

Cultural Safety

Presenting with Dorene Waubanewquay Day
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Alaska Perinatal Quality Collaborative~
Annual Summit 2022

Introductions



Learning Objectives

Participants will learn:

- Key tenets of the theory of Cultural Safety
- Why this theory & approach is relevant and how to apply it to our roles as perinatal care providers working with Indigenous persons and on Indigenous land
- The overarching impacts of colonization in the U.S. and specifically how this leads to contemporary perinatal health inequities
- Self-reflection around topics of identity & privilege
- Decolonization as a useful concept along with cultural safety
- Examples of culturally safe maternal and infant care
- Ways to provide more culturally safe care
- Invitation for further learning and engagement

What is Cultural Safety and why is it important?



<https://youtu.be/cLDkA2RIeCM>

Cultural safety 10 1



The theory of cultural safety

Developed by Irihapiti Ramsden, a Maori nurse researcher



Goals of cultural safety



1st core tenet

We understand the history & context of Indigenous people and appreciate that colonization is the origin and cause of health inequity

2nd core tenet

Health providers need to have a critical self-awareness of bias toward their patients and positionality & power imbalances.

Self-reflection is key to culturally safe care.

3rd core tenet

The patient is the one who defines whether the care they received is culturally safe

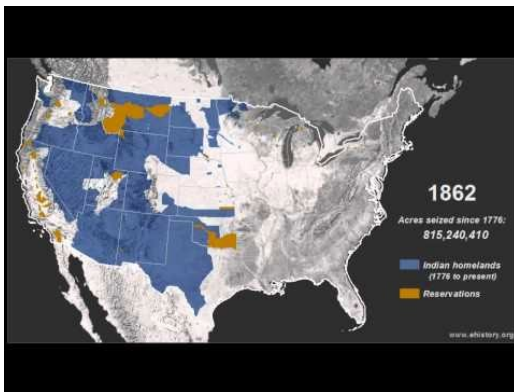
(not the health care provider)

The argument for moving beyond cultural competency



Colonization in the U.S.- 101

Loss of land



<https://www.youtube.com/watch?v=pJxrTzfG2bo>

Boarding schools



Reproductive
Health abuses:

Forced sterilization
of Native American
Women in IHS
clinics:

estimates of 25-
50% of Cherokee
women in the
1960s-70s

Our shared history and intergenerational trauma



<https://www.youtube.com/watch?v=vlqx8EYvRbQ>

**The patient's experience of
health care & shifting the
colonial narrative**

Providers of care; what do we bring to the table?

Care providers need to have a critical self-awareness of ourselves.

We need to recognize our biases and work to correct them.

We need to be aware of the inherent positionality & power imbalances that exist between givers and receivers of “care” and services.

Self-reflection is key to culturally safe care.

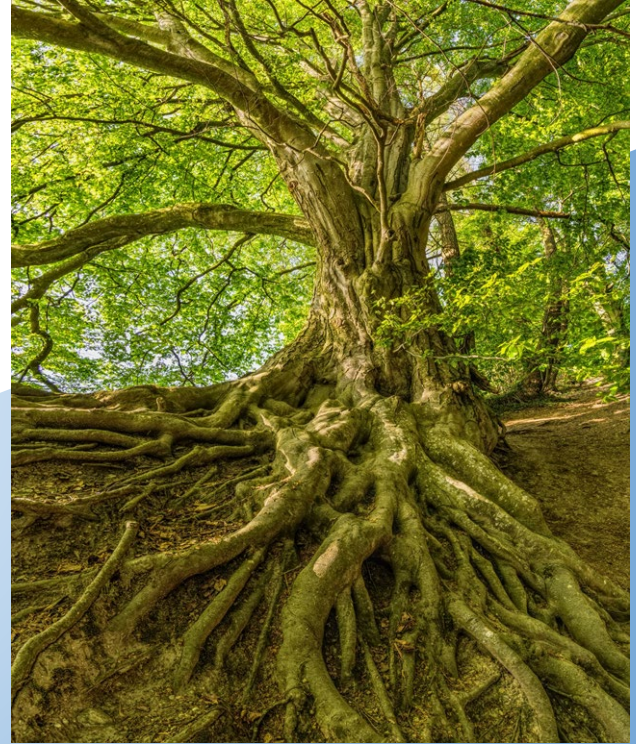
Self-reflection: Identity

Roots = Origin

Trunk = Cultural values

Leaves = Expressions of culture

- How do your cultural origins, values and expressions affect the way you provide health care?
 - How do your cultural origins, values and expressions affect the way you provide health care?
 - Is this something you think about often? Why or why not?



