



Quarterly Meeting Report

BC Chair, Indigenous Health Nursing Research (IHNR)
September 11 & 13, 2023, Vancouver
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Musqueam
Territory. Used with permission.
Phoro: BSugars

ACKNOWLEDGMENTS

We acknowledge with respect the territories on which much of this work took place, the Squamish, Musqueam, and Tsleil- Waututh Nations in Vancouver, BC, and recognize the Métis Peoples and settler allies of all those who participated in this day. We also include those of the Esquimalt and Songhees Nations (Lekwungen peoples) and WSÁNEĆ peoples in Victoria, BC, as well as Metis Peoples who have lived and made their homes here in BC.

We are grateful for the collaboration and financial support we received that enabled us to bring the team and our Grandmother's advisory council together for a face-to-face quarterly meeting on Sept 11 & 13, 2023. Thank you, Kim Withers, of Nurses and Nurse Practitioners of BC (NNPBC), for supporting travel expenses for our Grandmothers, along with event planning, including several weeks of early morning meetings! We sincerely thank Louise Aerts of BC College of Nurses & Midwives for financial support, including our two fantastic lunches at the beautiful Skwachàys Indigenous Hotel & Gallery. We sincerely appreciate the event coordination work of Indigenous nurse consultant Lucy Barney, who helped organize not one but two significant IHNR events during September!

We continually appreciate the funding for the BC Chair, IHNR Program by the Canadian Indigenous of Health Research (CIHR), Institute of Indigenous Peoples Health, First Nations Health Authority, Canadian Nurses Foundation, and the University of Victoria School Of Nursing.



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EXECUTIVE SUMMARY

Message from the BC Chair, Dr. Lisa Bourque Bearskin

The BC Indigenous Health Nursing Research (IHNR) program support Indigenous, community-led research studies through grant writing, mentorship, implementation of research activities, and evaluation. Since January 2023, two IHNR interns Nikki Rose Hunter and Michelle Padley have completed their Master of Nursing program. They both completed stellar work looking at the experiences of First Nations mental wellness services with Skú7pecen and youth wellness services from the lens of Métis Kih̓t̓yák in BC and continue to work as research consults. The program also supports one post-doctoral student, three Indigenous PhD students through internships, and two undergraduate students as a clinical placement. For both the research team and student interns, this has been a valuable learning opportunity where we apply principles of Intergenerational learning and work closely with community healers and helpers.

As the principal investigator, Lisa supports new grant proposals in collaboration with Indigenous nurse leads. Nikki Rose Hunter will receive a knowledge translation grant from BC to mobilize the findings from her thesis project within her home community. Kelly Davison has stepped back from the I-GEN work as a research coordinator to focus on completing his PhD studies. He was awarded \$15,000 from BC NEIHR to co-leading a rapid review for the I-GEN project. Liquaa Wazni was awarded \$25,000 as co-lead on a CIHR Planning and Dissemination grant.

IHNR is focused on strengthening our collaborative relationships with BCNU, NNPBC, BCCNM, and the five universities working on the Indigenous Graduate Education in Nursing. We started our pilot course, Indigenous Wellness Research in Practice, with 22 Indigenous nursing students. The local UVic community circle co-hosted a gathering to welcome students honoring local protocols. It allowed staff and students to set their intentions and commitments to the collective journey of co-designing an Indigenous graduate program of study.

We are in process of recruiting a new Research Associate/Coordinator and working with partners and collaborators to explore co-sharing or secondment of Indigenous health researchers to work with the BC Chair program due to the overwhelming interest in our work.

THE GATHERING

Purpose of the Gathering

The quarterly meeting served as a platform for translating and disseminating research findings from a scoping review, focusing on existing peer-reviewed literature concerning Indigenous nurse-led initiatives, and in-depth interviews with Indigenous nurses that aimed to capture their reflections on the distinctive nature of Indigenous Health Nursing.

The gathering aimed to forge new understandings of the research data while strengthen existing relationships and develop concrete strategies (e.g. outreach initiatives) and aspirational actions (e.g. future and longer-term plans) into motion. After the gathering, the IHNR team will strategize, plan, and secure additional funding to support identified knowledge translation priorities and initiatives.



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First Nations Health Authority
Health through wellness

In addition to meeting, team members were also supported to attend and present at the Healing our Spirit Worldwide Conference in Vancouver. We were involved in the following five oral presentations: 1) Indigenous Research Chairs in Nursing; 2) Collectively Advancing Indigenous Health Nursing and Indigenous Nursing Education, Research and Policy; 3) Nursing the Nuu-chah-nulth Way; 4) Advancing Indigenous Nurse-Led Wellness Research; and 5) Exploring the Experiences of First Nations Health and Mental Wellness Services with Skú7pecen. All were well attended and generated important questions and further work that needs to be completed. The most memorable time spent with our kiltêyak (Old Ones) was considered the highlight of our time together. Watching our Indigenous nurses care for our retired nurses was a true expression of intergenerational ways of being, sharing knowledge and caring for each other as a life giving force the core of Indigenous health nursing practice.



