



Flexing Your Core: The Palliative Workout ECHO

Cultural Safety & Humility Practices

January 22nd, 2026

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

- 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.

	<ul style="list-style-type: none">• Conclusion<ul style="list-style-type: none">○ Justice in healthcare requires both addressing immediate inequities and changing systems.○ Healthcare providers can advocate for system-level changes while providing equitable care. <p><u>Language and communication in culturally safe care</u></p> <p>The session discussed the importance of language in creating culturally safe environments.</p> <ul style="list-style-type: none">• 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<ul style="list-style-type: none">○ 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.
	<p><u>Scenario discussions on cultural safety</u></p> <p>Two scenarios were presented to engage participants in applying cultural safety principles.</p> <ul style="list-style-type: none">• Details<ul style="list-style-type: none">○ 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<ul style="list-style-type: none">○ Addressing bias requires questioning assumptions and considering how identity affects treatment



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