic template, see page 28 for an example)
- Promotional poster (electronic template)
- Program outline (electronic template and example)
- Evaluation forms (electronic template)
- Well Women Workshop community education resource (electronic copy).

It is recommended that the following resources are made available to participants:

- **Consumer breast awareness brochure\*** – containing key breast awareness messages for Aboriginal and Torres Strait Islander women about breast changes and what to do if they find a change.
- **Pamphlet to promote the next BreastScreen van visit or location of closest BreastScreen centre** – contact BreastScreen (see page 32 for details) to request information (**optional**).

\*A sample copy of this resource has been included in the Community education resource and a PDF copy is available on USB. Additional copies for workshop participants can be ordered directly from NBOCC (please allow 2 weeks for delivery), free call 1800 624 973.

## Promotion

Promotion of the Well Women Workshop to local Aboriginal and Torres Strait Islander women is important. Below are some ways to promote the Well Women Workshop in your community:

- Consult and involve Elders in the community
- Place promotional posters in the main places in the community (e.g. health clinic, shops, schools)
- Promote at community meetings
- Hand out or mail invitation flyers to local Aboriginal and Torres Strait Islander women
- Contact local/community radio or TV
- Use local networks to encourage Aboriginal and Torres Strait Islander women to attend.

## **Evaluation**

Two evaluation forms are included as part of this resource and are based on the learning outcomes relevant to this resource. Evaluation form A is for workshop participants to complete at the conclusion of the workshop. Evaluation form B is for you, as the organiser, to complete after the workshop. It is suggested that you:

- Provide a copy of evaluation form A for each of the participants to complete at the end of the workshop
- Complete and return evaluation form B to NBOCC.

## **Feedback**

Your feedback is important to us and will help improve the quality of our resources. When you have used the resource to run a workshop, please forward a copy of your evaluation forms and any other comments to:

National Breast and Ovarian Cancer Centre  
Locked Bag 3  
Strawberry Hills NSW 2012.

Thank you for your assistance.

# Presenter's notes

The following information will assist presenters in running the workshop. For each workshop session there are:

- Instructions to assist presenters (listed in bullet points). Some of the bullet points have been labelled **(optional)** as they may not be required for your workshop.
- Blue boxes that include information to share with participants (these may be read verbatim).
- Tips for conducting the session (in orange with triangle bullet points).

A suggested workshop program has been included (see page 29). Please note that it may be necessary for you to schedule more breaks into the workshop to cater for the needs of your participants.

## Welcome – including Welcome to Country/ Acknowledgement of Country

**Aim:** This session aims to welcome participants to the workshop and engage participation in the workshop.

### Before the Welcome starts:

- Ensure there is a trained female social worker/counsellor available if participants would like to talk to someone about anything discussed during the workshop.
- (optional) Provide a written outline of the workshop on a white board/pin board for everyone to see.
- Clarify Elder's preferred title.

Key message	Presenter's notes
Introduction of presenter	<ul style="list-style-type: none"> <li>• Welcome participants to the workshop.</li> <li>• Introduce yourself (including background and experience).</li> </ul>
Welcome to Country/ Acknowledgement of Country	<ul style="list-style-type: none"> <li>• Introduce the person who will be performing the Welcome to Country/ Acknowledgement of Country (Elder or other appropriate Aboriginal or Torres Strait Islander woman).</li> <li>• Thank the Elder/appropriate woman once the Welcome to Country/ Acknowledgement of Country has been performed.</li> </ul>
Overview of the workshop	<ul style="list-style-type: none"> <li>• (optional) Ask participants to turn to the person next to them and introduce themselves.</li> <li>• Explain the aim of the workshop.</li> </ul> <p><b>Aim of workshop</b></p> <p>To provide women with the information they should know about breast awareness and early detection.</p>

Key message	Presenter's notes
	<ul style="list-style-type: none"> <li>• Provide an overview of the workshop.</li> </ul> <p><b>Overview of workshop</b></p> <p>Session 1 - Tell us what you know</p> <p><i>Participants share what they know about breast awareness and early detection</i></p> <p>Session 2 - How to be breast aware and find breast cancer early</p> <p><i>Participants will hear the facts about breast awareness and early detection</i></p> <p>Break</p> <p>Session 3 - Interactive DVD</p> <p><i>Participants will watch a DVD showing four Aboriginal and Torres Strait Islander women telling their personal stories about breast cancer</i></p> <p>Session 4 - Sharing stories of breast cancer</p> <p><i>General discussion and an opportunity for participants to share their stories about strength and survival</i></p> <p>Session 5 - What have we learnt?</p> <p><i>Participants will share what they have learnt during the workshop.</i></p> <ul style="list-style-type: none"> <li>• Explain that the workshop is informal and encourage participants to ask questions throughout the workshop.</li> <li>• Explain that the material covered in the workshop may be sensitive. Some women may feel emotional and that there is a counsellor/social worker present if participants need support.</li> <li>• Invite the counsellor or social worker present to identify themselves.</li> <li>• Ask participants to form small groups of 3 or 4 to work together for the next session.</li> </ul>

## Session 1 – Tell us what you know

**AIM:** To find out what participants already know about breast health and breast awareness

### Before Session 1 starts:

- Write the five questions that you will be asking (listed on page 14) on the white board or butcher's paper.
- Arrange for another staff member to help you to write the answers offered by each group during the session, on the white board or butcher's paper.

