



As the first person from the Tłı̨chǫ region (Northwest Territories) to obtain a degree in nursing, Lianne Mantla-Look provides care to her community members in their own language.

Indigenous nursing

with Dr Holly Graham

Talking points

Knowledge

1. What are the nine steps of the CPR RACISM guide?
2. What are the Seven Sacred Teachings?

Comprehension

3. How does Holly's personal experience with knee pain demonstrate systemic racism in healthcare?
4. How can racism affect the willingness of Indigenous patients to seek healthcare, and what are the long-term consequences of this?

Application

5. Imagine you are a nurse who suspects a patient is being treated unfairly due to racism. Based on the CPR RACISM guide, what steps would you take to address the situation?
6. How have you demonstrated the Seven Sacred Teachings in your life over the past week?

Analysis

7. What are the key differences between the Western model of health and Indigenous views of health?
8. Why might Indigenous nursing students feel disconnected or disrespected during their education and training?

Evaluation

9. Healthcare professionals are encouraged to focus on behaviours rather than labelling individuals as racist. In your opinion, why do you think Holly recommends this rather than calling someone racist when intervening?
10. Holly's mother chose not to teach her children the Cree language, believing they would have a better chance of success if English was their first language. What does this decision reveal about the lasting impact of colonialism on Indigenous identity and cultural transmission?

More resources

- Visit Holly's Futurum webpage to listen to her podcast: futurumcareers.com/health-is-wealth
- The k̄-w̄-ic̄-i-p̄-moht̄-m̄ Professional Nursing Practice Group has a wealth of resources about Indigenous health and nursing practice, along with the CPR RACISM guide: indigenousnursesppg.ca
- In this video, Indigenous Hip Hop artist Thomas X introduces the Seven Sacred Teachings: youtube.com/watch?v=ZGh1BXrf_Os
- Indigenous Nurses Day is celebrated on 10th April: casn.ca/2025/03/indigenous-nurses-day

Activity

The values at the heart of Holly's CPR RACISM guide – especially those from the Seven Sacred Teachings – are powerful tools for confronting everyday injustices, like bullying in schools.

Start by exploring the CPR RACISM guide: Read about how Holly uses this guide to help healthcare professionals intervene when they witness or suspect racism. Focus on how the guide encourages people to respond thoughtfully rather than react with blame (e.g., notice how the guide is grounded in listening, self-awareness and cultural safety) then take action.

Think about how bullying shows up in your school or community: What does bullying look or feel like? Who is often affected? Just as racism in healthcare can involve dismissing someone's voice or needs, bullying often comes from ignoring, excluding or mistreating others based on who they are. How could a guide like CPR RACISM be adapted to challenge bullying?

Adapt the CPR RACISM guide for bullying in school settings: In a group, design your own CPR approach for students to use when they see bullying or exclusion happening. What would your anti-bullying acronym be, and what would each letter stand for? Ensure your guide includes ways to support someone who has been targeted, interrupt harm and promote respect.

Present your adapted guide: Turn your ideas into a poster or infographic to share with your class. You could even create a short video or write a few 'If you see this... try this...' scenarios.

Reflection questions

- What did you learn about the similarities and differences between racism in healthcare and bullying in schools?
- How did creating an adapted version of the CPR RACISM guide help you think more deeply about everyday harm and how to respond to it?
- Which of the Seven Sacred Teachings do you think are most important when standing up for someone else? Why?
- How might your anti-bullying guide change the way students relate to each other at school?

Please send your adapted CPR RACISM guide to holly.graham@usask.ca as Holly would like to see it.