



# In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

## Featured article:

Latimer, M., Sylliboy, J. R., MacLeod, E., Rudderham, S., Francis, J., Hutt-MacLeod, D., Harman, K., Finley, G. A. (2018). **Creating a safe space for First Nations youth to share their pain.** PAIN Reports, 3(2018) e682. <http://dx.doi.org/10.1097/PR9.0000000000000682>

## Key insights from the study:

- **Cultural Expression of Pain:** The study highlights that First Nations youth often express their pain through art rather than verbal communication, showing a mix of physical, emotional, mental, and spiritual pain.
- **Importance of Safe Spaces:** Creating a [culturally safe and supportive environment](#) allowed youth to share their pain more openly, emphasizing the value of trust and cultural sensitivity in pain assessment.
- **Need for Culturally Appropriate Methods:** The findings stress the importance of using culturally relevant tools, like Talking Circles and art, to understand pain in Indigenous youth.

## What happened?

Researchers conducted a community-based participatory study in four First Nation communities in Canada, involving 42 youth aged 8 to 17 years. Using a combination of Talking Circles and art-based workshops, the youth shared their experiences of pain. The study analyzed these expressions using the Indigenous Medicine Wheel framework, categorizing pain into physical, emotional, mental, and spiritual dimensions.

## Why is it important?

This research underscores the unique ways that Indigenous youth express pain, which often differs from conventional Western pain assessment methods. By highlighting the need for culturally safe spaces and relevant assessment tools, the study provides essential insights for healthcare providers to better support First Nations youth, addressing a significant gap in healthcare for this population.

## What now?

The study calls for healthcare systems to prioritize creating culturally safe environments where Indigenous youth feel comfortable expressing their pain. This could involve training healthcare providers in culturally sensitive and integrative approaches and [the use of tools like art](#) and Talking Circles in pain assessment. By adopting these strategies, healthcare providers can build trust and deliver more effective care tailored to the needs of First Nations youth. The study also encourages policymakers to support initiatives that incorporate Indigenous perspectives into standard healthcare practices.

