



## **Cultural Safety and Humility Training, Resources and Support: Brief Starter Menu for Physicians**

Are you a physician seeking cultural safety and humility training, resources, and support?

Northern Health has developed a brief menu of for physicians offered either internally and through our partners in health and education. The menu below provides a selection of resources that are readily available to support you in your learning and self-reflective practice. Recognizing that education on its own has limitations, we further encourage you to independently explore additional ways to enhance culturally safe interactions, environments and service delivery within your practice and in partnerships.

Please note: This is a living document; as such, content will continue to be enhanced and expanded over time. This menu is not intended to be fully comprehensive but rather to provide a brief selection of readily available resources, highlighting key features for physicians and other details.

Still can't find what you are looking for, or have questions about navigating what's available? Please contact [Janice Paterson](#).

We recommend using Google Chrome to access links.

Host Organization(s)	Resource Title(s):	Format / Length / Content details	Features
<b>Provincial Health Services Authority</b>	<p><a href="#">San'yas Indigenous Culture Safety (ICS) Training, Core ICS Health</a></p> <p><a href="#">Register here by purchasing a training voucher</a> that will be reimbursed upon course completion with bursary.</p> <p>Note: All NH communities are Rural Subsidiary Agreement communities and therefore eligible for bursaries of up to \$500 for specialists, general practitioners, UBC residents, and UBC Medical students who work or train in RSA communities.</p> <p>Contact: <a href="mailto:ics@phsa.ca">ics@phsa.ca</a></p>	<ul style="list-style-type: none"> <li>• Online facilitated learning with interactive course materials</li> <li>• For Core ICS Health, eight hours recommended to be completed self-paced over eight weeks</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Accredited</a> by CFPC; RCPSC; College of Optometrists; Osteopathy BC and Canadian College of Health Leaders</li> <li>• Rural Education Action Plan Bursary Funding \$500 upon completion; restrictions apply.</li> <li>• Certificate of completion is provided.</li> </ul>
<b>Indigenous Cultural Safety Collaborative</b>	<p><a href="#">National Indigenous Cultural Safety Webinar Videos</a></p> <p>No registration required.</p>	<ul style="list-style-type: none"> <li>• Online self-learning webinars</li> <li>• 30-90 minutes each</li> <li>• Includes BC, National and International content</li> </ul>	<ul style="list-style-type: none"> <li>• Free; available on-demand</li> <li>• Eligible for <a href="#">self-learning credits</a></li> </ul>
<b>First Nations Health Authority/ BC Patient and Safety Quality Council</b>	<p><a href="#">Cultural Safety and Humility Action Series and related resources</a></p> <p>No registration required.</p>	<ul style="list-style-type: none"> <li>• Online self-learning webinars</li> <li>• 60 minutes each</li> <li>• BC focus; and quality improvement in action</li> </ul>	<ul style="list-style-type: none"> <li>• Free; available on-demand</li> <li>• Eligible for <a href="#">self-learning credits</a></li> </ul>
<b>Northern Health Indigenous Health</b>	<p><i>Respectful Relationships</i></p> <p>Culturally Safe Indigenous Health Care: A Series of Learning Modules</p> <p>New cultural safety curriculum:</p>	<ul style="list-style-type: none"> <li>• Online course available starting January 2022 through Continuing Studies Department, University of Northern British Columbia</li> <li>• Asynchronous (self-paced) learning</li> </ul>	<ul style="list-style-type: none"> <li>• Free-of-cost for NH physicians and staff</li> <li>• CME Accreditation: In progress (Will be eligible for a minimum of 20 hours of MOC Section 3 and</li> </ul>

	<ol style="list-style-type: none"> <li>1. Introducing Cultural Safety</li> <li>2. Setting the Context</li> <li>3. Critically Reflecting on Self and Systems</li> <li>4. Getting to Change: Addressing Cultural Safety and Anti-Indigenous Racism</li> </ol> <p>For more information please contact: <a href="mailto:christine.lewis@northernhealth.ca">christine.lewis@northernhealth.ca</a> or <a href="mailto:roseann.larstone@northernhealth.ca">roseann.larstone@northernhealth.ca</a></p>	<ul style="list-style-type: none"> <li>• Open/rolling registration</li> <li>• In-person delivery planned at such time as public health orders permit</li> <li>• Each Module contains four or more 45–90-minute lessons (approximately 20 hours total)</li> </ul>	<p>Mainpro+ group learning credits)</p> <ul style="list-style-type: none"> <li>• Monthly thematic webinars offered (participation in at least one webinar required).</li> </ul>
<p><b>Northern Health Indigenous Health</b></p>	<p><a href="#">NH Indigenous Health website</a></p> <p>Notable resources include the following:</p> <ul style="list-style-type: none"> <li>• <a href="#">NH Cultural Safety and System Change Assessment Tool</a></li> <li>• <a href="#">Cultural Safety: Respect and Dignity in Relationships</a></li> <li>• <a href="#">Local Cultural Resources developed by Aboriginal/Indigenous Health Improvement Committees (2014-2019)</a></li> </ul>	<p>Contact Indigenous Health for support and additional information (<a href="mailto:indigenoushealth@northernhealth.ca">indigenoushealth@northernhealth.ca</a>)</p>	<ul style="list-style-type: none"> <li>• Printable materials</li> <li>• Free Resources</li> </ul>
<p><b>Northern Medical Program, UNBC Health Arts Research Centre</b></p>	<p>Featuring: <a href="#">Indigenous Voices, Stories and Healthcare Workshop</a></p> <p>To coordinate a workshop, contact: <a href="mailto:Lisa.Striegler@unbc.ca">Lisa.Striegler@unbc.ca</a></p> <p>More resources, see the <a href="#">Health Arts Research Centre website</a></p>	<ul style="list-style-type: none"> <li>• Facilitated, Interactive Workshop</li> <li>• In-person or Zoom</li> <li>• Three to five hours</li> </ul>	<ul style="list-style-type: none"> <li>• Free or cost-sharing</li> <li>• Accredited for three Mainpro+ group learning credits</li> <li>• Interactive, experiential group learning tailored for your community</li> <li>• Co-facilitated and co-led with Indigenous artists and leaders</li> </ul>

<p><b>University of Alberta</b></p>	<p>Indigenous Canada</p> <p>Register Online: <a href="https://www.coursera.org/learn/indigenous-canada">https://www.coursera.org/learn/indigenous-canada</a></p>	<ul style="list-style-type: none"> <li>• Massive Open Online Course (MOOC)</li> <li>• Video lectures; course notes/glossary; required and recommended readings</li> <li>• Approximately 21 hours to complete over 12 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Free; available on-demand</li> <li>• Indigenous faculty and presenters</li> <li>• Eligible for <a href="#">self-learning credits</a></li> </ul>
<p><b>Carrier Sekani Family Services</b></p>	<p><a href="#">Nowh Guna (Our way) Carrier Cultural Agility Training</a></p> <p><a href="#">Registration Form</a></p> <p>Contact: <a href="mailto:culturetraining@csfs.org">culturetraining@csfs.org</a> or call 250-562-3591</p>	<ul style="list-style-type: none"> <li>• Online during pandemic (two half days); otherwise In-person (two full days)</li> <li>• Facilitated interactive; experiential;</li> </ul>	<ul style="list-style-type: none"> <li>• Co-facilitated and co-led with indigenous elders and leaders</li> <li>• Built on first people's principles of learning.</li> </ul>

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