

Indigenous Health CanMEDS–Family Medicine Roles

Professional



We integrate cultural, social, and ethical dimensions of care

- With diverse Indigenous patients and populations

We act on cultural, structural, and systemic dynamics

- These dynamics influence health and health care as experienced by Indigenous peoples



Defining competent medical practice with Indigenous patients facilitates accountability to patients, communities, colleagues, and the profession.

Family physicians engage with communities and individuals in upstream social, cultural, and political contexts that enable health and wellness.

A **societal role** is central to working within Indigenous contexts. We must understand how **colonization and culture** distinctly influence health outcomes:

- We integrate these concepts within a clinical approach

Professional relationships centre on disrupting the exclusion of Indigenous people within society and health care.

Indigenous ethical principles can guide professionalism:

- Including people and perspectives
- **Centring relationships**
- Valuing interconnectedness

Respect the **importance of family and community** relative to a patient's needs and autonomy, as per a collectivist context.

We are knowledgeable and skilled, but do not perpetuate hierarchy via our knowledge or position.

Self-reflective inquiry into our own perspectives is core to achieving self-awareness, a foundation of professionalism.

Key and enabling competencies

1

We demonstrate a commitment to clinical excellence, focusing on **not perpetuating colonization**

- Engage in lifelong learning of how colonization shapes all aspects of health and health care
- Recognize and address racism, oppression, and imbalance of power within clinical approaches and relationships

2

We demonstrate a commitment to **Indigenous ethical concepts** within clinical approaches

- Promote collaborative approaches that are non-competitive and **flatten hierarchy** to facilitate effective team-based care
- Maintain an inclusive approach that respects, elicits, and explores Indigenous perspectives
- Position ourselves as helpers who facilitate healing and wellness for patients

3

We demonstrate a commitment to **reflective practice**

- Seek understanding of the patient's individual, family, societal, medical, and cultural influences
- Identify and **examine misguided presumptions** about Indigenous peoples
 - Understand the origins and implications on the patient, the health care interaction, and the outcome
- Identify differences between the self and the patient—to make sure presumptions of Indigenous patients and personal perspectives are not imposed on the patient