



Objectives: Indigenous Health

1. Demonstrate a knowledge of Canada's colonial history and the impacts it had to First Nations, Metis and Inuit people.
2. Recognize one's own position, privilege, assumptions, stereotypes and or bias with regards to First Nations, Metis, and Inuit people and how this influences patient care.
3. Identify the levels of racism within the healthcare system and how they contribute to ongoing disparities in health outcomes for First Nations, Metis and Inuit people.
4. Recognize government and systemic policies in the past and present that are based on racist ideologies.
5. Examine what *Self-Determination* means to Indigenous people and how First Nations, Metis and Inuit people have been successful in becoming Self Determining societies.
6. Identify strategies or tools that can help one practice culturally safe and competent care to First Nations, Metis and Inuit people.
7. Propose ways to advocate for improvement in First Nations, Metis and Inuit health disparities.
8. Participate in dialogue and community engagement in an effort to build a mutually respectful relationship with First Nations, Metis and Inuit people.