



First Nations Health Authority
Health through wellness

Understanding Dimensions of Wellness in Indigenous Communities: From Principles to Practice

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Introduction:



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Objectives:



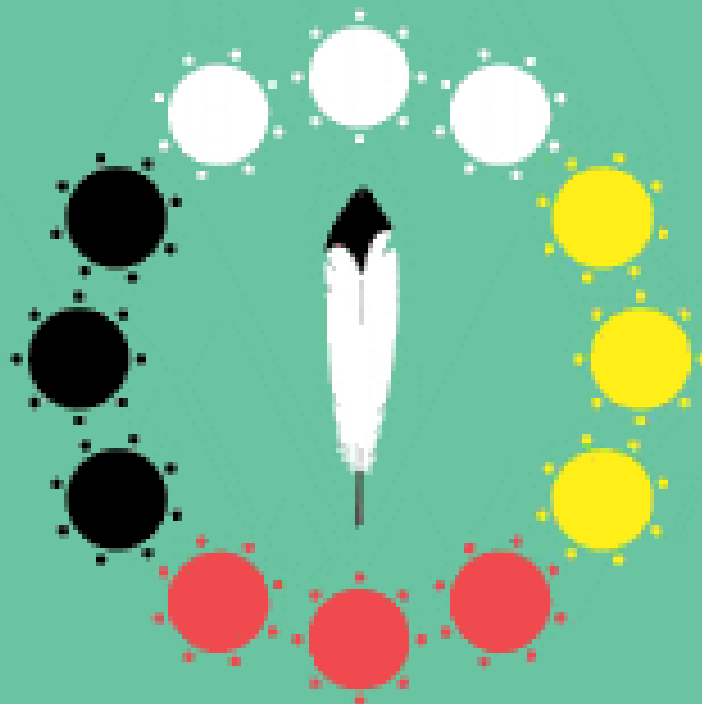
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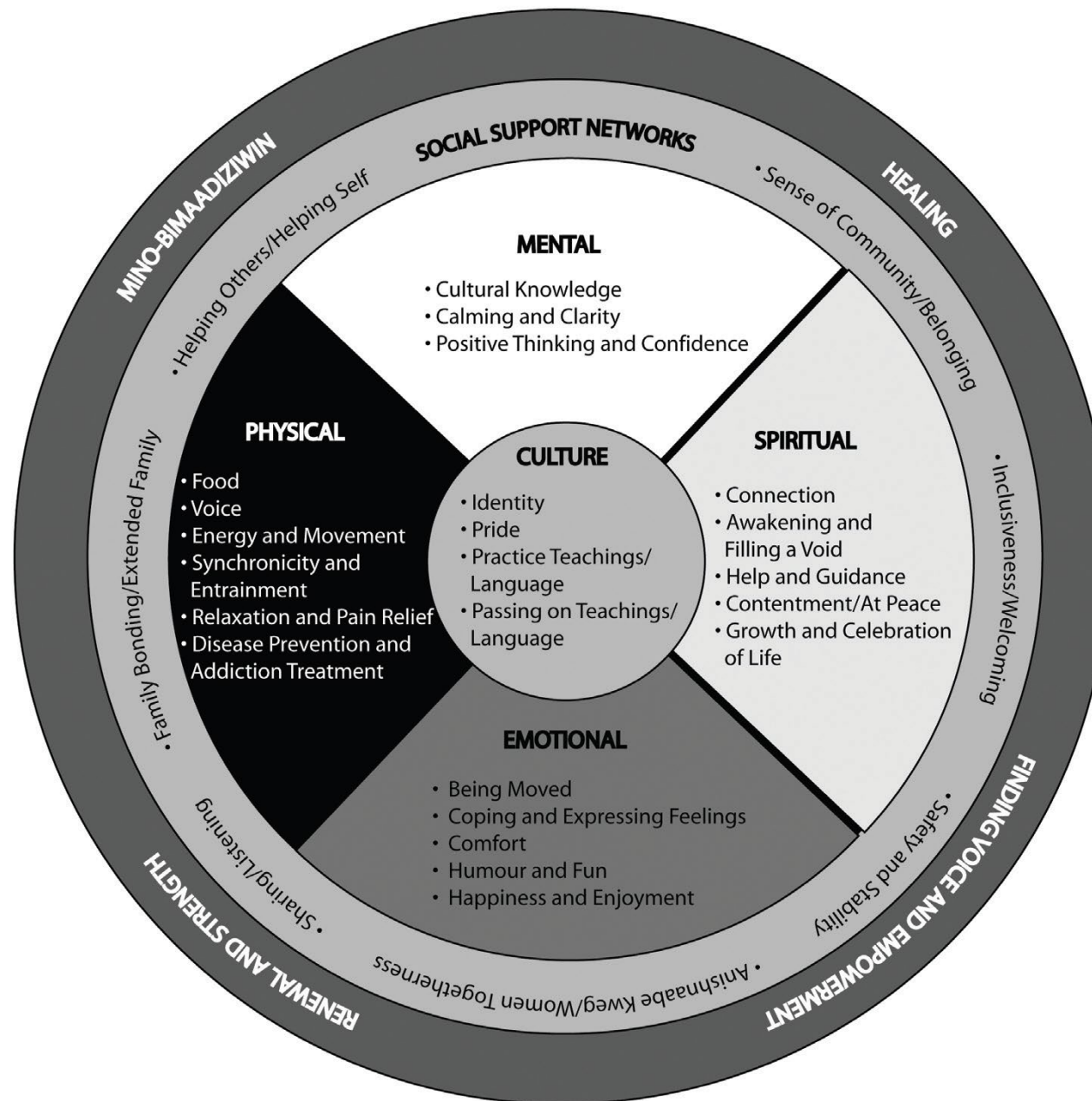
- To introduce Indigenous worldviews pertaining to health and wellness.
 - To explore the principles of Indigenous wellness from the perspectives of an Indigenous health provider and the First Nations Health Authority.
- To discuss racism as a social determinant of health.
- To highlight practical clinical tips on providing culturally relevant and safe care to Indigenous patients and outlining examples of work being done to promote Indigenous Health



