

A message from your Palliative Care Resource Team

October 2023



Cultural Safety and Cultural Humility

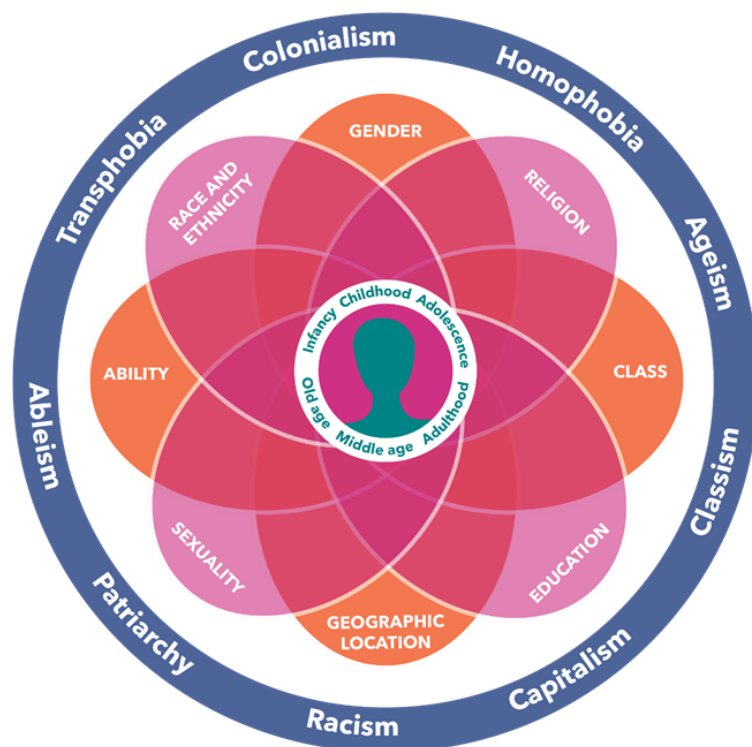
What can health care providers do to support equitable and culturally sensitive palliative care?

Culture influences the worldview of individuals and communities, including how they experience health and illness. Different aspects of an individual's identity interact to shape very different experiences of power and wellbeing. This shapes decision making, goals of care, communication preferences and ultimately individual care plans (Carter et al., 2021).

The palliative care resource team (PCRT) recommends health care team members review the [Canadian Interdisciplinary Palliative Care Competency Framework](#). This framework aims to help team members build palliative care capacity in Canada by defining competencies in essential skills, knowledge, and abilities for palliative care practice. This includes foundational competencies regarding cultural safety and humility and reflects the importance of seeking to understand and address differences in power and equity in all aspects of healthcare.

In this Issue:

- What is cultural safety & humility?
- Cultural safety in practice
- Canada Virtual Hospice resources
- Specifying your commitment
- Education opportunities



<https://justassociates.org/big-ideas/intersectionality/>

>> CONTINUED ON NEXT PAGE

The Continuum of Cultural Safety

Understanding how cultural safety, cultural humility and cultural competence fit together can help providers navigate potential differences and strengthen the therapeutic alliance. **Cultural safety** is an outcome that results from respectful relationships that recognize and address power imbalances on all levels (First Nations Health Authority, 2019). Cultural safety requires **cultural humility**; providers must engage in the process of self-reflection to understand personal or systemic biases and power differentials (Public Health Agency of Canada, 2023). Building on self-awareness, the continuum of cultural safety includes **cultural competence**; the development of attitudes/knowledge/skills for working with diverse clients. However, situating cultural competence outside of this continuum can lead a health care provider to overemphasize differences and/or reduce culture into a set of skills (Public Health Agency of Canada, 2023).

How can you support culturally safe care?

Cultural humility - a respectful and humble attitude toward other cultures, acknowledging that one's own culture is not 'right' or 'better', but just different than another culture.

Self-reflection - acknowledging and addressing biases, attitudes, assumptions, stereotypes, prejudices, and characteristics (Carter et al., 2021).

Continuous learning about different cultures. Make learning about other cultures a lifelong goal and process. Keep in mind that culture cannot be reduced into a set of skills that can be mastered. While understanding differences between groups can be helpful, avoid stereotypes by honouring individual differences (Carter et al., 2021; Stevens et al., 2018).

Trauma informed care. Recognize the impacts and root causes of historical intergenerational trauma.

Incorporate these behaviors into practice:

Listen - practice active listening to understand an individual's needs and help them feel heard and understood.

Ask - ask questions about an individual's culture, including relevant religious and/or traditional cultural practices and beliefs, and communication styles.

Respect-- show a respectful and humble attitude toward an individual's perspective.

