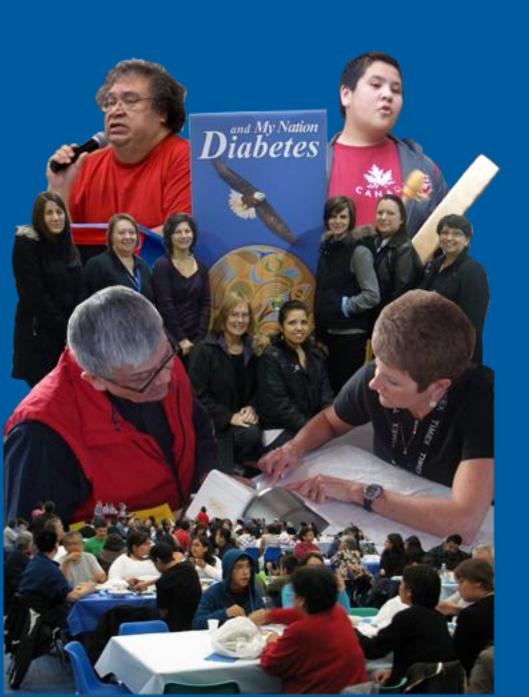


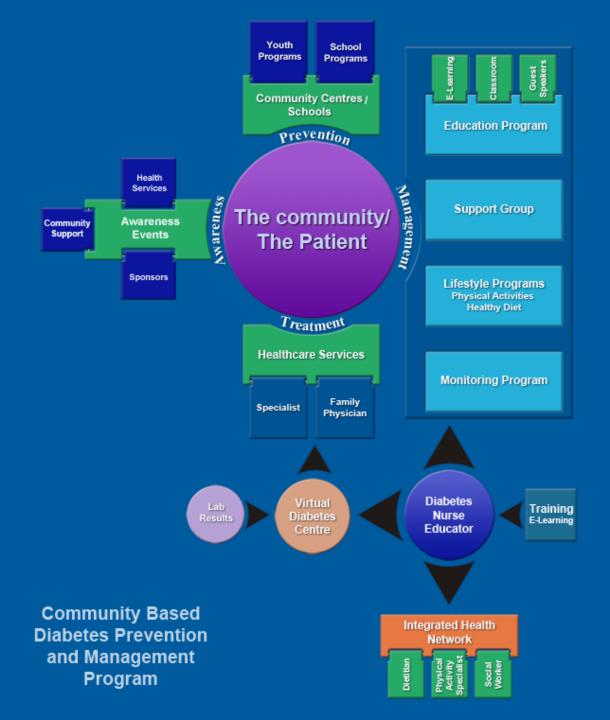
Diabetes and My Nation

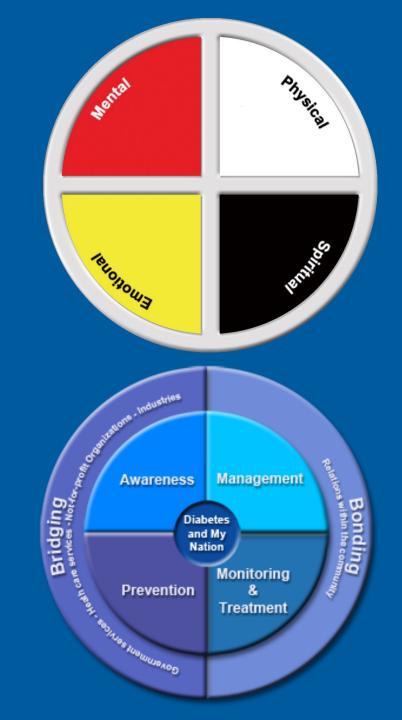




Diabetes and My Nation is a community based health management model to achieve evidence based outcomes for the prevention and management of diabetes (Type 2 diabetes Mellitus) in First Nations communities.

It applies culturally appropriate and holistic methods, and includes all age groups including youths, but not infants, in the community.