Colleen Seymour SECWÉPEMC Teacher & Knowledge Holder from TK'EMLÚPS

Participants

Colleen Seymour, June Shackley, Madeleine Dion Stout, Lisa Bourque Bearskin, Lucy Barney, Christina Chakanyuka, Liquaa Wazni, Nikki Rose Hunter-Porter, Michelle Padley, Sheryl Kirkham, Kathleen Lounsbury, Cynthia Baker, Judy Sturm, Kim Withers, Leanne Kelly, Rose Melnyk, Bryan Kramler, Victoria Dick, Dawn Tisdale, Marilyn Van Bibber, Denise McCuaig, Marilee Nowgesic, CINA.

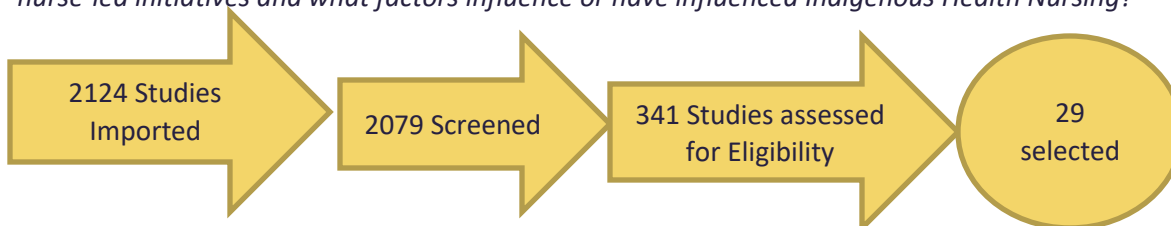
The Opening

Colleen Seymour, te Séme7 ren Skwekwst, a celebrated secwepemc teacher from Tk'émłúps opened the meeting with a secwepemc prayer. Dr. Bearskin offered opening remarks focusing on the ongoing need for funding for future work. She emphasized the hope of generating a new perspective on the collected data. She shared the day's agenda and guiding question were shared.

Presentation: The Scoping Review

In our scoping review, we examine the literature to identify the depth, breadth, and nature of existing peer-reviewed literature on Indigenous nurse-led initiatives.

The central question that we aimed to answer through this review was *“What are the outcomes of Indigenous nurse-led initiatives and what factors influence or have influenced Indigenous Health Nursing?”*



Top Three Exclusion Reasons:

- Commentary Articles: 90 articles
- Lack of Reference to Indigenous Nurse-led Practice: 87 articles
- Newsletter Entries: 50 articles

Geographic Distribution:

- United States: 9 studies
- New Zealand: 9 studies

- Canada: 5 studies
- Australia: 4 studies
- Collaborative Efforts: 2 studies involved a collaboration among these four countries

Focus of Articles: Education (14); Practice (12), Education and Practice (1), Policy (2)

Discussion: The Scoping Review

The literature review covering Indigenous nurse-led initiatives in Canada, the United States, Australia and New Zealand highlighted limited but noteworthy initiatives. Australia's progressive model stood out, graduating 80 Indigenous students in 12 years and emphasizing the inclusion of Indigenous educators and materials.

Insights from participants emphasized the necessity for improved dissemination of Indigenous-led nursing initiatives and the importance of framing language to align with everyday experiences. Notably, the absence of concepts such as "sovereignty" or "self-determination" in the reviewed articles was observed. Participants' input shed light on the idea that language might not always capture the essence of daily Indigenous experiences, considering their inherent humility and inclination toward different terminologies. In addition, the group also emphasized the need for improved dissemination of Indigenous nursing-led initiatives. They identified certain studies that were not captured and included in the current review, asking for further investigation.

Presentation: The Nursing Interviews

We interviewed Indigenous nurses to help engage and generate new knowledge from conversations with the participants. The open-ended narrative interview process was designed to engage with Indigenous Nurses, including LPNs, RNs, RPNs, and NPs, who are actively involved in the domains of practice, education, policy, and research in BC. The interviews aimed to capture perspectives about the unique attributes of Indigenous

Key Finding: Indigenous Nurse Interviews

Nurses identified the value of cohorts for Indigenous nurses and the importance of intergenerational teachers to merge Western and Indigenous methods.

nurses and Indigenous Health Nursing; peer-mentorship; barriers and facilitators in practice and education; career advancement plans; perspectives regarding Indigenous Health and Wellness Nursing Education; and effective approaches to Indigenous Health.