References:

Carter, R., Shajan, T., & Hassan, E. (2021). *Supporting a culturally safe approach to advance care planning conversations between clinicians and patients*. BC Center for Palliative Care. <https://bc-cpc.ca/wp-content/uploads/2021/03/Poster-HCP-Online-Module-2021-02-11.pdf>

First Nations Health Authority. (2019). *FNHA's policy statement on cultural safety and humility*. <https://www.fnha.ca/documents/fnha-policy-statement-cultural-safety-and-humility.pdf>

Public Health Agency of Canada (2023). *Common definitions on cultural safety: Chief public health officer health professional forum*. <https://www.canada.ca/en/health-canada/services/publications/health-system-services/chief-public-health-officer-health-professional-forum-common-definitions-cultural-safety.html>

Stevens, S.T., Jussim, L., Stevens, L.A., Anglin, S.M. (2018). Cultural Competence: A Form of Stereotype Rationality. In: Frisby, C., O'Donohue, W. (eds) *Cultural Competence in Applied Psychology*. Springer. https://doi.org/10.1007/978-3-319-78997-2_26

Where can I learn more about cultural safety & cultural humility in palliative care?



- The **Canadian Interdisciplinary Palliative Care Competency Framework self-assessment tools**. <https://www.partnershipagainstcancer.ca/topics/palliative-care-competency-framework/self-assessments/>
- **YGLearn Introduction to Cultural Safety**. Starting October 26th, 2023. <https://yglearn.gov.yk.ca/marketplace/courses/5599#/>
- **Victoria Hospice: Cultural humility at the end of life program**: online modules. DATES TBA <https://victoriahospice.org/event/cultural-humility-at-the-end-of-life-program/>
- **Canadian Virtual Hospice: [Livingmyculture.ca](https://livingmyculture.ca)** shares the lived experience of individuals from eleven different cultures. Stories about traditions, rituals and spirituality, experiences of care, and grief are shared in more than 650 video clips available in 11 different languages.
- **Virtual Hospice Living my Culture: [Cultural Humility](https://livingmyculture.ca)**. Holly Prince describes how cultural humility can assist in building relationships with Indigenous peoples
- **Virtual Hospice** online modules for health care providers: [Indigenous Cultural Safety Training](https://livingmyculture.ca).



Indigenous Cultural Safety Training



Everyone working in healthcare has a responsibility to contribute to respectful care that honours and includes cultural traditions and beliefs. In these modules, you will hear from Indigenous Peoples about their values, beliefs, and views about care, explore barriers to culturally safer care, and learn how to address these barriers.

What is your commitment to cultural safety and humility?

A good place to start by reflecting on the following questions:

- What is culture?
- What culture(s) do you identify with?
- What is your experience of privilege and oppression?
- What is your perception of different cultures? Where did you get this information?
- Can you identify any potential biases or stereotypes in the sources of that info?

From <https://www.fnha.ca/Documents/FNHA-Creating-a-Climate-For-Change-Cultural-Humility-Resource-Booklet.pdf>

Free Palliative Care Education on YGLearn

These YGLearn online education opportunities and resources are self-directed and available to everyone in all settings.

Education Modules

Copy and paste these links into google chrome:

- Introduction to Palliative Care Service Delivery in the Yukon:
<https://yglearn.gov.yk.ca/palliative-care/3806>
- Yukon Advance Care Planning:
<https://yglearn.gov.yk.ca/palliative-care/3031>
- Victoria Hospice Palliative Performance Scale (PPSv2):
<https://yglearn.gov.yk.ca/palliative-care/3203>
- Edmonton Symptom Assessment System (ESAS-r):
<https://yglearn.gov.yk.ca/palliative-care/1866>

Recorded Webinars

- Life and Death Matters- Providing compassionate care to your clients, their families, your co-workers and yourself:
<https://yglearn.gov.yk.ca/palliative-care/3916>
- Life and Death Matters- Caring for Ourselves While We Care for Others:
<https://yglearn.gov.yk.ca/palliative-care/3942>

Upcoming at



**Hospice
Yukon**

Oct 16 - Supporting the Grieving Child webinar

Nov 3 - Loss in the Workplace workshop

Nov 22 - Living with Loss webinar

Dec 14 - Lights of Life opening ceremony

Details at www.hospiceyukon.net/events

The Palliative Care Resource Team

How does the Palliative Care Resource Team (PCRT) support Yukoner's living with a life-limiting illness and the people caring for them?

- We connect individuals to existing services and programs.
- We provide links to resources and information regarding a variety of topics, including: advance care planning and caregiver specific supports.
- We provide public education sessions.

How does PCRT support Yukon health care providers?

- We assist with health systems navigation.
- We support care transitions and discharge planning.
- We offer symptom management consultation.
- We link health care providers to best practice resources, tools and information.
- We facilitate and provide palliative care education for health care providers.

For more information about the palliative care resource team and our services please contact us at:

Email: palliativecare@yukon.ca

Phone: (867) 667-9380

Stay tuned for an update to our website at

<https://yukon.ca/en/palliative-care>