



Integrating Cultural Humility into Clinical and Research Practices with Indigenous People

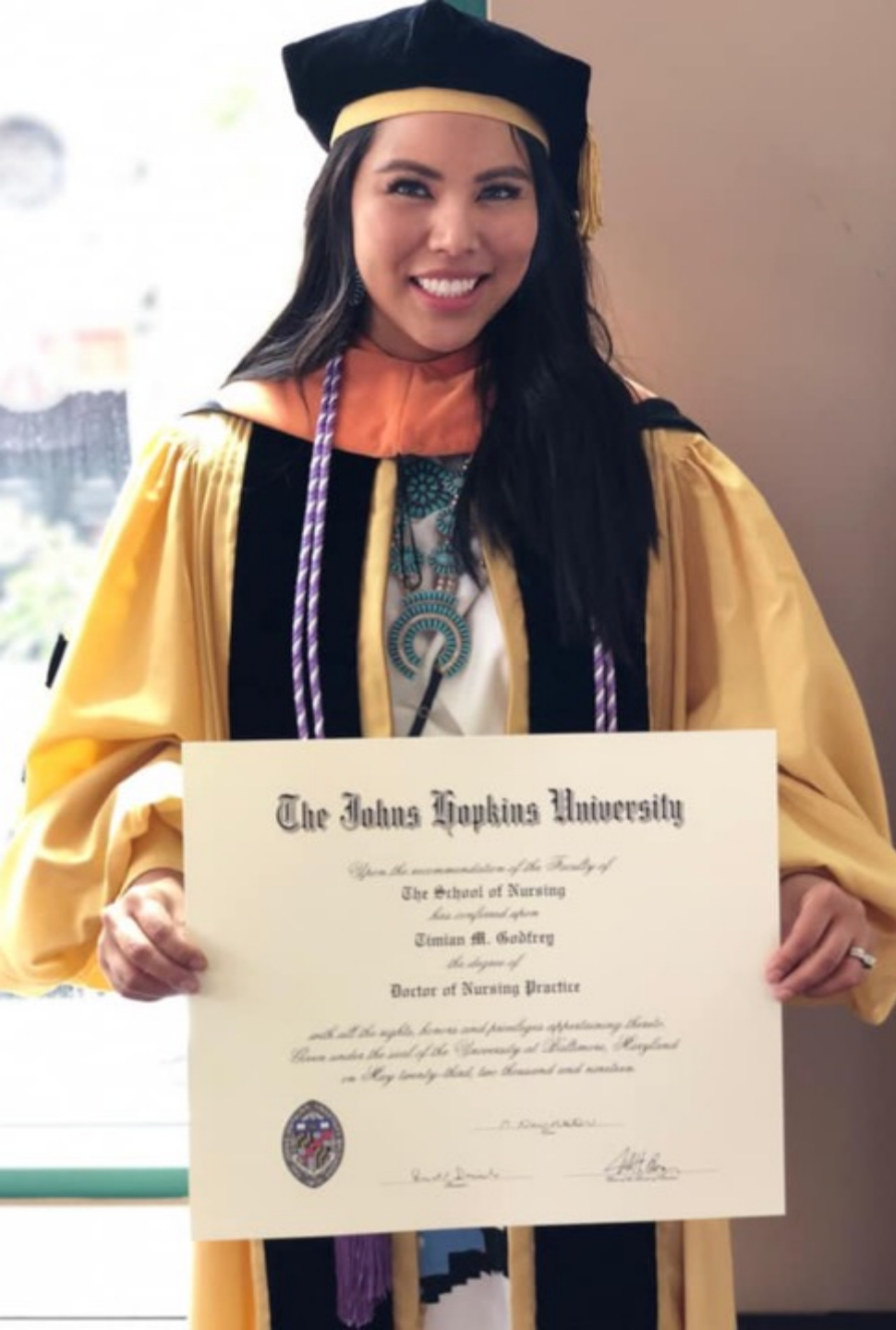
Timian M. Godfrey DNP, APRN, FNP-BC, CPH

