



McGill

Department of  
Family Medicine

Département de  
médecine de famille

# Reflecting on Inuit Healthcare and Research

Richard Budgell (Labrador Inuit)

Professor of Practice

# Inuit Nunangat



# Here for a while

- Four Inuit cultures – Pre-Dorset (2000-500 BCE) Dorset (500 BCE to 1000-1500 CE), Thule (200 BCE to 1600 CE) and modern Inuit - have inhabited northern North America
- **Inuit Nunangat** is the contemporary term used to describe the Inuit homeland in Canada: Inuvialuit region in the western Arctic; Nunavut; Nunavik (northern Quebec); and Nunatsiavut (northern Labrador)
- Canadian Inuit population 2016 was 65,025, which includes Inuit who live permanently or semi-permanently in southern Canada, such as in St. John's NL, Montreal, Ottawa and Edmonton

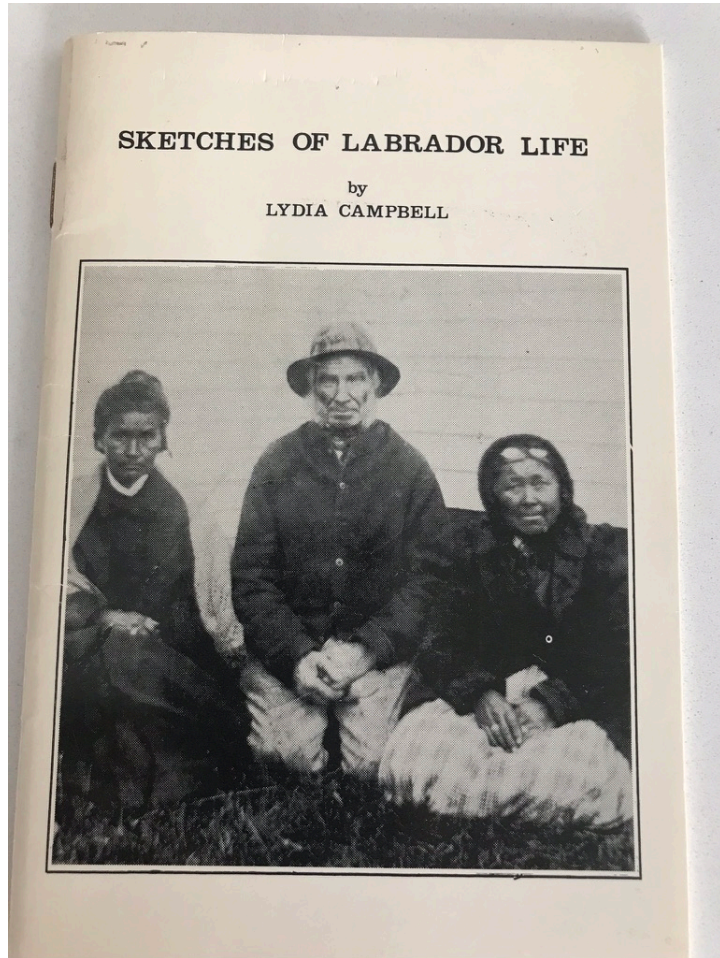
# Indigenous... but not First Nations



- The 1876 *Indian Act* has never applied to Inuit; Inuit do not have “status” and our communities are not on “federal” or “reserve” land
- Inuit were nevertheless deemed a federal responsibility under the 1867 *Constitution Act* because of a 1939 Supreme Court of Canada decision known as *Re: Eskimo*.
- Inuit pursued recognition of their rights and lands through land claims negotiations that resulted in modern treaties, beginning with the 1975 *James Bay and Northern Quebec Agreement*, which covers the Eeyou (James Bay Cree) and the Nunavik Inuit
- The most recent Inuit modern treaty is the 2005 *Labrador Inuit Final Land Claims Agreement*, which created the Nunatsiavut Government, of which I am a beneficiary
- *Suggested resource: How to talk about Indigenous people, YouTube*



Where we ended up



# Breaking stereotypes

- Lydia Brooks Blake Campbell (1818-1905) was my great-great-great grandmother (r, in photo)
- In 2009, she was recognized as a “Person of National Historical Significance” by the Historic Sites and Monuments Board of Canada
- Her Memoir *Sketches of Labrador Life* was published in a Newfoundland newspaper in 1894; she was the first Labradorian, and probably the first person of Inuit ancestry, to have written work published in Canada
- She describes herself as “a native of this country, Labrador’s Hamilton’s Inlet, Eskimaux Bay.”

# Breaking stereotypes

## Labrador Inuit Nurses

Rhyna McLean

1936-2017

North West River/Labrador  
City, Labrador

Millicent Blake Loder

1915-2003

Rigolet/North West River,  
Labrador



# Some concepts

- ***Inuit Qauqimajatuqangit*** (IQ): that which has long been known by Inuit; Inuit traditional knowledge, institutions, or technology
- ***Inuuqatigiitsiarniq***: respect and care for others
- ***Cultural humility***\*: (Tervalon and Murray-Garcia, 1998)

\*Suggested resource: "What is Cultural Safety and Humility? 'Creating a Climate for Change'", [www.fnha.ca](http://www.fnha.ca)







## Question for discussion

- My closest colleague in my work (medical practice; research project) is an Indigenous person.
- How does this change the way I work?