

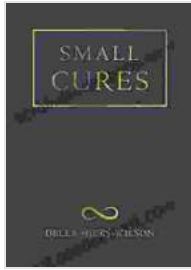
# Small Cures: Della Hicks Wilson's Extraordinary Life and Legacy in Indigenous Healthcare



**Small Cures** by Della Hicks-Wilson

★★★★☆ 4.9 out of 5

Language : English



File size	: 962 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Print length	: 178 pages
Screen Reader	: Supported



Della Hicks Wilson, a visionary Indigenous nurse, dedicated her life to improving the health and well-being of her people. Throughout her remarkable career, she championed a transformative approach to healthcare that emphasized cultural competence, respect for tradition, and the power of community engagement. Her innovative "small cures" approach revolutionized healthcare delivery in Indigenous communities, leaving a lasting legacy that continues to inspire and empower generations of healthcare professionals.

## **Early Life and Education**

Born in 1920 in the small town of Tahlequah, Oklahoma, Della grew up immersed in the culture and traditions of her Cherokee heritage. Her early experiences instilled in her a deep understanding of the importance of community and the interconnectedness of health and culture. Driven by a desire to make a difference in her community, Della pursued a career in nursing, graduating from the St. John's School of Nursing in Tulsa, Oklahoma in 1944.

## **Small Cures: A Revolutionary Approach**

As a nurse working in Indigenous communities, Della recognized the significant health disparities and cultural barriers that her people faced. She

believed that traditional Western medical approaches often failed to address the unique needs and perspectives of Indigenous patients.

In response, Della developed the concept of "small cures." This innovative approach focused on providing culturally appropriate, holistic care that respected and integrated traditional Indigenous knowledge and practices. Della's "small cures" included simple, yet effective measures such as:

- \* Using traditional herbal remedies to alleviate symptoms
- \* Incorporating cultural ceremonies and rituals into the healing process
- \* Engaging with elders and community members to gather insights on health and well-being
- \* Establishing community gardens to promote healthy eating and physical activity

## **Overcoming Challenges**

Della's path was not without its challenges. She faced resistance from some within the medical establishment who questioned the validity of her approach. However, Della remained steadfast in her belief that cultural competence and respect for tradition were essential to providing effective healthcare for Indigenous communities.

Through her unwavering advocacy, Della gradually gained recognition and support for her "small cures" approach. She established the first Indigenous health clinic in Oklahoma and developed culturally sensitive curriculum for nursing students. Her work paved the way for a more equitable and responsive healthcare system for Indigenous peoples.

## **A Legacy of Empowerment**

Della Hicks Wilson's legacy extends far beyond her own lifetime. She inspired a generation of Indigenous healthcare professionals who are committed to delivering culturally competent care and empowering their communities. Her "small cures" approach has become a model for Indigenous healthcare delivery not only in the United States but also globally.

Della's life and work remind us of the transformative power of compassion, advocacy, and respect for cultural diversity. She demonstrated that by embracing the strengths and wisdom of Indigenous communities, we can create healthcare systems that truly serve the needs of all.

Della Hicks Wilson's life and legacy stand as a testament to the profound impact that one person can have on the health and well-being of their community. Through her innovative "small cures" approach, she revolutionized Indigenous healthcare and paved the way for more equitable and culturally responsive care. Her unwavering advocacy and dedication to her people continue to inspire and empower healthcare professionals and communities today.

As we celebrate the remarkable legacy of Della Hicks Wilson, let us be reminded of the importance of cultural competence, community engagement, and respect for tradition in healthcare. By embracing these values, we can create a healthcare system that is truly inclusive, responsive, and empowering for all.

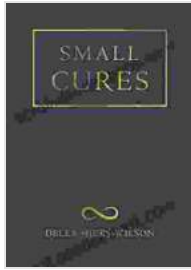
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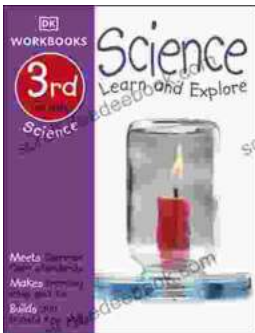
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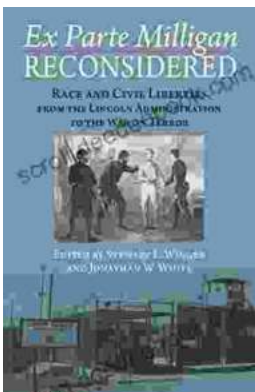


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