Rene Begay MS, CPH

Shannon Saltclah PharmD, PhC, BC-ADM, CPH

Joshuaa Allison-Burbank PhD, CCC-SLP, CPH

Introductions



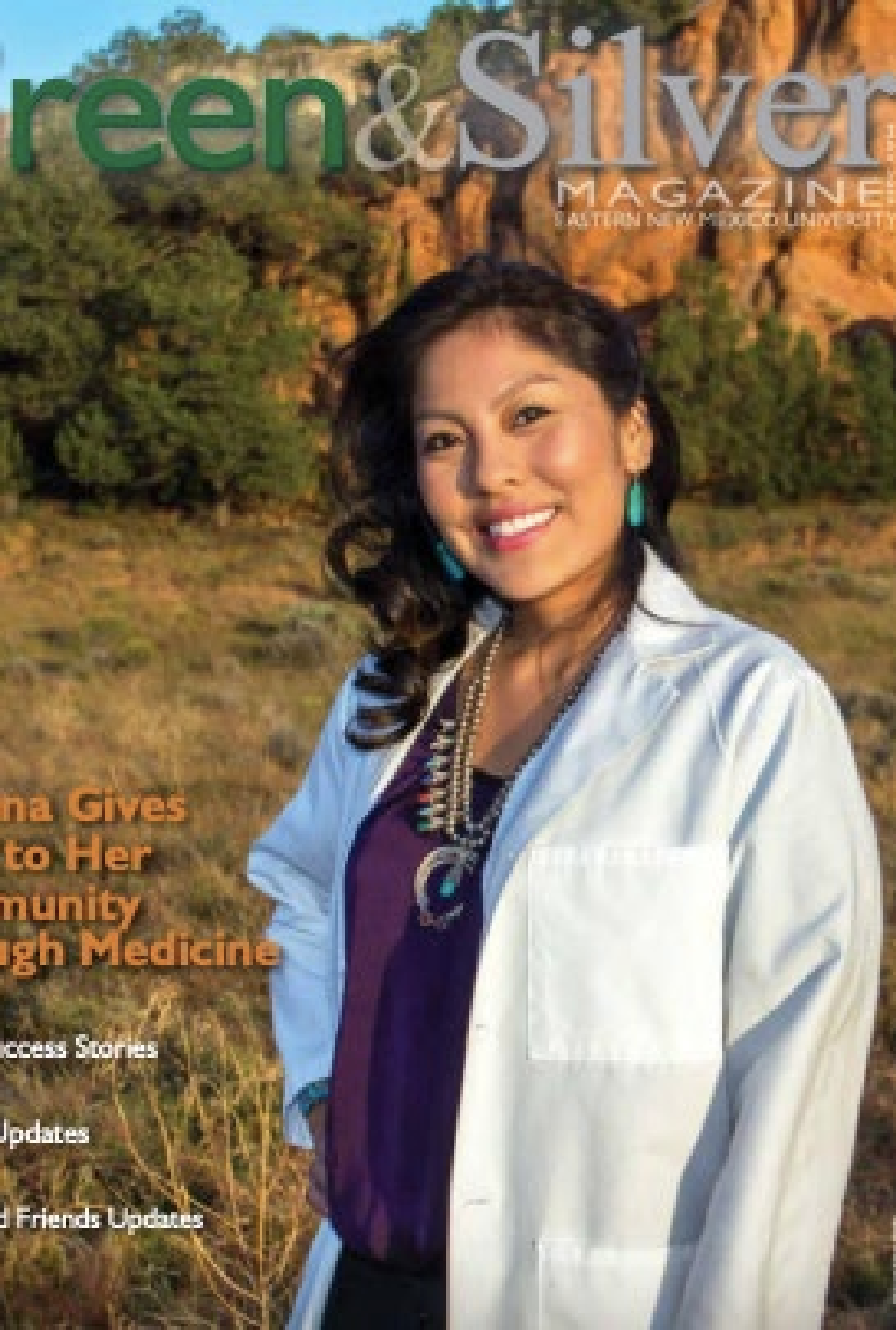
Dr. Timian Godfrey (Diné) DNP, APRN, FNP-BC, CPH

- Nurse Practitioner
- Clinical Assistant Professor at the University of Arizona College of Nursing
- Works with the INCATS grant team
- Healthcare and educational delivery methods while ensuring cultural rigor



