

Mi'kmaq Culture

The Mi'kmaq women are an indigenous culture primarily located in a rural area in Nova Scotia. The Mi'kmaq is one of the original inhabitants of the Atlantic Provinces of Canada (Burns et al., 2019). Artistry, Music, and feasts are essential elements of the Mi'kmaq culture. The Mi'kmaq uses chants to express emotions rather than using words with meanings (The Canadian Encyclopedia, 2008). The Mi'kmaq is a spiritually driven community influenced closely by the natural world. They believe in the "Great Spirit," the creator of the universe (The Canadian Encyclopedia, 2008). The Mi'kmaq believe that living a good, balanced life and good treatment of other creatures is fundamental for a long, prosperous life (The Canadian Encyclopedia, 2008).

In the Mi'kmaq culture, pain and suffering is a common role for these women. Indigenous women see the pain from labor and delivery as their role or job within the community and embrace the pain (Burns et al., 2019).

Familiar structures in the Mi'kmaq culture are that men are traditionally hunters and the women's roles are gatherers, raising children, and caring for the community (The Canadian Encyclopedia, 2008). The Mi'kmaq culture has a language called Mi'gma'gi (The Canadian Encyclopedia, 2008). This culture also communicates through pictographs (The Canadian Encyclopedia, 2008). The dietary needs of this culture include eating off the land (The Canadian Encyclopedia, 2008). The culture eats homegrown foods and hunts animals for meat (The Canadian Encyclopedia, 2008).

Maternal care for this group of indigenous women is limited, and the women typically do not have the best quality of maternal care regarding cultural sensitivity (Burns et al., 2019). Critical implications for using cultural competence when caring for a postpartum mother of the Mi'kmaq women is the promotion of patient advocacy and cultural support so that the women

can feel the healthcare team is providing culturally safe professional maternal care (Burns et al., 2019).

One nursing intervention that a student can use when interacting with someone from the Mi'kmaq culture is simply understanding the culture. In an interview with the Mi'kmaq women, they report that they appreciate when community health nurses understand the importance of their culture (Power et al., 2021). Another suggestion would be to focus on homeopathic interventions for this culture. This culture is massive in the community, so a tip would be to let the community/ family help with clients if the clients want to receive the help.

References:

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