

Integrating Indigenous Knowledge & Practices into the Nursing Curriculum

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Identify action items from the *Truth and Reconciliation Commission of Canada* that directly pertain to nursing education.

Share examples of teaching strategies to incorporate Indigenous content and traditional practice into the nursing curriculum or nursing teams

Reflect upon diversity and the need for inclusive practice with respect to Indigenous peoples.

How does the TRC *Calls to Action* impact nursing education

- #18: Acknowledge state of Aboriginal health is directly related to historical traumas. **(MIXED)**
- #22: Recognize the value and encourage use of Aboriginal healing practices **(MINIMUM)**
- #24: All medical & nursing students take a course in Aboriginal health issues: **(MINIMUM)**
 - Skill based training in intercultural competency, conflict resolution, human rights, and anti-racism
- #62: Teacher education on how to integrate indigenous knowledge & teaching methods into classroom **(MINIMUM)**

What have we done? Faculty

Preliminary discussion of findings
(June 2017)

Wellness Workshop for faculty
(June 2017):

*Reflecting on your health: The
Medicine Wheel*





What have we done? Students

1. Kairos Blanket Exercise:

<https://www.kairosblanketexercise.org/about>

Over three hundred students have participated
Certificates have been given

2. Inclusive Practice **Pilot** Workshop

1.

