APRIL 2022 VOL. 1



SHARED DECISIONS

Not Deciding Alone Team Newsletter 💟

Who We Are

The Not Deciding Alone Team

We are a team of Inuit-led and Inuit-specific organizations and academic health researchers who are active in health care systems that provide services to communities in the Qikiqtaani region of Nunavut and in Ottawa, Ontario.

We have been working to enhance opportunities for Inuit to participate in decisions about their healthcare, in a research project we call "Not Deciding Alone." Not Deciding Alone aims to support Inuit self-determination [1] by utilizing a process called "shared decision making". Shared decision making is when a person experiencing a health issue works together with healthcare providers, to make decisions about their health [2,3]. Shared decision making upholds person-centred care and supports positive health outcomes [4].

[1] Inuit Tapiriit Kanatami (ITK). (2018). National Inuit Research Strategy

[2] Makoul, G. and Clayman, M. (2006). An integrative model of shared decision making in medical encounters. Patient Education and Counseling, v. 60(3).

[3] Coulter, A., and Collins, A. (2011). Making Shared Decision-Making a Reality. The King's Fund.

[4] Frosch D, Moulton B, Wexler R, Holmes-Rovner M, Volk R, Levin C. (2011). Shared decision making in the United States: policy and implementation activity on multiple fronts. Journal of Evidence and Quality in Health Care: v. 105(4):



How We Work Together

Our team consists of a Steering Committee who guides the work, and academic researchers. Our team uses a collaborative approach to research to share knowledge and work together for a common goal.

At a recent monthly meeting, we asked the team to share what they think helps our team work together:





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What we have done so far...

Over the last few years our team has shared our work in papers and meeting with people.

Our recent paper shares stories about the journey that many Inuit face when traveling to Ottawa for their cancer care. Inuit talked about how they need more information and opportunities to work with others on the journey to receive health care. We are using these stories to guide our work.

You can look up our article online for free:

Jull et al. (2021) Experiences of Inuit in Canada who travel from remote settings for cancer care and impacts on decision making.

We also shared our work in The Conversation. You can find our articles by searching "Inuit cancer care".







We welcome comments and questions!

If you'd like to learn more, please contact us:

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"[I am] afraid to approach, afraid to expose self, had a bad experience when trying to figure out health issues – [I was] not treated well. This tool is a good idea and would help us"



Perspective of Inuit Community Member who participated in Not Deciding Alone

ADDITIONAL RESOURCES

The Ottawa Hospital created navigational videos to support patients travelling from Nunavut to Ottawa:

Chemotherapy Navigation (Inuktitut) https://www.youtube.com/watch?v=iJnMiDYfC-8

Nunavut (Preparation) Navigation https://www.youtube.com/watch?v=Ny5t-ZlRGpM











