Relational Practice Module Exercises

Module 7: Relational Practice with Indigenous Peoples

Exercise 7.1: Answer the following questions. Write down the answers. You should come back to them after you’ve finished this chapter and reassess yourself.

Assess your background knowledge about the indigenous people of Canada.

- Do you know who they are?
  - Name them as the groups recognized in the Constitution of Canada.

- Do you know anything about indigenous beliefs or languages?
  - Give an example of a cultural or spiritual belief of one of the indigenous peoples.
  - Are you sure about this? How do you know this is correct or true?

- Give an example of 1 of the indigenous languages in your specific geographic location.

- What do you know about indigenous cultures?
  - Give an example of and name which indigenous group(s) and ‘nation’ or tribe they belong to.

- What are your beliefs about the indigenous people in Canada?
  - Are those beliefs based on any statistics, research or evidence or are they personally based? In other words, are you biased towards indigenous people based on your personal beliefs?
  - If so, in your role as an LPN, what steps might you take to become more knowledgeable?

- Did you ever take the personal or professional initiative to learn more about indigenous people in this country?
  - If so, congratulate yourself.
  - If not, ask yourself why not. Indigenous people are an integral part of the fabric (composition) of Canada.

- What is the Truth and Reconciliation Commission?

*Remember to keep the answers to this self-test for review at the end of this chapter.*
Exercise 7.2: Answer the following questions.

- Where do you live?

- Who are the First Nations people in your area?
  - Is this their traditional territory?
  - What is their ‘nation’ and what is their mother tongue?

- Who are the Métis people in your area?
  - How do you know?
  - What is their mother tongue?

- Who are the Inuit people in your area?
  - Is this their traditional land?
  - What is their mother tongue?

Exercise 7.3: Figure 23 identifies some of the types of barriers that LPNs will be faced with and need to overcome. Can you identify which of these pertains to your ability to work with indigenous people in Canada?

Figure 23: Effective Communication

Alberta Licensed Practical Nurses Competency Profile – Effective Communication

Demonstrate ability to use alternative communication techniques to create a therapeutic relationship in situations such as:

- cultural / religious barriers
- hearing loss
- language barriers
- mental impairment
- physical impairment
- speech and language impairment
Exercise 7.4: Use honest self-appraisal to answer these questions.

- Are you finding this chapter interesting?
  - Why or why not?
  - Does your answer have anything to do with your beliefs about Indigenous people?

Exercise 7.5: Reflection on learning. Go back to your answers at the beginning of this chapter, first exercise.

- Would you answer any of those questions differently now?
  - Would this affect your ability to be more relational in your approaches to working with indigenous people? If so, explain.
  - If your answers have not changed, ask yourself why not and if this will affect your ability to enter into partnerships with indigenous people towards their health care needs and goals. Explain.