

Centre for Remote Health
A joint centre of Flinders University and Charles Darwin University



Culturally Safe Practice

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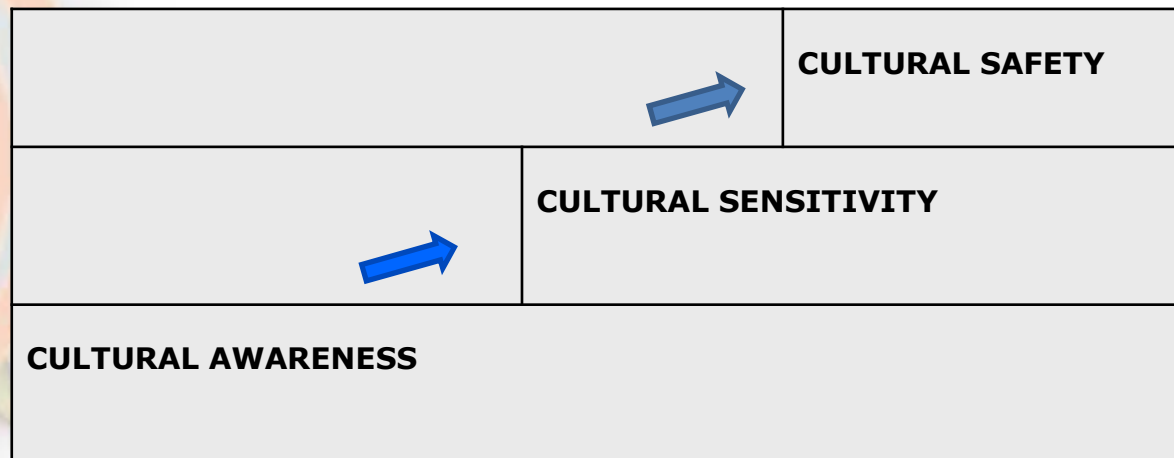
What is Cultural Safety

It is a term used to describe a way of working with people of different cultural backgrounds that does not diminish, demean or disempower someone ([Nursing Council of New Zealand 2009](#)).

A person should feel safe to talk about their own unique world views and cultural values without feeling less important than others. Cultural safety is a way of working rather than specific knowledge about cultures.

Process for Achieving Cultural Safety

- Cultural Awareness
- Cultural Sensitivity
- Cultural Safety



Cultural Safety Principles

- To **reflect on your own practice** is a critical aspect of cultural safety practice.
- Need to **minimise the power differentials between yourself and your clients**
- **Engage in a conversation with the client** to learn a bit about them.
- **Undertake a process of decolonisation.**
- **Ensure that you do not diminish, demean or disempower others through your actions.**

(Taylor & Geurin, 2010. pg 15)

Cultural Safety Principle 1

Reflect on your own practice.

Self-Reflection is defined as giving serious thought to one's own character and action. It is about self-awareness, being aware of how our own beliefs and values, families and community influence how we interact with others.

Peer review, feedback from colleagues and clients, debrief, one on one supervision.

Cultural Safety Principle 2

Minimise the power differentials between your self and your clients.

Balancing the power relationships between yourself and the client. Working along side them or with them. It can involve negotiating and change to provide a service that doesn't alienate the client from the organisation.

Is it possible for the client to make the decisions? If not why?

Cultural Safety Principle 3

Engage in a conversation with the client.

Building relationships with the client, talking and engaging with the client.

Both Ways Learning including sharing.

Local contacts with Indigenous knowledge.

Fostering relationships with Indigenous workers, acknowledge them. Cultural mentors.

LISTEN.....

Cultural Safety Principle 4

Undertake a process of decolonisation.

Learning and acknowledging the role that colonisation and history has impacted on Indigenous people and their lives.

Learn the history of the community, people & families.

Learn about your own personal history and how it has affected your lives.

Learn the history of the system that you work in and the impact it has had on the clients.

Cultural Safety Principle 5

Treat people regardless of their cultural or individual differences.

Do not demean, diminish or disempower others through your action.

Diversity between cultures.



Other Frameworks

- Cultural Respect – recognition and continual advancement of the inherent rights, cultures and traditions of Aboriginal and Torres Strait Islander peoples.
- Cultural Security – shifting the systems within organisations into developing services that are more culturally appropriate.
- Cultural Responsiveness - services that are *respectful of*, and *relevant to*, the health beliefs, health practices, culture and linguistic needs of diverse consumer/patient populations and communities.
- Cultural Humility - a lifelong commitment to self-evaluation and self-critique, to redressing the power imbalances in the patient-physician dynamic, and to developing mutually beneficial and non-paternalistic clinical and advocacy partnerships with communities on behalf of individuals and defined populations

What can you take away from this session.

- Reflection
- Power
- Listen
- Learn
- Relationships



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