Discussion: The Nursing Interviews

Conversations on the interview findings highlighted the significance of intergenerational learning, emphasizing the exchange of knowledge across generations to preserve Indigenous traditions. Collective action emerged as a driving force for positive change in Indigenous healthcare. The discussion also emphasized the importance of individual well-being within the context of collective wellness and the need to

assert Indigenous sovereignty. Cultural identity and reconnection were seen as crucial, focusing on claiming indigenous knowledge and practices. Mentorship and kinship were highlighted as vital for guiding individuals on their personal and professional journey, while accountability and system

Key Finding: Scoping Review

Most leadership and implementation work is being led by non-Indigenous health leaders adimplemented by Indigenous Nurses/community champions. Indigenous Nurses' significant work, not published in peer-reviewed journals.

transformation were stressed for better serving Indigenous communities. Knowledge mobilization, language preservation, and celebrating achievements were discussed along with the central role of Indigenous communities in shaping healthcare. Advocacy for policy reform, inclusivity in nursing education, collaboration with healthcare institutions, and addressing public health issues were key priorities. Preserving Indigenous wisdom and confronting unprecedented challenges, such as pandemics and climate change, were also central to the discussion. Additionally, recognition of the impact of colonization beyond Earth was thought-provoking within the gathering.

Further Discussion at the Gathering

The discussions centered on integrating research findings into actionable steps for enhancing nursing education and healthcare practices. Participants engaged in thoughtful dialogue on defining Indigenous nursing, recognizing historical documents and definitions from the 1970s, addressing financial limitations and advocating for relational teaching and support for Indigenous leaders. Nuanced challenges such as climate change, artificial intelligence, and pandemics were explored, emphasizing a transformation from a medical model to an Indigenous wellness framework and a need for evolving vocabulary within the discourse.

Discussion Points and Themes

- Defining Indigenous Health Nursing
- The Importance of wise actions, policies, and research
- The significance of regional relationships particularly regarding Indigenous Nurses coming to British Columbia.
- Intergenerational Learning and Mentorship (Kinship)
- Community Engagement and Collective Action, Advocacy, and Accountability
- Cultural Identity and Reconnection, and Language
- Accountability and System Transformation
- Knowledge Mobilization and Excellence
- Celebrating and Acknowledge Achievements- Laughter & Positivity
- Collaboration, Partnership, Community-Centered Approach
- Inclusivity of Nursing Education and Public Health Initiatives
- Preserving Indigenous Wisdom and Confronting Unprecedented Challenges
- Funding Constraints & Opportunities



NEXT STEPS



Strategic Communication and Dissemination Plan

- Establish connections with key organizations and institutions to promote the integration of research outcomes into policy-making and healthcare practices
- Identify appropriate conferences, journals, and platforms for publishing and presenting the research findings, ensuring effective dissemination for maximum impact

Long-term Sustainability and Funding Strategy

- Need for a long-term sustainability plan to ensure continued support
- Identify and pursue funding opportunities to sustain knowledge translation priorities
- Foster collaboration with funding agencies and philanthropic organizations to secure additional resources for the ongoing advancement of Indigenous nursing research and practices

Continued Engagement and Relationship Building

- Plan regular follow-up meetings or forums to maintain the momentum generated during the gathering and to foster continued engagement among the participants
- Foster strong relationships with Indigenous communities and leaders to ensure ongoing collaboration and support for future research initiatives and projects in indigenous nursing

CLOSING STATEMENT

The BC-IHNR gathering has left an indelible mark, serving as a catalyst for advancing Indigenous health knowledge and nursing care practices. By bridging the gap between research and lived experiences, we have not only highlighted the importance of preserving traditional wisdom but also outlined actionable steps for its integration within the realm of nursing practice. Through the power of community, we continue to foster a sense of unity, inspiring transformative change and advocating for the recognition of Indigenous voices in healthcare. As we reflect on the comprehensive discussions and valuable insights shared during the gathering, we remain committed to the continued dissemination of research findings, strategic planning, and sustainable initiatives to further elevate Indigenous nursing research and practices. Our journey continues with a dedicated focus on nurturing collaborative relationships and advocating for the recognition and implementation of wise practices that honour the rich heritage of knowledge of Indigenous communities. Together, we embrace the responsibility of upholding cultural identity and



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First Nations Health Authority
Health through wellness

promoting holistic wellness, ensuring that the flame of Indigenous wisdom continues to guide us toward a brighter, more inclusive future for healthcare and beyond.

SOMETHING TO LEAVE YOU WITH:

Leanne Poitras Kelly, University of Victoria Mona Lisa Bourque Bearskin, University of Victoria Lisa Perley-Dutcher, University of New Brunswick Bernice Downey, McMaster University Christina Chakanyuka, University of Victoria. (2022). *Indigenous Nurse Perspectives: Ethical Realities*. Patricia Rodney, Rosalie Starzomski, and Janet L. Storch. *Toward a Moral Horizon: Nursing Ethics for Leadership and Practice*. Third Edition <https://doi.org/10.18357/9781550587128>

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