Traditional Healer

Volunteers Coordinator

Team Leader

- Delegate tasks and assignments
- Coordinate inside outside resources

"Health Dept. Manger"

Principle of the School

Coordinate school activities

Youth Coordinator

• Coordinate youth activities

Community Health Nurse

- Coordinate diabetes and screening event
- Assist in the Circle activities
- Coordinate youth and school education programs
- Manage volunteers program

Diabetes Nurse Educator

- Manage the Circle of Healing
- Education programs (youth and school)
- Manage diabetes registry

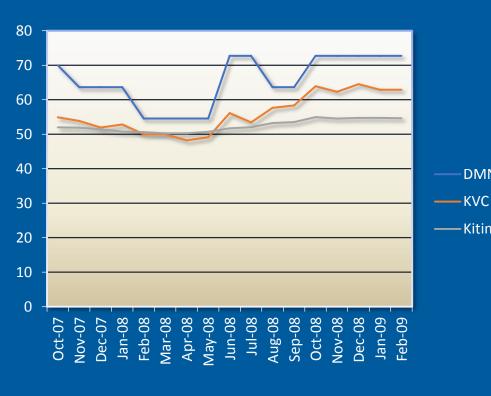
If there is no qualified diabetes nurse educator in the community, try nearby hospitals or provide training to the community health nurse

Successful implementation of change requires teamwork

Motivation & Attitude **Direction & Feedback**

Skills & Knowledge

Tools & Processes







Population Health Outcomes/ Functional & Clinical Outcomes



The following guidelines were applied during the project development:

- Any procedures must be culturally appropriate, and each Nation has its own traditions which could be different from other Nations.
- Diabetes prevention and management should be holistic based on traditional ways integrated with modern medicine.
- Diabetes management approach should address physical, mental, emotional and spiritual aspects. Monitoring and treatment are key components of the initiative.
- Sensitivity to the impact of colonization and residential schools.
- This project is <u>not a research study</u>, no data will be collected and any information is kept with the community.
- Maximize the reliance of local resources to ensure program sustainability.
- Involve community members in the planning and implementation phases.



Best Practices

- Learn the cultural aspects and history of the community; usually the best sources are Elders from the community.
- Avoid the use of terms such as Aboriginal or First Nation when addressing a community; rather use the name of the Nation, for example at the Skidegate First Nation use Haida People.
- Acknowledge the impact of colonization and residential schools, also the lack of trust between the community and healthcare system. If you are not aware of residential schools, try to learn more particularly from people who attended these schools.
- Be aware of the internal politics within the community but don't get involved.
- People with diabetes are sometimes ashamed and don't talk about it to others, particularly to their community. Invite members of the community to a Talking Circle and follow traditional ways at the Circle.







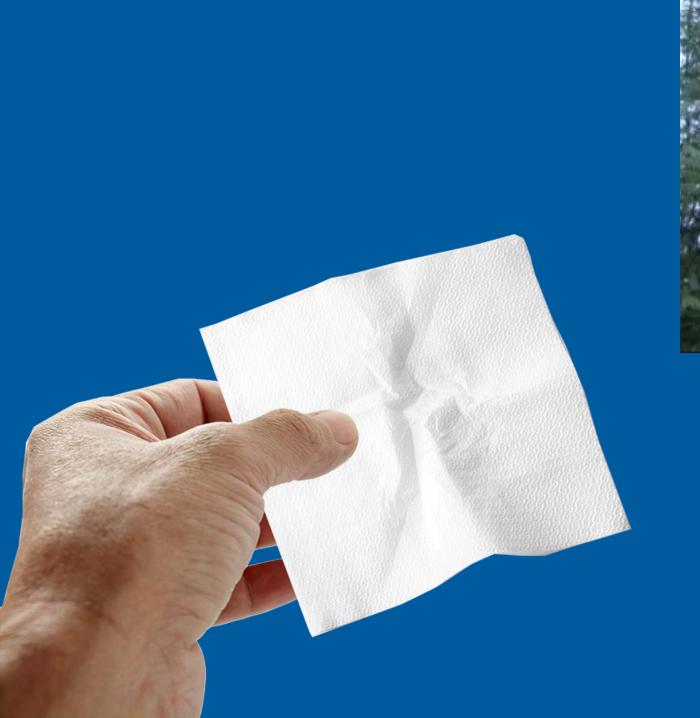
Empowerment and ownership

Don't say what needs to be done, just share what is the needed to be done.

Don't suggest what can't be done.

Don't promise what you can't achieve.









Thank You

Hesham Nabih

hhn@hncl.com

www.diabetesandmynation.com



