



Person-led care (relational care)

Physical therapists work collaboratively with Indigenous clients to meet the client's health and wellness goals.

SOME ACTIONS YOU CAN TAKE:

Support the person to decide their course of care.

Engage with people to identify their concerns and goals.

Include time for relationship building; ask about the person, their family, their community.

Stay focused by listening actively and not multi-tasking, and summarize to ensure understanding.



Strengths-based and trauma-informed practice (looking below the surface)

Physical therapists focus on the resilience and strength the client brings to the health care encounter.

SOME ACTIONS YOU CAN TAKE:

Be aware of personal and generational trauma that may affect health and wellness.

Recognize that healthcare questions can be triggering for some people.

Ask permission before touching someone, conducting assessments or treatments, even if they have already provided informed consent to care.

Explain rationale for decisions so that the person does not feel dismissed or ignored. If a person asks for an alternative, have a discussion, rather than dismissing their questions or concerns.



Indigenous Cultural Safety, Cultural Humility and Anti-Racism

PRACTICE STANDARD POCKET GUIDE



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The concept and content of this guide is courtesy of the
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Self-reflective practice (it starts with me)

Cultural humility promotes relationships based on respect, open and effective dialogue, and mutual decision-making.

SOME ACTIONS YOU CAN TAKE:

Identify your biases, be aware when your biases are negatively affecting your practice and make changes accordingly.

Be open and try to see each person's behaviour in the context of their life and possible past experiences.

Listen to the person's experience and ask about their healthcare concerns and goals. They know what is best for their health and wellness.

Acknowledge and/or ask about the person's cultural identity. Check with your workplace or community to see if they have resources to help you do this.



Building knowledge through education

Physical therapists continually seek to improve their ability to provide culturally safe care for Indigenous clients.

SOME ACTIONS YOU CAN TAKE:

Learn about healthcare providers' actions that have caused harm; reflect on your own biases and institutional norms that cause harm.

Complete workplace or self-directed learning about cultural safety and humility.

Develop awareness and sensitivity and show respect for cultures other than your own.

Incorporate Indigenous expertise, experience, and knowledge in your client's healthcare plan if requested and as able.



Anti-racist practice (taking action)

Physical therapists take active steps to identify, address, prevent, and eliminate Indigenous-specific racism.

SOME ACTIONS YOU CAN TAKE:

Take action when you see someone behaving in a racist or discriminatory manner towards Indigenous Peoples.

Support someone who has experienced racist behaviour. This may involve listening, providing emotional support, or giving evidence of the behaviour.

Know your workplace's process for reporting racist or inappropriate behaviour and follow it.

Recognize discrimination and racist behaviour of others and report to your manager or to CPTBC/relevant health profession regulator when appropriate.



Creating safe healthcare experiences

Physical therapists facilitate safe health care experiences where Indigenous clients' physical, mental/emotional, spiritual, and cultural needs can be met.

SOME ACTIONS YOU CAN TAKE:

Build trust with the person by treating them in a culturally safe, respectful, and compassionate manner.

Be open to and support people accessing Indigenous ways of healing by helping them access supports through Indigenous Health programs, Community Elders, First Nations Health Authority, etc.

Communicate respectfully.

Communicate information in a way the person can understand.