



RED CEDAR IS MEDICINE

We are addressing biases formed from a lack of understanding around providing culturally safe care.

We combat biases by illustrating, through stories, the importance of Indigenous language, art, ceremony, and learning for the health of individuals and communities.

We address these biases further by humanizing the stories of colonialization and rebuilding of culture – the storytellers in the film are relatable and approachable – and it's easy to put oneself in their shoes.

Questions:

1. Reflect on the context of current health inequities as experienced by Indigenous people in Canada, in particular as a product of loss of culture, history and family connections through colonialism.
2. Reflect on the context of ancient/modern Indigenous history within the short colonial history of Canada. Reflect on the Heiltsuk people's 14000+ year history as told by Pauline, and the 100 year absence of a big house in Bella Bella.
3. Reflect on the effects of cultural bans on the health and well-being of Indigenous patients and the healing potential of Indigenous led cultural initiatives.
4. Plan how you can do more to provide culturally safe care for patients in Indigenous health care settings. Structural improvements? Relational and power dynamic changes? Adaptations to how you and your staff communicate with patients?

Go to the Video

Click the button to go to the Red Cedar is Medicine video on YouTube.



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Medicine

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National Collaborating Centre
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