Key message	Presenter's notes
Tell us what you know	<ul style="list-style-type: none"> <li>• Explain the aim of the session.</li> </ul> <div style="background-color: #e1eef6; padding: 5px; margin: 5px 0;"> <p><b>Aim of session</b> To find out what participants already know about breast health and breast awareness.</p> </div> <ul style="list-style-type: none"> <li>• Explain that you will be asking questions and would like all participants to openly discuss their thoughts with the group.</li> <li>• Explain that the session is to find out what everybody knows. In the next session the correct answers to all of the questions will be given.</li> <li>• Ask participants to make a small circle with their group.</li> <li>• Explain that each group will need to nominate a speaker who will report back to everyone with their answers at the end of the session.</li> </ul> <ul style="list-style-type: none"> <li>➤ If a group cannot decide on a speaker the presenter should appoint a Health Worker to join the group and speak on the group's behalf.</li> </ul> <ul style="list-style-type: none"> <li>• Ask each of the following questions, one at a time. Allow sufficient time for the groups to discuss each question before moving to the next question.</li> <li>• Give an example of an answer for the first question to get groups started.</li> </ul>

Key message	Presenter's notes
	<ul style="list-style-type: none"> <li>• Ask each speaker to feed back their group's answers to everyone before moving to the next question.</li> </ul> <p><b>Questions</b></p> <ol style="list-style-type: none"> <li>1. Do you know any symptoms or signs of breast cancer?</li> <li>2. What can you do if you find a change in your breast?</li> <li>3. How can you find breast cancer early?</li> <li>4. Who should go to BreastScreen and how often should they go?</li> <li>5. How can you lower your chances of getting breast cancer?</li> </ol> <ul style="list-style-type: none"> <li>➤ The scribe notes the answers on the whiteboard or butcher's paper, including all answers under each question. Ensure that the participants' own language is used and not paraphrased when noted on the white board or butcher's paper.</li> <li>➤ Any incorrect answers provided during this session will be corrected in the next session.</li> </ul> <ul style="list-style-type: none"> <li>• Thank the participants for sharing their thoughts about breast health.</li> <li>• Explain that after the break each of the questions will be addressed in detail, and all of the correct answers will be provided.</li> </ul>

## Session 2 – How to be breast aware and find breast cancer early

**AIM:** To provide information about breast awareness and early detection

Key message	Presenter's notes
Introduction of guest speaker	<p>➤ This session can be run by an Aboriginal or Torres Strait Islander Health Worker (or a BreastScreen Health promotion officer, a local GP or a nurse [the local GP or nurse should be female]).</p> <ul style="list-style-type: none"> <li>• Explain the aim of the session.</li> </ul> <p><b>Aim of the session</b></p> <p>To provide information about breast awareness and early detection.</p> <ul style="list-style-type: none"> <li>• Introduce the presenter who will be delivering the information in Session 2.</li> </ul> <p><i>Notes for the presenter of Session 2:</i></p> <ul style="list-style-type: none"> <li>• Explain that the information being presented in this session is important and relevant for all women.</li> <li>• Explain that the answers to the questions that were asked earlier will now be provided, as well as extra information about breast health.</li> <li>• Encourage all participants to ask questions at any stage.</li> </ul>
Definition of breast cancer	<ul style="list-style-type: none"> <li>• Explain what breast cancer is.</li> </ul> <p><b>Breast cancer</b></p> <ul style="list-style-type: none"> <li>• Breast cancer is when you have small cells in the breast that are not normal. Cancer cells grow faster than normal cells. Cancer cells can travel to other parts of the body and grow there too.</li> <li>• If cancer is not treated it can interfere with the workings of the body, and cause illness and death.</li> <li>• If cancer is found early and treated, women have a much better chance of living to an old age.</li> </ul>

Key message	Presenter's notes
Signs and symptoms of breast cancer	<ul style="list-style-type: none"> <li>• Inform participants about changes or signs in your body that everyone can look out for, that may be related to breast cancer.</li> </ul> <div style="background-color: #e6f2ff; padding: 10px; margin: 10px 0;"> <p><b>Changes or signs that may be related to breast cancer</b></p> <ul style="list-style-type: none"> <li>• A new lump or lumpiness, especially if it is only in one breast.               <ul style="list-style-type: none"> <li>○ For younger women – if this is not related to your normal monthly cycle and remains after your period</li> <li>○ For women of all ages – if this is a new change in one breast only.</li> </ul> </li> <li>• A change in the size or shape of your breast – this might be either the breast getting bigger or smaller in size.</li> <li>• A change to the nipple, such as a change in shape, getting crusty, a sore or an ulcer, redness or turning inwards of the nipple.</li> <li>• Discharge from the nipple: if this is from one nipple and is bloodstained, or occurs without squeezing, not related to breast feeding.</li> <li>• A change in the skin of your breast such as any puckering or dimpling of the skin, unusual redness or other colour change.</li> <li>• Any unusual pain: if this is not related to your normal monthly cycle, remains after your period and occurs in one breast only.</li> </ul> </div> <ul style="list-style-type: none"> <li>• Reassure participants that most changes are not due to cancer, however if women find a change that is unusual they should see their doctor or Health Worker to make sure.</li> </ul>
How to find breast cancer early	<ul style="list-style-type: none"> <li>• Explain how breast cancer can be detected early.</li> </ul> <div style="background-color: #e6f2ff; padding: 10px; margin: 10px 0;"> <p><b>Information for ALL women</b></p> <ul style="list-style-type: none"> <li>• Get to know the normal look and feel of your breasts. This will help you to notice any new changes. You do not need to be an expert or know a special way to check your breasts. You can do this as part of everyday activities like showering, dressing or looking in the mirror, or lying down.</li> <li>• Look for any change in your breast or nipple, including:               <ul style="list-style-type: none"> <li>○ Any new lump</li> <li>○ Any discharge</li> <li>○ Any skin change</li> <li>○ Any unusual pain.</li> </ul> </li> </ul> </div>