Rene Begay (Diné) MS, CPH

- Salina Spring, AZ (15 mins outside of Chinle, AZ)
- Big water clan, born for Red Bottom People, maternal grandfather is Red Running into Water, and paternal grandparent is Towering House
- Geneticist
- Professional Research assistant at the University of Colorado Anschutz Medical Campus, CAIANH
- Involved in ethical and social implications of genetics research in Indigenous populations as well as other research
- Member of the Navajo Nation Policy Development Working Group
- Aims to be a physician scientist



Dr. Shannon Saltclah (Diné) PharmD, PhC, BC-ADM, CPH

- Teec Nos Pos, AZ
- Indian Health Service (IHS) Scholarship Recipient
- Tsehootsoo Medical Center, Fort Defiance, AZ – Pharmacist 2012-2018
- Commissioned Officer; Lieutenant Commander in the Public Health Service
- Project Coordinator, Project Officer at the CDC, Tribal Practices for Wellness in Indian Country (TPWIC) Cooperative Agreement, 2017
- TPWIC supports tribal practices for strengthening resilience and healthy behaviors in AI/AN communities. Cultural serves as a pathway for preventing chronic disease.



Dr. Joshuaa Allison-Burbank (Diné & Acoma Pueblo) PhD, CCC-SLP

- Speech-language pathologist/lecturer
 - Northern Navajo Medical Center – Shiprock, NM
 - Little Moccasins Education Services, LLC – Waterflow, NM
 - Adjunct Lecturer, University of Vermont
- Developed culturally responsive services for tribal early childhood programs
- Incorporating Indigenous language and teachings into early literacy instruction
- Using traditional storytelling to aid with memory and executive dysfunction in Navajo elders with neurodegenerative disease

Cultural humility



- The ability to acknowledge meaningful cultural beliefs, practices, and views in another individual or population.
- Promotes healthy collaboration and improved outcomes.
- Cultural humility goes beyond cultural competence by breaking-down existing power structures and creating an interpersonal stance of understanding.
- Foundational constructs of cultural humility translated into the research and clinical settings has anecdotally had a positive impact on the work being done in Indian Country.

Indigenous People of the U.S.

- 573 federally-recognized tribes and 63 state recognized tribes, and many others that have no designation
- Each tribe has their own unique language, history, customs, physical attributes, culture, spiritual ways of knowing
 - 150 spoken languages/350 total in the U.S.
- 2.1% of the U.S. population are Native Americans
- ~70% live off the reservation, but travel on/off the reservation frequently
- Over 160 urban/rural health facilities
- *Tribal sovereignty* ensures that any decisions about the tribes regarding their property and citizens are made with their participation and consent



