



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

VanEvery, R., Latimer, M., & Naveau, A. (2022). **Clinical Strategies to Develop Connections, Promote Health and Address Pain From the Perspectives of Indigenous Youth, Elders, and Clinicians.** *Frontiers in Pain Research*, 3:857624. <https://doi.org/10.3389/fpain.2022.857624>

Key insights from the study:

- **Cultural Approach to Pain:** The study emphasizes using culturally safe approaches like the [Two-Eyed Seeing framework](#) and the Medicine Wheel to understand and manage pain in Indigenous youth.
- **Youth-Centered Strategies:** The LISTEN approach (Language, Individual, Share, Teachable moments, Engage, and Navigate) provides practical strategies for healthcare providers to connect with Indigenous youth and address pain in a respectful and effective way.
- **Barriers to Care:** Identifies key challenges, including communication barriers, cultural misunderstandings, and the impact of colonization, that affect how Indigenous youth experience and express pain.

What happened?

This study used a community-based participatory action research approach to gather insights from 33 participants across three groups: Indigenous youth, Elders, and clinicians on managing pain. Researchers utilized the Two-Eyed Seeing and Medicine Wheel frameworks to guide their analysis, emphasizing the integration of Indigenous and Western knowledge. The study identified predictors of health imbalance and strategies to re-establish balance, highlighting the importance of culturally safe and Indigenous-led healthcare. The [LISTEN approach](#) was developed as a result of the findings.

Why is it important?

Indigenous youth often face unique challenges in accessing culturally safe healthcare, which can impact their pain management and overall well-being. This study sheds light on how culturally informed strategies can help bridge gaps between Indigenous youth and healthcare providers, promoting better health outcomes. Clinician understanding and respecting Indigenous ways of expressing pain, such as body language or storytelling, can lead to more accurate assessments and more effective care. The LISTEN approach offers a practical guide for clinicians to create safe and supportive environments for Indigenous youth, ensuring that their needs are met in a holistic manner.

What now?

Healthcare providers should adopt the LISTEN approach to better connect with Indigenous youth, using respectful communication, recognizing individual experiences, and integrating Indigenous knowledge into care. This approach can improve pain management and overall health outcomes by creating a supportive healthcare setting environment.