Key message	Presenter's notes
	<p data-bbox="475 275 1268 309"><b>Information for women over 40 who have no breast changes</b></p> <p data-bbox="475 331 1398 506">If you are over 40 and have no new changes in your breasts you can have a free breast screen every two years. Breast screening is most effective in women who are in the target age range of 50-69 years of age. Even though it is not 100% accurate, breast screening is the best way that we have to find breast cancer early.</p> <ul data-bbox="475 600 991 633" style="list-style-type: none"> <li data-bbox="475 600 991 633">• Explain what a breast screening test is.</li> </ul> <p data-bbox="475 712 767 745"><b>Breast screening tests</b></p> <p data-bbox="475 768 1374 920">Breast screening tests are called mammograms. Mammograms are x-rays of the breast that are used to look for signs of breast cancer. When mammograms are used to look for signs of breast cancer in women who do not have breast changes they are called “screening mammograms”.</p> <p data-bbox="475 947 1378 1014">Screening mammograms find cancer in the breast that was already there. Screening mammograms do not cause cancer.</p> <ul data-bbox="475 1111 1385 1317" style="list-style-type: none"> <li data-bbox="475 1111 1385 1137">• Provide details about— <ul data-bbox="523 1167 1385 1317" style="list-style-type: none"> <li data-bbox="523 1167 1385 1200">○ How to book an appointment to have a screening mammogram</li> <li data-bbox="523 1205 1385 1238">○ Where participants need to go for their screening mammogram</li> <li data-bbox="523 1243 1385 1317">○ What will happen when participants go to BreastScreen for their screening mammogram.</li> </ul> </li> </ul> <p data-bbox="475 1395 1342 1514">➤ The explanation of where to go for a screening mammogram will depend on whether your community has a permanent BreastScreen centre or if the community is visited by a mobile BreastScreen van.</p>
<p data-bbox="252 1597 443 1742">What you can do if you find a change in your breast</p>	<ul data-bbox="475 1597 1358 1664" style="list-style-type: none"> <li data-bbox="475 1597 1358 1664">• Let participants know what they can do if they find a change in their breasts.</li> </ul> <p data-bbox="475 1753 1161 1787"><b>What you can do if you find a change in your breasts</b></p> <p data-bbox="475 1809 1401 1921">If you find a change in your breasts that is new or unusual for you, visit your local health centre, Health Worker or GP without delay. This is important for all women, even if you are having regular mammograms.</p> <p data-bbox="475 1944 1385 2011">Even though most breast changes are NOT due to cancer, it is important to visit your local health centre, Health Worker or GP without delay.</p>

Key message	Presenter's notes
<p>Risk factors for breast cancer</p>	<ul style="list-style-type: none"> <li>• Explain what is meant by the term 'risk factors' and describe the risk factors for breast cancer.</li> </ul> <p><b>Risk factors</b></p> <p>Generally we do not know what causes breast cancer in any individual woman, however there are some characteristics that are more common among groups of women who have developed breast cancer compared to groups of women who have not, and these are called <b>risk factors</b>.</p> <p>Having certain risk factors increases a woman's chance of developing breast cancer. Some of the risk factors for breast cancer include:</p> <ul style="list-style-type: none"> <li>• Growing older</li> <li>• Having a number of blood relatives with breast cancer</li> <li>• Being overweight</li> <li>• Drinking alcohol.</li> </ul> <p>Some of these risk factors are beyond your control but there are some things you can change.</p> <ul style="list-style-type: none"> <li>• Explain what it means to have a risk factor for breast cancer.</li> </ul> <p><b>What it means if you have a risk factor for breast cancer</b></p> <p>Having one or more risk factors for breast cancer does not mean you will get breast cancer. Many women who develop breast cancer have no obvious risk factors.</p> <p>Having a family member with breast cancer does not mean you will develop the disease, but if you are worried about your family history, speak to your local Health Worker or GP.</p>

Key message	Presenter's notes
How to reduce your chance of getting breast cancer	<ul style="list-style-type: none"> <li>• Explain to participants how they can reduce their chance of getting breast cancer.</li> </ul> <p><b>How to reduce your chance of getting breast cancer</b></p> <p>You can reduce your chance of getting breast cancer by:</p> <ul style="list-style-type: none"> <li>• Keeping your weight down</li> <li>• Doing some regular exercise, for example going for a walk a few times a week</li> <li>• Limiting your alcohol to no more than 2 standard glasses a day.</li> </ul>
Review session	<ul style="list-style-type: none"> <li>• Review the list of responses given in Session 1, and ensure that they have been addressed during this session.</li> <li>• Invite participants to ask questions.</li> </ul>

## Break – Morning tea/ lunch/afternoon tea

## Session 3 – Interactive DVD: ‘Looking after your breasts – what every Aboriginal and Torres Strait Islander woman should know’

