



NOT DECIDING ALONE

May 5-6, 2026 • Ottawa, ON



Steering Committee Meeting

"Aajiqatigiinniq: A field-test of shared decision making education for healthcare providers who work with Inuit" is a research study funded through the Canadian Institutes of Health Research #178034. The Not Deciding Alone team met in-person in May about their study, currently focused on developing training and materials for care provider workshops. This meeting brought together 24 team members from the Qikiqtani region of Nunavut and Ottawa Ontario, who are members of Inuit care provider and service organizations and/or researchers.

Using 360-degree, Virtual Reality (VR)

Inuit in Canada face barriers to access care. Many travel long distances, spending extended time away from family, familiar culture and language. Not Deciding Alone aims to support Inuit self-determination by creating training resources for care providers so they can better understand the perspective of medical travellers. The Steering Committee is working with the Experiential Learning Hub (ELH) at Carleton University to create 360-degree VR experiences that follow an Inuit traveller from a northern community to Ottawa for care. These stories will be evaluated for their use to train care providers to better understand and support Inuit in care systems.



360° VR Development
Actors - Louisa & Isa Kipsigak



The team viewing the draft video, to provide feedback and direction for next steps.

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Canadian Institutes of Health Research
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How We Work Together: Sharing Insights for Other Researchers

Not Deciding Alone has been working together for 10 years and is going strong!

Over the last decade, the team has shared collective knowledge about how we work together through open-access publications and presentations. These resources are available at www.notdecidingalone.com.

We hope our experiences can support practical training for other researchers working in partnership with communities. The Not Deciding Alone team is now collaborating with a team in the Northwest Territories on a new writing project about community-centred and community-driven research.

Next, the team will review and synthesize contributions from committee members, and will draft a manuscript. More to follow on this in September 2026!

Key Questions Asked to the Group:

- Why did you want to participate in the research in the first place?
- What was needed to make it possible for our team to do this work?
- What did you want to get out of the research?
- Is there anything that you might want to share, recommend, ask or tell other researchers or people who are considering doing research?





Testing the Shared Decision Making Training

One objective of the current study is to field-test shared decision making training with care providers. The team reviewed the first round of feedback on the training from a usability testing workshop with care providers in Ottawa. They worked to develop more case study examples that could be used in future training sessions to show how shared decision making can be used in care systems using relatable examples and stories. The team reviewed how other studies have evaluated shared decision making training and discussed how care providers might demonstrate what they have learned in future pilot testing of the training. The team confirmed training objectives and re-affirmed the community identified priority to continue taking shared decision making training to care providers.

Highlights of the Day

Often working remotely, the team enjoyed the opportunity for in-person activities. Meeka Uniuqsaraq, an Inuit Knowledge Keeper, opened and closed the time together with the qulliq. Susie Onalik led the team in a time of remembrance for a valued member of the community. The team shared meals catered by Mādahòkì Farm.

Next Steps

The Not Deciding Alone team is preparing to publish a paper to share important findings from interviews with care providers. Stay tuned for this upcoming publication!

Thank you! Qujannamiik! Nakurmiik!

We thank the many community members and service providers who support Not Deciding Alone.

