



# Aboriginal Health

**Culturally Safe Care**  
**Sept 2019**



**Aboriginal Health**

**Vancouver  
CoastalHealth**  
*Promoting wellness. Ensuring care.*

# Traditional Land Acknowledgment

I would like to acknowledge the unceded homelands of the Musqueam, Squamish and Tsleil'Waututh Nations



# Intentions for Today

- Review Aboriginal Patient Navigators role and services we provide.
- Provide a brief history of the Aboriginal experience in health care in Canada.
- Review what culturally safe care could look like for Indigenous patients.
- Answer questions!

# Team Vision: VCH Aboriginal Patient Navigators

**APN Team Vision Statement**  
 Indigenizing health care, one person, one healthcare team, one community at a time for today and tomorrow.

**Education:**  
Cultural Safety

**Culture**

**Healthcare Case Planning**

**Community**

Have a Trickster story for you

**Team**

**Traditional Cultural Supports**

**Referral**  
to traditional cultural supports and programs



**Person**

**Health Literacy: Patient Advocacy**

- Rochelle Johnson, Anishinabe, Saulteaux, Cree
- ANATTA HARDING, CHEROKEE
- Jessica Lutwick, Stl'atl'imx
- DENI WALLACE, LIL'WAT

2016

# Role and Services

Our role has evolved from providing direct support to patients in hospital/community to coaching and mentoring acute staff on Culturally safe care while continuing to support patients in the acute setting

Specific services we now provide are:

- Consultation with health care staff on health care planning for patients and Cultural Safety Education
- Resource/contact information on Indigenous specific resources & referrals for Health care teams
- Traditional Cultural support – Smudging, traditional medicines

**Indigenizing Health Care**

**one patient, one healthcare team, one community at a time for today and tomorrow.**

# Who we are

## Aboriginal / Indigenous

*There is ongoing discussion about which term is best to use however it is important to know that Aboriginal is an umbrella term of which the Canadian constitution recognizes three distinct groups :*