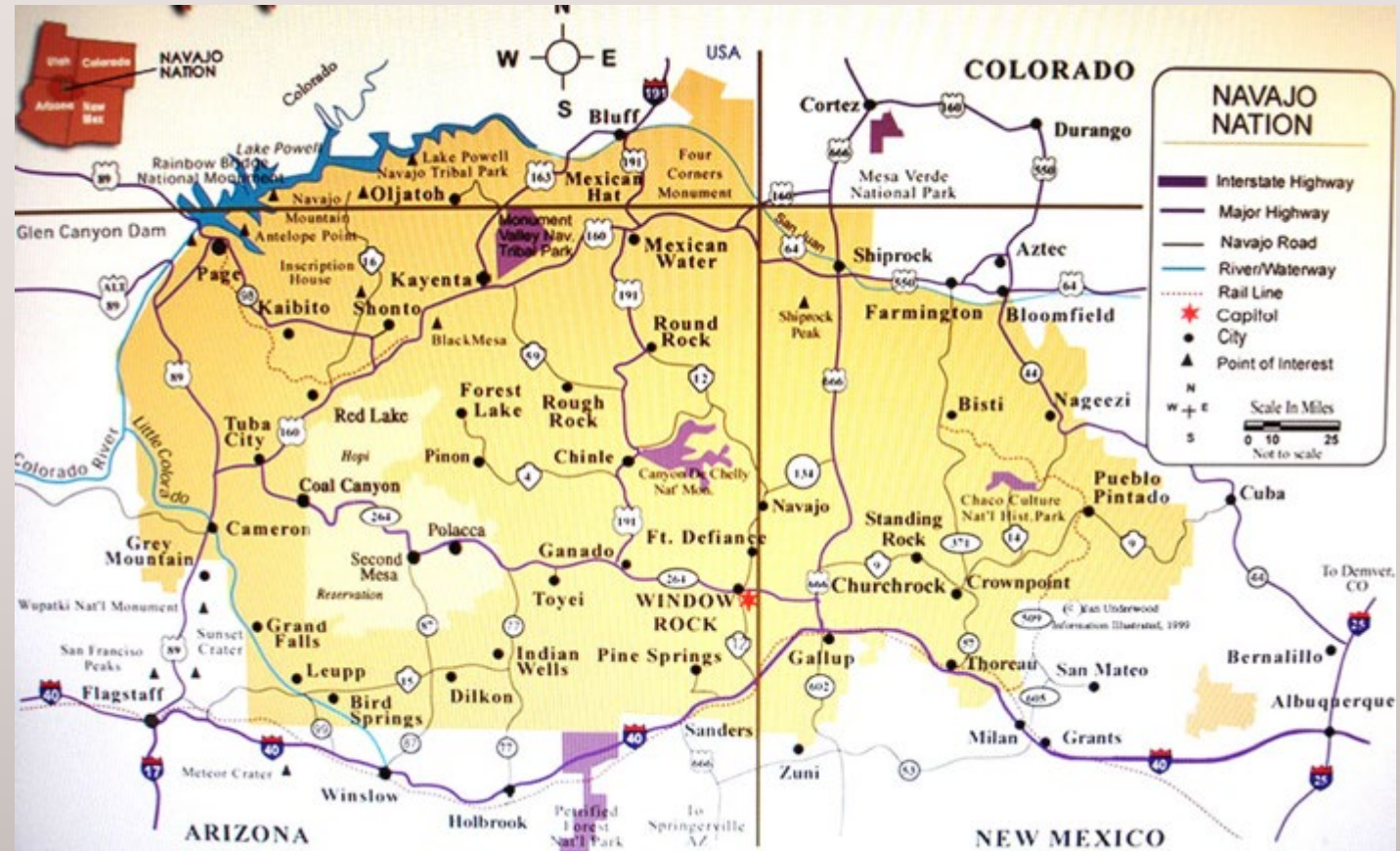


COVID-19

- Unique implications of the pandemic in Native communities and preparing for the long-term effects from the pandemic
- In 2009, American Indians and Alaska Natives died from H1N1 at four times the rates of all other racial and ethnic groups combined.

Navajo Nation

- Call ourselves Diné, means “the People”
- 174,000 live on reservation (U.S. Census, 2010)
- Navajo Nation expands across 3 states
- Largest reservation
- 241 confirmed positive COVID-19 cases, as of April 3, 2020





Response of Native communities



Comorbidities and living conditions put AI/AN population at higher risk for severe illness from COVID-19

AI/AN collectively have:

Lower life expectancy; Higher rates of mortality

Highest rates of Diabetes, Heart Disease, Asthma and related illnesses in the country

Higher risk than others for Pneumonia, influenza, bronchitis, and hospitalization

AI/AN living conditions:

Median household income is **\$45,448**

1 in 6 households on reservations are overcrowded Intergenerational families

No running water/or electricity; Native American households are 19x as likely to lack indoor plumbing

Transportation Issues - access to care; > 1 hour from nearest IHS/or tribal facility

Clinical Barriers

- Indian Health Service (IHS) provides care to 2.2 million Native Americans annually.
- IHS is consistently funded at 50% of need.
- Underfunding results in limited available services.
- Funding would have to double to match the level of care provided to federal prisoners and even higher to match benefits by Medicaid or Medicare.

Workforce Shortage

- Significant barrier in achieving improved health outcomes.
- IHS physician annual turnover rate is 46%
- Native American tribes receive automatic HRSA designation of 'Health Professional Shortage Area'
- Challenges in recruitment and retention include:
 - Remote and rural locations
 - Lower pay
 - Lengthy hiring processes
 - Limited equipment

Social Determinants of Health

•Poverty

•Stable
employment

•Educational
attainment and
literacy

•Safe housing

•Access to healthy
food

•Quality healthcare

•Community
infrastructure, such
as safe roads and
drinking water

•Environmental
health

•Self-
determination

•Access to
traditional land

•Historical trauma

•Racism

•Culture

Principles of kinship create
barrier for social distancing



Education for Navajo communities in response to COVID-19

Education on infection control measures:

- Precautions translated for Navajo community (CDC video)
 - Knowledge in hygiene practices (English to Native language)
 - Knowledge in symptoms of COVID-19 (English to Native language)
- Marketing
 - Radio – Navajo KTNN
 - Social Media
 - Newspaper, Clinic
- Consideration for the Social Determinants of Health

Dikos Ntsaaígíí-Náhást'éíts'áadah STOP THE SPREAD OF GERMS

HELP PREVENT THE SPREAD OF THE RESPIRATORY DISEASES LIKE COVID-19.

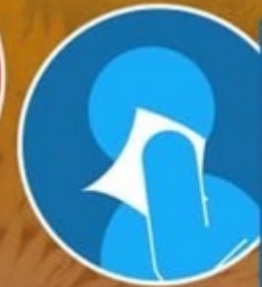
Bitah dahoneezgal'ígíí bits'ąą nanínáh

Avoid close contact with people who are sick.



Dłikosgo dóó Háts'iyaa dınlıgo Chııbee Yı'toodı chılınł'ı dóó Ts'ıılzéh bilh hl'nłł bly'ıı' kódmıł

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Áadóó nínáá' nıchııł dóó nızéé' t'áádoó bídlınlıł

Avoid touching your eyes, nose, and mouth.



T'áadoole'ı áłáhıı' chılınł'ınlıgıı bíná'łııł

Clean and disinfect frequently touched objects and surfaces.



Nıtah honeezgalgo t'áá hooghandı sínıdá t'áá hazhó'ó azee' naah ádoolınł'ı bılılyé'go t'élyá

Stay home when you are sick, except to get medical care.



T'áá nıhııla' t'ánınádaahgıı bıııgo yııkıgıı naadılındah atzhııı' bılghahıı'

Wash your hands often with soap and water for at least 20 seconds.



Long-term effects of school closures

School closings

- Numerous issues:
 - Access to internet/phones in rural areas
 - Location
 - Food insecurity
 - Other family stressors
- Outcomes:
 - Students fall behind?
 - Students don't learn as much?
 - Academic achievement will drop?



Do not refer to this period as students experiencing learning loss. Everyone is learning. This is the time to deconstruct our understanding of what learning is and what type of learning is privileged.

@DECOLONIZELITERACY

It's a time for
language
learning.

Híish'i



It's a time for
exploring how
young Indigenous
children learn.





It's a time for
reconnecting
with the
earth.

It's a time
for kinship.



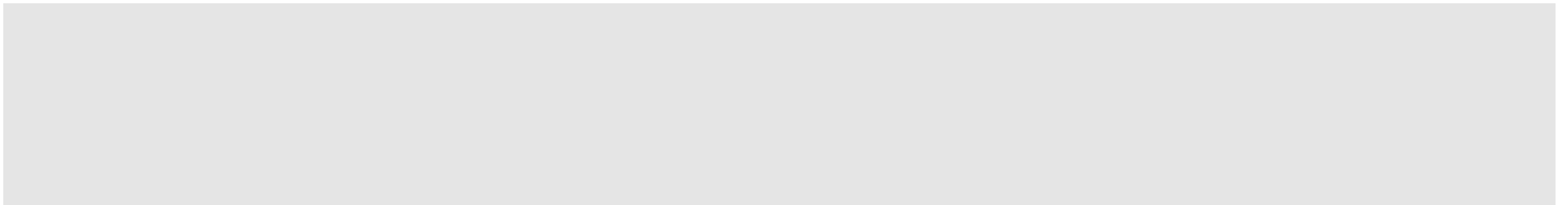
It's a time for
self-identity.



Social consequences?



