

Do Her No Harm – Stories of Health Inequity and Dehumanization Experienced by cis-Women in the Canadian Healthcare System

H.E.A.L. Healthcare Project by Laura McNab-Coombs

Find the 'Do Her No Hard' podcasts at <https://podcast.healhealthcare.ca/>

Introduction

Using the spoken arts of storytelling and podcasting, Laura McNab-Coombs sits down with three (3) cis-gendered women who bravely share their numerous experiences of sexism, misogyny and dehumanization while navigating the Canadian Healthcare system. After each intimate story is shared, the interviewees leave healthcare practitioners with 3-4 personally designed reflective questions to promote self-reflection and growth.

Listen to Laura describe the project and share her story in [Episode 1](#).

Before you listen

Read through the self-reflection questions for each of the podcasts.
Feel free to print out this page to refer to it as you listen to the podcast.

After you listen

Work through these questions independently or in a group setting.
Write you answers down below or talk them out with others.

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National Collaborating Centre
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Episode 2 – Marie Civitarese: Believe My Pain >> [Listen Now](#)

Marie shares her story of trying to navigate the Canadian Healthcare System as a young woman battling endometriosis for over 20 years. After decades of being passed between healthcare practitioners, feeling powerless, kept in the dark about her own health, and experiencing medical gaslighting, Marie highlights how kindness and humanity in her care had the power to change the trajectory of her healthcare experience, and empowered her to take her sexual and reproductive health into her own hands.

Marie's Reflective Questions:

1. If you had an undiagnosed condition for 10+ years that was causing you severe pain and major disruption to the quality of your life, what would you do? Who would you go to? What would you want to hear from your (5th, 6th, or 10th) healthcare professional?
2. If you had a young teenaged child, let's say 13 or 14 years old, and they went to their doctor to discuss their pain, what would you expect from their practitioner?
3. What could you change about your practice immediately that would better support women who come to you seeking help?

Episode 3 – Brittany Clark: What Makes A Woman >> [Listen Now](#)

Brittany shares her story as a young woman trying to navigate infertility over the last six years. She describes how repetitive experiences of inconsiderate language, lack of transparency and medical gaslighting led her to question her own womanhood. Brittany shares how small acts of kindness and humanity from healthcare practitioners made a world of difference in her journey, and how she's reframed this experience to empower her in her life today.

Britt's Reflective Questions:

1. What is your definition of "womanhood"?
2. How can you use more mindfulness in your language in presenting patients with diagnoses, results, treatment options and so on?
3. How could conversations around fertility health be better represented in education and healthcare settings for people of all ages?
4. What resources can we provide to patients undergoing treatment for infertility that can best serve and support them outside of the physical components of their treatment? i.e. mental health support, and so on.

Episode 4 – Santanna Hernandez: Intersectionality and How We Can Be Agents for System Change >> [Listen Now](#)

Dr. Santanna Hernandez shares her story of navigating the Canadian Healthcare System as an Indigenous Woman, highlighting the complexity of intersectionality in the healthcare environment. Shifting from solely a healthcare “user” to now a healthcare provider, Santanna gives her two cents on the realities of sexism, misogyny and dehumanization in healthcare, and how healthcare practitioners themselves are not immune to these adverse experiences. Sharing some of the amazing work being pioneered from within the system, Santanna brings optimism for the battle against sexism, misogyny and dehumanization in the HCS.

Santanna’s Reflective Questions:

1. If there is one thing you wish future practitioners were taught to help them provide better care for you as a patient?
2. What research do you feel is missing in regards to women’s health?
3. What is your gift, strengths and how can you build them up and how can you use/apply them to the work you are doing?