



## Flexing Your Core: The Palliative Workout ECHO

### *Cultural Safety & Humility Practices*

January 22nd, 2026

AGENDA ITEM	NOTES
Introductions, Objectives	Session Facilitators: Victoria Stevens, FNHA & Sue Bartnik, BScN, BC-CPC
Session Key Points and discussion	<p><b><u>Cultural safety and humility framework</u></b></p> <p>The presenters introduced the session focused on cultural safety and humility as part of the palliative care framework.</p> <ul style="list-style-type: none"><li>• Defined cultural safety and humility as seeking to understand and address power differences and inequities in healthcare contexts.</li><li>• Emphasized that cultural safety extends beyond Indigenous focus to include gender, sexuality, economic status, ability, and neurodiversity<ul style="list-style-type: none"><li>◦ <b>Victoria:</b> Shared her background working with First Nations communities and experience bringing cultural perspectives to healthcare.</li></ul></li><li>• <b>Conclusion</b><ul style="list-style-type: none"><li>◦ Cultural safety and humility is about self-reflection and considering concepts of racism, discrimination, and prejudice.</li><li>◦ The goal is to make healthcare safer for all individuals by understanding various cultural contexts.</li></ul></li></ul> <p><b><u>First Nations perspective on health and wellness:</u></b> <a href="#">Link</a></p> <p>Victoria presented the First Nations Health Authority's holistic approach to health and wellness.</p> <ul style="list-style-type: none"><li>• Explained the circular model showing the individual at the center, surrounded by mental, emotional, physical, and spiritual aspects.</li><li>• Described the values of respect, relationships, wisdom, and responsibility that guide this approach.</li><li>• Noted that different First Nations communities may present these concepts differently but share similar foundational ideas<ul style="list-style-type: none"><li>◦ <b>Sue:</b> Appreciated how this perspective can be applied to all areas of healthcare.</li></ul></li><li>• <b>Conclusion</b><ul style="list-style-type: none"><li>◦ The First Nations wellness perspective places the individual at the center with health encompassing mental, emotional, physical, and spiritual aspects.</li></ul></li></ul>



BY  
Pallium Canada

- This holistic approach can help healthcare providers translate and shift care through a wellness lens.

#### **Elder Elva's teachings on end-of-life care: [Link](#)**

The session included a video of Elder Elva sharing cultural perspectives on death and dying at home.

- **Details**

- **Elder Elva** (in video): Explained the cultural teaching of caring for one's own people at home during end of life.
- **Elder Elva** (in video): Described the importance of family presence, allowing children's laughter, and cultural practices like singing and drumming.
- One of the presenters emphasized that while these teachings remain important in many communities, impacts of colonization have disconnected some people from their cultural practices.
- The presenters also noted the importance of checking in with individuals about their specific wishes and cultural connections.

- **Conclusion**

- Traditional teachings emphasize caring for people at home until death when possible.
- Healthcare providers should be sensitive to individual preferences while recognizing that some Indigenous people may be disconnected from traditional practices.

#### **The coin model of privilege and oppression**

Sue presented the coin model as a framework for understanding privilege and oppression in healthcare.

- Described how the model represents those with privilege on the "top" of the coin and those experiencing oppression on the "bottom".
- Explained that people may be on the top of some coins and the bottom of others, creating intersectionality.
- Emphasized that the model suggests focusing on changing systems of inequality rather than "fixing" those on the bottom.
- **Conclusion**
  - The coin model helps identify unearned privilege and systemic inequality.
  - Healthcare providers should focus on addressing systems rather than seeing patients as "problems to be fixed".

#### **Equity, equality, and justice in healthcare**

The session explored different approaches to addressing healthcare disparities.

- Presented three concepts: equity (tools that identify and address inequality), equality (even distribution), and justice (fixing the system for equal access).
- Suggested that justice is the ultimate goal, which includes both equity and equality approaches.
- Provided examples of equity measures like mobile clinics for rural areas and culturally tailored health education.



BY  
Pallium Canada

- **Conclusion**

- Justice in healthcare requires both addressing immediate inequities and changing systems.
- Healthcare providers can advocate for system-level changes while providing equitable care.

**Language and communication in culturally safe care**

The session discussed the importance of language in creating culturally safe environments.

- The presenters emphasized using people-first language (e.g., "person receiving palliative services" rather than "palliative patient").
- Also shared personal experiences of learning about changing language norms and discussed the importance of asking about preferred terms and pronouns.
- A participant shared her practice of asking "Is there anything about you that you would like me to know?"
- Another participant suggested asking colleagues who resist using preferred pronouns, "What does it cost you?"
- Another participant described her approach of giving an "advance apology" when learning to use new pronouns for friends
- **Conclusion**
  - Language creates worlds and impacts how safe people feel in healthcare settings.
  - Being curious and open to learning new terminology demonstrates respect.
  - Healthcare providers should prioritize patient preferences over their own comfort.

**Scenario discussions on cultural safety**

Two scenarios were presented to engage participants in applying cultural safety principles.

- **Details**

- **Scenario 1:** An Indigenous man presenting to the ER with back pain is labeled as "drug-seeking" by a physician
- **Joelle:** Suggested asking the physician about their concerns and questioning whether the same judgment would apply to a non-Indigenous patient
- **Sue:** Shared that Indigenous patients often feel they need to dress up or bring a Caucasian friend to receive proper care
- **Scenario 2:** A colleague complains about using preferred pronouns
- **Joelle:** Acknowledged the challenge but emphasized the importance of making the effort
- **Lisa:** Suggested asking "What does it cost you?" to use someone's preferred pronouns
- **Laura:** Shared her approach of giving an advance apology for potential mistakes while committing to respect preferences

- **Conclusion**

- Addressing bias requires questioning assumptions and considering how identity affects treatment



BY  
Pallium Canada



	<ul style="list-style-type: none"><li>○ Supporting colleagues in using appropriate language may require different approaches depending on the relationship and context</li></ul> <p><b><u>Key takeaways</u></b></p> <ul style="list-style-type: none"><li>• Cultural safety and humility in healthcare requires understanding power differences and addressing inequities.</li><li>• Each person, family, and community is unique, requiring individualized approaches to care.</li><li>• Self-reflection on personal and systemic biases is essential for providing culturally safe care.</li><li>• The First Nations perspective on health and wellness takes a holistic approach, considering mental, emotional, physical, and spiritual aspects.</li><li>• Language matters - using people-first language and respecting pronouns demonstrates respect and creates safer spaces</li><li>• Justice in healthcare requires addressing systemic inequalities, not just providing equal or equitable services.</li><li>• <b><u>Session participants were encouraged to:</u></b><ul style="list-style-type: none"><li>○ Reflect on personal and systemic biases that may impact care delivery</li><li>○ Practice using people-first language and asking about pronouns and preferences</li><li>○ Consider how to address inequities in their healthcare settings</li><li>○ Explore resources like Canadian Virtual Hospice's Indigenous Cultural Safety Training</li></ul></li></ul>
<b>Next session info</b>	<ul style="list-style-type: none"><li>➤ Next Flexing Your Core ECHO Session: <i>Essentials of Communication</i>. Register <a href="#">here</a>!</li><li>➤ Other upcoming ECHO sessions listed <a href="#">here</a></li></ul>