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"Oneness"



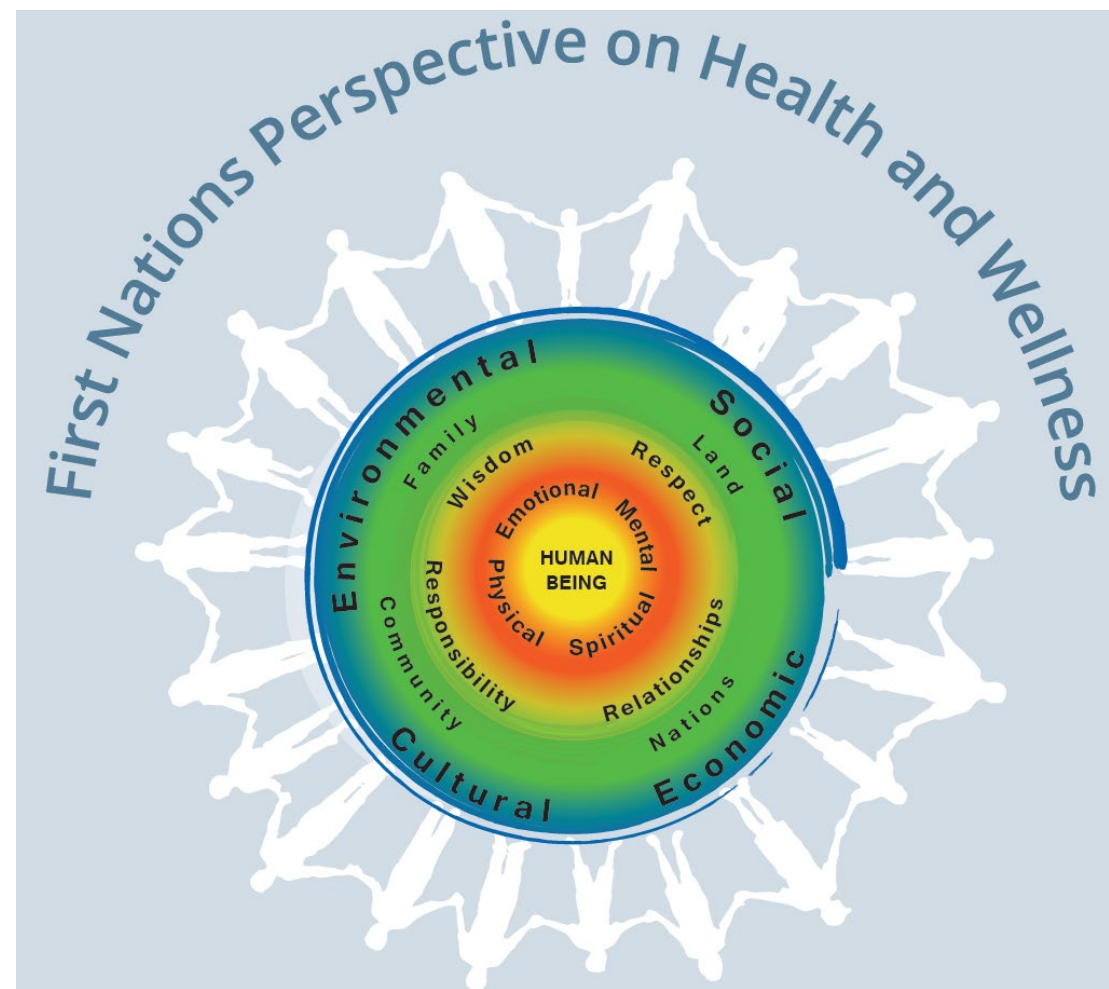




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FNHA Wellness Model

- A visual expression of the First Nations Perspective on Wellness – the way it has always been
