

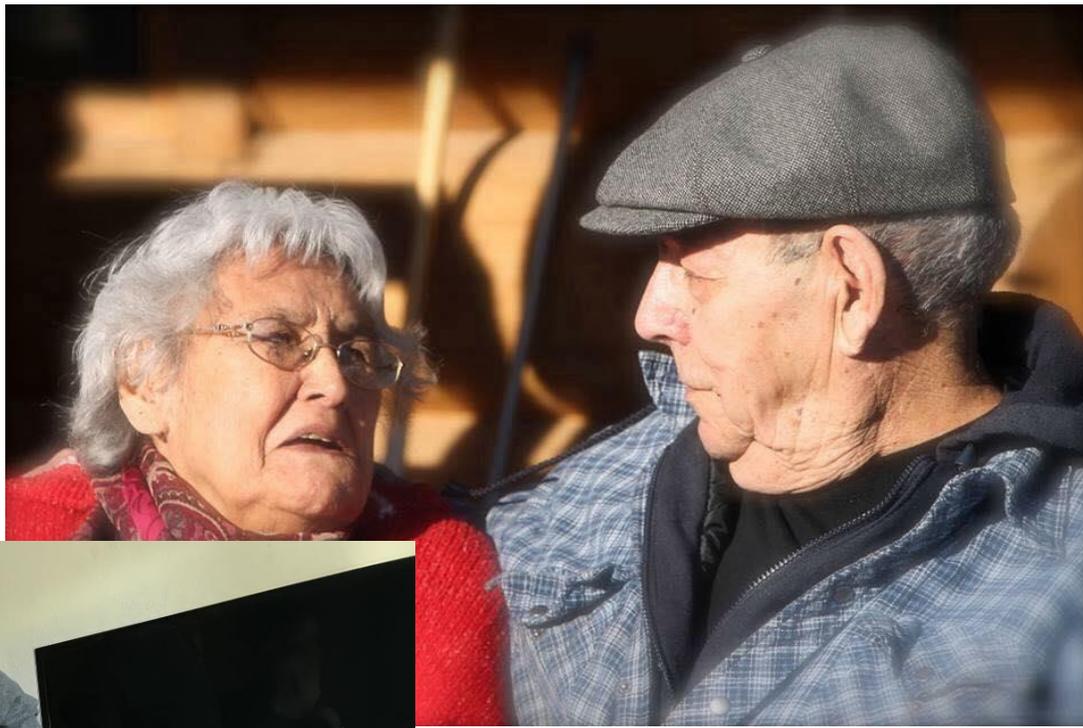
# Indigenous peoples health: supporting the root causes of wellness through primary care transformation

Dr. Danièle Behn Smith, MD, CCFP-EM, Certified Functional Medicine Practitioner, Indigenous Health Physician Advisor to B.C.'s Provincial Health Officer

First Nations Health Authority – Mental Health and Wellness Summit

May 24th, 2019

# Starting in a good way ...



I started thinking about the intersection of Indigenous wellness and primary care almost 20 years ago.



Over the last twenty years I have  
come to believe that:

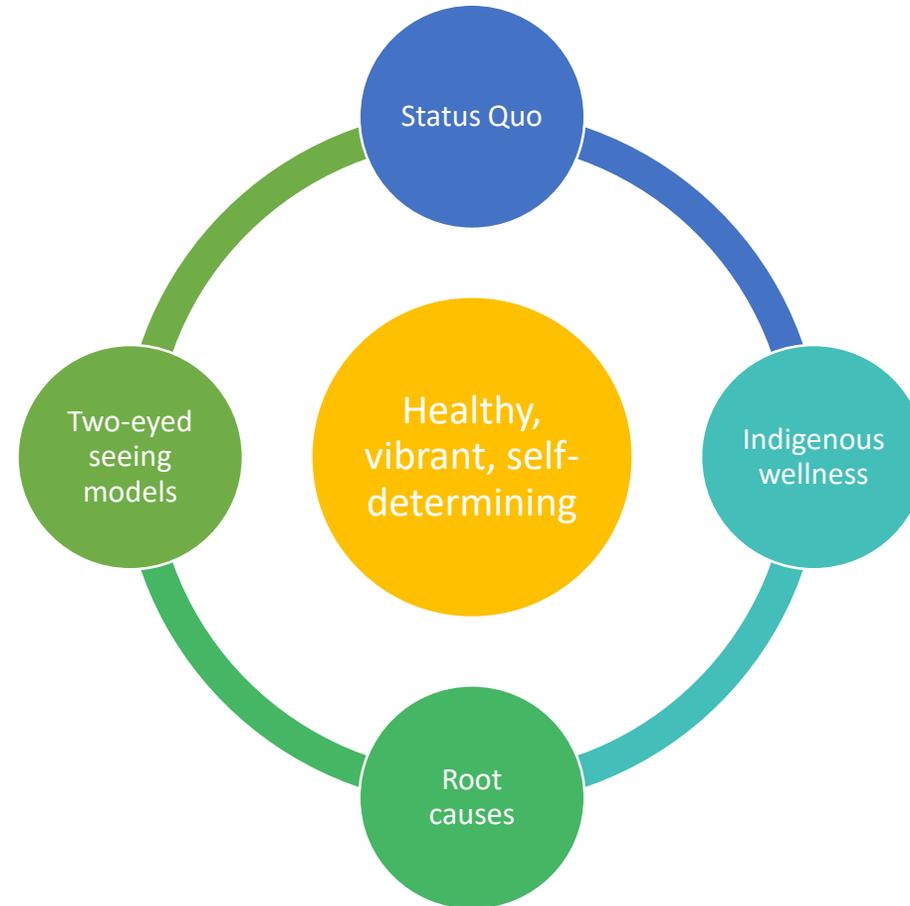
Being healthy and well means being in harmony and balance in mind, body and spirit and with all of our relations.

Humility, gratitude, respect, ceremony,  
land, language and food are good  
medicines.

