

# Summary Report

Atlantic Indigenous Mentorship Network Kausattumi Grants Program, 2019-2020

ERICA SAMMS HURLEY, PHD IN NURSING

*Nkamulamun (My Heart): A Community Based Participatory Research Study to Develop Heart Wellness Interventions for Mi'kmaq Women*

***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 will take place within the western region of Newfoundland. I hold strong connections within the Mi'kmaq community of this region. This helps me build on my 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 will take a community-based approach to my research, utilizing an Indigenous research methodology. My methodology will be reflective of a Mi'kmaq worldview. The research methods will be guided by the community, in alignment with an IRM approach, but will 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 am currently set to complete my defense in October with a hopeful start date for research to officially commence in February 2021.

***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. Therefore, my planned outcomes, which include expanding my knowledge of Indigenous research and completing my comprehensive examinations, were met. I have also started proposal writing, for completion of the candidacy examination. Additionally, I had stated I wanted to increase knowledge regarding Indigenous woman's thoughts of heart, which I will continue to work on as the research is not yet started. 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 at beginning stages of implementation and these are long term goals.

### ***Knowledge Sharing***

- CIHR Health Research Forum Poster Presentation
- Online Gathering of Indigenous Mentorship Networking Program

### ***Completed Project Deliverables***

- Successful completion of comprehensive examinations
- Expanding knowledge of Indigenous research

### ***Forthcoming Project Deliverables***

- Completion of Defense
- Commencement of research data collection

### ***Activities Outside of Your Research***

- Canadian Nurses Association Engagement Session- NL, Webinar, Participant
- Indigenous peoples' access to health services: Overcoming barriers to support wise practices, National Collaborating Centre for Indigenous Health, Webinar (Participant)
- Kikino'amaagoowin: Indigenous Community Partnerships, Dr. Jean-Paul Restoule and Dr. Angela Nardozi, Webinar (Participant)
- Beyond the Braids: Indigenous Health and Reconciliation, Multidisciplinary Rounds, Western Memorial Regional Hospital (presented)
- Community ceremony
- Hurley, E. & Jackson, M.K. (2020). Msit No'kmaq: An Exploration of Positionality and Identity in Indigenous Research. *Witness: The Canadian Journal of Nursing Discourse*, 2(1), 39-50

### ***Future Plans***

My future plans include continuing to expand my knowledge in Indigenous research, data collection, data analysis, and engaging the community. I have reached out and connected with the (Mi'kmaq) Chief and Councils within Western Newfoundland. I plan to meet with each one and discuss my research to continue to include them in the process and obtain feedback about the proposed research. In the coming year, I will work towards completing at least 3 chapters for my proposal. I will also apply to all the ethical boards in the anticipation of moving forward with the research.