



## The Registered Nurses' Association of Ontario (RNAO)

The Registered Nurses' Association of Ontario (RNAO) is the professional association representing registered nurses, nurse practitioners and nursing students in Ontario. Since 1925, RNAO has advocated for healthy public policy, promoted excellence in nursing practice, increased nurses' contribution to shaping the health system, and influenced decisions that affect nurses and the public we serve.

### Best Practice Guidelines

RNAO's best practice guidelines (BPG) are systematically developed, evidence-based documents that include recommendations for nurses, health professionals, community workers, educators, leaders and policy-makers on how to improve outcomes for people and their support networks. Best practice guidelines are developed using rigorous international standards.

### RNAO's first Indigenous-focused best practice guideline

In 2022, RNAO published the first Indigenous-focused BPG, titled *Promoting Smoking Reduction and Cessation with Indigenous Peoples of Reproductive Age and Their Communities*. The aim is to develop guidelines that are beneficial and culturally driven by Indigenous communities.

This BPG provides nurses and the interdisciplinary team with evidence-informed recommendations that are culturally safe by weaving cultural humility and cultural competence with western evidence. This is done in meaningful ways to support smoking reduction and cessation with Indigenous Peoples of reproductive age, their support networks and communities to improve their health and wellness. Smoking cessation is the ultimate goal; however, it is important to recognize that for many people, reducing the use of commercial tobacco may be a part of the journey to cessation.

The interventions for smoking reduction and cessation in this BPG are specific to commercial tobacco, which is distinct from Traditional Tobacco. Although the term "smoking" is used, the scope includes all forms of commercial tobacco products, including but not limited to cigarettes, cigars, chewing tobacco, dissolvables, hookah/water pipes, shisha, snuff, roll-your-own cigarettes, pipes, and vaping. This should not be confused with Traditional Tobacco (Semah) used in the Ceremonial way wherein smoke carries prayers or intentions to the Creator and is not intended to be inhaled into the lungs.



## **Best Practice Spotlight Organization® program**

The Best Practice Spotlight Organization (BPSO) designation is a longstanding knowledge translation strategy that helps optimize health outcomes at the individual, organizational and health system levels. This program gives health service and academic organizations the opportunity to formally partner with RNAO – or an approved "Host" organization – to achieve “designation” as a BPSO. The goal of this program is to create evidence-based practice cultures, improve patient care and enrich the professional practice of nurses and other health-care providers, through systematic implementation and evaluation of multiple RNAO clinical BPGs. The end goal is to optimize care, and patient and organizational outcomes.

## **Indigenous-focused Best Practice Spotlight Organization program**

Started in 2019, the Indigenous-focused BPSO program was founded on establishing and sustaining meaningful partnerships with Indigenous communities. The program aims to be responsive to the community’s needs, honours Indigenous ways of knowing, being and doing, and supports wholistic community wellness. The Indigenous-focused BPSOs are dedicated to their work with RNAO, while respecting the traditional teachings of Knowledge Keepers and Elders.

## **Centering care of the Indigenous Person and their families**

Care of the Indigenous person and family is an approach to care in which the person is viewed as a whole. The therapeutic relationship between the person and their health and social service providers is formed when the whole person is nurtured as well as those who are significant to them, including their family and others in the community. For Indigenous People, recognizing the importance of the connection with Mother Earth, the Land and all components of the Medicine Wheel is of utmost importance to their wellness. This approach to care involves advocacy, empowerment, mutual respect, and an understanding of the person’s right to be autonomous, to self-determine, and to actively participate in decisions about their health - both in wellness and illness.

Adapted from Registered Nurses’ Association of Ontario. (2015). *Person- and Family-Centred Care*. Toronto, ON: Registered Nurses’ Association of Ontario.



**For more information about the Best Practice Spotlight Organization program:** [Best Practice Spotlight Organizations \(BPSO\) | RNAO.ca](#)

**For more information about the Indigenous health program:**  
Indigenous health and RNAO | RNAO.ca

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