- Passed down from our Elders and traditional healers
- Wellness belongs to every human being and their reflection of this perspective will be unique

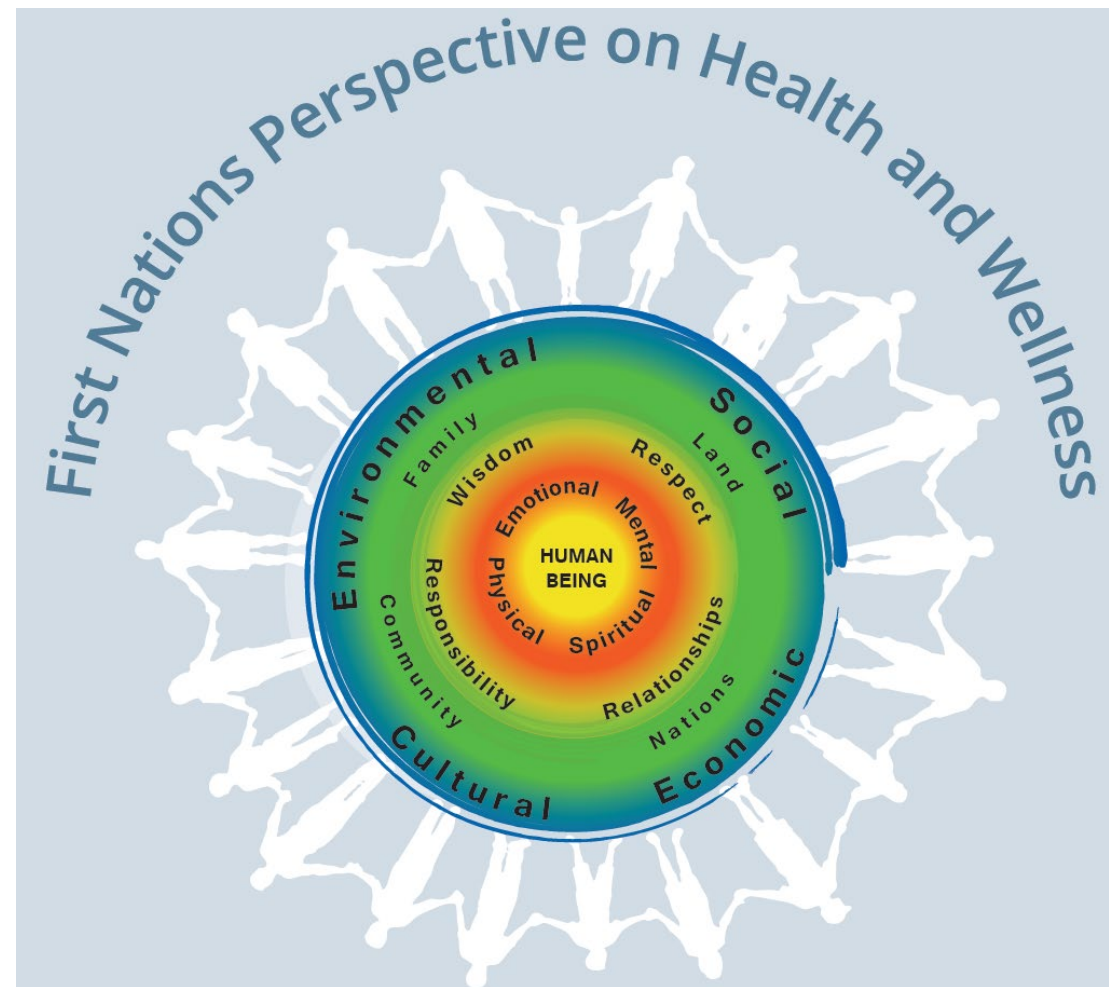




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Overview:

