



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

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

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:

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:

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:

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

Answer:

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?

Answer: