

The 'FIRST' Approach

- 1 Consider **Family**
 - ▶ It's beyond immediate kinship
 - ▶ Provide a family-clinician approach
 - ▶ Tribal consciousness is source of empathy
- 2 Consider how **Information** is shared
 - ▶ Pain expression: Verbal & non verbal
 - ▶ Stoicism, anger, story
 - ▶ Ask questions
 - ▶ **Listen to Understand**
- 3 Build trustful **Relationships**
 - ▶ Take interest to show you care, share a story
 - ▶ Gauge when ready - take a 'permissive approach'
 - ▶ *"I would like to examine your belly, is that ok?"*
- 4 Create a culturally **'Safe' space**
 - ▶ Through language
 - ▶ Greet in first language if possible
 - ▶ 'Welcoming' environment
- 5 Make a feasible **Treatment & follow up plan Together**
 - ▶ Incorporate 'Two-Eyed Seeing' care
 - ▶ Who will support and facilitate this plan?

