



BIRTHING IN A GOOD WAY

FAMILY BOOKLET

Centre universitaire
de santé McGill



McGill University
Health Centre

Project by
United for Joyce group

Funding from
Nursing Innovation Grant
The MUHC Foundation
The Herta and Paul Amirian estate

TUNNGASUGIT!

כ"ק

We recognize the Kanien'kehá:ka (Mohawk) Nation as the guardians of the land and waters on which we gather in Tio'tia:ke (Montreal).

Dedication

This project is dedicated to the memory of Joyce Echaquan, her family and the Atikamekw Nehirowisiw nation. It is the beginning of our journey to implement Joyce's Principle.



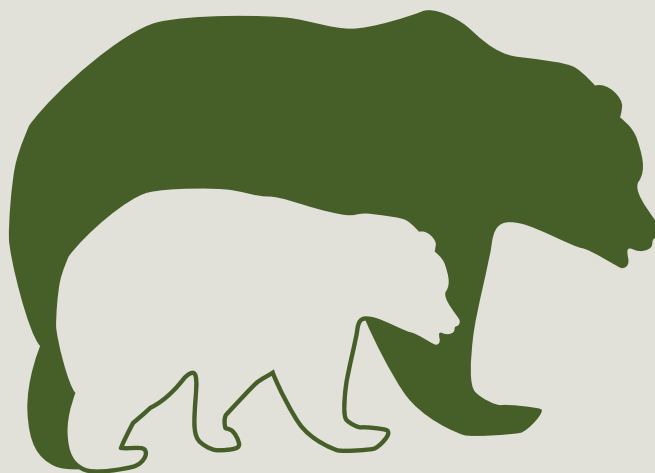
Art by Eruoma Awashish

About the Project

Giving birth can be an exciting, joyous and at times unsettling experience, especially when giving birth hundreds of kilometres away from home.

To make your stay easier, the MUHC and its partners in the Cree and Inuit communities have implemented measures to ensure you have a safe and positive birth experience.

This booklet reflects changes made after consultations with Inuit and Cree families for the pilot version of this project. We are excited about creating bridges with other Indigenous communities soon to make more positive changes.



GOALS OF THE PROJECT

Based on consultations with Indigenous families



Increase family presence



Increase access to traditional foods



Provide home like environment and facilitate traditional birthing practices



Provide cultural safety training for staff

*To help you
feel more at
home while
you are here.*

FAMILY AND VISITORS

- Up to four (4) family members are allowed at the bedside. If you were transferred with your midwife, they are welcome to accompany you as a visitor at your birth. Keep in mind, patient rooms are equipped with sleeping accommodation for one person only. Only one person is allowed during cesarean sections and in the recovery room.
- If you wish your child to be present, please contact the department at (514) 934-1934 x31592 and speak with the manager to review possibilities.
- We encourage you to choose one person who will be responsible for communicating with the healthcare team for information or updates in the care. That person will then give the information to the rest of the family and visitors.



The patient alone decides who is their family regardless of legal or official relationship.

FAMILY AND VISITORS



- In certain areas and in certain situations, we may ask that family and visitors remain in family waiting rooms.
- There are dedicated waiting rooms and spaces within the patient's rooms, where families are welcome to relax and participate in patient care. Your nurse will review this with you when you arrive at the hospital. For safety reasons, family and visitors should remain in designated family spaces and waiting rooms and avoid gathering in the hallway.
- The family room located in the Postpartum unit is available to family and visitors.

Note: Family who have infectious symptoms should postpone their visit. If your main support person is symptomatic, they can remain with you but no other visitors are allowed.

