

Cultural Safety and Humility Framework

It is with great appreciation and with a good heart that those that make up our Primary Care Networks take the time to learn, share and build relationships. We commit to doing the work in a good way by recognizing Indigenous worldviews. Our First Nations, Metis and Inuit peoples believe wholeheartedly that decisions today impact our next 7 generations. These are the valuable lifelong teachings that we center our work around.

Q'elmétsét

is 'We Believe' in each other to provide 'quality health and wellness services' within our Primary Care Networks.



Why is Cultural Safety and Humility essential in Health Care? The goal is to reduce health inequalities and improve health outcomes for Indigenous peoples in BC. To begin with this very important work, let us define Cultural Safety and Cultural Humility:

Cultural Safety is based on respectful engagement that results in an environment free of racism and discrimination, where ALL employees, patients and communities feel safe within the healthcare system.

Cultural Humility is a process of self-reflection to understand what personal and systematic conditional biases are, and through Cultural Safety & Humility awareness develop and maintain healthy relationships.

Letsé'môt, Letsé'tha:le is defined in our Halq'émeylem Language as 'One Spirit, One Mind'

Moving forward, our Cultural Safety and Humility Framework will create a balance and understanding of Indigenous Worldviews.
'We will learn and share together as One.'

In 2019 and 2020, there were Indigenous community engagement sessions held throughout the three Primary Care Network regions in Chilliwack and Fraser Health Rural (Sts'ailles to Boothroyd). These **Cultural Safety and Humility Principles** were identified to strengthen 'health outcomes and participation':

PRINCIPLE:

CULTURAL SAFETY & HUMILITY FRAMEWORK



Foundational Training and Knowledge:

It is important to patients that their providers are oriented to community values, cultural norms, traditions, the history of trauma.

The Framework will integrate in the orientation process:

- Sharing of local Indigenous community awareness, and traditional territories acknowledgement.
- Sharing of updated info of First Nation, Metis, and Inuit.
- The requirement to participate in training as identified.



Relationship Building:

Community members identified the need for a consistent provider that takes the time to listen and build trust with their patients.

The Framework will promote:

- Work with communities to define a process for when a new provider is introduced to the community, and for if a provider needs to move on.
- Continued networking opportunities and to strengthen communications.



Respectfulness:

Community members want a judgment-free environment when accessing care. They want respectful human to human interaction with their providers, regardless of personal situations.

The Framework will integrate:

- Seasonal Cultural Safety Awareness discussion topics including: Stigma, Racism, Anti-Racism to ensure health care is not discriminatory.
- Training as identified.

IN ADDITION, THE CULTURAL SAFETY AND HUMILITY FRAMEWORK IS SUPPORTED BY:

Ongoing Assessment, Evaluation and Research:

To build strong and healthy relationships ensuring patient safety and awareness is culturally appropriate of Indigenous worldviews.

The Framework will identify, through collaborative efforts:

- methods of evaluation
- additional partnerships
- credible research and learnings
- culturally safe spaces
- policies