

Kaeleigh Brown - University of Alberta

Project: *Trauma-informed research: exploring pelvic health conditions in northern Canada and circumpolar regions*

Background



Pelvic health conditions are common, and may include bladder leaks, pain in the pelvis, and uncomfortable feelings of pressure or falling out. Representation of northern Indigenous peoples in pelvic health research is limited, which may impact decision making about the types of health services offered in the northern territories of Canada. Currently, there are few treatment options available to Indigenous women in northern remote communities who experience a pelvic health condition. Learning about their experiences may help better inform service delivery. However, talking about pelvic health may bring up distressing memories. Pelvic health

researchers need to make sure they create a safe environment for participants. One way this can be done is by taking a trauma-informed approach. There are few trauma-informed guidelines for northern and Indigenous research, such that a framework, rooted in Indigenous knowledges is needed.

This research project will summarise what is currently known about pelvic health conditions experienced by Indigenous populations worldwide, develop a trauma-informed research framework, and describe Indigenous women's experiences with pelvic health conditions. These activities will be overseen by a community advisory

committee, to ensure the project is safe and addresses community priorities. By conducting this research, gaps in the current literature will be identified, awareness of pelvic health conditions in northern Canada will improve, representation of Indigenous women in pelvic health literature will increase, and a new trauma-informed research framework will help guide other northern health researchers.

Kaeleigh Brown is a PhD Candidate and physiotherapist practising in both private and public sectors. Although most of her clinical time is in general practice, her clinical interests include persistent pain and pelvic health. Born and raised in Alberta, she now lives in Yellowknife, Northwest Territories with her partner, toddler, and two dogs. She is grateful to live, work, and play on Chief Drygeese territory of the Yellowknives Dene First Nation, and within the traditional territories of the North Slave Métis and Tłı̨chǫ. Kaeleigh enjoys travelling, knitting, fat biking, running, and mountain biking. When she isn't occupied with school, work, or parenthood, she is training for the BC Bike Race in July.