

Awareness of Actions to Reduce Dementia Risk Among First Nations People in File Hills Qu'Appelle Tribal Council:

A Review of the Brain Health PRO Platform

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Objectives

- Identify specific ways the tool can be made more culturally relevant for First Nations people in File Hills Qu'Appelle Tribal Council (FHQTC), Saskatchewan
- Develop guiding principles for a culturally safe Brain Health PRO adaptation
- Increase awareness of dementia risk and prevention in First Nations communities

Adaptation Meetings

- Initial meetings focused on reviewing Brain Health PRO content and approaches to education, each meeting focused on a different topic
- Changes were made to align with First Nations worldviews, including:
 - Changed meeting format due to community member feedback
 - We began meetings with ceremony led by an Elder
 - Adapted consent process to include oral consent
 - Mental health resources were shared

Community Research Advisory Committee (CRAC)

- CRAC is made up of 11 Knowledge Keepers, health directors, FHQTC community members, health care professionals, and policy makers/stakeholders

Lessons



Brain Health PRO

- Brain Health PRO is an educational tool aimed at older adults, with the goal of preventing cognitive decline



Qualitative Analysis

- Discussions were recorded and transcribed
- An adaptation of Collective Consensual Data Analytic Procedure (CCDAP) was used
- Experiences and ideas were identified in transcripts and coded; codes were then sorted to reveal broader themes
- Themes were used to inform knowledge dissemination materials

Conclusion

- Integration of Indigenous and Western concepts is preferred over a full adaptation
- Non-Indigenous members of the research team need to familiarize themselves with the priorities of community members and ways they would like them to be addressed
- At-home, digital, and individualized educational tools are not likely to garner interest from FHQTC community members

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