

THE POWER of TRADITIONAL WELLNESS: INDIGENOUS CANCER MAPPING

PRE-DIAGNOSIS

THIS IS A **Journey**
Some people DO IT MULTIPLE TIMES.

FEAR of GOING TO HOSPITAL PREVENTS SEEKING CARE

I HAD A GUT FEELING SOMETHING WAS WRONG
I HAD A DREAM I HAD CANCER

TRADITIONAL MEDICINE
PEOPLE IN COMMUNITY PROVIDED IMMEDIATE SUPPORT

NOT HAVING A GP MAKES IT DIFFICULT FOR SCREENING + CONSISTENCY

NO WALK-IN CLINICS UP NORTH: HAVE TO USE THE ER

NO WARNING SIGNS: WENT TO HOSPITAL FOR OTHER ISSUES

ROUTINE TESTING REVEALED CANCER

INITIAL ASSESSMENT: "IT'S PROBABLY NOTHING" - MIS-DIAGNOSIS

SOMETIMES TAKES MULTIPLE VISITS TO GP BEFORE MORE TESTS ORDERED!

DISCOVER CANCER

WAIT FOR BIOPSY:

SOME HAVE SHORT WAIT... OTHERS HAVE 2 MONTH WAIT.

FEAR: I DIDN'T WANT TO CALL

I HAD TO CALL TO COMPLAIN ABOUT THE WAIT!

DIAGNOSIS

TRAUMA of DIAGNOSIS

HOW DO I TELL MY FAMILY? THEY'LL BE UPSET!

IS THIS A DEATH SENTENCE?

WHAT NEXT?

WAITING FOR NEXT STEPS WAS DIFFICULT

NO TREATMENT OTHER THAN WESTERN MEDICINE

MEDICAL TERMS ARE HARD TO UNDERSTAND!

BC CANCER IS FRAGMENTED ACROSS RURAL BC

NO INFO: WHO ARE MY DOCTORS? WHO IS MY TEAM? NO ONE COULD TELL ME!

TRAVEL

BEING WITHOUT FAMILY WAS HARD WHEN TRAVELLING FOR CARE

THE CHALLENGE of WEATHER + TRAVEL ISN'T ALWAYS CONSIDERED!

NOTHING IS SANITIZED ON PLANES, AMBULANCES CAN MAKE YOU SICK!

Over Arching THEMES:

- Power of PRAYER, TRADITIONAL MEDICINES, CONNECTION TO LAND
- MAINTAIN CULTURAL SOVEREIGNTY OF CLIENTS YOU'RE SERVING.
- "I'm SORRY THAT'S OUR POLICY" IS FRUSTRATING
- OUR CULTURES AREN'T ALL THE SAME
- WE ARE STRONG WARRIORS, AND POSITIVE THINKING IS KEY
- FAMILY SUPPORTS ARE ESSENTIAL: CONSISTENT PERSON TO ATTEND APPOINTMENTS
- NURSE PRACTITIONER CAN FILL THE GP ROLE
- ABORIGINAL PATIENT NAVIGATOR

RESISTANCE FROM DR.'S AND SPECIALISTS

The Power of TRADITIONAL MEDICINE

ABORIGINAL NURSE NAVIGATOR HELPED BRIDGE GAP IN NURSES' AWARENESS

HEALING ROOM AT PRINCE GEORGE USED FOR SMUDGING, DRUMMING, GATHERINGS

STAFF IN HOSPITAL NOT ALWAYS CULTURALLY AWARE...
... BETTER AWARENESS IN SMALLER COMMUNITIES

SUPPORT
THERE ARE NO RURAL SUPPORTS
I HAD TO GO ON E.I.
LOCAL FUNDRAISERS
TIGHT BUDGET
SOME NATIONS HAVE FUNDS
HAD TO SELL POSSESSIONS
Generosity of COMMUNITY
BARRIERS TO CARE CAUSE STRESS

FINANCIAL
NOT ALWAYS CLEAR HOW TO ACCESS FUNDS, ESPECIALLY BETWEEN PROVINCES!
NON-INSURED HEALTH BENEFITS: NO SUPPORT FOR TRADITIONAL MEDICINE
CANADIAN CANCER SOCIETY: CANCER LODGES HAVE FOOD (NO TRADITIONAL) AND GOOD ACCESS, BUT NO PRIVACY.

TREATMENT

NEXT CHAPTER

SOMETIMES TREATMENTS WORK...

... OTHER TIMES TOLD YOU HAVE LIMITED TIME LEFT

"TELEHEALTH ALLOWS YOU TO SEE EXPRESSIONS"

"FOLLOW-UP CALLS WERE SO APPRECIATED"

"EXPERIENCED POSITIVE CARE THROUGHOUT MY JOURNEY"

PHARMACISTS: SOURCE OF INFO, OFTEN KNOW FUNDING AVAILABLE FOR MEDICATION

TREATMENT HAS SIDE-EFFECTS: PHYSICAL, EMOTIONAL TAKE TIME TO HEAL

AFTER CARE DOESN'T EXIST - HAVE TO SUPPORT YOURSELF

LACK OF FAMILY = LONELY, HOPELESS

CHURCHES CAN BE A SUPPORT

WE NEED INDIGENOUS GROUPS

I STILL DON'T FULLY UNDERSTAND MY CANCER

FAMILY IS ESSENTIAL

YOU'LL BE OK, MOM

NO ACCESS TO: COUNSELLORS, PHYSICIAN, GROUP SUPPORT IN COMMUNITY

RECOGNIZE THE BURDEN THEY BEAR.

The Journey CONTINUES...
... IT NEVER ENDS!

COMMUNITIES ARE PROVIDING END-OF-LIFE CARE - THEY NEED SUPPORT!