

## GP FACT SHEET: Mungulli Service

The Mungulli Service delivers holistic chronic disease management for Aboriginal and Torres Strait Islander adults through a multidisciplinary team (MDT) model.

The Service combines clinical care, health education and culturally safe support to improve health literacy, self-management and long-term health outcomes.

Mungulli programs supports people living with chronic conditions including:

- Diabetes
- Cardiovascular disease
- Chronic respiratory disease (COPD, emphysema, asthma)
- Chronic kidney disease
- Social and emotional wellbeing concerns.

The MDT includes Aboriginal and/or Torres Strait Islander Health Worker, Clinical Nurse, Physiotherapist, Exercise Physiologist, Dietitian, Pharmacist, Social Worker, and Diabetes Educator.

Clients are supported to:

- understand their health condition,
- recognise symptoms and changes early,
- build confidence engaging with healthcare staff,
- develop individualised care plans and goals,
- strengthen self-management skills.

Community education and culturally appropriate support are central to the Mungulli Service model.

### Eligibility criteria

Participants must:

 identify as Aboriginal and/or Torres Strait Islander

 be aged 18 years or older

 be living with a chronic disease

 have a current GP referral.

Carers are welcome to attend education programs.

### Referrals

A single referral provides access to Mungulli programs.

**Smart Referrals:** [Mungulli Chronic Disease Service](#)

**Fax:** (07) 5635 6440

#### Secure Web Transfer

Medical Objects Account: GQ42150009Z

### Enquiries

**Phone:** (07) 5635 6265

**E:** [GCHFirstNationsRHPAdmin@health.qld.gov.au](mailto:GCHFirstNationsRHPAdmin@health.qld.gov.au)

**Internal Referrals:** [qhRefer](#)

Mungulli Aboriginal and Torres Strait Islander Chronic Disease Program

Chronic Disease and Post Acute Programs  
Aboriginal and Torres Strait Islander Health Service

**Gold Coast Health**

### Programs

#### Mungulli Clinic

Group-based multidisciplinary clinic where clients work with the care team to develop personalised care plans and health goals, supported by the MDT.

**Frequency:** Weekly during school terms.



#### Strong and Deadly Wellness

A 5-week community-based program combining chronic disease education, cultural activities and lifestyle support to build knowledge, confidence and healthy lifestyles.

**Frequency:** 6 times per year.



#### Deadly Tracks Education

A half-day multidisciplinary education session providing practical information to help clients better understand and manage their health.

Carers encouraged to attend.

**Frequency:** 3 times per year.



#### Mungulli Gym

A physiotherapist-led 12-week supervised group gym program. Individualised physical activity plans guide improved strength, mobility and confidence.

**Frequency:** Weekly during school terms.



#### Yarn and Walk

Supported by GCPHN

Weekly supervised group walking and lifestyle education program that supports physical activity, healthy habits and social connection.

**Frequency:** Weekly during school terms.

