

Declaration of Commitment to Cultural Safety and Humility

On 1 March 2017, health professions regulators in B.C. became the first in Canada to pledge their commitment to making our health system more culturally safe and effective for First Nations and Aboriginal peoples. CDSBC is a signatory to the Declaration of Commitment that is based on the principles of cultural safety and humility. This includes promoting the value of cultural safety training to the professionals we regulate.

The declaration has three main pillars: creating a climate for change; engaging and enabling stakeholders; and implementing and sustaining change. The full text is available at www.cdsbc.org/declaration-of-commitment.

The Provincial Health Services Authority has developed a facilitated online training program designed to increase knowledge, enhance self-awareness, and strengthen the skills of those who work both directly and indirectly with Aboriginal people. The San'yas Indigenous Cultural Safety Training Program is available for both clinical and non-clinical professionals. All CDSBC board members have committed to taking this course.

Board Workshop

In February 2018, the College Board and senior staff attended a workshop held by the First Nations Health Authority. The learnings from the workshop will support CDSBC's role in upholding the declaration.

Progress

For more information about the declaration and the progress made by BC Health Regulators, see the document *One year in: A report on the achievements following the signing of the Declaration of Commitment to Cultural Safety and Humility* at bchealthregulators.ca



Squamish Elder and Leader Syexwaliya (left) and CDSBC board member Ms. Barb Hambly at a board workshop led by the First Nations Health Authority.

Cultural Safety is an outcome based on respectful engagement that recognizes and strives to address power imbalances inherent in the healthcare system. It results in an environment free of racism and discrimination, where people feel safe when receiving health care.

Cultural Humility is a process of self-reflection to understand personal and systemic biases, and to develop and maintain respectful processes and relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a life-long learner when it comes to understanding another's experience.