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Cancer Survivorship Needs of Indigenous People in Canada: A Knowledge Translation Strategy

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Introduction

- Cancer among Indigenous people in Canada is increasing faster than overall cancer rates.
- Lack of culturally safe survivorship supports that incorporate traditional values and practices and recognize the historical impacts of colonization contributes to poor health outcomes and low 5 year survival rates.
- Little has been done to address the unique survivorship needs of Indigenous peoples and few supports have considered the intersections of culture, history, and marginalization.

Objective

→ To understand how healthcare approaches and practices can address the unique cancer survivorship needs of Indigenous people in Canada and improve health care delivery, quality of life and health outcomes.

Program of Research

This study is situated within a larger program of research to develop culturally safe cancer survivorship care with Indigenous People in Canada

Study #1 National Picture Study

To understand cancer survivorship experiences of First Nations and Métis People.

- Photo-voice study
- Video Produced: *"Finding Strength Together"*

Study #2 & #3 *Let's Not be Shy*

To understand the process of Knowledge translation with Indigenous People

To develop culturally safe cancer survivorship supports & improve health care delivery & outcomes

Methods

- Research retreat with Non-Indigenous researchers (n=6) and Indigenous Advisory Group (n=7)
 - Indigenous Elders
 - Traditional Teachers
 - Cancer Survivors & Caregivers
 - Nurses
 - Health Care Director & Manager
- The video *"Finding Strength Together"* (developed in our previous study #1) was shown. The video describes First Nations and Metis Peoples experiences with cancer survivorship.
- Focus group discussions was held on how to translate key messages from video into health care practices and community programs to address cancer survivorship needs.
- Meeting was audio-taped, transcribed. and inductively analyzed for themes for implementation.

Results

5 themes for culturally safe survivorship care

Culturally Supportive Health Care

- Hearing & listening
- Holistic nursing care
- Patient centered care
- No generalizations

Healing Support

- Spirituality
- Ceremonies
- Nature, Art
- Traditional Healers

Supporting Caregivers

- Cancer support groups
- Art workshops
- Talking circles
- Brochures/booklets

Addressing Social Isolation

- Cancer support groups
- Art support groups
- Leadership training in peer support

Navigating the System

- Share info re: services & patient navigators
- Explore traditional medicines

Conclusion

Art, community, and culture are central to survivorship
Working collaboratively with researchers and community members facilitates:

- understanding of Indigenous People's unique survivorship needs
- Implementing culturally safe and responsive health care services & community programs
- improving survivorship transitions, quality of life & health outcomes.

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