**AIM: To promote the importance of early detection and share stories about breast cancer**

Key message	Presenter’s notes
Importance of early detection	<ul style="list-style-type: none"> <li>• Provide an introduction to the DVD that the group will be watching during this session, ‘Looking after your breasts—what every Aboriginal and Torres Strait Islander should know’.</li> </ul> <div style="background-color: #e6f2ff; padding: 10px; margin: 10px 0;"> <p><b>Looking after your breasts – what every Aboriginal and Torres Strait Islander woman should know</b></p> <p>The DVD shows four Aboriginal women’s stories of their personal experiences with breast cancer. It also provides information about breast awareness, early detection, screening, symptoms and risk. As well, the DVD has an interesting true and false section about breast cancer.</p> </div> <ul style="list-style-type: none"> <li>• Let participants know that the material on the DVD can also be seen on HITnet kiosks around Australia. Let participants know if there is a HITnet kiosk in their area (see Appendix B for a list of HITnet locations).</li> <li>• Inform participants that there are copies of the DVD for them to take away with them and share with other women.</li> <li>• Play the DVD.</li> <li>• Invite participants to ask questions and discuss what they thought of the DVD and share stories about breast cancer.</li> <li>• Remind participants that there is a social worker present if they feel they need some support or would like someone to talk to.</li> </ul>

## Session 4 – Sharing stories of breast cancer

**AIM:** For women to share personal stories of breast cancer survival

Key message	Presenter's notes
Local story of breast cancer	<ul style="list-style-type: none"> <li>• Explain the aim of the session.</li> </ul>
	<p><b>Aim of session</b></p> <p>For women to share personal stories of breast cancer survival.</p>
	<p>➤ If there is not a local community member available to share their story invite participants to talk about their personal experiences with breast cancer. Alternatively, ask participants what they thought of the DVD.</p> <ul style="list-style-type: none"> <li>• <b>(optional)</b> Introduce local community member to share their story.</li> <li>• Explain that if participants feel emotional during the workshop about the stories they hear, there is a trained counsellor/ social worker present to provide support.</li> <li>• Once the speaker has shared their story, invite participants to ask questions.</li> </ul>
	<p><b>Example question</b></p> <p>What would your positive message be to other women in the community about staying healthy and being breast aware?</p> <ul style="list-style-type: none"> <li>• Thank the local community member for being brave and proud to share their positive story with everyone.</li> <li>• Invite participants to share their story of breast cancer with everyone if they wish to.</li> <li>• Thank everyone for contributing.</li> </ul>

## Session 5 – What have we learnt?

**AIM:** To review the information presented during the workshop and highlight the key take-home messages about breast awareness and early detection

### Before Session 5 starts:

- Write the five questions that you will be asking (listed on page 23) on the white board or butcher’s paper.
- This session should be a discussion (‘yarning time’), while still conveying the take-home messages about breast awareness and early detection.

Key message	Presenter’s notes
Tell us what you know	<ul style="list-style-type: none"> <li>• Explain the aim of the session</li> </ul> <div style="background-color: #e1f5fe; padding: 5px; margin: 5px 0;"> <p><b>Aim of the session</b></p> <p>To review the information presented during the workshop and highlight the key take-home messages regarding breast awareness and early detection.</p> </div> <ul style="list-style-type: none"> <li>• Explain that during this session participants will share what they have learnt during the workshop. The same questions from earlier today will be asked, and everyone is encouraged to have a go at answering.</li> <li>• Ask each of the questions listed on the next page, one at a time. Ensure all of the correct responses are mentioned before moving to the next question.</li> <li>• <b>Ensure all of the correct responses are raised.</b></li> <li>• <b>Correct any wrong responses to ensure participants do not take misleading information away from the session.</b></li> </ul>

Key message	Presenter's notes
	<p data-bbox="523 309 1209 344"><i>1. Do you know any symptoms or signs of breast cancer?</i></p> <p data-bbox="475 367 799 403">The correct responses are:</p> <ul data-bbox="475 423 1345 779" style="list-style-type: none"> <li data-bbox="475 423 1265 459">• A new lump or lumpiness, especially if it is only in one breast</li> <li data-bbox="475 479 1051 515">• A change in the size or shape of your breast</li> <li data-bbox="475 535 1345 611">• A change to the nipple, such as a change in shape, getting crusty, a sore or an ulcer, redness or turning inwards of the nipple</li> <li data-bbox="475 631 1219 667">• Discharge from the nipple that occurs without squeezing</li> <li data-bbox="475 687 940 723">• A change in the skin of your breast</li> <li data-bbox="475 743 730 779">• Any unusual pain.</li> </ul> <hr data-bbox="464 801 1406 810"/> <p data-bbox="523 846 1190 882"><i>2. What can you do if you find a change in your breast?</i></p> <p data-bbox="475 904 767 940">The correct response is:</p> <ul data-bbox="475 960 1315 996" style="list-style-type: none"> <li data-bbox="475 960 1315 996">• Visit your local health centre, Health Worker or GP without delay.</li> </ul> <hr data-bbox="464 1019 1406 1028"/> <p data-bbox="523 1061 1018 1097"><i>3. How can you find breast cancer early?</i></p> <p data-bbox="475 1120 767 1155">The correct response is:</p> <ul data-bbox="475 1176 1394 1308" style="list-style-type: none"> <li data-bbox="475 1176 1394 1252">• Get to know the normal look and feel of your breasts. This will help you notice any new changes.</li> <li data-bbox="475 1272 1222 1308">• If you are over 40 years you can have a free breast screen.</li> </ul> <hr data-bbox="464 1330 1406 1339"/> <p data-bbox="523 1375 1307 1411"><i>4. Who should go to BreastScreen and how often should they go?</i></p> <p data-bbox="475 1433 767 1469">The correct response is:</p> <p data-bbox="475 1489 1366 1644">Free breast screening is available to women over the age of 40. Breast screening is most effective in women who are in the age range of 50-69 years of age. Women over the age of 50 should go to BreastScreen every two years.</p> <hr data-bbox="464 1666 1406 1675"/> <p data-bbox="523 1711 1254 1747"><i>5. How can you lower your chances of getting breast cancer?</i></p> <p data-bbox="475 1769 799 1805">The correct responses are:</p> <ul data-bbox="475 1825 1362 2018" style="list-style-type: none"> <li data-bbox="475 1825 804 1861">• Keep your weight down</li> <li data-bbox="475 1881 1362 1957">• Do some regular exercise, for example going for a walk a few times a week</li> <li data-bbox="475 1977 1254 2018">• Limit your alcohol to no more than 2 standard glasses a day.</li> </ul>