Self- reflection: Privilege

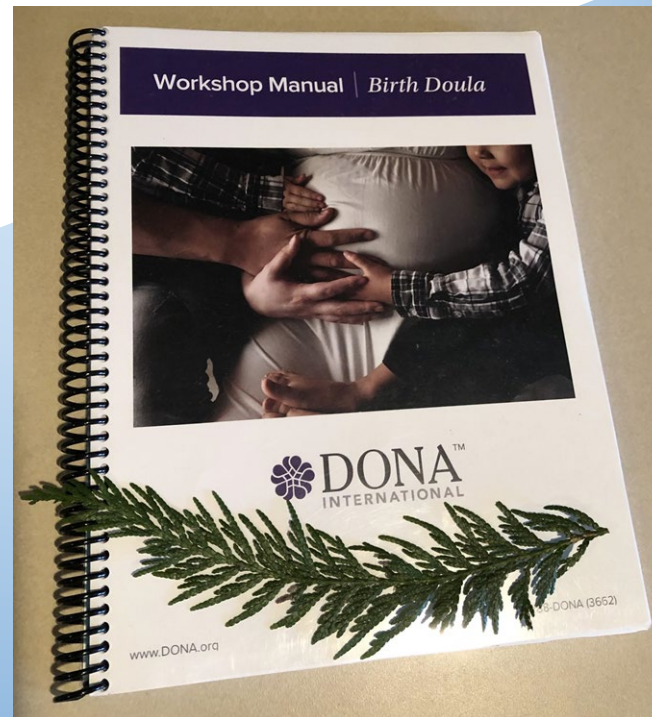
Privilege operates on personal, interpersonal, cultural and institutional levels and gives advantages, favors, and benefits to members of dominant groups at the expense of members of target groups. In the United States, privilege is granted to people who have membership in one or more of these social identity groups:

White, able-bodied, heterosexual, male, Christian, middle or owning class, middle-aged, English speaking.

Privilege is characteristically invisible to people who have it.

Privilege is not earned. It is granted based on social positioning.

The patient's experience of care & shifting the colonial narrative



The patient is the one who defines whether the care they received is culturally safe

(not the care provider.. and not the Quality Improvement Officer)

Cultural differences: Western vs. Indigenous worldviews



Indigenous vs. Western worldviews

Spirituality

Scientific

Many truths

One truth

Relatedness

Compartmentalized

Sacred Land
resource

Land is

Cyclical Time
Time

Structured

Comfort-Relational

Comfort-Success

Important Creation
being

Important Human

Wealth=Community

Wealth=personal



“How-to” provide culturally safe care:

- Have genuine respect for the Indigenous person**
- Adopt a relational approach (working collaboratively with patients & families)**
- Ask questions with respect and listen with an open mind**
- Be self-reflexive & humble**
- Recognize the unconscious bias we have and how this may affect the quality of the health encounter**
- Acknowledge the world views of your clients and incorporate their cultural perspectives into their care. Do not assume what these are.**

- **Be willing to be vulnerable**
- **Listen**
- **Focus on building safe Relationships**
- **Be willing to make changes in ourselves and the systems we work and live in**



Decolonizing the health care we give



For non-Indigenous people:

Start here:

Many Caucasian folks are far removed from ancestral traditions & cultural beliefs. Many don't know who we are, are not tied to the land our ancestors care from and the, traditional values our people had.

This gap is at the center of the disconnection & disconnection that exists.

Everyone was a tribal, cultural person at one point.
We need to seek this if we don't have it— so we know who we are.

Indigenous folks are still connected to the land and culture
In many cases and live from this understanding and worldview

In order to respect this we need to know who are.

Decolonization is the process of deconstructing colonial ideologies of the superiority and privilege of Western thought and approaches. On the one hand, decolonization involves dismantling structures that perpetuate the status quo and addressing unbalanced power dynamics. On the other hand, decolonization involves valuing and revitalizing Indigenous knowledge and approaches and weeding out settler biases or assumptions that have impacted Indigenous ways of being. For non-Indigenous people, decolonization is the process of examining your beliefs about Indigenous Peoples and culture by learning about yourself in relationship to the communities where you live and the people with whom you interact.

What does culturally safe health care look like?



Reclaiming traditional birthwork in community



Want to learn more?

Introduction to Cultural Safety
Dorene Waubanewquay Day & Dr. Erin Tenney

Those interested in the **Introduction to Cultural Safety** can enroll in the course at <https://ceu.catalog.instructure.com/courses/introduction2cultural-safety>.

Contact us if you're interested in learning/ engaging more:

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