



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Latimer, M., Sylliboy, J. R., Francis, J., Amey, S., Rudderham, S., Finley, G. A., MacLeod, E., & Paul, K. (2020). **Co-creating better healthcare experiences for First Nations children and youth: The FIRST approach emerges from Two-Eyed Seeing.** *Paediatric and Neonatal Pain*, 2, 104–112. <https://doi.org/10.1002/pne2.12024>

Key insights from the study:

- **Two-Eyed Seeing Approach:** This study used a [Two-Eyed Seeing](#) approach, which combines Indigenous and Western perspectives to co-create healthcare practices that respect and integrate the knowledge and values of First Nations communities.
- **The FIRST Approach:** Developed through community engagement, the FIRST approach emphasizes Family, Information, Relationship, Safe-Space, and Two-Eyed treatment to improve healthcare experiences for First Nations children and youth.
- **Culturally Safe Care:** The study highlights the importance of creating culturally safe healthcare environments that honor the emotional, spiritual, mental, and physical dimensions of health, as experienced by First Nations peoples.

What happened?

Researchers engaged with 220 participants from four First Nations communities, including children, parents, Elders, and healthcare professionals, through interviews and conversation sessions. Using a community-based, participatory action approach embedded in Two-Eyed Seeing, the study gathered insights on how First Nations children and youth experience pain and healthcare. Thematic analysis of these discussions led to the development of the FIRST approach, which offers guidance for clinicians to provide more respectful, culturally safe care.

Why is it important?

This study addresses the gap in culturally appropriate healthcare for First Nations children and youth, who often experience pain that is not fully understood or adequately managed within Western healthcare models. By integrating Indigenous knowledge and values, the FIRST approach provides a framework for healthcare providers to build trust, communicate effectively, and better meet the needs of Indigenous patients by understanding that pain is expressed differently and often intertwined with historical and community experiences.

What now?

To improve healthcare for First Nations children and youth, the study suggests healthcare providers adopt [the FIRST approach](#), focusing on building relationships, ensuring cultural safety, and respecting the family and community context of their patients. Training in Two-Eyed Seeing and cultural competency is recommended for clinicians to enhance their understanding and delivery of care. Further research should explore the implementation of the FIRST approach in various healthcare settings to validate its effectiveness and identify areas for refinement.