Key message	Presenter's notes
Key messages	<ul style="list-style-type: none"> <li>• Summarise the key messages from the workshop.</li> </ul> <p><b>Key messages from the workshop</b></p> <ul style="list-style-type: none"> <li>• All women should look for any change in your breast or nipple, including any: <ul style="list-style-type: none"> <li>○ New lump</li> <li>○ Discharge</li> <li>○ Skin change</li> <li>○ Unusual pain.</li> </ul> </li> <li>• If you find a change that is new or unusual for you, visit your local health centre or GP without delay</li> <li>• It is important for women of all ages to know your breasts, even if you are having regular breast screens</li> <li>• If you are over 50 years of age go to BreastScreen for a free screening mammogram every two years</li> <li>• FIND IT EARLY AND SURVIVE!</li> </ul>
Thank you and close	<ul style="list-style-type: none"> <li>• Thank all participants for attending the workshop.</li> <li>• Thank all guest speakers for donating their time and effort to the workshop.</li> <li>• Inform participants about the resources from National Breast and Ovarian Cancer Centre and invite them all to have a look and take them away with them.</li> <li>• Hand out evaluation forms and pens to participants and ask them to take a few minutes to complete them.</li> <li>• Collect the completed evaluation forms.</li> </ul> <p>➤ There may be women at the workshop who are not able to read or write. If possible enlist the help of another staff member who can help participants complete the form.</p>

# Well Women Workshop

## Frequently Asked Questions

**Participants of the workshop may ask questions about breast cancer and breast cancer treatment. It is important to answer by saying that any questions about specific symptoms or tests should be discussed with their Health Worker or GP. It is not appropriate in a workshop setting to provide specific advice to individuals. Below are some potential questions that may be asked and appropriate answers.**

### **Do Aboriginal and Torres Strait Islander women get breast cancer?**

Breast cancer is the most common cancer diagnosed in Aboriginal and Torres Strait Islander women and the second leading cause of cancer death.

### **What is a mammogram?**

Mammograms are X-rays of the breast and they are used to look for signs of breast cancer. Mammograms can be used to investigate breast changes.

Mammograms are also used to look for signs of breast cancer in women who do not have breast changes. This is called a "screening mammogram".

### **When should I start having regular screening mammograms?**

Breast screening is freely available to women who are 40 years of age and over. Screening mammograms are most effective in the target age range of 50-69.

### **How often should I have a mammogram?**

Every two years for women in the target screening age of 50-69.

### **At what age can I receive a free mammogram from BreastScreen?**

BreastScreen Australia is targeted specifically at women with no breast changes aged 50-69 years. Women aged 40-49 and 70 years and older, who have no breast cancer symptoms or signs, are also eligible for free breast screening.

### **I am under 40 years of age, should I be having a regular mammogram or BreastScreen?**

Regular screening mammograms are not recommended for women under 40. Young women's breasts are different to older women's breasts. The density of the breast tissue changes with age. Younger women have denser breasts than older women, which means it is much harder to see any signs of early breast cancer on a mammogram. As women get older, the breast tissue appearance on a mammogram becomes more transparent. Younger women's breasts look more like cotton wool.

Trying to look for something small and white against a white cotton wool background in a young woman's breast is very difficult. Therefore screening mammograms are not effective in finding breast cancer early in women less than 40 years of age.

### **Will a mammogram harm my breasts?**

A mammogram should not be painful. It may be a little uncomfortable. Mammograms can find cancers that were already there. Mammograms do not cause cancer.

**What is the significance of a family history of breast cancer?**

Although women who have one or more first-degree relatives with a history of breast cancer are at increased risk, most will never develop breast cancer. Of those women with a family history who do develop breast cancer, most will be older than 50 years when their cancer is diagnosed.

**When should I be referred to a breast specialist?**

Your local doctor is responsible for your overall routine care. Each individual situation is different. Your GP will be able to let you know if you need to visit a breast specialist.

**How safe is the contraceptive pill?**

The contraceptive pill is safe to use. Prolonged, uninterrupted exposure (5-10+ years) may slightly increase a woman's risk of breast cancer whilst she is taking the pill.

**How safe is Hormone Replacement Therapy?**

Hormone replacement therapy (HRT) carries an increased risk of breast cancer with risk increasing with the length of time a woman is taking HRT. Short periods of HRT for relief of menopausal symptoms increase risk only slightly and the increase reverses after HRT is stopped. Talk to your doctor if you are worried about the risks associated with HRT.

**Will the use of antiperspirants cause breast cancer?**

There have been claims that using antiperspirant deodorant can cause breast cancer. Some people worry about chemicals contained in deodorants getting into the body through the skin and travelling to the breasts. There is no quality evidence which shows the use of antiperspirant deodorants is associated with or causes breast cancer.

**Does a blow or injury to the breast cause breast cancer?**

A blow or injury to the breast does not cause breast cancer, but it can draw attention to a pre-existing lump. If you have breast pain as a result of a blow or otherwise, see your doctor without delay.

