

SHARED DECISIONS

Not Deciding Alone Team Newsletter



Project Updates

We've been published!

Our systematic review “Interventions for Indigenous Peoples making health decisions: a systematic review” has been published!

The Not Deciding Alone team searched the literature to identify shared decision making strategies to support Indigenous Peoples making health decisions.

Overall, we found that the studies that include Indigenous knowledges and governance aim to make health care settings supportive of shared decision making.

We found:

- where shared decision making takes place impacts client participation
- little is known about healthcare providers
- community is a partner in shared decision making
- shared decision making involves trust building

You can read the full paper [here](#)

To keep up-to-date on our future project updates, follow us on social media:

www.notdecidingalone.com



Not Deciding Alone
@Not_Decid_Alone

IN THIS ISSUE

PROJECT UPDATES

NOT DECIDING ALONE: A STORY ABOUT HAVING YOUR SAY

NUNAVUT CANCER CONFERENCE



ᐃᓕᓕᓕᓕᓕᓕᓕᓕ ᐃᓕᓕᓕᓕᓕᓕᓕᓕᓕ
Not Deciding Alone



Not Deciding Alone: A story about how to have a say in your health decisions

The Stories of Simon and Sarah

We are very excited to share the stories of Simon and Sarah, as a way to promote shared decision making in real life. As a team, we developed these comics to communicate the lessons and experiences we have learned so far.

Not Deciding Alone:

A story about how to have your say in your health decisions

Simon's Story

1 ON A FALL DAY IN RANKIN INLET, NUNAVUT.
Hey Simon, I hear you fell off your snowmobile hunting yesterday. How's your arm?
Not great, I'm going to get it checked out this morning. I was told there was a visiting doctor in town.

2 LATER AT HOME
I'm nervous about leaving you, Aniqing, and work if I need to travel out to the city for my arm.
Let's see what the doctor says first. Maybe we can put a list together of concerns, what's important to us, and what you want to know more about.

3 AT HIS FOLLOW-UP VISIT A COUPLE DAYS LATER
...Surgery? Is that my only option? You know I've got a kid, work, and it's prime seal hunting season. How long would it be until I can work and hunt again?
I understand, physiotherapy may be an option.

4 LATER AT HOME
I think you should get the surgery, even if it means leaving Rankin for awhile. We want you back to your full self.
Maybe my nephew, Kaniq, can run the shop while I'm gone. My cousin Amber is in Winnipeg, maybe she could visit while I'm there.

5 AT THE RANKIN INLET AIRPORT
I'll miss you both so much. Medical travel planned this trip for two weeks, so I should be back in time to watch you play some Christmas games.

6 THREE MONTHS LATER.
Looks like physio is going well!
It is! I even just finished working on that wrecked snowmobile we've had in the shop.

7 THAT WEEKEND, OUT HUNTING
I'm so happy to have you hunting with us again!
Yeah, I'm glad I worked with my healthcare providers to make the best decisions about my care and health.

The Stories of Simon and Sarah are available on our website - check out the links [here](#).

If you would like physical copies of our comics to share with your community/at your location, please reach out to us!

Thank you to Design de Plume Inc. for collaborating with us.

First Ever Oncology (Cancer) Conference in Nunavut

In May 2023, The Ottawa Hospital alongside Nunavut partners organized the very first oncology (cancer) conference in the North. Health care professionals from across the country joined patients and health professionals in Nunavut over the course of two days to create space to meet and address the unique challenges faced by cancer patients and their families. The conference provided an opportunity to explore collaborative approaches to bring care closer to home for Inuit.



Elder Meeka Uniuqsaraq lighting the quill to open the conference in May 2023. (Photo provided by Dr. Jason McVicar, The Ottawa Hospital)

Elder Meeka Uniuqsaraq reflected on her experience attending: *"I felt ever so honoured that I was asked to do an opening and closing of the conference. To me it was really a wonderful experience...I feel that we had a chance to honour each and everyone's input and presentations of all participants that came from all across Canada."*

Click [here](#) to learn more about the conference.



TEAM SPOTLIGHT

Tungasuvvingat Inuit's Ontario Inuit Cancer Program

The Ontario Inuit Cancer Program (Antiuriumi Kaansulingnut Ikajuqtauvvik), formerly known as the Regional Cancer Program, transitioned to its new name following thorough community consultations and in alignment with the IQ Principles, particularly Aajiqatigiinni, Piliriqatigiinni, Tunnganarniq, and Qanuqtuurniq. The program seeks to address the existing disparities in cancer-related outcomes between the Urban Inuit population and the general populace in Ontario. In this new phase of their initiative, they aim to infuse more aspects of Inuit culture into every facet of their focus, including prevention, screening, patient experiences, as well as research and surveillance efforts. Their vision is to create a platform that empowers the Inuit community, allowing the community members to make informed decisions regarding their care. They believe that provision of culturally safe care and engaging in shared decision-making with healthcare providers enable Inuit to take ownership of their health and well-being.



Digital Art by Aija Komangapik

If you'd like to connect with our team or learn more contact us at:

notdecidingalone@queensu.ca or Dr. Janet Jull: janet.jull@queensu.ca