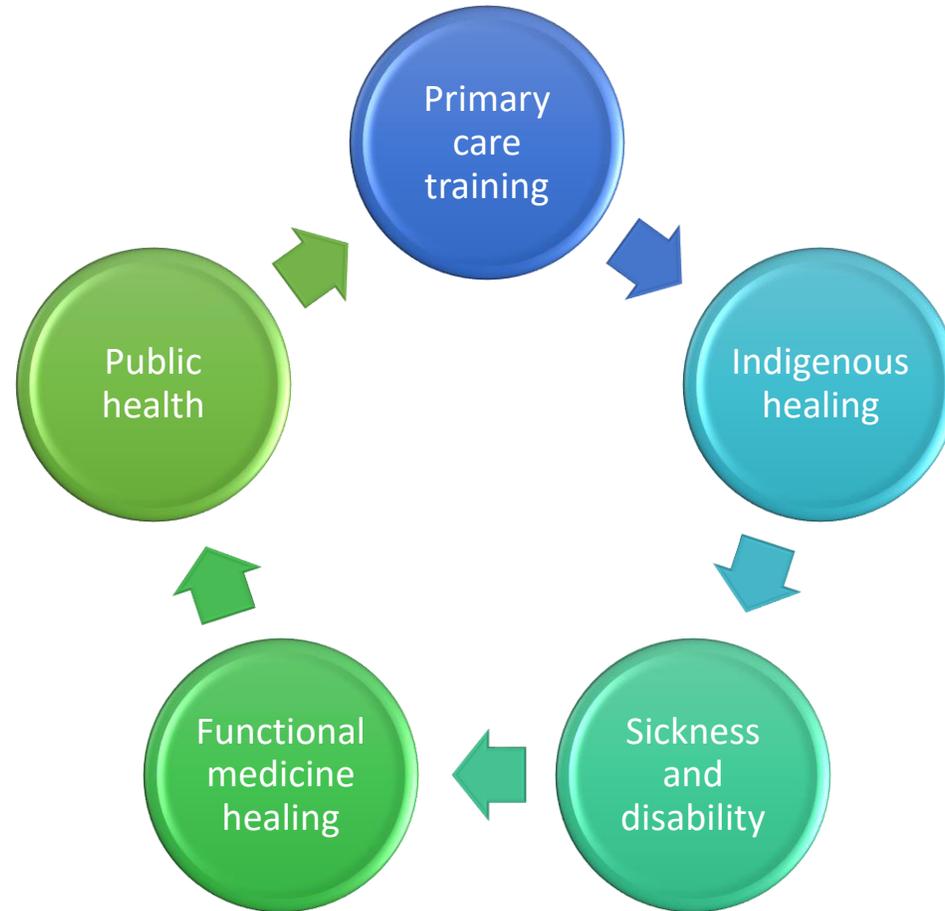
Self-determination is *the* key  
determinant of health.

Structural and systemic Canadian colonial practices and policies undermine and interfere with our ability to be healthy, vibrant and self-determining.

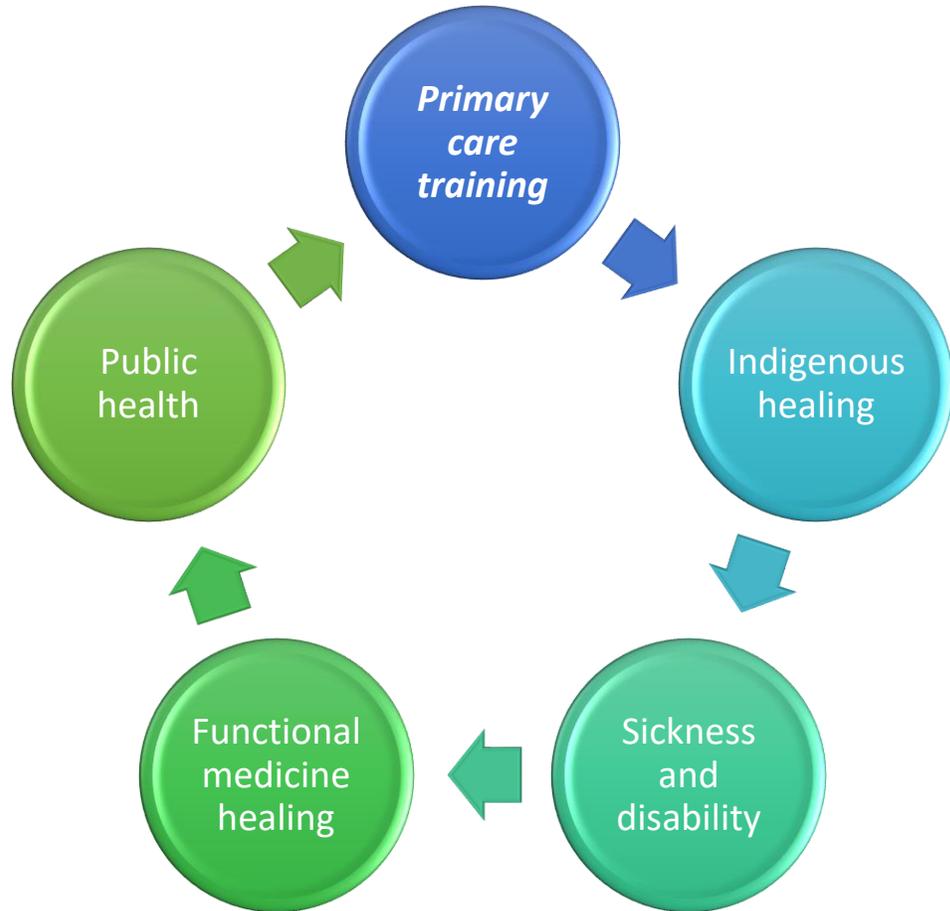
The current renewal that is underway in B.C.'s primary care system is a tremendous opportunity to promote healthy, vibrant, self-determining Indigenous individuals, families and communities by:



My lens on Indigenous wellness and primary care has been shaped by many key events:



"My primary care training embodied the harms of the status quo: Dr. Barry Lavelle

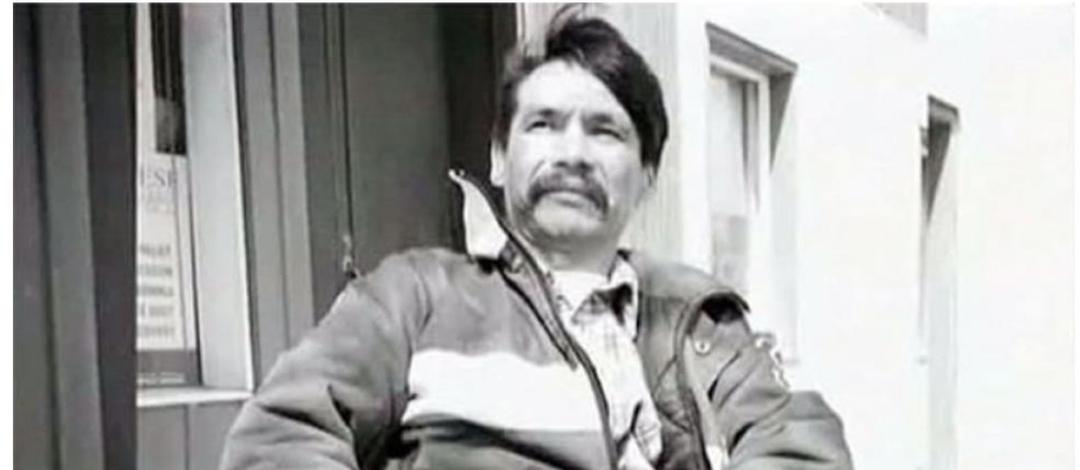


### Ignored to death: Brian Sinclair's death caused by racism, inquest inadequate, group says



Brian Sinclair, 45, was found dead in Health Sciences Centre ER 34 hours after arriving without being treated

Aidan Geary · CBC News · Posted: Sep 18, 2017 9:53 PM CT | Last Updated: September 19, 2017









# Indigenous medicine and healers taught me about Indigenous healing beliefs and systems.



Being healthy and well means being in harmony and balance in mind, body and spirit and with all of our relations.

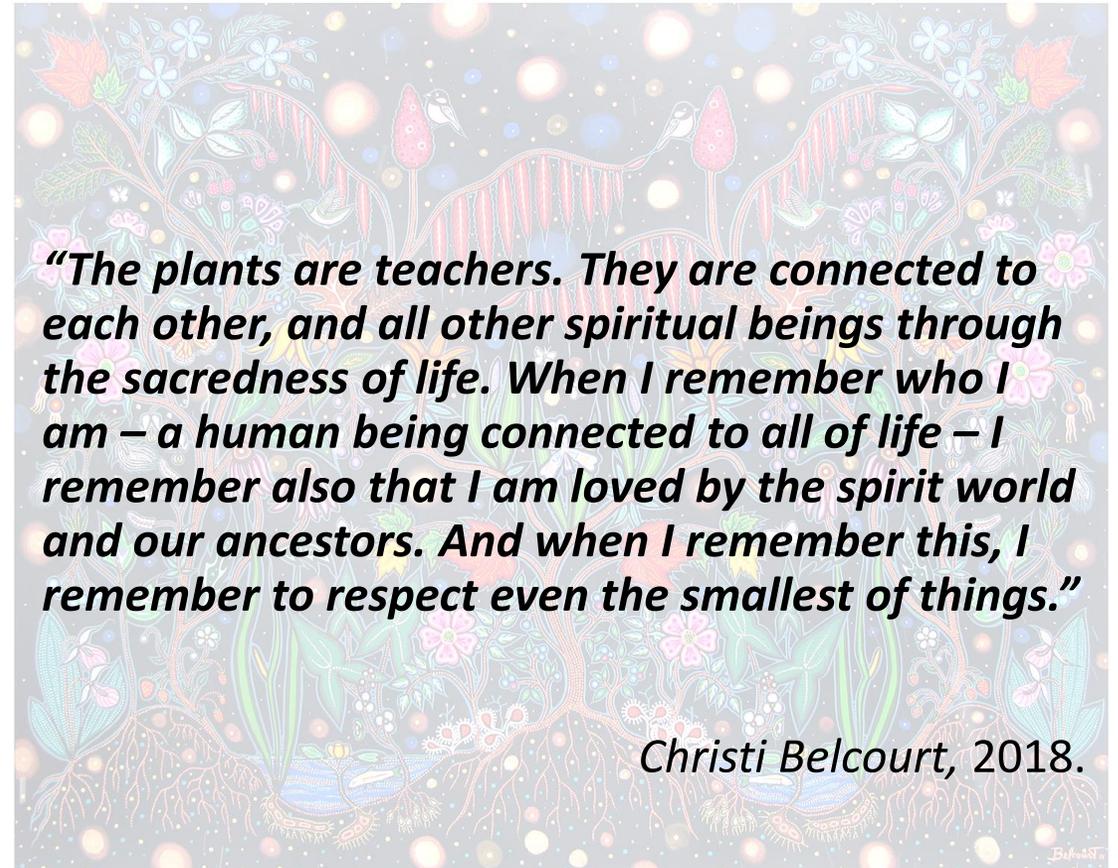
Humility, gratitude, respect, ceremony, land, language and food are good medicines.

Indigenous healers and medicines taught me that “Our lives are in the land” ...



Christi Belcourt, *Our Lives are in the Land*, 2014.

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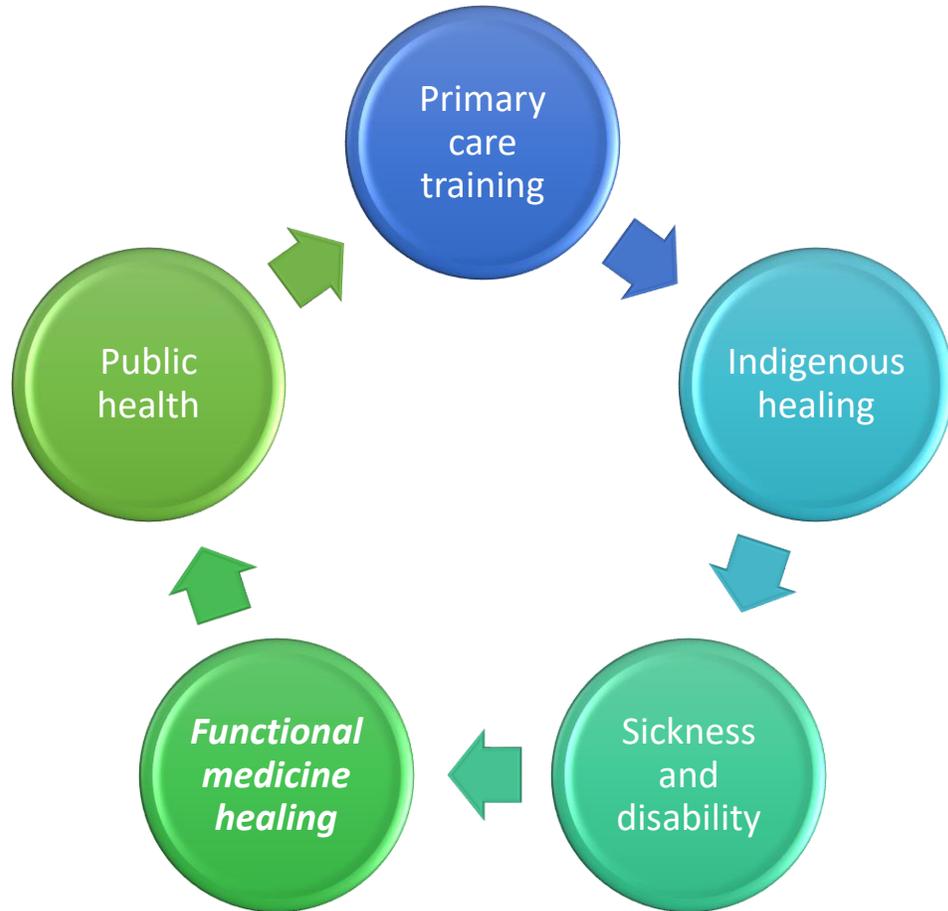
Christi Belcourt, *Our Lives are in the Land*, 2014.

Getting sick and being disabled forced me to create a “new circle of medicine” for myself:



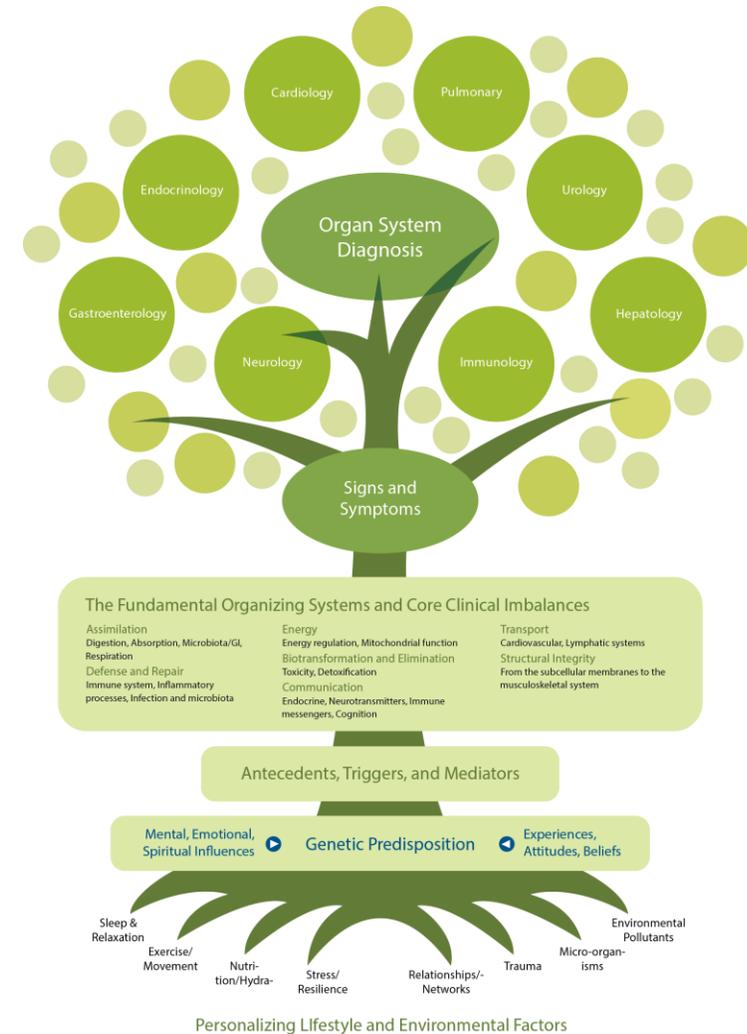
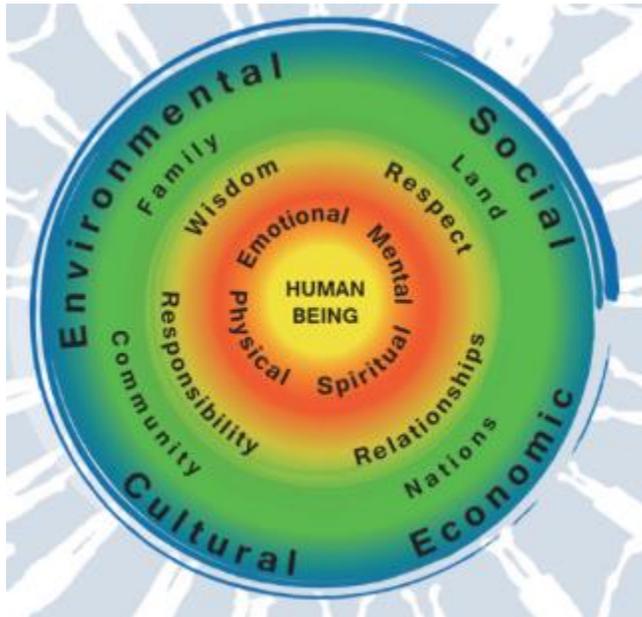
Lisa Boivin, *Sharing Bioethics*, 2018.

Functional medicine is a model of primary care that can support two-eyed seeing.