FAMILY ROOMS



*Waiting room in Birthing Centre
at the entrance to Triage*

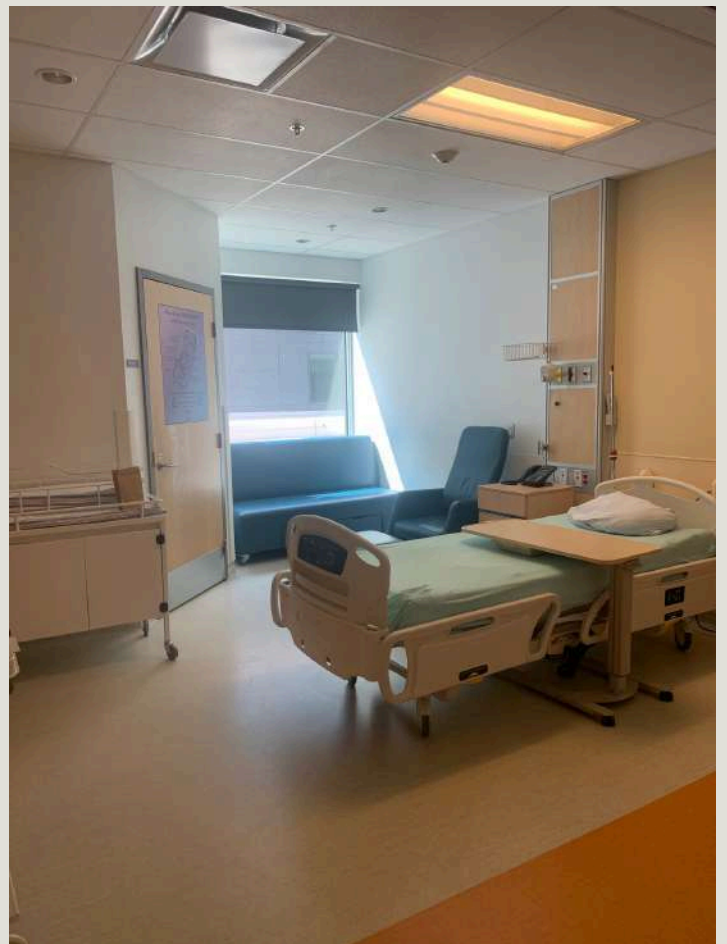
*Family room in Postpartum
D06.1211*



PATIENT ROOMS



Room in Birthing Centre



Room in Antepartum/Postpartum

TRADITIONAL FOOD

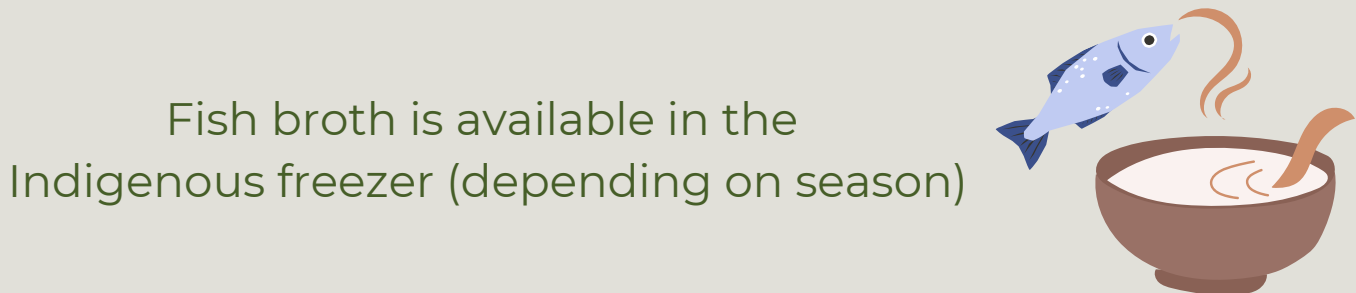


Moose/caribou/goose stew is available in the Indigenous freezer

Bannock is available to order through the cafeteria



Chisasibi and Labrador tea are available (depending on season), ask your nurse for a kettle and tea



Fish broth is available in the Indigenous freezer (depending on season)

TRADITIONAL FOOD



A fridge and freezer for Indigenous women and their families is available to you. It is on D6 near the central nursing station.



You are welcome to store any food you bring in the Indigenous fridge/freezer as long as it is labelled with your name and the date!

HOME LIKE ENVIRONMENT

Artwork by Cree artist Natasia Mukash of Whapmagoostui

*If you would like to have one or more of these prints in your room,
please ask your nurse and they will bring them!*



HOME LIKE ENVIRONMENT

If you would like to have art or seal pelts in your room, please ask your nurse and they will bring them!

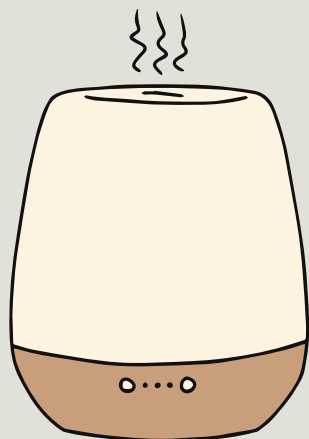
Artwork by Inuk artist Ulaayu Pilurtuut



Seal Pelts



HOME LIKE ENVIRONMENT



Balsam Fir, Lavender and Labrador essential oils available to be used in a diffuser

We are working on being able to accommodate smudging, for the time being smudging spray is available



If you are here for a long stay, beading kits from Cvltvre Bead are available

If you would like to have one of these elements in your room, please ask your nurse and they will bring them!

