Centre for Remote Health

A joint centre of Flinders University and Charles Darwin University

Culturally Safe Practice

Kathleen Martin

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
	CULTURAL SENSITIVITY	
CULTURAL AWARENESS		
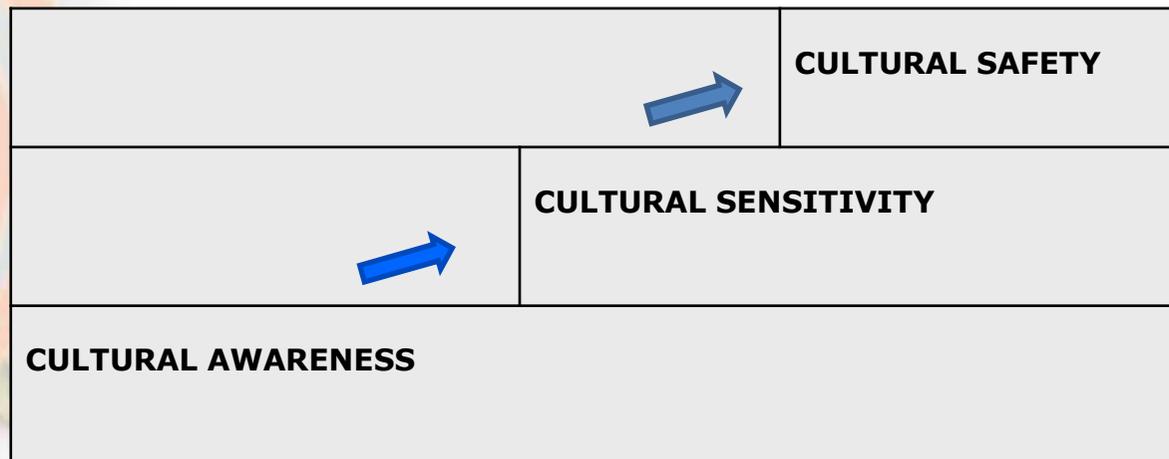
Cultural Safety Principles

- 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)

Principles of Cultural Safety

- Within the principles of cultural safety this acknowledges that the participant is the 'expert' about their personal life circumstances, and their involvement is vital in order to plan interventions that can be achieved and will result in optimal outcomes (Kearns and Dyck 2008)

- Cultural safety is primarily about examining our own cultural identities and attitudes, and being open-minded and flexible in our attitudes towards people from cultures other than our own. (Morris 2010).

- Understanding our own culture, and its influence on how we think, feel and behave is much harder. However, in the increasingly multicultural environments in which we all live and work, the importance of being culturally safe in what we do cannot be underestimated.

How could we change our practice to be more Culturally Safe?

- Reflecting on one's own culture, attitudes and beliefs about 'others'
- Have clear, value free, open and respectful communication
- Develop trust
- Recognising and avoiding stereotypical barriers
- Being prepared to engage with others in a two-way dialogue where knowledge is shared
- Check to see if the organisations that you work with has a Cultural Safety policy or guidelines.
- Look at how your own work space is set up
- Talk to Aboriginal Elders/Leaders/Workers and ask them if they think the work area is culturally safe or not.
- Celebrate Indigenous Events

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Other Frameworks of Cultural Safety

Cultural Competence is "the ongoing process in which the health care provider continuously strives to achieve the ability to effectively work within the cultural context of the client" (Campinha-Bacote 2002)

Cultural Security is a term often used in Western Australian health and community services. It is a framework that allows services to work effectively with Aboriginal and Torres Strait Islander peoples.

Cultural Respect is defined as …the recognition, protection and continued advancement of the inherent rights, cultures and traditions of Aboriginal and Torres Strait Islander peoples.

- Any Questions?

Centre for Remote Health

Contact Details

- Email: kathleen.martin@flinders.edu.au

- Web: http://www.crh.org.au

- Phone: +61 8 8951 4700

- Post: PO Box 4066
              Alice Springs NT 0871
              Australia

- Visit: Corner of Simpson St and
              Skinner St, Alice Springs

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