Generational Trauma, Its Effect on Native Americans, and How Nurses Can Help

April 25, 2018
Today’s Webinar

• Identify how adverse childhood experiences and generational trauma relate to events of the past and present

• Discuss the effects of adverse childhood experience and generational trauma on health

• Discuss how incorporating indigenous wisdom into nursing practice is beneficial to patients and a possible tactic for cultural revitalization

• Discuss the role and work of NANAINA leadership

Winifred V. Quinn, PhD
Director, Advocacy & Consumer Affairs
Center to Champion Nursing in America
Today’s Facilitator

Regina Eddie, PhD, RN
Assistant Professor, Northern Arizona University
Consultant on diversity issues, Center to Champion Nursing in America
What is Health Equity?

Interaction Institute for Social Change | Artist: Angus Maguire
http://interactioninstitute.org/illustrating-equality-vs-equity/
Today’s presenters

Whitney Fear, RN, BSN
Nurse case manager and community outreach nurse for Homeless Health Services of Fargo, ND

Lisa Martin, PhD, RN, PHN, AHN-BC
President, National Alaska Native American Indian Nurses Association (NANAINA);
Associate professor, St Catherine University

Misty Wilkie, PhD, RN
Immediate Past President, National Alaska Native American Indian Nurses Association (NANAINA);
Associate professor at Bemidji State University
Wiíyowata: Effects of generational trauma/adverse childhood experiences (ACE) on indigenous peoples and the path to healing our nations

Whitney Fear RN, BSN
Wiíyowata

What does wiíyowata mean?

Why title a presentation with this term?
Generational trauma and adverse childhood experiences (ACE)

- Original ACEs study performed from 1995-1997
  - Linked the incidence of trauma in one’s life to poor health outcomes
  - Over 17,000 participants studied
  - Revealed a graded dose-response between negative health outcomes and cumulative stress

Generational trauma, while not an actual ACE, has created an additional ACE pyramid that is becoming more widely accepted.
ACE Pyramid

Generational Trauma

Adverse Childhood Experiences

Disrupted Neuro Development

Social, Emotional, and Cognitive Impairment

High-Risk Behaviors

Disease, Disability & Social Problems

Early Death

Death

Conception
Significant Events of the Past

- Assignment of monetary value to the land
- Exploitation of natural resources
- Targeting of women and children
- Elimination of ability to be self-sustainable
- Boarding school
“Transfer the savage-born infant to the surroundings of civilization, and he will grow to possess a civilized language and habit.”-Colonel Richard H. Pratt
According to Indian Health Services:

- Life expectancy 4.4 years less than the rest of the U.S. population
- 2.1 times higher rate of death from violence
- 1.7 times higher rate of death from suicide
- 4.8 times higher rate of cirrhosis
- 3 times higher rate of type II DM
- Complete lack of tracking of data related to missing persons cases and murder involving indigenous peoples

(Indian Health Services, 2017)
Homelessness

- Urbanization
- Loss of Services
- Overrepresentation
- Difficulty Adjusting
- Structural Racism
“Nothing about us, without us”

- “Typical” Western medicine approach ineffective
- Lack of significant improvements
- Significance to restoring culture and healing wounds of the past

Waun’sila
Indigenous values in health care

- Wačháŋtognáka
- Wóksape
- Wóohitika
- Wóyuonihaŋ

Tȟaópi Čík’ala, Little Wound


Generational Trauma: How Nurses Can Help

Lisa Martin, PhD, RN,PHN, AHN-BC
Misty Wilkie, PhD, RN
What is unique to indigenous nursing care?
Indigenous nurses navigate cultural differences
Models

- Lowe and Struthers (2001) Native American nursing model and nursing interventions
- Kleinman’s explanatory model (1988)
- Social determinants of health
- Social and cultural determinants of health

Connection

Holism

Respect

Trust

Traditions

Caring

Spirituality
Social determinants of health (SDOH)

Image from: https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health
# Social and cultural determinants of health

- Connection to family, community, country, language and culture
- Racism
- Early childhood development, education and youth
- Employment and income
- Housing, environment and infrastructure
- Interaction with government systems and services
- Law and justice
- Health choices
- Food security
Making an impact
In Summary…
References


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Wrap-up

Questions for the Audience:
1) How will you integrate what you learned from this webinar into your work?
2) What are other strategies you can think of that promote ‘health equity’ in your communities for Native Americans?

Press *1 on your telephone key pad to answer or ask a question (Please be sure to record your name after the prompt)
OR
Use the “chat” feature to send “everyone” a question.

If you are having trouble asking a question, please click the “Raise Hand” button on the bottom right of your screen.
Creating a vision for indigenous nursing summit

Location: St. Catherine University in St. Paul, Minn

Key Dates:
- 2018 Early (Reduced) Conference registration deadline: April 30
- Meeting: June 8-9

View the application at:
https://campaignforaction.org/creating-a-vision-for-indigenous-nursing/