TRADITIONAL PRACTICES

If this is your first child or you have never received one, a Cree birth bundle may be available to you thanks to Nishiiyuu. If you are unfamiliar with the birth bundle teachings, an Elder may also be available to visit you. Ask your nurse for more information.



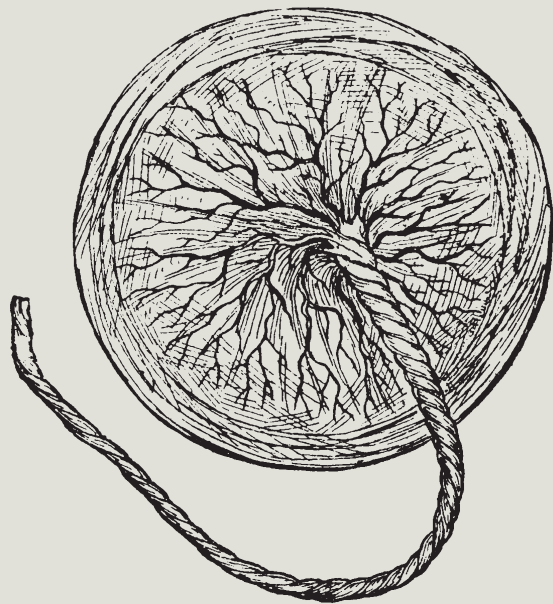
If there are any other traditional practices that you would like to have during the birth of your baby, please let your nurse know.

TRADITIONAL PRACTICES



The person of your choice can cut your baby's cord at birth. It can also be yourself!

If you would like to take your placenta home for a ceremony, ask your nurse for a release form to sign. We can help you with that process.



If there are any other traditional practices that you would like to have during the birth of your baby, please let your nurse know.

ACCESS TO AN INTERPRETER

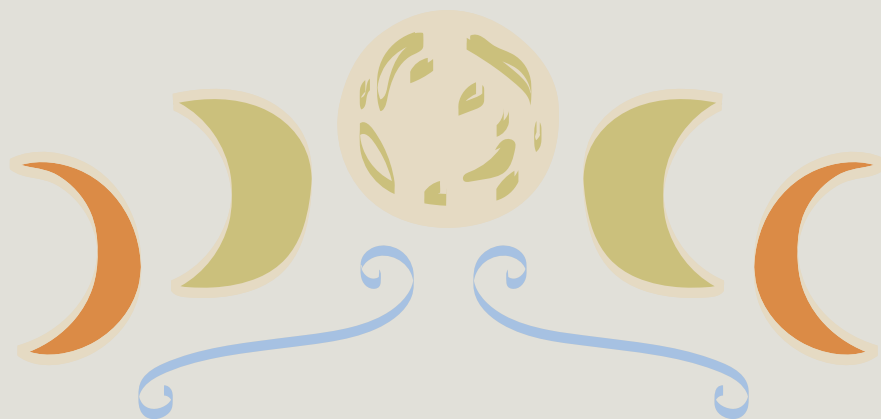
If you would like an interpreter to better understand your options for you and your family, please ask your nurse and she will contact one!



ACCESS TO SPIRITUAL CARE

To reach a spiritual care professional any time of day or night to help you through a difficult time, ask your nurse to call them.

A prayer and meditation room is open 24/7 in Room A 02.0045



Spiritual care professionals do not represent any church or religious institution in particular but respond to all patients in the greatest respect of their beliefs, values, or tradition.

NEED SOMEONE TO TALK TO?



Looking for immediate emotional support? Call the Wiichihiituwin Helpline 1-833-632-4357 (HELP).

Service available 24/7. Cree speakers and Elders are available upon request.



Are you experiencing violence and need immediate support? Call SOS Violence 1 (800) 363-9010. Service available 24/7.