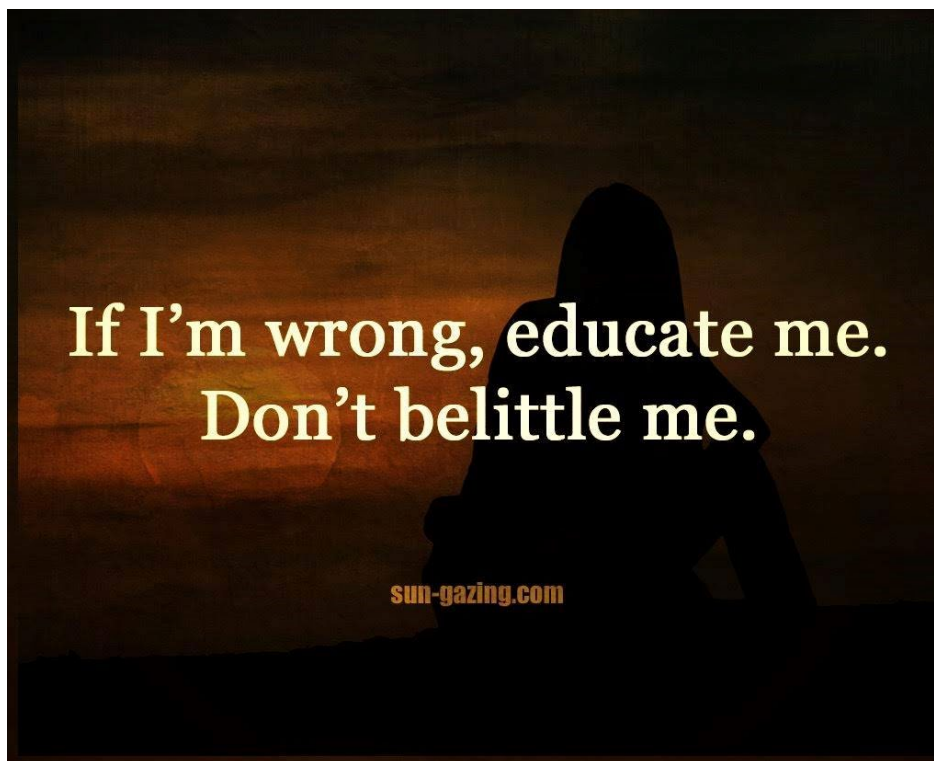
- Inner Circle represents the individual
- Second Circle is Holistic Health
- Third Circle are fundamental values
- Fourth Circle is our relatives
- Fifth Circle represents the social determinants of health
- The people who make up the Outer Circle represent the FNHA Vision of strong children, families, elders, and people in communities.





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Creating safe space



- Calling People In vs Calling People Out
- Shame Resilience
- Intention and Impact
- Accountability is not the same as safety

The Ethical Space of Engagement:

Ermine, W. (2007)



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- R - Respect
- R - Reciprocity
- R – Relationship
- [R – Reconciliation]
- [R – Responsibility]
- A – Aboriginality
- B – Barriers
- C – Colonization