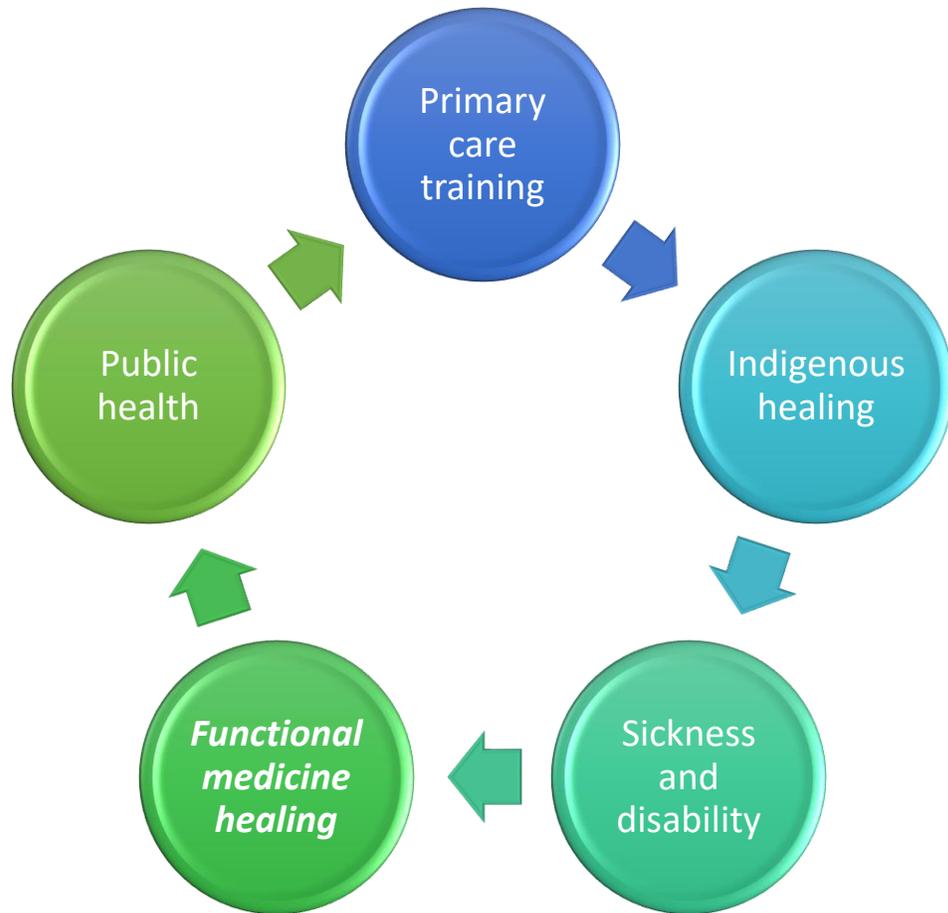


Lisa Boivin, *Sharing Bioethics*, 2018.

# Functional medicine is a model of primary care that aligns with Indigenous beliefs of health and wellness.



# Functional medicine requires practitioners to “gather oneself” and engage in self-reflection.



THE INSTITUTE FOR FUNCTIONAL MEDICINE®		GO TO IT Steps: Practice
		Purpose
<b>GATHER</b>	<b>GATHER ONESELF:</b> Mindfulness; optimizing the therapeutic relationship <b>GATHER INFORMATION</b> through intake forms, questionnaires, the initial consultation, physical exam, and objective data. A detailed Functional Medicine history taken appropriate to age, gender, and nature of presenting problems.	
<b>ORGANIZE</b>	<b>ORGANIZE</b> the subjective and objective details from the patient's story within the Functional Medicine paradigm. Position the patient's presenting signs, symptoms, and ATMs, along with the details of the case history on the timeline and Functional Medicine Matrix.	
<b>TELL</b>	<b>TELL</b> the story back to the patient in your own words to ensure accuracy and understanding. The re-telling of the patient's story is a dialogue about the case highlights, including the antecedents, triggers, and mediators identified in the history, correlating them to the timeline and matrix. <ul style="list-style-type: none"><li>■ Acknowledge patient's goals.</li><li>■ Identify the predisposing factors (antecedents).</li><li>■ Identify the triggers or triggering events.</li><li>■ Identify the perpetuating factors (mediators).</li><li>■ Explore the effects of lifestyle factors.</li><li>■ Identify clinical imbalances or disruptions in the organizing physiological systems of the matrix.</li></ul> Ask the patient to join in correcting and amplifying the story, engendering a context of true partnership.	

Functional medicine honors people's stories and helps them make meaning of their health journey.



