



Abstract

Background: This review examines the current state of research on the health and well-being of Aboriginal and Torres Strait Islander people in Australia. It highlights the need for a more holistic and culturally appropriate approach to healthcare, one that recognizes the social, cultural, and spiritual determinants of health. The review also discusses the importance of community engagement and the role of traditional healers in providing care. Finally, it offers recommendations for future research and practice, including the need for more culturally appropriate research methods and the importance of building trust and rapport with the community.

Key reflections

B The current state of research on the health and well-being of Aboriginal and Torres Strait Islander people in Australia is largely fragmented and lacks a holistic perspective. There is a need for a more integrated approach that recognizes the social, cultural, and spiritual determinants of health. **A** Community engagement and the role of traditional healers are crucial in providing care. **A** Future research and practice should focus on developing culturally appropriate research methods and building trust and rapport with the community.

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Getting started as an Aboriginal researcher

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