

Indigenous Health and Systemic Disease

Advanced Clinical Education Program

Instructor: Dr. Bruce Dornn, OD

Course Fee: \$9,000

Format: Advanced Professional Healthcare Training Program

Target Audience: Optometrists, Ophthalmologists, Healthcare Professionals, Nurses, Primary Care Providers, Public Health Practitioners, and Healthcare Leaders

Course Overview

Indigenous populations experience unique healthcare challenges influenced by historical, social, economic, and geographic factors. Many chronic systemic diseases disproportionately affect Indigenous communities, including diabetes, cardiovascular disease, autoimmune conditions, kidney disease, and mental health disorders. Healthcare professionals play an important role in improving health outcomes through culturally informed care, early disease detection, patient education, and collaborative healthcare delivery.

The Indigenous Health and Systemic Disease program provides healthcare professionals with a comprehensive understanding of Indigenous health issues and the relationship between systemic disease and clinical care. Participants will explore social determinants of health, cultural safety principles, barriers to healthcare access, and evidence-based approaches for supporting Indigenous patients and communities.

This course emphasizes practical strategies for delivering culturally responsive healthcare while improving the recognition, management, and prevention of chronic systemic diseases.

Course Learning Objectives

Upon completion of this course, participants will be able to:

- Understand the historical and social factors influencing Indigenous health outcomes

- Recognize health disparities affecting Indigenous populations
 - Apply principles of cultural safety and culturally responsive care
 - Identify systemic diseases commonly affecting Indigenous communities
 - Understand the impact of diabetes, cardiovascular disease, and chronic illness on patient health
 - Improve communication and patient engagement strategies
 - Develop collaborative approaches to healthcare delivery
 - Support improved health outcomes through early intervention and prevention
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Course Structure

The course is organized into **10 comprehensive modules** designed to combine cultural understanding, clinical knowledge, and practical healthcare applications.

Module 1: Foundations of Indigenous Health

This module introduces the history, diversity, and health experiences of Indigenous peoples.

Topics Include:

- Indigenous populations and communities
 - Historical influences on healthcare outcomes
 - Colonization and intergenerational impacts
 - Understanding health inequities
 - Current healthcare challenges
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Module 2: Social Determinants of Health

Participants will explore the factors that influence health beyond clinical care.

Topics Include:

- Housing and living conditions

- Education and employment
 - Food security and nutrition
 - Access to healthcare services
 - Geographic and rural healthcare barriers
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Module 3: Cultural Safety and Healthcare Delivery

This module focuses on providing respectful and culturally responsive care.

Topics Include:

- Cultural humility and awareness
 - Building trust with Indigenous patients
 - Communication strategies
 - Addressing unconscious bias
 - Creating culturally safe healthcare environments
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Module 4: Diabetes and Indigenous Health

Diabetes continues to have a significant impact on Indigenous communities.

Topics Include:

- Prevalence and risk factors
 - Type 2 diabetes management
 - Diabetic complications
 - Ocular and systemic manifestations
 - Prevention and early intervention strategies
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Module 5: Cardiovascular Disease and Chronic Conditions

Participants will examine common chronic diseases affecting Indigenous populations.

Topics Include:

- Hypertension
 - Cardiovascular disease
 - Stroke risk factors
 - Kidney disease
 - Chronic disease management programs
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Module 6: Mental Health and Wellness

Mental health is an important component of overall wellness and healthcare delivery.

Topics Include:

- Mental health disparities
 - Trauma-informed care
 - Substance use disorders
 - Community-based support systems
 - Promoting resilience and wellness
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Module 7: Ocular Manifestations of Systemic Disease

Healthcare providers often identify systemic diseases through ocular findings.

Topics Include:

- Diabetic retinopathy

- Hypertensive retinopathy
 - Retinal vascular disease
 - Systemic inflammatory conditions
 - Clinical screening opportunities
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Module 8: Preventive Care and Early Detection

This module focuses on proactive healthcare strategies.

Topics Include:

- Health promotion initiatives
 - Screening programs
 - Patient education strategies
 - Community outreach models
 - Reducing preventable disease burden
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Module 9: Collaborative and Community-Based Healthcare

Effective healthcare requires collaboration between providers, organizations, and communities.

Topics Include:

- Interdisciplinary care models
 - Community partnerships
 - Indigenous-led healthcare initiatives
 - Referral pathways
 - Improving continuity of care
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Module 10: Implementing Indigenous Health Strategies in Clinical Practice

The final module focuses on integrating course concepts into everyday healthcare delivery.

Topics Include:

- Developing culturally informed care plans
 - Improving patient engagement
 - Practice-level implementation strategies
 - Measuring healthcare outcomes
 - Continuous learning and professional development
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Teaching Methodology

This course combines clinical education, cultural competency training, and practical healthcare applications.

Learning Methods Include:

- Interactive lectures
- Clinical case studies
- Healthcare scenarios
- Group discussions
- Community health frameworks
- Evidence-based practice reviews

Participants will gain practical tools and strategies that can be applied directly within healthcare settings.

Certification

Participants who successfully complete the program will receive a **Certificate of Completion in Indigenous Health and Systemic Disease**, recognizing advanced professional training in culturally informed healthcare and chronic disease management.

Instructor

Dr. Bruce Dornn, OD

Dr. Bruce Dornn is an experienced optometrist, educator, and international lecturer who has delivered more than 10,000 hours of professional education to healthcare professionals worldwide. His educational programs focus on clinical excellence, healthcare innovation, systemic disease recognition, and improving patient outcomes through evidence-based practice.

Short Website Description

Indigenous Health and Systemic Disease

Explore the social, cultural, and clinical factors affecting Indigenous health while developing strategies for improving patient outcomes through culturally responsive care and early disease detection.

Price: \$9,000