

Wirrumanuku Puya Palya **(Safe Skin)**

A resource for
community
members in
the Kimberley
Balgo

Background

This “Safe Skin” resource aligns with the “National Healthy Skin Guidelines 2018” and has been adapted from the “Keeping Skin Healthy: A Handbook for Community Care Workers” in the Pilbara, January 2019.

This Puya Palya resource has been co-designed by Helen (Tjiliwa) Nagomara and Tracy McRae from the See, Treat, Prevent Skin Sores and Scabies (SToP) Trial research team. Helen graciously shared her local language to translate this resource into Kukatja.

Helen Tjiliwa Napurrula Nagomara is from the Wirrimanu Community in Balgo. She is the Culture and Language Program leader at Luurnpa Catholic School. Tjiliwa has written many books in the Kukatja language and is continuing to produce new books every day, in both hard copy and electronic format, using an ipad. Tjiliwa also translates books from Kukatja into English and English into Kukatja. She has a cute little dog called Palu who comes to school with her every day!



Photos



This photo was taken by Stephanie Enkel at sunrise during a SToP community visit in 2021.



This photo was taken by Tracy McRae during a SToP community visit in 2021.

Translation

Mimi
Sores

Yarnangu
Body


Marumpu
Hands

Nyawa
See

Pirlpu
Germs

Nyurnu
Sick

Tjarlu
Largest

Nyirtila
Rub


Tjaa
Lips


Nyarli
Sleep


Kurripila
Wash

Lalka
Dry


Ngurlungka
Harmful

Pampula
Touch


Tjiitji
Child

Lamparn
Tiny

Puya
Skin


Kata
Head

Palya
Safe


Nyarlipirri
Bed

Puya Palya
Safe Skin

Wiya
No


Tupurlarri
Shower


Paniya
Eyes


Tjantu
Belongings

Translation

Balgo
Wirrumanu


Tjarntaparr
Shoes

Lalka
Dry


Ngurlungka
Harmful

Pampula
Touch


Nyarli
Sleep


Kurripila
Wash

Wiya
No


Tupurlarri
Shower


Nyarlipirri
Bed

Puya Palya
Safe Skin


Paniya
Eyes


Tjantu
Belongings



Why is Puya (skin) so important?

Puya (skin) is all over our **yarnangu (body)**, so we have to keep it **palya (safe)**!

It protects our **yarnangu (body)**, and our blood.

If your **puya (skin)** is **nyurnu (sick)**, other parts of your **yarnangu (body)** can get **nyurnu (sick)** too.

Keeping my family's puya palya

Do more of this

Kurripila (wash) towels and **tjantu (belongings)** and then **lalka (dry)** them in the sun.

Nyirtila (rub) lalka (dry) puya (skin) with moisturising cream.

Cover **puya mimi (skin sores)** from dirt or scratching.

Use bush medicines.

If **puya (skin)** is still **nyurnu (sick)**, go to the clinic and talk to the healthcare worker, doctor or nurse.

Pirlpu (Germs) that make your Puya Nyurnu

Strep **pirlpu**
(germs)

Scabies Mite

Staph **pirlpu**
(germs)

Fungus

These **pirlpu (germs)** are so **lamparn (tiny)** you can't **nyawa (see)** them, but they are very **ngurlungka (harmful)**.

Scabies

You get scabies when the scabies mite goes under your **puya (skin)** and lays eggs.

You can get scabies from other people who have scabies if you **pampula (touch)** their **puya (skin)**, their **tjantu (belongings)**, or the **nyarlipirri (bed)** they **nyarli (sleep)** on.





What do I do if I get Scabies?

Use topical permethrin 5% cream all over your body

Put on straight away & again in one week's time

Nyirtila (rub)
cream on from **kata (head)** to **tjina (foot)** after you have a **tupurlarri (shower)**.

Wiya (no)
cream on the **paniya (eyes)** or **tjaa (mouth)**.

Nyirtila (rub)
more cream on your **marumpu (hands)** again after you **kurripila (wash)** them.

Leave cream on overnight and then **kurripila (wash)** off in the morning.

What do I do if I get Scabies?

Or there is the tablet medicine that you can take now and again in one week's time.

Everyone in the house also needs to **use the cream or the tablet medicine too**, but just once for the mob in the house who don't have scabies.



Infected Scabies

Scabies can sometimes get infected with the strep **piripu (germs)** and staph **piripu (germs)**.



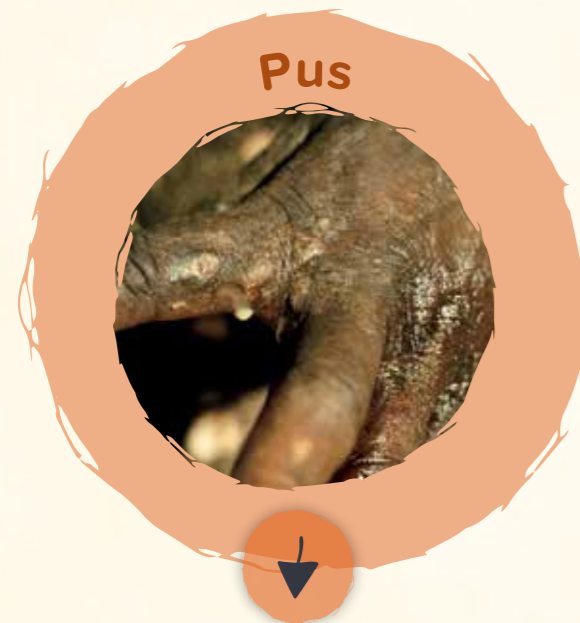
Puya Mimi

Puya mimi (skin sores) happen when the **piripu (germs)** get into the **puya (skin)** through cuts and bites, as well as from scabies, head lice or tinea.

