Thoughts about Shots

Findings from interviews and sharing circles with Cowichan Tribes members
Disclosure Statement

• We have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization

• Dr. Bettinger is a member of the National Advisory Committee on Immunization and the BC Immunization Committee
• About 2 to 5 out of 10 Cowichan infants and children not immunized
• Increase in diseases that can be prevented by vaccines/shots
• COVID made the situation worse
HOW WE DID THE WORK

• February 2020: sharing circles with community members

• Phone or video interviews April 2020-March 2021:
  • RA spoke with people who work in the community
  • Elders spoke with community members

• Spoke with 25 community members and people who work in the community

• Feb 2022 FB event with community members
Importance of Family Member Opinions (especially matriarch)

“But we trust, our relatives more than we trust anybody on the outside, which is, you know, obviously because of all the, like, the issues with colonization. The majority of our community would trust a rumor from an Elder more than the truth from a doctor, if that makes sense.”
Long-term Relationships

“There are certain families who only want to deal with certain nurses based on she was—you know, my mum’s nurse or, you know, I know her because she immunized me as a kid. And I saw her all the way through. I trust that nurse, and I want to deal with that nurse.”
Vaccine information

- Parents want vaccine information they can understand
- Variety of formats
  - Online, video, posters, handouts
- Should be culturally appropriate
Legacy of Colonialism Affects Trust

- Experience of other family members with health care system affect whether parents want to vaccinate their children
- High level of mistrust in existing health system and center
What's missing?

Lack of trust because...
- Residential schools and experience with shuttles
- We share with our children
- It's a rapidly changing technology, it takes time to be familiar

Grandma, Grandpa were the ones who taught them

Closing

Diseases were not around when traditional medicine was developed

Breastfeeding
- Hold them
- Share what to expect
- Topical cream to reduce discomfort

Controlled Choice
- Distraction

Pain management
- Cost and availability of numbing patch
- Talk to your nurse
  - About questions
  - Concerns about adverse reactions

Shared decision making

Immunizations are monitored for safety by public health

Encourage your family to be there for them

Cultural safety
- Meet people where they are at
- Be respectful

Community
- History
- Context
- Tone

Health promotion
- Easier to recognize and fight infection

Traditional medicine
- From the heart
- Generation to generation
- Different for each family
- There are workshops to gain knowledge in food preparation
WHAT WE LEARNT

- Importance of Family Member Opinions
- Legacy of Colonialism Affects Trust
- Vaccine Information They Can Understand
- Culturally Appropriate
- Long Term Relationships Can Start to Build Trust

WHAT'S MISSING?

- Lack of Trust
  - Because...
    - Residential schools and experience with them
    - We share with our children
    - It's a rapidly changing technology, it takes time to be familiar
  - Closeness
    - Bonding
    - Holding
    - Smiling
    - Touch
    - Pain management
    - Controlled choice
    - Cost and availability of sampling pack
    - Immunisations are monitored for severity by public health
    - Talk to your nurse (about questions)

CULTURAL SAFETY

- Meet twice a year
- Traditional medicine
  - From the heart generation to generation
  - There are workshops to gain knowledge
  - Skills in food preparation

THANK YOU TO EVERYONE WHO PARTICIPATED!
Huy steep q'u (Thank You)
To everyone who spoke with us about their thoughts about shots!