**Do silicone breast implants cause cancer?**

Silicone breast implants are not linked to breast cancer risk. A large study on the long-term effects followed women with silicone breast implants for more than 10 years and showed no increased risk.

The guidelines for breast health and screening also apply to women with breast implants.

**How common is breast cancer in younger women?**

Of the 13,000 women diagnosed with breast cancer in Australia each year, about 700 of these women are aged under 40 (less than six per cent). A woman's risk of developing breast cancer increases as she becomes older with more than three quarters of breast cancers diagnosed in women aged 50 years and over. The average age of first diagnosis of breast cancer is 60.

**What are the survival rates for younger women with breast cancer?**

Overall survival from breast cancer has increased in recent years. The most recent data shows that about 90% of women aged between 40 and 69 years at diagnosis will be alive five years after their diagnosis.

For women younger than 40 years, survival is lower because their breast cancers are often larger at diagnosis and more aggressive.

**Do men get breast cancer and is their treatment the same as treatment for women with breast cancer?**

Men do get breast cancer. Men receive the same treatment as women including surgery, radiotherapy, chemotherapy and hormonal therapy.

**What is radiotherapy and what does it do?**

The main aim of radiotherapy is to destroy any breast cancer cells that may be left in:

- your breast (after breast conserving surgery), or
- the breast tissue left on your chest (after mastectomy).

If a woman is diagnosed with breast cancer, her doctor will let her know if she needs to have radiotherapy.

**What is chemotherapy and what does it do?**

Chemotherapy uses drugs to kill cancer cells. Cells grow by dividing.

Chemotherapy works by damaging cancer cells that are dividing. It travels around the body in the blood stream, attacking cells.

If a woman is diagnosed with breast cancer, her doctor will let her know if she needs to have chemotherapy.

**What is hormonal therapy and what does it do?**

Hormonal therapies are treatments for women who have hormone receptors on their breast cancer cells. Hormonal therapies lower the level of female hormones in the body or change the way the body responds to female hormones.

If a woman is diagnosed with breast cancer, her doctor will let her know if she needs to have hormonal therapy.

**Participants may ask questions about breast cancer treatment. Remind participants that today's workshop is about early detection and breast awareness and if they have any specific questions about treatment for breast cancer that they can talk to their local doctor.**

# Well Women Workshop Invitation (example)

The poster features a central orange rounded rectangle with a white border and a decorative pattern of concentric circles and dots. Inside this rectangle, the text reads: "Well Women Workshop", "FREE event", "Music, chat and lunch provided.", and "Basket weaving and painting activities on the day." Below the rectangle, the text says: "Come and hear some yarning from Aboriginal women about looking after your breasts and what you can do." To the right of this text is a circular badge that says "Goodie bags and door prize available!". Below the main text, it lists "where: Training Centre, Yarrabah" and "when: 2 June 2009 9:30am - 2pm". At the bottom, there is a blue section with white text: "To register or make an inquiry, freecall 1800 624 973". The footer includes the website "www.nbocc.org.au", the funding source "Funded by the Australian Government Department of Health and Ageing", and the logo for the National Breast and Ovarian Cancer Centre, which consists of a stylized white figure of a woman's head and shoulders.

# Well Women Workshop Program (example)

Health Centre  
Logo

<<Location>> <<Address>>

<<Date>><<Time>>

Time	Activity	Presenter
	Registration (coffee/tea on arrival)	Health centre staff
10 min	<b>Welcome:</b> Introduction of presenter Welcome to Country/ Acknowledgement of Country Overview of workshop	Health Worker Elder in community Health Worker
20 min	<b>Session 1:</b> Tell us what you know	Health Worker
20 min	<b>Session 2:</b> How to be breast aware and find breast cancer early	Health professional
15 min	Break (morning/afternoon tea)	Health centre staff
20 min	<b>Session 3:</b> Interactive DVD	Health Worker
20 min	<b>Session 4:</b> Sharing stories of breast cancer	Local community member
10 min	<b>Session 5:</b> What have we learnt?	Health Worker
5 min	<b>Thank you and close</b> Evaluation forms to be completed now	Health Worker
	Activity (e.g. arts/crafts/dancing)	Craft instructor

# Evaluation form A (template)

**Date of workshop:** .....

**Workshop location:** .....

**Age of participant:**     Under 40 years     40+ years

For the following questions please circle the answer that best describes your thoughts and feelings.

**1. How much did you enjoy the workshop today?**

Very enjoyable    Enjoyable    Not sure    Not enjoyable    Disliked

**2. How easy was it to understand the information and stories you heard today?**

Very easy    Easy    Not sure    Not easy    Difficult

**3. What did you think of the presentations here today?**

Excellent    Good    Not sure    Not good    Poor

**4. After today's workshops do you think you will do anything different to reduce your chance of getting breast cancer?**

- Yes
- No

**5. Would you come again to this type of workshop?**

- Yes
- No
- Not sure

**6. What was the most important thing you learnt today?**

**7. How could we improve our workshops for other Aboriginal and Torres Strait Islander women?**

# Evaluation form B (template)

This evaluation form is designed to capture the organiser's experience in running the workshop, including the usefulness of the community education resource.

**Date of workshop:** .....

**Workshop location:**.....

**Occupation:** .....

For the first question please circle the answer that best describes your thoughts and feelings.

**1. Do you feel that the workshop you ran was successful?**

Very successful      Successful      Not sure      Unsuccessful      Very unsuccessful

**2. Which of the following people were you able to source to attend your workshop?**

- Local Elder
- Aboriginal or Torres Strait Islander woman to share her story
- Health professional
- Social worker/ counsellor
- BreastScreen representative

**3. Do you believe the Organiser's notes provided adequate information for you to organise a successful workshop?**

- Yes
- No

If you answered 'No', what extra information would you have liked?