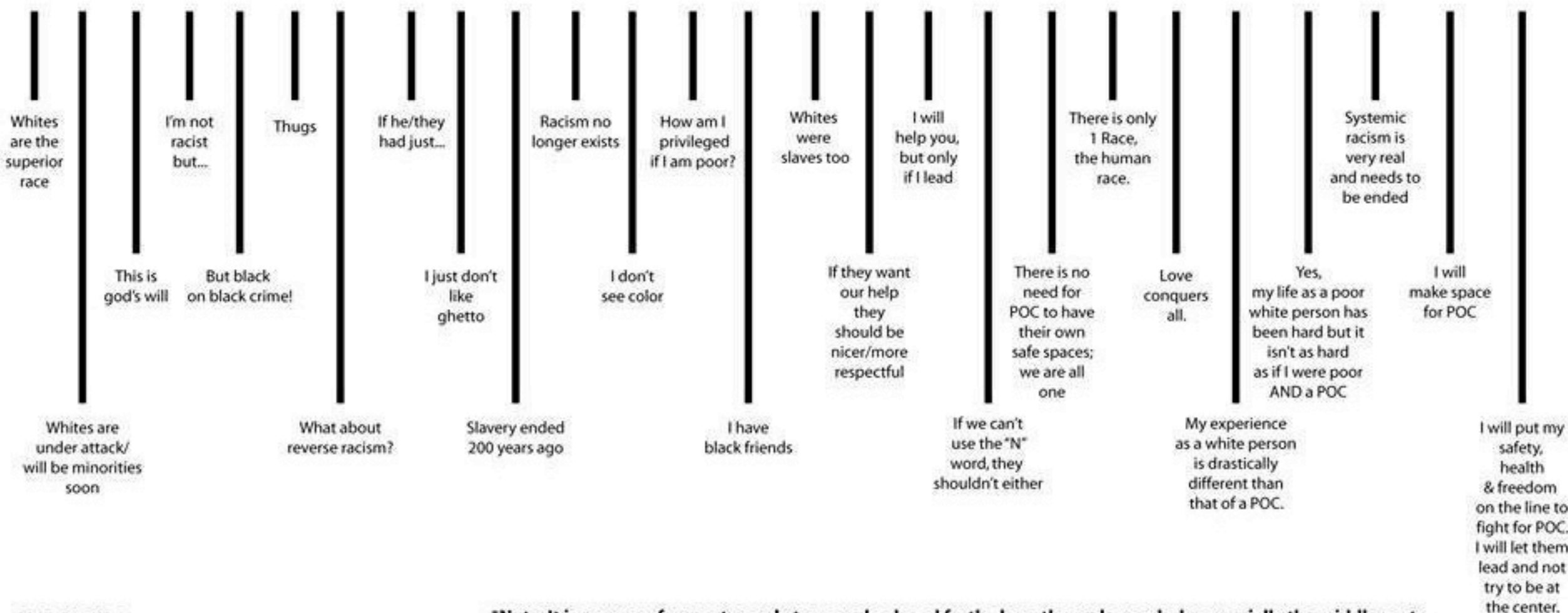
Racists Anonymous

For the purpose of Racists Anonymous, let us all consider owning our behavior as “racist” whenever we react to another based solely upon race or some other external factor. That means if I see a group of African American or Latin American kids walking down the street, and I automatically lock my doors ... That means if my blind date shows up, is White, and I refuse to answer ... That means that if an Arabic person gets on a plane and I automatically think terrorist ... Well, considering my honest answers to these sorts of questions, “Hi, my name is (insert your name here when reading this,) and I’m a racist.”

Let’s end racism in ourselves first and then let’s see what happens!

Racism Scale: Where do you fall?

Overt racism Subconscious racism Justification Denial White Savior "Woke" justification Awareness Allyship Accomplice





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Reflective Practice

"Reflective practice is a process by which you: stop and think about your practice, consciously analyze your decision making and draw on theory and relate it to what you do in practice."

Chartered Society of PT





The Indigenous Patient Encounter

Dos

- Introduce yourself
- Ask for permission
- Be Kind
- Storytelling approach
 - Listen more than you speak
- Assume Diversity
 - Ask questions about cultural, traditions, and Indigenous healing practices
- Use inclusive language
- Stay flexible & humble

Don'ts

- Assume ethnicity & culture
- Treat every Indigenous patient the same
- Assume level of importance of culture
- Under-investigate & under-treat
- Keep silent when witnessing culturally unsafe care.



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Tools for the Toolbox:

- ☐ Know the traditional territory on which you reside & practice
- ☐ Be aware of the context and Indigenous Perspective
- ☐ Use Reflective Practice and engage in the Ethical Space
- ☐ Complete San Yas
- ☐ Check Out the Practical Resources
- ☐ Must reads: Medicine Unbundled, Inconvenient Indian, First Peoples Second Class Treatment, Mary Ellen Turpel-Lafond's report "In Plain Sight"
- ☐ Remember the Dos and Don'ts
- ☐ Stay flexible & humble – don't be afraid to ask for help!