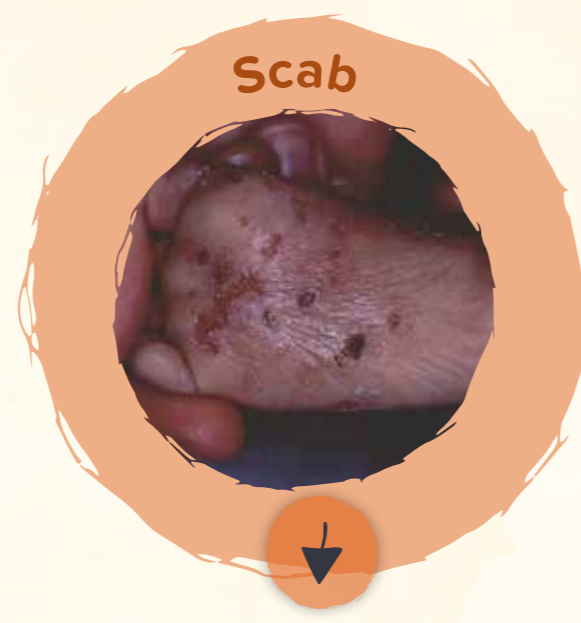


When Puya Mimi look like this

It is important to take medicine straight away!

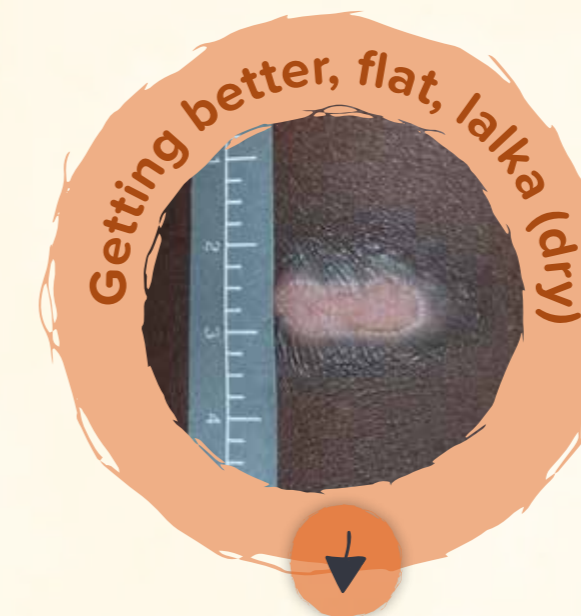


When **puya mimi (skin sores)** have pus, you have to take medicine to kill **pirlpu (germs)**.



When **puya mimi (skin sores)** have a scab – you have to take medicine to kill the **pirlpu (germs)**.

When Puya Mimi look like this



When **puya mimi (skin sores)** are getting better they look flat and **lalka (dry)**.

This means the **pirlpu (germs)** are dead and **puya mimi (skin sores)** is healing so medicine is no longer needed.

Medicines to kill Pirlpu

The clinic should give you a choice. You choose what is best for you and your family. The choices are:

A



Oral Septrin
(drink medicine)



 Morning &  Night for 3 days

B



Intramuscular
Benzathine
penicillin G
(BPG)



A needle in the thigh straight away

OR

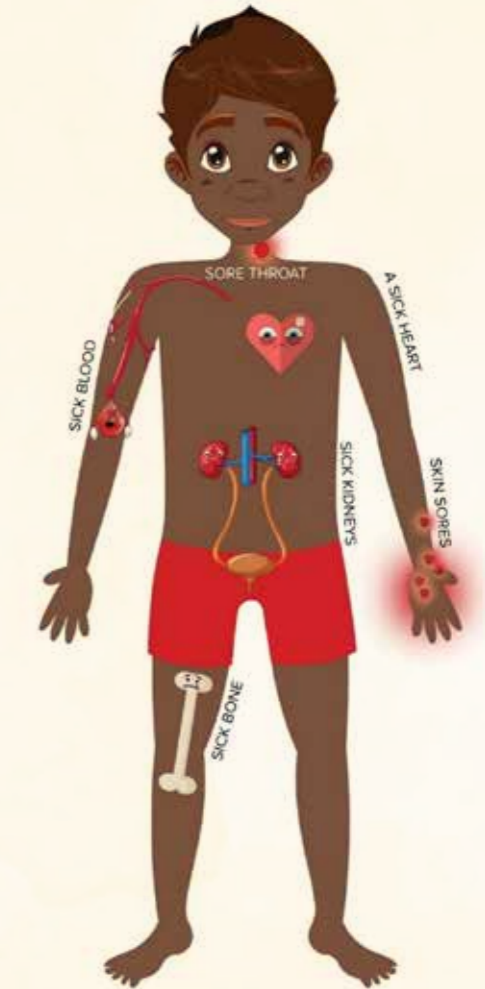
Without medicine skin sores can hurt more

Sepsis =
Nyurnu (sick)
blood

Bone
& Joint
Pain

Kidney
Disease

Rheumatic
Heart
Disease



Environmental Health is also important

Puya Palya (safe skin) needs healthy communities.

Eating good tucker.

Working together to clean up rubbish in your community.

And keeping dogs outside homes.

Have a yarn with the environmental health team about ways to keep your community healthy!

Let's work together for Puya Palya

Acknowledgements

The See, Treat, Prevent Skin Sores and Scabies (SToP) Trial research team would like to acknowledge the Traditional Owners of the Tjurabalan Country where this resource has been developed. Underpinned by Community's guidance to embed language, art, culture, and stories, whilst on country into health promotion resources, the SToP team worked alongside Helen Tjiliwa Napurrula Nagomara to translate this resource into local Kukatja language.

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