 **FUNCTIONAL MEDICINE TIMELINE**

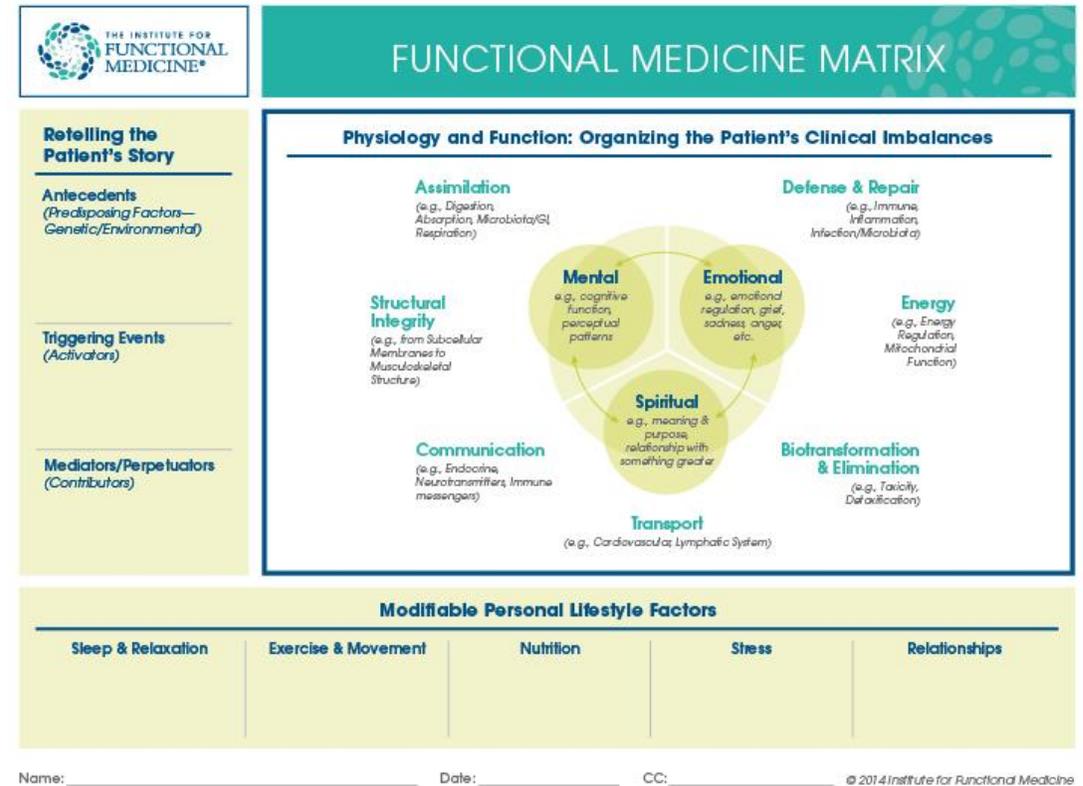
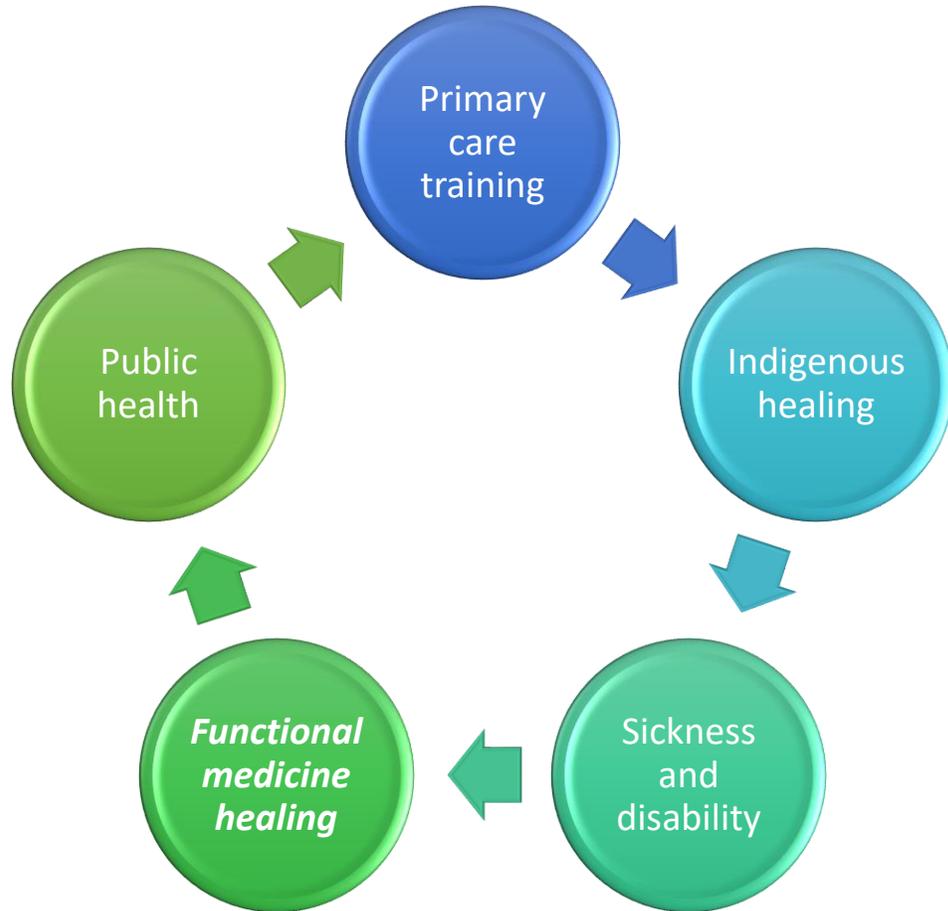
Antecedents	Mediators/Perpetuators
	Triggers or Triggering Events
Prenatal	Birth
	Signs, Symptoms or Diseases Reported

Preconception

Current Concerns

Name: \_\_\_\_\_ Date: \_\_\_\_\_ CC: \_\_\_\_\_ © 2013 Institute for Functional Medicine

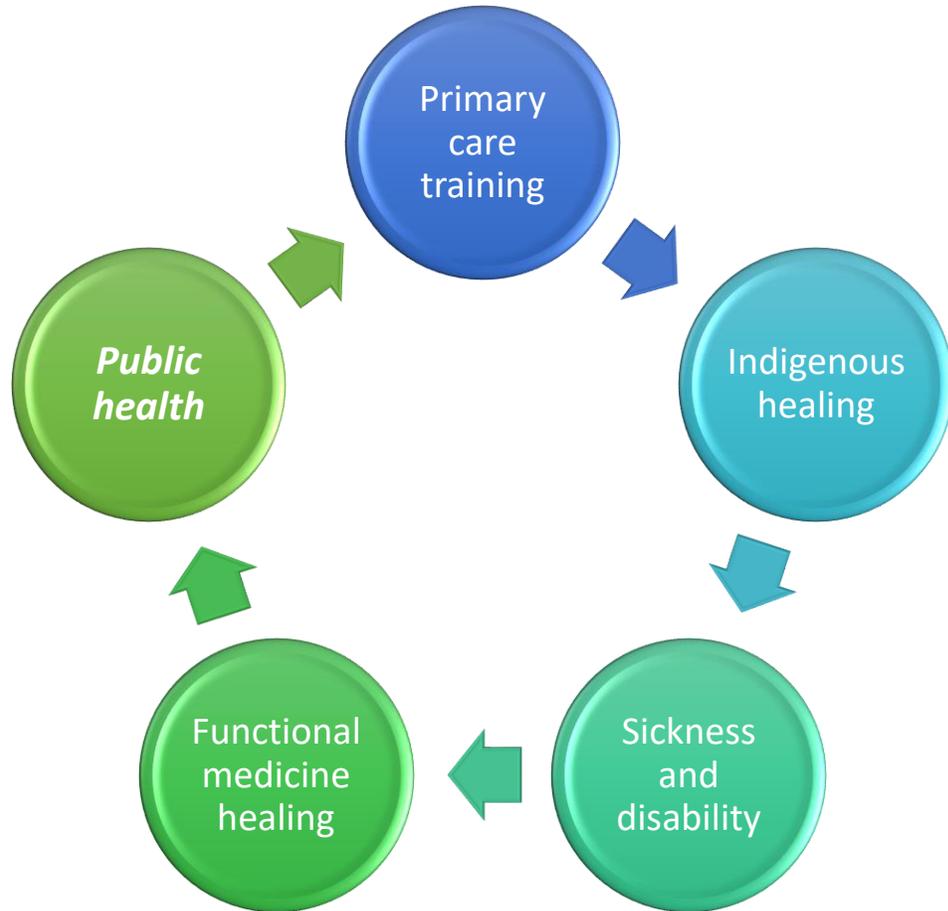
# Functional medicine holds space for strengths and illuminates barriers to wellness.



