# Video Transcript: 2024-25 Premier’s Awards for Health and Medical Research Dr Brooke Conley

## Dr Brooke Conley

My name is Dr Brooke Conley. I’m a proud Ngiyampaa woman, and I completed my PhD project at the University of Melbourne in the Physiotherapy Department where I currently work as a Peeneeyt Thanampool Indigenous Postdoctoral Research Fellow.

Text: 2024-25 Premier’s Awards for Health and Medical Research. Celebrating the achievements of Victoria’s early career health and medical researchers. Dr Brooke Conley, Aboriginal Researcher undertaking research in any field of health and medical research Award. Victoria State Government. 30th Anniversary. Supported by ASMR, Australian Society for Medical Research.

Text: Why did you become a health or medical researcher?

## Dr Brooke Conley

So I’m a physio by background and I’ve always been very passionate about helping people, and believe that research provides the opportunity to do that on a broader scale. So I’m very interested in improving care and outcomes for Aboriginal and Torres Strait Islander people through research.

Text: Please introduce your nominated research project. What problem is it addressing?

## Dr Brooke Conley

The name of my nominated project is Staying Strong with Arthritis.

Vision: Aerial view of Melbourne city and the University of Melbourne campus.

## Dr Brooke Conley

So the project involved creating arthritis education resources, and we know that osteoarthritis, rheumatoid arthritis, lupus and gout significantly affect Aboriginal and Torres Strait Islander people, and impact on their daily lives.

Vision: Sign - Welcome to the Faculty of Medicine, Dentistry and Health Sciences. View of Brooke working on the computer.

## Dr Brooke Conley

So Aboriginal and Torres Strait Islander peoples at approximately 17% compared to 13% of non-indigenous populations, so it does occur at higher rates and we know that it’s having significant impacts on all aspects of health and wellbeing, from their social health, cultural health, physical health and emotional health. And, at the moment, before our project started, there was no education specifically created by, with and for Aboriginal and Torres Strait Island peoples, so that was the gap that we aimed to address.

Text: What have been the project’s results?

Vision: View of the four brochures.

## Dr Brooke Conley

So we created four brochures, one for each arthritis condition, and these included information on what the condition is, where people could go to for additional support, what they could do to manage, and also some questions they could ask their local health professional.

Text: Video - Staying Moving, Staying Strong, Rheumatoid Arthritis. Aboriginal and Torres Strait Islander viewers are warned that this video may contain images and voices of people who are deceased.

## Dr Brooke Conley

And we also created six videos which featured Aboriginal people speaking about their lived experiences with arthritis, and also their journey from diagnosis, treatment options and self-management strategies.

Text: How could this project make a difference to people’s lives?

## Dr Brooke Conley

So I think education is an extremely powerful tool through raising awareness and also building people’s understanding of their condition, it can help them to live well with arthritis. And we’ve heard that through the evaluation of the resources that community members are finding the resources to be valuable, to be accessible, relatable and useful which was the overall goal of the project.

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