**4. Do you believe the Presenter's notes provided adequate guidance and information for the breast health messages to be conveyed to the participants?**

- Yes
- No

If you answered 'No', what extra information would you have liked?

**5. Would you organise another Well Women Workshop?**

- Yes
- No
- Not sure

# BreastScreen contacts

Contact the Aboriginal Health Promotion Officer

## **AUSTRALIAN CAPITAL TERRITORY**

Tel: (02) 6205 4444

Fax: (02) 6205 1394

Email: [breastscreen@act.gov.au](mailto:breastscreen@act.gov.au)

## **QUEENSLAND**

Tel: (07) 3328 9467

Fax: (07) 3328 9487

Email: [cssb@health.qld.gov.au](mailto:cssb@health.qld.gov.au)

## **NEW SOUTH WALES**

Tel: (02) 8374 5600

Fax: (02) 8374 5700

Email: [information@cancerinstitute.org.au](mailto:information@cancerinstitute.org.au)

## **NORTHERN TERRITORY**

Tel: (08) 8922 6449

Fax: (08) 8922 6440

Email: [wcpp.ths@nt.gov.au](mailto:wcpp.ths@nt.gov.au)

## **SOUTH AUSTRALIA**

Tel: (08) 8274 7100

Fax: (08) 8373 4395

Email: [BSSAenquiries@health.sa.gov.au](mailto:BSSAenquiries@health.sa.gov.au)

## **TASMANIA**

Tel: (03) 6216 4300

Fax: (03) 6216 4326

Email: [canscreen@dhhs.tas.gov.au](mailto:canscreen@dhhs.tas.gov.au)

## **VICTORIA**

Tel: (03) 9660 6888

Fax: (03) 9662 3881

Email: [info@breastscreen.org.au](mailto:info@breastscreen.org.au)

## **WESTERN AUSTRALIA**

Tel: (08) 9323 6700

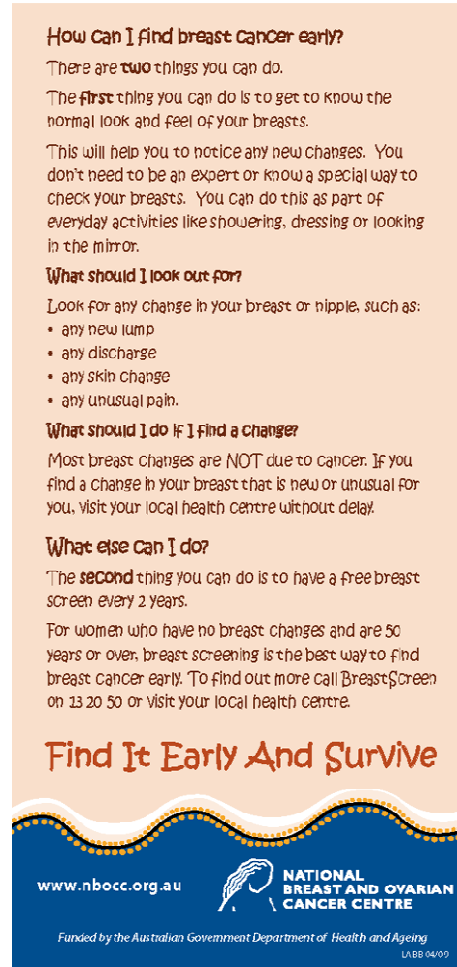
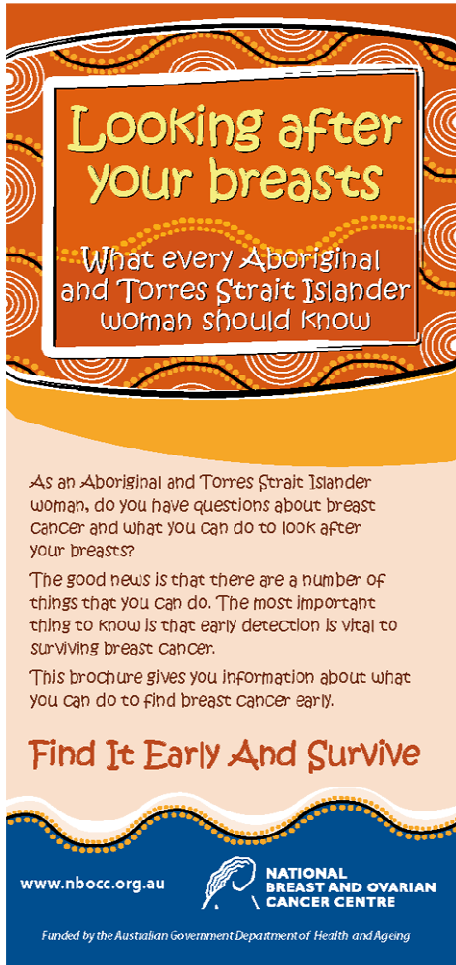
Fax: (08) 9323 6799

Email: [breastscreenwa@health.wa.gov.au](mailto:breastscreenwa@health.wa.gov.au)

Current as of June 2010. For up to date information please see [www.cancerscreening.gov.au](http://www.cancerscreening.gov.au).

# Resources

## Consumer breast awareness brochure:



## Looking after your breasts DVD:



Please phone NBOCC publications on free call **1800 624 973** to order your resources.

