

## Indigenous Health CanMEDS–Family Medicine Roles

# Collaborator



### We work collaboratively

- With patients, families, community members, and other care providers
- To provide culturally safe, equitable, relationship-centred care

### We practise cultural humility

- To build and maintain inclusive relationships with Indigenous patients, families, organizations, and communities



Understand and **incorporate Indigenous perspectives of health** to support equitable health outcomes.

**Two-eyed seeing** holds that there are diverse understandings of the world, and by **respecting the diversity of perspectives** we can build an understanding of health from Indigenous and non-Indigenous perspectives.

Ethical space models **partner in a cooperative spirit** between Indigenous peoples and Western institutions.

Recognize Indigenous principles of inclusiveness:

- Embrace the goal of **patient empowerment**
- Understand our responsibility to **engage patients** in care decisions

**Seek to build ethical spaces in partnership with** Indigenous patients, families, organizations, and leaders.

Promote non-competitive **spaces for shared decision making** and **shared leadership**.

## Key and enabling competencies

1

**We respect inclusiveness:** we foster collaborative, ethical relationships with Indigenous patients, families, communities, and organizations

2

**We cultivate culturally safe health care environments—embody principles of anti-racism across all roles**

- **Reflect** on personal positions of privilege and power
- **Advocate** for equitable Indigenous representation across all areas of health care

3

**We recognize the importance of continuity of care**

- Involve Indigenous and non-Indigenous care colleagues and organizations in care transitions, shared care, and handover of care
- Build relationships with local Indigenous organizations to facilitate appropriate referrals for Indigenous patients

4

**We understand barriers faced by Indigenous patients in accessing care and resources**

- Consider various factors, including the **social determinants of health**, such as geographic location, language, income, employment, and race

**We act to coordinate referrals that align with the needs of Indigenous patients**

- **Understand differences between federally recognized Indigenous peoples:** Status First Nations, Non-Status First Nations, Métis, and Inuit
- Learn about the Non-Insured Health Benefits program (NIHB), including services covered for eligible individuals (Status First Nations and Inuit peoples)