

APPROACHES TO HEALTH CARE

MEDICAL KNOWLEDGE SYSTEMS

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- Medical Knowledge Systems are the approaches to health care that are used to treat patients
- Health Care can be viewed in a variety of different ways based on our **cultural background, religious views and/or education**. There are two main classifications of approaches to health care: holistic and analytical.

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A) Holistic
 considers **total patient care** which includes the physical, emotional, social, economic, and spiritual needs of the person; his or her response to illness; and the effect of the illness on the ability to meet self-care needs.

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B) Analytical
 - is **very targeted and detail oriented**. The problem or issue is broken down into small parts in order to solve it. Facts are validated and supported through proof.

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- **Analytic**--Taking wholes apart to find separate causes/effects
- **Holistic**—Leaving wholes be and seeking to harmonize the parts

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) Traditional Medicine
 Traditional Medicine is based on the **cultural beliefs** and **practices** handed down from **generation to generation** within various societies used to maintain **physical** and **spiritual** health.


Every culture has its own types of traditional **medicines** and **treatments**.

Traditional medicine is the oldest form of health care, developed before the era of Western Science.

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Characteristics of this System

- consider the **mind, body and spirit** in the prevention, diagnosis, & treatment of illness
- Healers focus on **intervention & prevention** and may use:
 - : **Traditional Medicine** (plants, minerals) to treat the illness
 - : **Traditional Healing** (treatments, activities, ceremonies) to treat the whole person/community
- Traditional approaches are **holistic**
 - : is a **way of life**, not just a cure for an ailment
- Traditional herbs and plants have provided the basis for many pharmaceutical treatments used by Western Science today



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Roles of the Practitioner and Patient

Practitioner:

- has no "formal training" & is **NOT licensed** = uses past knowledge to "diagnose" patients
- in some cultures is believed to have **inherited** the "gift" of healing
- Usually uses ceremonies/rituals
- is not forceful
- doesn't provide **prescriptions** for **western (licensed) medicines**

Patient:

- participates in **rituals**
- is willing to see their problem as **connected to their whole body**



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Aboriginal Medicine and Healing Practices:

<https://www.youtube.com/watch?v=2p-Eny6z0M4n-Ps> Indigenous world view 3:58

- **Elders** (Healers) use a holistic approach to healing
- The healing relationship is **based on virtues**: respect, humility, compassion, honesty, truth, sharing, hospitality and divine love = traditional Aboriginal care recognizes many **routes to healing** including: talking, crying, laughing, dancing, sweating, yawning, and yelling (venting)
- Every treatment involves feeling a part of a **shared culture** = much traditional healing centers around group ceremonies including: prayers, the sharing of a meal, the use of traditional medicines and practices such as sweat lodges.

Healing also involves feeling a connection with the **land and nature**.

- = believe a dissociation from nature has caused disease & social pathologies
- = has led to the idea of land-based healing programs that seek to put people back in touch with nature.

https://www.youtube.com/watch?v=3p6aKJ0_2_ynk&feature=embed&list Elder Walker Cook 13m

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CREE MEDICINE WHEEL



Winter Season
Elderly. Time of adjustment. Reflection, deep conviction to achieve. The time of a way of prayer. I believe we use a lot of prayer in our work and activities. The place of prayer and reflection. The place of prayer. The place of prayer. We practice the spiritual office in our direction.

Spring Season
Time of planting. Growth. The time of a way of prayer. I believe we use a lot of prayer in our work and activities. The place of prayer and reflection. The place of prayer. The place of prayer. We practice the spiritual office in our direction.

Summer Season
Time of growth. The time of a way of prayer. I believe we use a lot of prayer in our work and activities. The place of prayer and reflection. The place of prayer. The place of prayer. We practice the spiritual office in our direction.

Fall Season
Time of harvesting. The time of a way of prayer. I believe we use a lot of prayer in our work and activities. The place of prayer and reflection. The place of prayer. The place of prayer. We practice the spiritual office in our direction.

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