

Summary Report

Atlantic Indigenous Mentorship Network Kausattumi Grants Program, 2020-2021

ERICA SAMMS HURLEY, PHD IN NURSING

At the heart of health care: An exploration into Mi'kmaq women's understanding of heart

Description of Research

The purpose of the research is to explore what heart means to Mi'kmaq women in western Newfoundland and to: 1) inquire into the meaning of heart in relation to wellness of Indigenous women in the western region of Newfoundland; 2) co-create meaningful and sustainable interventions alongside Indigenous women that would enhance heart wellness; and 3) co-develop heart health interventions grounded in the knowledge and experience of Indigenous women and their communities that can be implemented by health care providers. The research is taking place within the western region of Newfoundland. I hold strong connections within the Mi'kmaq communities of the west coast; family is from Flat Bay. This helps me build on existing personal and professional relationships I hold with communities, which would further enhance a strong community-based approach (CBA) that values long-term relationships.

My long-term goal is to contribute to the health of Mi'kmaq women in good ways. I am taking a community-based approach to my research, utilizing an Indigenous research methodology. My methodology is reflective of a Mi'kmaq worldview. The research methods are being guided by the community, in alignment with an Indigenous research methodology, possibly include talking circles, individual interviews, etc. Knowledge mobilization and dissemination strategies will be co-developed with communities. The communities' involvement is critical in the development of toolkits, presentations, publications and other more innovative forms of knowledge dissemination. I successfully complete my proposal defense in October 2020 and am currently completing data collection.

Research Outcomes

I have completed all required course work pertaining to the requirements of the PhD of nursing. Additionally, I completed my comprehensive examination spring 2020 followed by successfully completing my proposal defense in October 2020. I have started the research and am currently in the process of collecting knowledge/stories with the women. I had also stated that the work may lead to the creation of concrete interventions to be implemented regarding Indigenous women and cardiovascular health, but again the research is only starting and imagining and creating interventions are long term goals.

Knowledge Sharing

- Hurley, E. (2021). Kamulamun (heart): A community-based research study to explore Mi'kmaq Women's understanding of heart health and wellbeing. Canadian Association of Schools of Nursing, 2021 Virtual Nursing Education Conference. (online)
- Hurley, E. (2021). At the Kamulamun (heart) of Wellbeing for Mi'kmaw Women. Canadian Doctoral Nursing Network Conference. (online)
- Hurley, E. (2021). Speaking heart: Listening to Mi'kmaw women talk about Kamulamun (heart). Atlantic Region Canadian Association of Schools of Nursing Conference (Poster presentation, online)
- Hurley, E. (2021). At the Kamulamun (heart) of health care: An exploration into Mi'kmaw women's understanding of heart. National Gathering of Graduate Students (online).
- Hurley, E. (2021). At the Kamulamun (heart) of wellbeing. 18th Annual Indigenous Graduate Student Symposium (IGSS) (online).
- Hurley, E. (2021). 2021. Kamulamun (heart): A community based participatory research study. National Gathering of Graduate Students (online).
- Hurley, E. (2021). At the Kamulamun (heart) of wellness. Atlantic Indigenous Mentorship Network- Graduate Student Seminar Series (online).

Completed Project Deliverables

- Successful completion of proposal defense
- Expanding knowledge of Indigenous research

Forthcoming Project Deliverables

- Completion of data collection
- Continued proposal writing

Activities Outside of Your Research

- Invited guest; Presenter, Community Based Research Canada, Webinar: *Panel on Bridging Indigenous and Western Research Paradigms*
- *It's All About Relationships: Indigenous Education and the Promise of Indigenization*, Teaching and Learning Conference, Memorial University of Newfoundland
- *Marie Battiste: Indigenizing the Academy*, Western University, Webinar
- *Intersections of MMIW & Trafficking: Panel Webinar*
- *Two-Spirit Teachings with Gabe Castilloux-Calgary Pride Learning Series*, Webinar
- *Intersex 101-Calgary Pride Learning Series*, Webinar
- Canadian Institute of Health Research, *Career Development Workshop*, Online Workshop

Future Plans

My future plans include continuing to expand my knowledge in Indigenous research, data collection, data analysis, and engaging the community. In the coming year, I will work on continued data collection, relationship strengthening, data interpretation, and data sharing along with work on my thesis.