



Indigenous Relationship and Cultural Awareness (IRCA) Courses: Interactivity Guide Answers

Module 1: First Nations, Inuit and Métis Culture, Colonization and the Determinants of Health

Note that the answers provided below are not exhaustive and merely provide relevant information/points to consider for each question.

Chapter 1 - Impact of Colonial and Post-Colonial Events on the Health of First Nation, Inuit and Métis People

1. After reviewing this chapter, what are some of the impacts of colonization on First Nations, Inuit and Métis peoples health today? Examples include alcohol and substance abuse, poor nutrition, and domestic violence. Please list any additional impacts that were provided in this Module.

Answer: Isolation from family, lack of services in rural communities, lack of culturally sensitive services, increased risk of mental health issues, loss of self-determination, loss of traditional practices and traditions (e.g. traditional healing practices), discrimination, unemployment, poverty, poor education, loss of culture, low birthweight, poor housing, overcrowding and infectious disease, respiratory disease, and more.

2. This chapter describes the tragic circumstances surrounding the death of Joyce Echaquan. What caused her death and how can these types of tragedies be prevented in the future?

Answer: Points to consider:

Systemic racism caused Joyce's death. Joyce's Principle, a call to action and a formal request for a commitment from the governments of Quebec and Canada to respect and protect Indigenous rights relative to healthcare and social services needs to be upheld.

Chapter 2 - An Overview of the Determinants of Health for First Nation, Inuit and Métis People

1. How are personal health practices and coping skills defined in this chapter by the World Health Organization, and how are they related to First Nations, Inuit and Métis People?

Answer: Personal health practices and coping skills refer to the actions which individuals can use to prevent diseases and promote self-care, cope with challenges, and develop self-reliance, solve problems and make choices that improve health.

As a result of the discrimination faced by communities, First Nations, Inuit and Métis people have faced poverty, violence, racism, as well as mental health and addiction issues. As a result of these issues, communities have become vulnerable to poor health practices and coping skills (such as alcohol and drug use, poor dietary choices, inactive lifestyles, and using commercial tobacco).

World Health Organization. (2008). Closing the gap in a generation: Health equity through action on the social determinants of health. Retrieved from http://www.who.int/social_determinants/thecommission/finalreport/en/

2. This chapter describes how social support has had a significant beneficial impact on population health and adverse risk factors. Thinking about your experience, what are some ways that social supports may affect First Nations, Inuit and Métis patients and their health decisions?

Answer: An Indigenous patient may have many family members and visitors with them during appointments and treatments. Additionally, family members may have a responsibility in the patient's health decisions. Therefore, it is important to consider that an Indigenous person may not seek treatment without family support and may choose to stay in their community rather than risk dying alone in a hospital and unfamiliar community.

Chapter 3 - First Nation, Inuit and Métis and the Determinants of Health

1. Reflection: Keeping in mind the determinants affecting the health of First Nations, Inuit and Métis people as described in this chapter, what knowledge can you share with your colleagues to ensure appropriateness of care across your organization/field?

Answer: Self-reflection question.