

Decolonizing Medication Appropriateness: Charting a Path Towards Indigenous Health Equity

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Presenter Disclosure

Amber Ruben

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Canadian Medication
Appropriateness and
Deprescribing Network
Réseau canadien pour l'usage
approprié des médicaments
et la déprescription

Outline

- Introductions
- Project Goal
- Decolonizing and Indigenizing
- Indigenous Perspectives of Health
- Our Approach
- Key Messages
- Acknowledgements



Project Goal

CADeN:

- Promote safe and appropriate medication use
- Advocate for culturally safe care
- Support a holistic approach to health in Indigenous communities
- Prioritize a relational approach in partnerships

Indigenous communities:

- Have expressed challenges with western prescription use

Purpose/goal of project:

- To create a 5-year **decolonization** and **Indigenization** action plan

What is Decolonization?

- Broadly:
 - Bring about the repatriation of Indigenous land and life (Tuck *et al.*)
- Context of practice/research:
 - Increasing Indigenous decision-making and control in practice and research by dismantling laws, policies, and procedures that perpetuate colonial harm (Battiste; Hall *et al.*; Antoine *et al.*; Queens University 2014)

Decolonizing the
Individual

Decolonizing the
Practice

Decolonizing the
System

What is Indigenization?

- Integrating Indigenous ways of knowing and doing and considering them equal to western ways
- Not simply the inclusion of Indigenous content or materials



BC Assembly of First Nations. Governance Toolkit: A Guide to Nation Building. 2014

Indigenous Perspectives of Health

- Holistic
 - Physical, emotional, mental, spiritual
- Medicine
 - Traditional plants
 - Culture
 - Language
 - Land



Our Approach

- **Respect**
 - Indigenous ways of knowing, protocols, appropriate honoraria, Indigenous oversight
- **Relevance**
 - Pan-indigenous vs community-specific
 - Engagement with community to define their priorities
- **Reciprocity**
 - Benefit to community and groups involved
 - Creation of information and tools that directly meet needs of Indigenous community
- **Responsibility**
 - Self-governance, data sovereignty (OCAP)

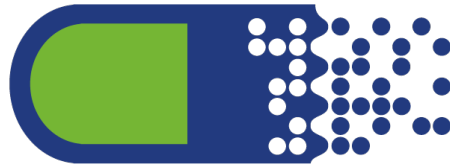
Key Messages

- Don't engage in tokenism and set your intentionality
 - Work ongoing in collaboration
 - Bringing practice tools and education back to Nations/communities
- Focus on strength-based approaches and language
 - Understand that Nations/communities have expertise
 - Respect community capacity and build upon existing programming
- Prioritize relationship building
 - Respect importance of relationality
 - Take time in building trusting relationships
- Uplift Indigenous representation
 - Ensure appropriate oversight, leadership, and direction

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Questions?