Student Pre and Post Evaluation

PN winter 2017

n= 81 respondents

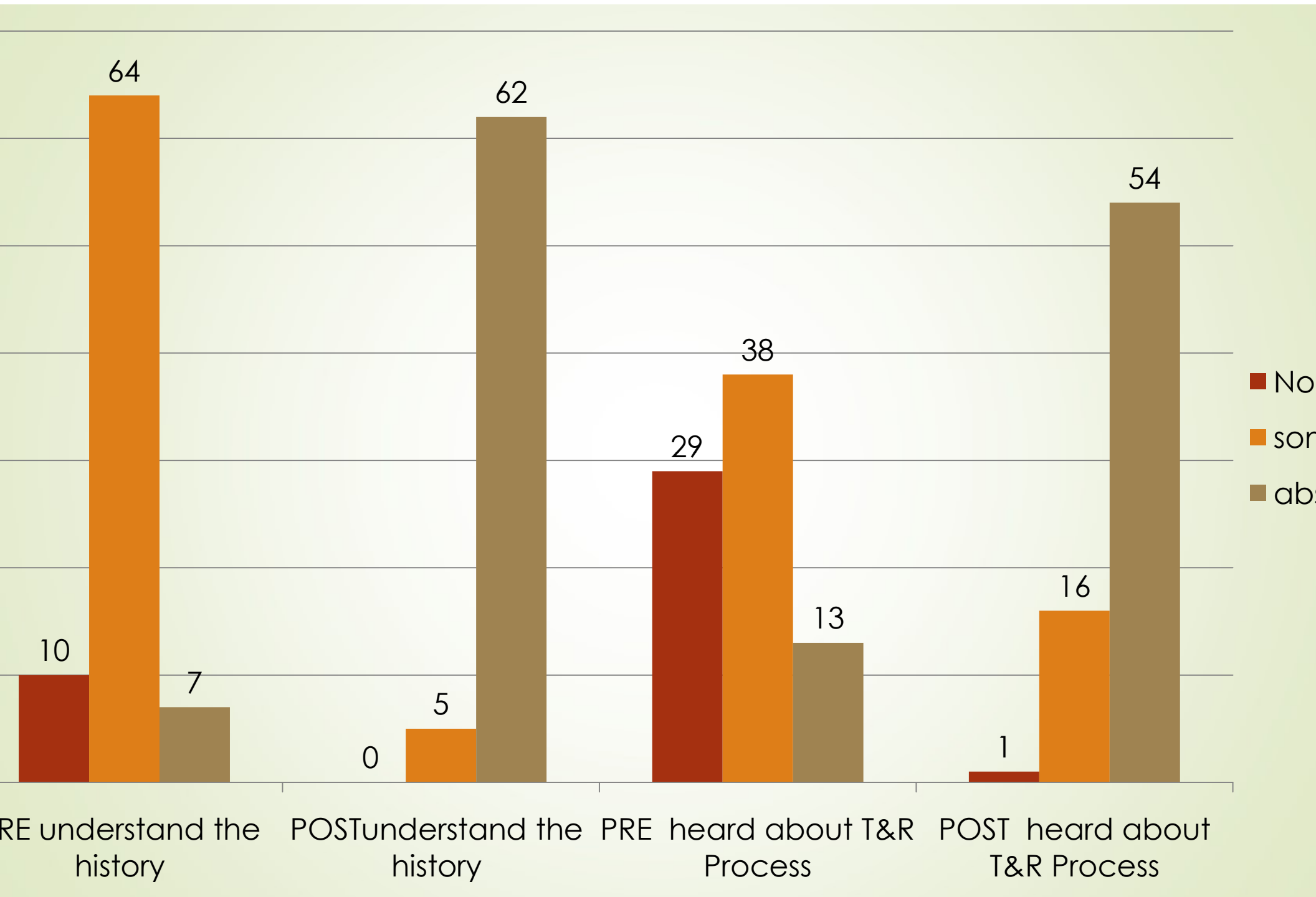
QUESTIONS

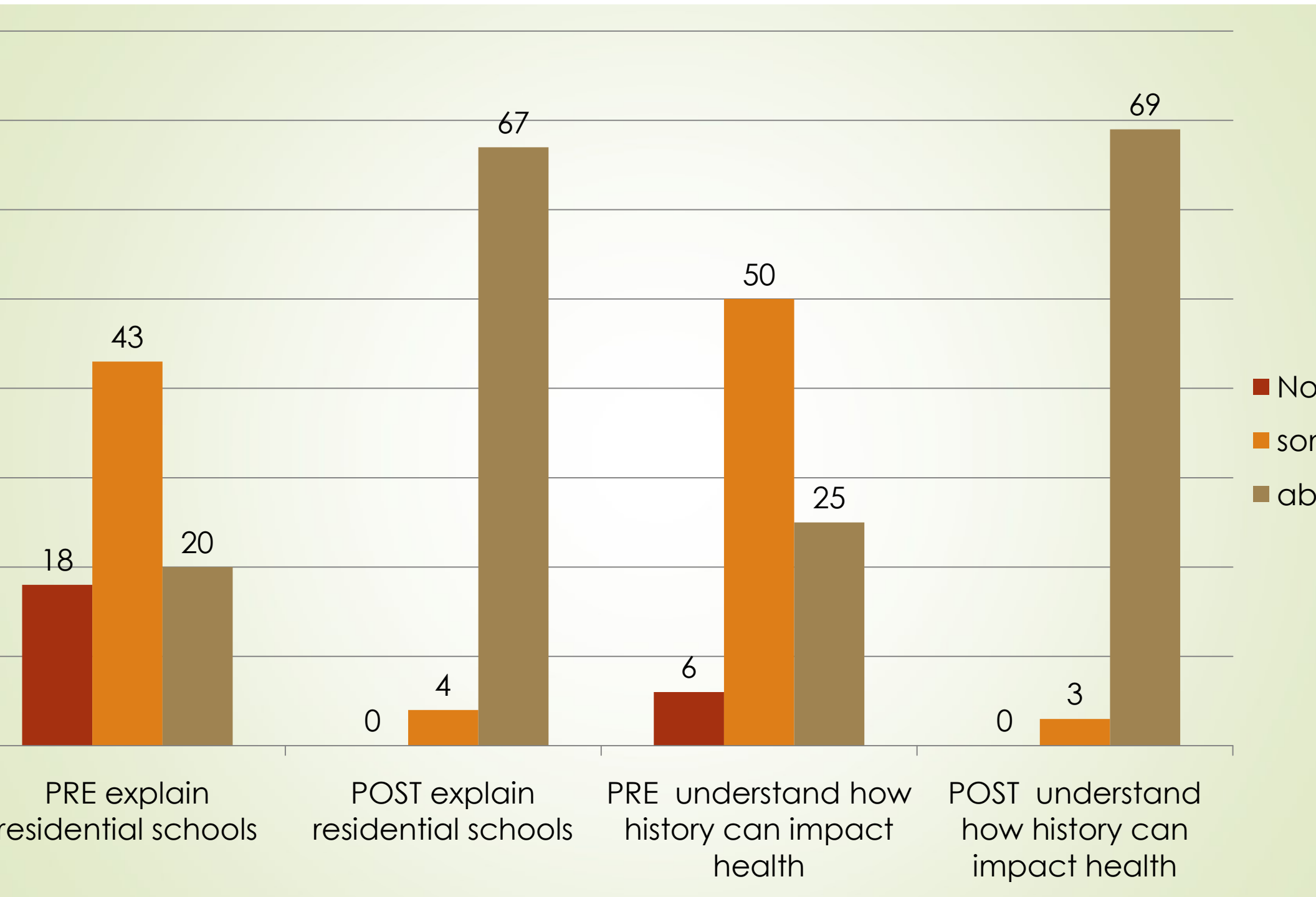
I understand the history of Indigenous people in Canada
I have heard about *The Truth and Reconciliation Process*
I can explain what Residential Schools mean
I understand how Indigenous people's history can
impact the health of Indigenous people today

Not at All

Somewhat

Absolutely





Inclusive Practice PILOT Workshop

Blended workshop:

- ▶ Equity and Inclusion Lens +
- ▶ Valorolutiouns

4 Step Process / 3 hours – methodology blended :

- ▶ Consider your diversity
- ▶ Check you assumptions
- ▶ Impact of assumptions & stigma
- ▶ What can you do?



- ▶ Disabled
- ▶ Drug users
- ▶ Elderly
- ▶ Homeless
- ▶ Immigrants
- ▶ LGBTQ-other
- ▶ Sex trade
- ▶ Teenage mothers
- ▶ **Aboriginal**





Student Feedback

- *"I didn't realize how judgmental we can all be. I realized my views and can learn to be less judgmental and more inclusive."*
- *"I really got an insight into the hardships people go through; we really need to treat everyone equally. [It] really opened my eyes. Amazing."*
- *"[I] gained a better understanding of my personal views and attitudes towards certain social groups and how this may affect my behavior towards individuals belonging to these groups within a professional setting."*
- *"This lab really helped me to consider and think about those minor things in nursing that we ignore or feel are not important or do not exist. These little things do impact on our quality of care to the patient."*
- *"Labs like these should be done way before 4th year. Since we start clinical in year 2, we should also do this lab around that time. It should be mandatory."*

Lessons learned

- We think we know; but do we?
- Fragmentation of curriculum
- Missing content
- Reflection on Pedagogy:
 - Massification of Education: has led to lecture & technology & loss of the affective domain in importance
 - Principles of Adult Ed
 - Indigenous ways of Knowing
- Curriculum overload
 - On the radar – Nurse prescribing!.

Where to next?

- Further curriculum review
 - Explore content for inclusion and leveling
 - Introduction of the human rights code, various alternate views on health and me
 - Explore teaching methodology
- Further opportunities for faculty for PD
- Conflict resolution of particular concern!

“ ‘60 percent of new graduates will leave their first positions within six months’ and 20 percent of that number will actually quit the nursing profession.”

“ Health-care organizations report that workplace violence and bullying result in “a high rate of [nurse] absenteeism, lowered morale, loss of productivity, increased staff turnover, increased sick leave, additional recruitment costs, payouts and legal fees”



References

- ▶ Canadian Nurses Association. Joint position statement. (2014). http://cna.ca/~/media/cna/page-content/pdf-en/Workplace-Violence-and-Bullying_joint-position-statement.pdf
- ▶ City Ottawa. Equity and inclusion lens. <http://ottawa.ca/en/city-hall/get-know-your-city/statistics-and-economic-profile>
- ▶ Truth and Reconciliation Commission of Canada (2015). *Truth and Reconciliation Commission of Canada: Calls to Action*
- ▶ Valor & Solutions. <https://valorsolutions.ca/en/>