

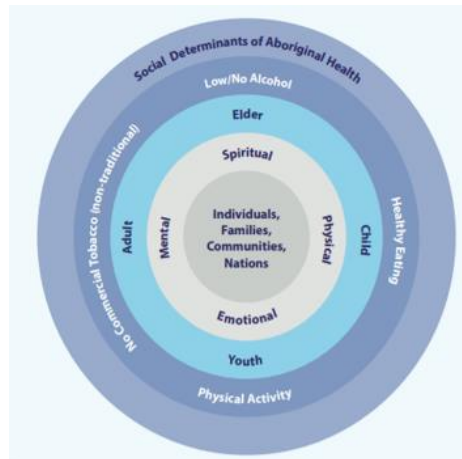


Indigenous Relationship and Cultural Awareness (IRCA) Courses: Interactivity Guide

Module 11: Health Literacy – Indigenous Perspectives on Health and Well-Being

Chapter 1 - Indigenous Health and Well-Being

1. Reflection: The Community-Centered First Nations, Inuit and Métis Health and Wellness Model found in the Path to Prevention report demonstrates that health and wellness is seen as a continuum and that health is a wholistic concept that requires physical, emotional, spiritual and mental aspects to be in balance. Do you think modern western medicine can benefit from the cultural context of Indigenous well-being?



Answer:

- Reflection: In Canada from 1857 to 1996, 150,000 Indigenous children aged 6-15 are forced to attend residential schools (some were as young as age 3). Children were not allowed to speak their native language and were physically punished if they did. How do you think this experience has impacted Indigenous children?

Answer:

Chapter 2 - The Importance of Health Literacy

- In Canada, there is a lack of systematic information on levels of literacy and health literacy for certain populations including Indigenous people. Match the following barriers to health literacy for individual and system related factors:
 - Social stigma
 - Lack of health knowledge and skills
 - Physical education program implementation issues
 - Declines associated with ageing
 - Low levels of formal education
 - Inadequate workplace training and education
 - Language
 - Limitation in resources for language programs
 - Early childhood experiences
 - Disabilities
 - School health program implementation issues

Answer:

Individual Factors	System Related Factors

2. While some Indigenous people may draw from their Indigenous cultural values, beliefs or teachings to inform their health and well-being, most are receiving their health information from mainstream healthcare practitioners who lack formal training regarding a culturally safe approach to care for Indigenous populations. How can healthcare professionals provide better culturally relevant information to Indigenous patients?

Answer:

Chapter 3 - Strategies for Improving Indigenous Health Literacy and Outcomes

1. Shared decision making provides an example of a harmonized approach and can be utilized when the healthcare provider is culturally competent and the patient has health literacy skills. Place each of the following points into either the decision coaching approach or patient decision aids in the chart below:
 - Better meets client information needs
 - Better inclusion of client values into decisions
 - Increases client satisfaction with care decisions
 - Paper tools
 - Online tools
 - Video tools

Answer:

Decision Coaching Approach	Patient Decision Aids