Recommendations



Practice cultural practices:
-Practice ceremonial methods
-Practice praying
Balance = Hozho





COVID-19 Relief Bill

IHS financial support
= \$1.032 billion



Preventative efforts from
clinical and public health:
Partnerships and collaboration

Multidisciplinary research teams – clinical, public health, and areas of bench research



Cultural humility and knowledge
embedded into ways of life



Call to action

“Everyone has a role in ensuring social justice and health equity.”

(D. Warne, 2015)



Resources

- Navajo & Hopi Families COVID-19 Relief Fund, <https://www.gofundme.com/f/NHFC19Relief>
- Navajo Department of Health, <http://www.ndoh.navajo-nsn.gov/>; <http://www.ndoh.navajo-nsn.gov/COVID-19>
- Indian Health Service, <https://www.ihs.gov/coronavirus/>
- Center for American Indian Health, <http://caih.jhu.edu/news/covid19>
- Protect the Sacred, Native campaign <https://www.facebook.com/protectthesacrednow>
- National Congress of American Indians, <http://www.ncai.org/Covid-19>
- Centers for Disease Control & Prevention, www.CDC.gov/coronavirus

HEALTH COMMAND CENTER

 **Hotline**
928.871.7014 | 8am - 5pm

Mental Health Helpline
928.810.7357 | 8am - 5pm

 **coronavirus.info@ndoh.org**

 **www.ndoh.navajo-nsn.gov/COVID-19**

 **@navajodepthhealth**

 **navajonation_doh**
#DineDabidziil

Questions?
Feel free to
contact us:

Timian Godfrey:

- timianguodfrey@arizona.edu

Rene Begay:

- rene.begay@cuanschutz.edu

Shannon Saltclah:

- oqk8@cdc.gov

Joshuaa Allison-Burbank:

- joshuaa.allison.burbank@gmail.com

References

Burbank-Allison, J. (2019, January). *Cultural humility*. [PowerPoint slides].

Centers for Disease Control and Prevention (2017, March 29). *American Indians and Alaska Natives (AI/ANs) are at high risk for flu complications*. Influenza (Flu). <https://www.cdc.gov/flu/resource-center/freeresources/graphics/aian.htm>

Groom, A., Hennessy, T.W., Singleton, R.J., Butler, J.C., Holve, S., & Cheek, J.E. (2014). Pneumonia and influenza mortality among American Indian and Alaska Native people, 1990-2009. *American Journal of Public Health, 104*(Suppl 3), S460-S469. 10.2105/AJPH.2013.301740

Indian Health Service (2019, October). *Indian Health Disparities*. <https://www.ihs.gov/newsroom/factsheets/disparities/>

Koyfman, S. (2017, October 4) What was, and what is: Native American Languages in the US. *Babbel Magazine*. <https://www.babbel.com/en/magazine/native-american-languages-in-the-us>

National Congress of American Indians. (2020, February). *Tribal nations and the United States: An introduction*. <http://www.ncai.org/about-tribes>

National Congress of American Indians. (2020, March 27). *Third COVID-19 relief bill becomes law*. <http://www.ncai.org/news/articles/2020/03/27/third-covid-19-relief-bill-becomes-law>

References

National Congress of American Indians. (2016). Reducing disparities in the federal health care budget.

http://www.ncai.org/policy-issues/tribal-governance/budget-and-appropriations/07_FY2016_Health_NCAI_Budget.pdf

National Indian Health Board. (2015). Testimony of the National Indian Health Board oversight hearing on Indian Country priorities for the 114th Congress.

<https://www.indian.senate.gov/sites/default/files/upload/files/1.28.15%20SCIA%20Witness%20Testimony%20-%20Stacy%20Bohlen%20-%20NIHB.pdf>

Navajo Department of Health. (2020, April 2). *COVID-19*. <https://www.ndoh.navajo-nsn.gov/COVID-19>

Navajo Epidemiology Center. (2020, February 12). *Welcome to the Navajo Nation Government*. <http://www.nec.navajo-nsn.gov/>

Newland, B. (2020, March 25). Indigenous Americans must not once again pay the price for the mistakes of others. *The Washington Post*. <https://www.washingtonpost.com/opinions/2020/03/25/coronavirus-social-distancing-could-devastate-tribal-communities/>

Office of Minority Health (2018, March 28). *Profile: American Indian/Alaska Native*.

<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=62>