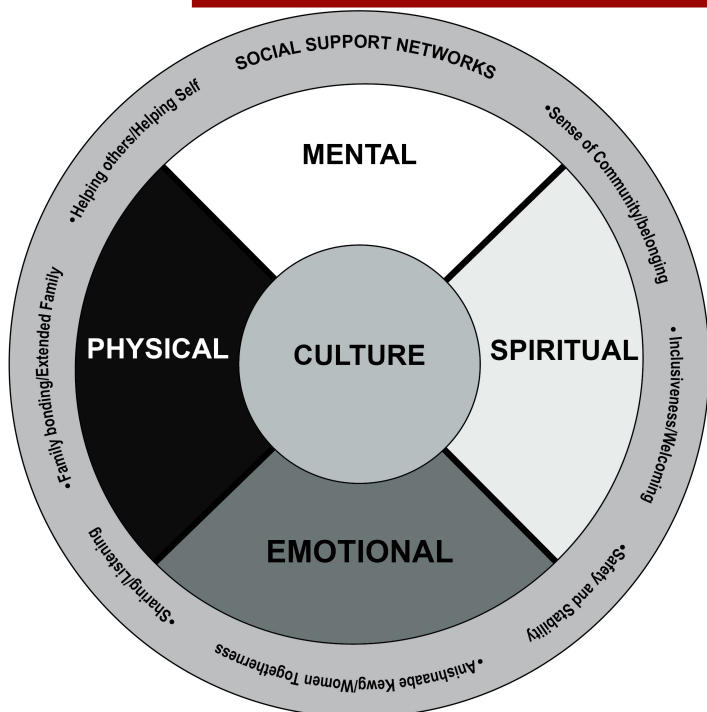


Understanding the Dimensions of Health and Wellness from Indigenous Perspectives: From Principle to Practice

ICON-VCH INDIGENOUS HEALTH ROUNDS

The interCultural Online health Network (iCON) and Vancouver Coastal Health (VCH) Aboriginal Health hosted a virtual Indigenous health round on February 2, 2021. The topic was "Understanding the Dimensions of Health & Wellness from Indigenous Perspectives: From Principle to Practice - Part 1" and we were honoured to have Dr. Terri Aldred from the Tl'azt'en Nation and Medical Director of the First Nation Health Authority as the guest speaker. The full recording is available at <https://youtu.be/O6GP2f4DRPQ>. Below are key messages from her talk.

PRINCIPLES OF INDIGENOUS HEALTH AND WELLNESS



Oneness - We are all connected to each other, the environment, and the spirit world. Respect, trust and love for others leads to respect, trust and love for yourself.

Reciprocity - When you are healthy and well you spread your wellness to people around you.

Medicine wheels represent interactive dimensions of health. The following medicine wheel centers around culture as a guiding light, central to mental, spiritual, physical and emotional health.

Adapted from: Goudreau, G., Weber-Pillwax, C., Cote-Meek, S., Madill, H., & Wilson, S. (2008). Aboriginal Women's Hand Drumming Circle of Life Framework with Themes [Figure]. Hand drumming: Health-promoting experiences of Aboriginal women from a Northern Ontario urban community. *International Journal of Indigenous Health*, 4(1), 72-83. DOI:<https://doi.org/10.18357/ijih41200812317>

ACKNOWLEDGING AND ADDRESSING RACISM AS A SOCIAL DETERMINANT OF HEALTH

Create an intentional, safe space during discussions of racism – call people in. Don't call people out.

Hold people accountable for language and actions that maintain individual integrity and respect for one another.

All of us have unconscious bias. Be self-reflective and acknowledge them. Identify it, name it, quantify it, develop and take action.

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ICON-VCH INDIGENOUS HEALTH ROUNDS

PRACTICAL TIPS FOR PROVIDING CULTURALLY SAFE CARE TO INDIGENOUS PATIENTS

The Indigenous Patient Encounter

Do's	Don'ts
<ul style="list-style-type: none">• Introduce yourself• Ask for permission• Be kind and pay attention• Use the storytelling approach – allow people to talk through their stories• Assume diversity – ask questions about culture, traditions, Indigenous healing practices• Use inclusive language• Stay flexible• Be humble	<ul style="list-style-type: none">• Assume ethnicity and culture• Treat every Indigenous patient the same• Assume the level of importance of culture – not every person has strong ties to their culture• Under-investigate and under-treat• Keep silent when witnessing culturally unsafe care

Tools for the Toolbox:

- Know and acknowledge the traditional territory on which you reside
- Be aware of the context and Indigenous perspectives
- Engage in reflective practice
- Complete San'yas training and check out other practical resources
- Remember the Do's and Don'ts
- Stay flexible and humble – don't be afraid to ask for help!

Engage in a reflective practice: Pause, reflect and consciously analyze your biases and at a personal, practice-based level, and at an organizational level.

RESOURCES

1. San'yas Indigenous Cultural Safety Training: <https://www.sanyas.ca/>
2. The investigative report on Indigenous-specific discrimination in BC health care, titled "In Plain Sight," by Justice Mary Ellen Turpel-Lafond. Read the [summary report here](#), and the [full report here](#).
3. Humanities and Unsettling Colonial Medicine by Dr. Sarah De Leeuw and Dr. Terri Aldred: https://www.youtube.com/playlist?list=PLMU8mevc0ompQhj1n7-rJ3_Pi8xZkNS69
4. Webinar by Cheryl Ward and Dr. Janet Smylie called "Setting the Context for Indigenous Cultural Safety: Facing Racism in Health": <https://icscollaborative.editmy.website/webinars/setting-the-context-for-indigenous-cultural-safety-facing-racism-in-health>
5. Cultural Safety: Respect and Dignity in Relationships: <https://www.youtube.com/watch?v=MkxcuhdglwY>



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