

CULTURAL SAFETY AND HUMILITY

Palliative Care & End of Life Services
Clinical Practice Bulletin

National Day
for Truth and
Reconciliation
and Orange
Shirt Day



SEPTEMBER 30, 2021 [DOWNLOAD TOOLKIT HERE](#) (IH ONLY)

WHAT IS CULTURAL SAFETY?

Cultural safety is about:

- **Fostering a climate** where the unique history of Aboriginal Peoples is recognized and respected.
- **Embracing** cultural humility by adopting a life-long process of self-reflection, self-critique and self-learning.

WHAT IS CULTURAL HUMILITY?

- Cultural humility is a **humble** and **respectful** attitude towards people of other cultures that asks us to review our own cultural biases, and approach learning about other cultures as a lifelong goal and process.

HOW TO PRACTICE CULTURAL SAFETY?

- Provide appropriate care and services in an equitable and safe way, without discrimination.
- Provide care that is experienced as respectful, and allows meaningful communication and service.
- Take positive, anti-racism stances.
- Integrate related tools and approaches that support cultural safety and humility into your practice.
- Engage in meaningful collaboration and listen to the voices of Aboriginal partners and communities.
- Share resources with Aboriginal health care providers across organizations and sectors of care.
- Learn more by reviewing the Canadian Virtual Hospice **“Coming Full Circle”** [planning document](https://livingmyculture.ca/media/3831/planning-for-your-care-large-print.pdf) (https://livingmyculture.ca/media/3831/planning-for-your-care-large-print.pdf)

PRACTICE PEARLS

Indigenous Cultural Safety Training: Advanced illness, palliative care and grief

Everyone working in healthcare has a responsibility to contribute to respectful care that honours and includes cultural traditions and beliefs.

In these modules, you will hear from Indigenous Peoples about their values, beliefs, and views about care; explore barriers to culturally safe care; and learn how to address these barriers in your role.

Access this Canadian Virtual Hospice training at: www.culturalsafetytraining.livingmyculture.ca



RESOURCES

[PCEOLS Aboriginal Cultural Safety Resources](#)
[Palliative Care Nurse Consult Line](#)