The functional medicine model illuminates the need to move *WAY* up stream.

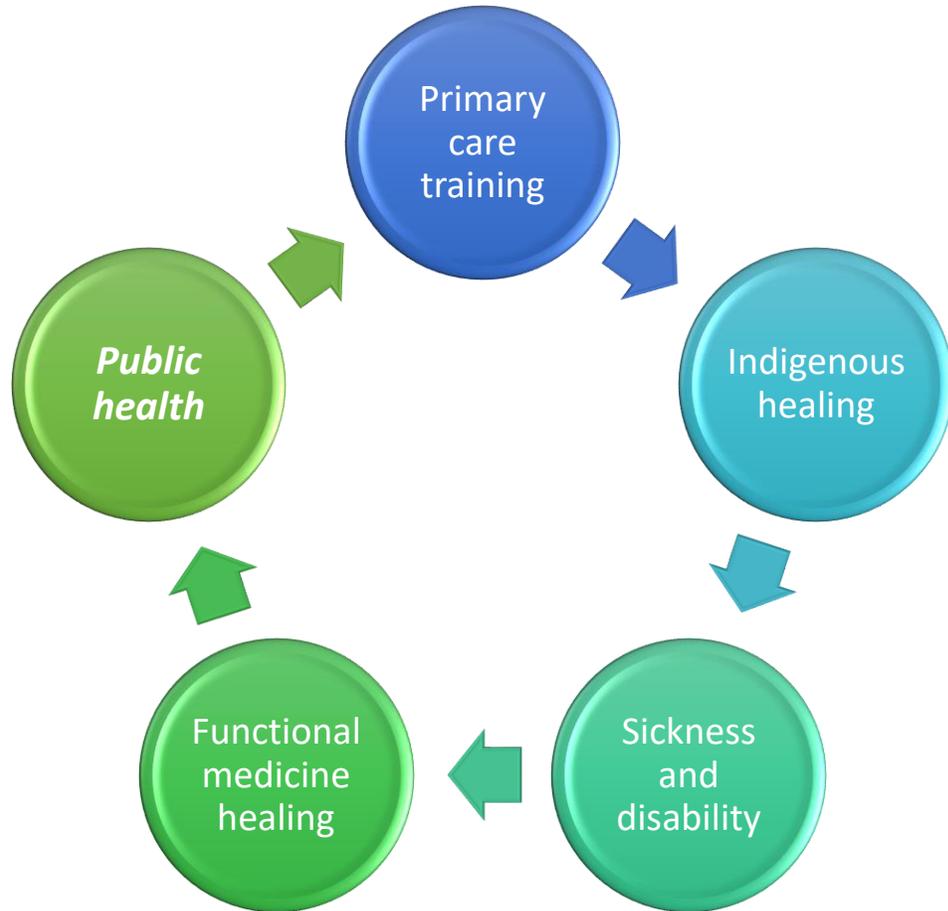


The functional medicine model illuminates the need to move *WAY* up stream.



**Norval Morrisseau (Anishinaabe 1931-2007)**  
Children with Tree of Life  
acrylic on canvas

The functional medicine model illuminates the need to move *WAY* up stream.

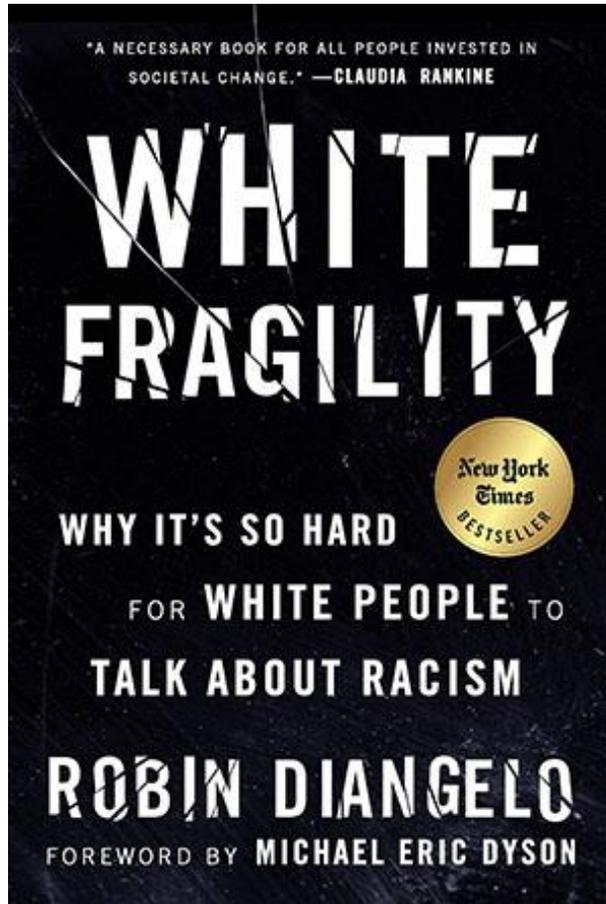


In order to promote Indigenous wellness through primary care transformation we must arrest racism, white supremacy and social exclusion.