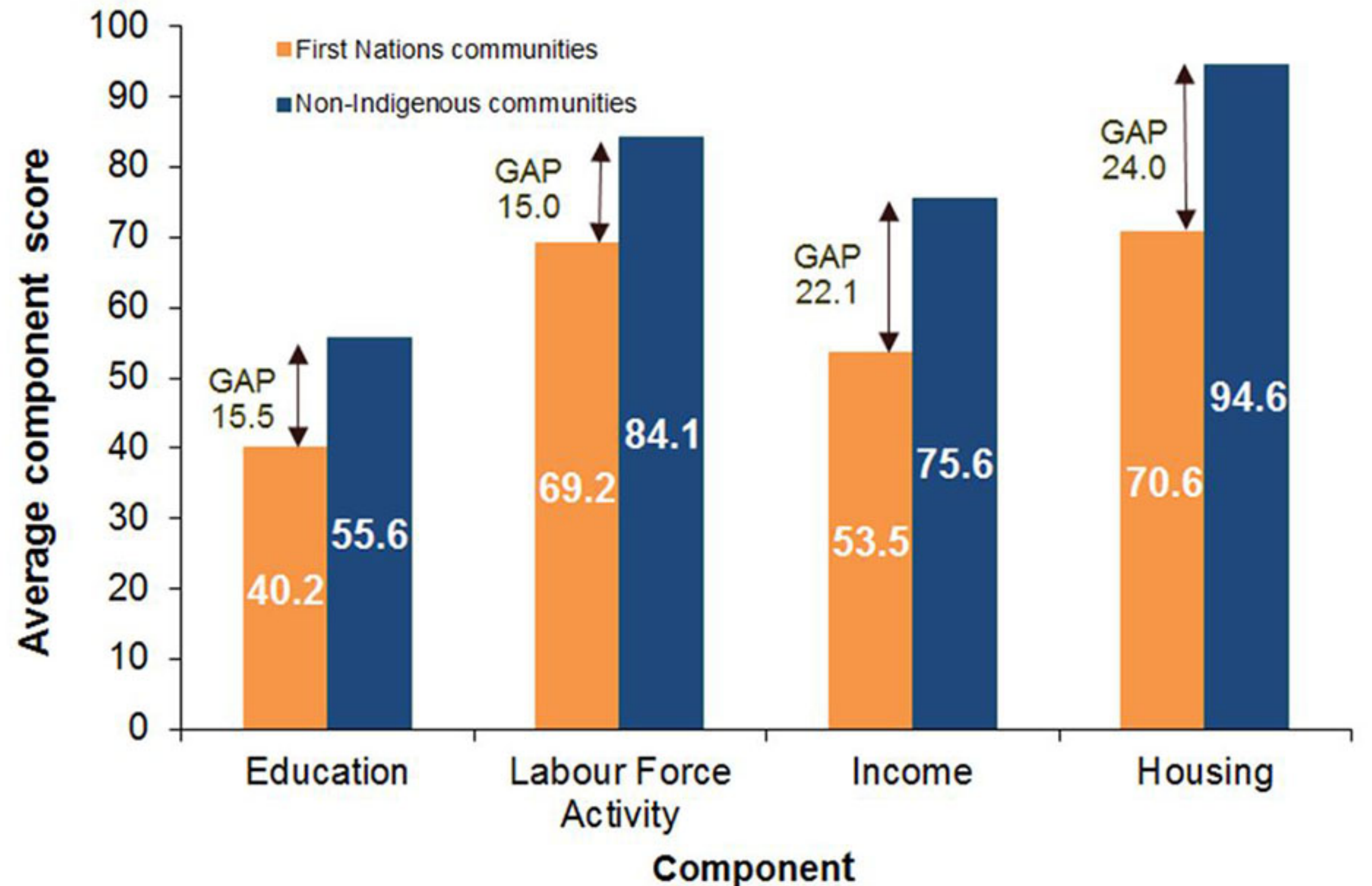
**First Nations**

**Inuit**

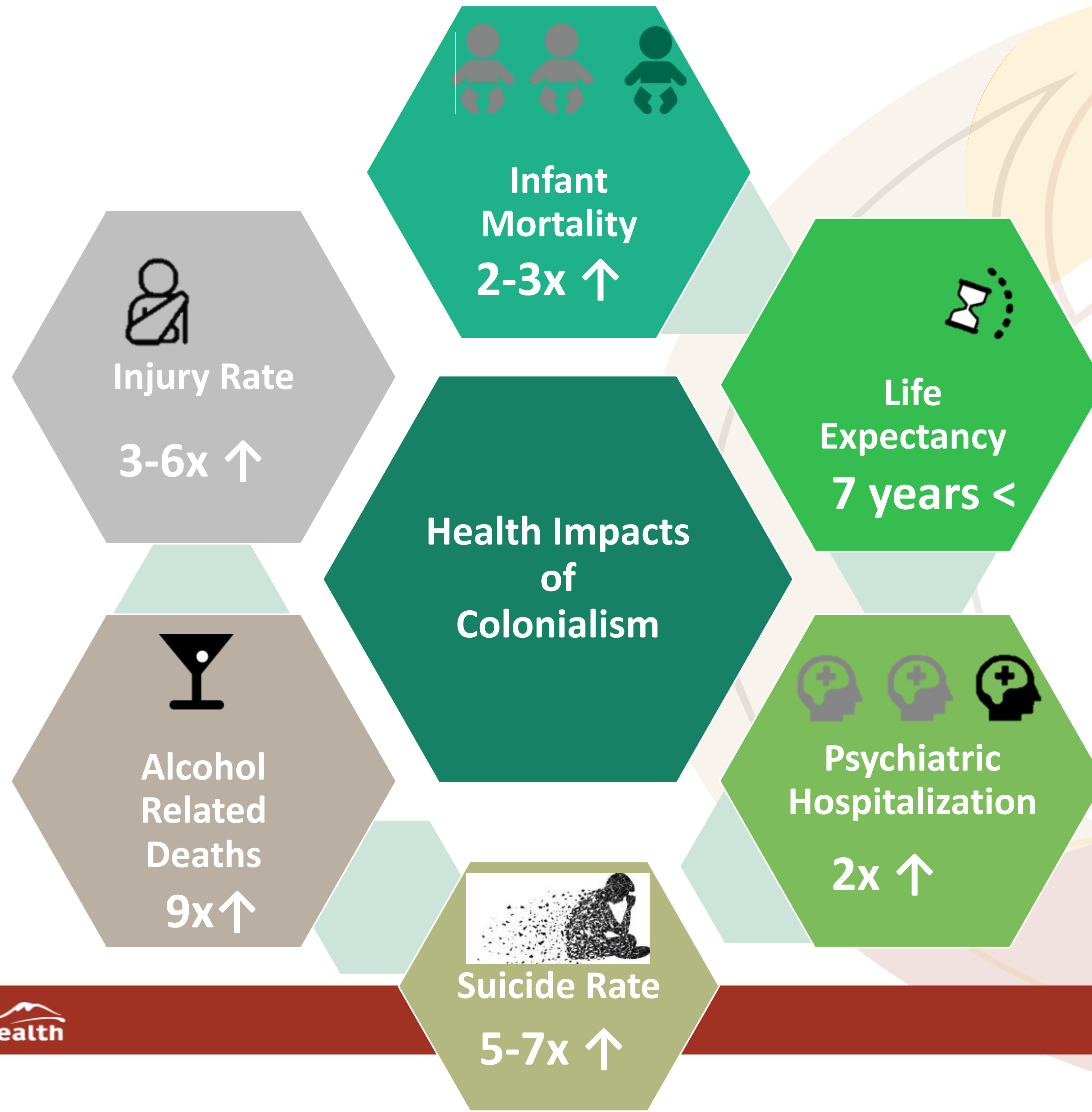
**Métis**

# Reasons for Health Disparities

Because of **colonialism** and **racism**, Indigenous people experience a lower quality of life as compared to other Canadians when measured against the United Nations Human Development Indicators



# Indigenous Health Disparities





# Key Concepts to provide Cultural Safe Care

## Cultural Humility:

- Constant self-reflection
- Acknowledgement of personal and systemic biases and power imbalances

## Cultural Safety:

- Outcome of Cultural Humility
- Actively working to address biases and imbalances
- Relationship based and patient driven

## Cultural Competency:

- Development of cultural norms and knowledge

# Connection before Content

This means making a connection with the patient before beginning treatment.

This can be simple:

- Introduce yourself, possibly share your heritage
- Ask where they are from
- Ask how they are feeling

Once a rapport has been established then move to talking about treatment or exercises.

# VCH ICS Policy

1

**Welcoming &  
Acknowledgement  
of Traditional Lands**



2

**Inclusion of Indigenous  
Knowledge & Expertise in  
all levels of Health**



3

**Access to Traditional  
Medicines & Ceremony**



# Questions and Discussion



**Patient Navigator Intake Line: 1-877-875-1131**

**Email: [info.aboriginalhealth@vch.ca](mailto:info.aboriginalhealth@vch.ca)**

**Staff Hub: for more info on the APNs, AH team and other learning resources, visit our ICS pages on VCH Connect.**

**<http://vch-connect/programs/ICS/Pages/default.aspx>**