# References

1. Australian Institute of Health and Welfare and National Breast Cancer Centre 2006. *Breast cancer in Australia: An overview, 2006*. Cancer series no. 34. cat. no. CAN 29. Canberra: AIHW.
2. Australian Institute of Health and Welfare 2008. *BreastScreen Australia monitoring report 2004–2005*. Cancer series no. 42. AIHW cat. no. CAN 37. Canberra: AIHW.
3. The University of Queensland 2007. *Appropriate terminology, Indigenous Australian Peoples*. Available from: <[http://www.tedi.uq.edu.au/cdip/pdfs/folio\\_5.pdf](http://www.tedi.uq.edu.au/cdip/pdfs/folio_5.pdf)>. [5 January 2010].

# Appendix A

## Suggested workshop timeline

Time (prior to workshop)	Task	Resource required (NBOCC templates provided)	Staff responsible	Complete (tick)
<b>8 weeks +</b>	<ul style="list-style-type: none"> <li>Source and contact the potential presenters</li> <li>Contact the relevant state or territory BreastScreen (see page 32) to invite a Health Promotion Officer or Nurse to present at the workshop</li> <li>Set workshop date and time based on presenters' availability</li> <li>Book the venue</li> </ul>	<ol style="list-style-type: none"> <li><i>Local presenter</i> (Aboriginal or Torres Strait Islander Health Worker or other Health Professional e.g. Breast Care Nurse, GP, Health Promotion Officer, Breast Screen Health Promotion Officer or Nurse)</li> <li><i>Local Elder</i> or respected Aboriginal or Torres Strait Islander woman in the community to introduce workshop</li> <li>An <i>Aboriginal or Torres Strait Islander woman</i> who has had breast cancer to speak at the workshop</li> <li><i>Social worker or counsellor</i> to be on stand-by should any participants require support during the workshop</li> </ol>		
<b>6 weeks</b>	<ul style="list-style-type: none"> <li>Promote workshop and confirm workshop date amongst community</li> <li>Record registrations</li> <li>Provide a copy of the Presenter's notes, brief presenter on workshop details and organise any travel required</li> </ul>	<p>Disseminate promotional flyer and poster</p> <p>Use Microsoft Excel/Word to input registrations (optional)</p> <p>Presenter's notes</p>		
<b>4 weeks</b>	<ul style="list-style-type: none"> <li>Arrange catering, if providing meal break, and confirm timing, dietary requirements and numbers</li> <li>Organise equipment including audio visual requirements for the day</li> <li>Assist with any presenters' travel requirements</li> </ul>	Catering company/in-house/take-away		

<b>Time (prior to workshop)</b>	<b>Task</b>	<b>Resource required (NBOCC templates provided)</b>	<b>Staff responsible</b>	<b>Complete (tick)</b>
<b>4 weeks cont.</b>	<ul style="list-style-type: none"> <li>• Order required number of workshop resources from NBOCC</li> </ul>			
<b>2 weeks</b>	<ul style="list-style-type: none"> <li>• Finalise RSVPs</li> <li>• Confirm catering</li> </ul>			
<b>Workshop day</b>	<ul style="list-style-type: none"> <li>• Set up registration table</li> <li>• Pre-test all equipment to be used on the day</li> <li>• Supply required number of evaluation forms at completion of workshop</li> </ul>	Registration form, pens, paper and name tags , workshop program, evaluation form		
<b>1 week after workshop</b>	<ul style="list-style-type: none"> <li>• Submit evaluation report to NBOCC</li> </ul>	Evaluation report template		

# Appendix B

## HITnet locations

State	Location
Queensland	Cairns Wuchopperen Health Service
Queensland	Coen Coen Primary Health Care Centre
Queensland	Cooktown Cooktown Multipurpose Health Service
Queensland	Dalby Goondir Aboriginal Medical Service
Queensland	Hopevale Hopevale Primary Care Centre
Queensland	Inala The Aboriginal and Islander Community Health Service Brisbane Limited
Queensland	Kowanyama Kowanyama Primary Health Care Centre
Queensland	Lockhart River Lockhart River Primary Care Centre
Queensland	Mapoon Mapoon Primary Health Care Centre
Queensland	Napranum Napranum Primary Health Care Centre
Queensland	North Stradbroke Island
Queensland	Pormpuraaw Pormpuraaw Primary Health Care Centre
Queensland	Weipa Weipa Hospital
Queensland	West End The Aboriginal and Islander Community Health Service Brisbane Limited
Queensland	Wujal Wujal Wujal Wujal Primary Health Care Centre
Queensland	Yarrabah Yarrabah Library
South Australia	Koonibba Koonibba Aboriginal Health Service
South Australia	Millicent Millicent Hospital
South Australia	Mount Gambier Mount Gambier Hospital

State	Location
South Australia	Narcoorte Naracoorte Hospital
South Australia	Port Lincoln Port Lincoln Aboriginal Health Service Incorporated
South Australia	West Mount Gambier Pangula Mannamurna Incorporated
South Australia	Yalata Yalata Aboriginal Health Service
Western Australia	Broome Portable
Western Australia	Bunbury
Western Australia	Derby Derby Aboriginal Health Service
Western Australia	Derby Portable
Western Australia	East Perth Derbarl Yarrigan Health Service
Western Australia	Kununurra Portable
Western Australia	Maddington Derbarl Yarrigan Health Service
Western Australia	Mirrabooka Derbarl Yarrigan Health Service
Western Australia	South Headland Wirraka Maya Health Service

Current as of June 2010. For up to date information please see [www.hitnet.com.au](http://www.hitnet.com.au).