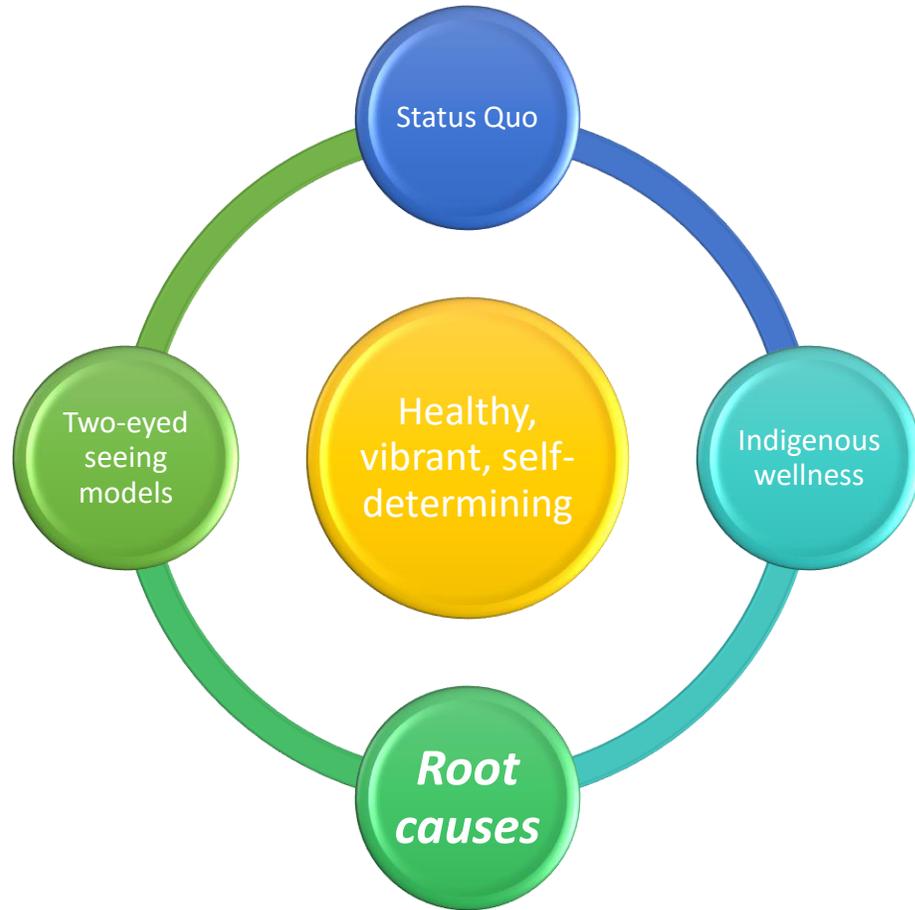
Kent Monkman, *The Daddies*, 2017.

“White fragility continues to hold racism in place.”



Accessed May 21, 2019 at [www.robindiangelo.com](http://www.robindiangelo.com)

# White Fragility

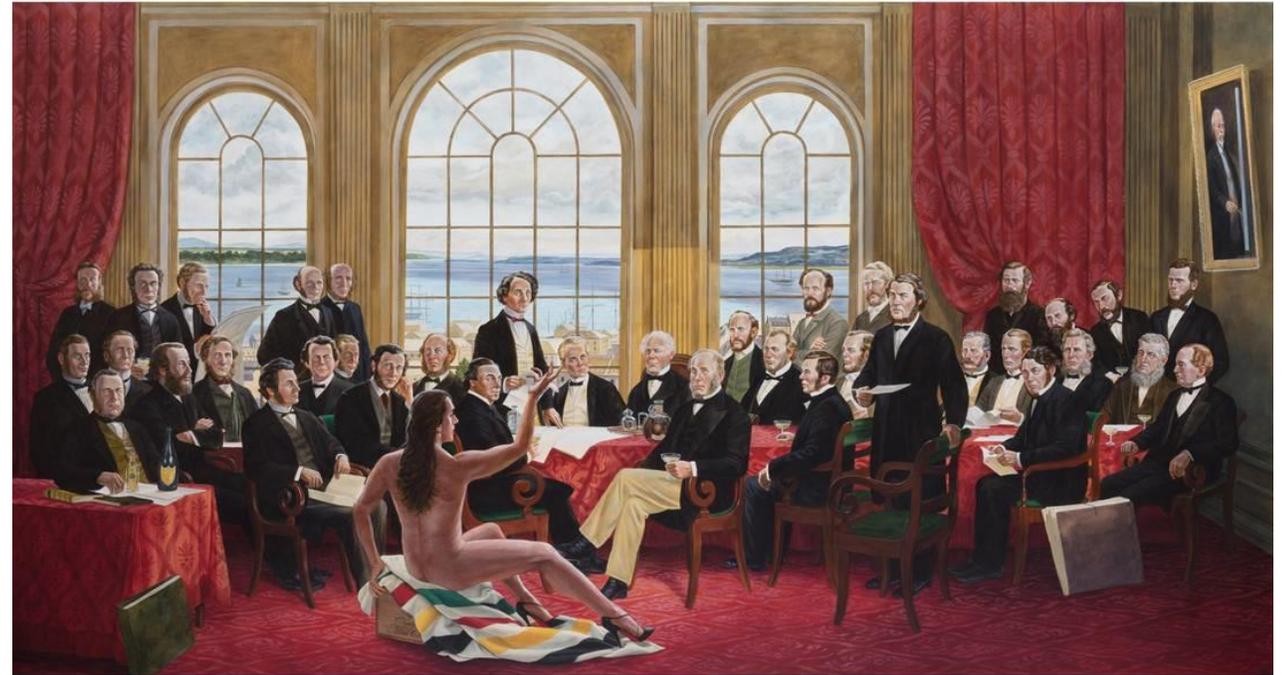


# Socially constructed race affects our proximal determinants of health such as:

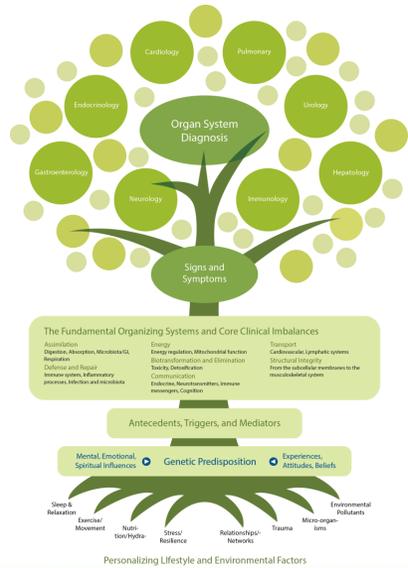
- Whether we survive birth
- Which careers we will have
- Where we are most likely to live
- How much money we will earn
- Schools we will attend
- How healthy we will be
- Who our friends and partners will be
- How long we can expect to live



In order to promote Indigenous wellness, we must arrest racism, white supremacy and social exclusion.



The current renewal that is underway in B.C.'s primary care system is a tremendous opportunity to promote healthy, vibrant, self-determining Indigenous individuals, families and communities by:



In the next two weeks I commit to circular learning about ...



Lisa Boivin, U of T, Indigenous Bioethicist and Artist



Mussi cho

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