YOUR RIGHTS



**Le Comité des usagers
du Centre universitaire de santé McGill**

**The Patients' Committee
of the McGill University Health Centre**

Site Glen, D04.7514,
1001, boul. Décarie, Montréal, H4A 3J1
(514) 934-1934, Poste/Ext. 31968
patients.comm@muhc.mcgill.ca

Design: Cheryl Delaronde • 2021

Welcome

The McGill University Health Centre (MUHC) Patients' Committee is composed of individuals or their loved ones who are receiving or have received care at any of our hospitals. We are elected to represent all patients.

You have the right to:

- Receive care in a welcoming and safe place
- Be treated with respect and with dignity
- Have privacy when receiving personal care
- Have access to your personal medical file
- Know about the condition of your health
- Participate in decisions about your health care, well-being, and end of life

What we do:

- Listen to you
- Give you information
- Represent you on hospital committees, including the Board of Directors of the MUHC
- Support spiritual beliefs and practices that preserve your health and wellbeing.

We help you:

- Use the MUHC hospitals, clinics and services
- Submit a complaint or a suggestion

For further information:

(514) 934-1934, Ext. 31968
Email: patients.comm@muhc.mcgill.ca
Website: MUHC.ca/patientscommittee

YOUR RIGHTS

Bienvenue

Le Comité des usagers du Centre universitaire de santé McGill (CUSM) est composé de personnes ou les proches de personnes qui reçoivent ou ont reçus des soins dans l'un de nos hopitaux. Nous sommes élus pour représenter tous les patients.

Vous avez le droit de:

- Recevoir des soins dans un endroit accueillant et sécuritaire
- Être traité avec respect et dignité
- Exiger que les données personnelles concernant votre santé soient traitées en toute confidentialité
- Avoir accès à votre dossier médical
- Connaître votre état de santé
- Participer aux décisions concernant vos soins de santé, votre bien-être et les soins de fin de vie

Ce que nous faisons:

- Nous vous écoutons
- Nous vous renseignons
- Nous vous représentons au sein des comités hospitaliers, y compris le conseil d'administration du CUSM.
- Nous vous aidons à soutenir les croyances et pratiques spirituelles qui préservent la santé et le bien-être des patients

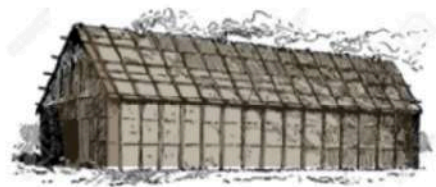
Nous vous aidons à:

- Recourir aux cliniques et services hospitaliers du CUSM
- Formuler une plainte ou une suggestion

Renseignez- vous:

Téléphone: (514) 934-1934, Poste 31968
Courriel: patients.comm@muhc.mcgill.ca
Site internet: CUSM.ca/comitedesusagers

Shè:kon

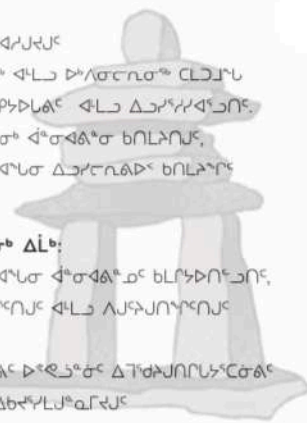


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Kahíá:ton tsi nénhsiere tóka
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sonkw`ee:ta í:iah
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wa’teshakotihshnie tsi nikari:wes
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Tóka shí:ken tsi ní:io tsi
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ne Tsi Tehshakotitsèn:tha,
cc Comite des Usagers CUSM;
MUHC Patients Committee,
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CONTACT ULLIVIK & WIICHIITUWIN



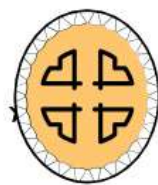
Ullivik (Formerly Northern Module)

514 932-9047

Transport, lodging, interpreters, liaison, meals for Inuit of Nunavik (Nunavimmiut)

Wiichihiituwin (Formerly Cree Patient Services)
514 989-1393

Transport, lodging, interpreters, liaison, meals for Cree of Eeyou Istchee



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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

If you're looking for another type of ressource in Montreal such as help living in the city, addiction ressources, judicial support, emergency shelter, day centres with free meals, clothes, toiletries and showers please ask your nurse!

NAKURMIIK! MIIKWECH!



Thank you for reading. If you have any questions about this booklet, please ask your nurse. If there is anything we can do to make your stay more comfortable, we will do our best to make you feel at home. If you have any suggestions to help us improve birth experiences, we would love to hear them.

