

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 is in the process of developing a brief menu of options (Hyperlink to included table in word document as PDF) for physicians offered internally and through our partners in health and education in working toward achieving strategic priorities as outlined in the [NH Strategic Plan: Looking Ahead to 2023](#). 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 within your practice and in partnerships to improve cultural safety. Please note: This is a living document; as such, content will continue to be enhanced and expanded over time. It is not intended to be fully comprehensive but rather to provide a brief selection of readily available resources, highlighting key features for physicians and providing links to registration and other details.

Still can't find what you are looking for, or have questions about navigating what's available? Please contact Janice.Paterson@northernhealth.ca. You may also wish to refer to an ongoing comprehensive environmental scan completed by UBC Faculty of Medicine, <https://ubccpd.ca/cultural-safety-resources>.

Host Organization(s)	Resource Title(s):	Format / Length / Content details	Features
Provincial Health Services Authority	San'yas Indigenous Culture Safety (ICS) Training, Core ICS Health Register Here	<ul style="list-style-type: none"> • Online facilitated learning with interactive course materials • For Core ICS Health, 8 hours recommended to be completed self-paced over 8 weeks 	<ul style="list-style-type: none"> • Accredited by CFPC; RCPSC; College of Optometrists • Rural Education Action Plan Bursary Funding \$500 upon completion; restrictions apply. • NH funded seats available • Certificate of completion is provided.
Indigenous Cultural Safety Collaborative	National Indigenous Cultural Safety Webinar Videos No registration required.	<ul style="list-style-type: none"> • Online self-learning webinars • 30-90 minutes each • Includes B.C, National and International content 	<ul style="list-style-type: none"> • Free; Available on-demand • Eligible for self-learning credits
First Nations Health Authority/ BC Patient and Safety Quality Council	Cultural Safety and Humility Action Series and related resources No registration required.	<ul style="list-style-type: none"> • Online self-learning webinars • 60 minutes each; • BC focus; and quality improvement in action 	<ul style="list-style-type: none"> • Free; Available on-demand • Eligible for self-learning credits
Northern Health Indigenous Health	Four module curriculum: <ol style="list-style-type: none"> 1. Intro to Cultural Safety 2. Critical Self-reflection 3. Cultural Safety in Practice (Piloting) 4. Engaging with Community (Piloting) To coordinate a cohort, contact: Candice.campbell@northernhealth.ca	<ul style="list-style-type: none"> • Facilitated, Interactive Workshop • Cohort-based • In-person typically; online is an option (at request) • 6-hours for each Module (24 hours total) • Synchronous education, delivered in sequence 	<ul style="list-style-type: none"> • Free • Printable materials, visit website • Also see "Local Cultural Resources Developed by Aboriginal/Indigenous Health Improvement Committees 2014-2019" publication.
Northern Medical Program, UNBC Health Arts Research Centre	Featuring: Indigenous Voices, Stories and Healthcare Workshop To coordinate a workshop, contact: Lisa.Striegler@unbc.ca More resources, see website http://healtharts.ca/	<ul style="list-style-type: none"> • Facilitated, Interactive Workshop • In-person or Zoom • 3-5 hours 	<ul style="list-style-type: none"> • Free or cost-sharing • Accredited for 3 Mainpro+ group learning credits • Interactive, experiential group learning tailored for your community • Co-facilitated and co-led with Indigenous artists and leaders

University of Alberta	Indigenous Canada Register Online: https://www.coursera.org/learn/indigenous-canada	<ul style="list-style-type: none"> • Massive Open Online Course (MOOC) • Video lectures; course notes/glossary; required and recommended readings • Approximately 21 hours to complete over 12 weeks 	<ul style="list-style-type: none"> • Free; Available on-demand • Indigenous faculty and presenters • Eligible for self-learning credits
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V1-Posted-Living-Document, updated Dec. 17 2020 – *Northern Health Cultural Safety and Humility Education Resource Menu* // Questions? Email: Janice.paterson@northernhealth.ca *Recommend using Google Chrome to access links (Found at: <https://physicians.northernhealth.ca/sites/physicians/files/physician-resources/orientation-education/documents/cultural-safety-menu.pdf>)