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Implicit Bias Mask: Staying True to Who We Are in Medical School

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Staying True to Who We Are in Medical School

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Learning Community: Brown 7





Reflection

- The outside of the mask
 - Open Communications: In the workplace, communication is the most common complaint. It doesn't just result in logistical issues, but also manifests into lack of human connection or belonging. This challenge is prevalent between physicians, members of the care team, and patients they serve. We placed things like “recovery, collapse, spinning, and support” to highlight struggles we hold tight along with the “tell them your story” so that we show humility and connect better with the parties mentioned.
 - My role is defined by the white coat I wear and who I am outside of being a student. Having cartoons of a diverse group of doctors represents our collective role as physicians-in-training. The Hawaiian patterned shoe, UCLA helmet, and Detroit Lions pictures represent something from each of our group members lives prior to the start of medical school. These are located on the outside of our mask to symbolize how each of us have roles other than just a student in medical school.
 - Exploring: As medical students, we acknowledge the difficulty of the road ahead to becoming the physicians we hope to be. The phrase “wake up to the possibilities” serves as a reminder that we are motivated rather than intimidated by this and that every challenge is an opportunity to explore a new avenue for improvement. It is located on the outside of our mask to convey that this is something we have each already put into practice, celebrating the achievements we have accomplished that have brought us to this point, and to motivate us to continue to apply this mindset.



Reflection

- The inside of the mask
 - Implicit Bias: Implicit bias is a form of judgement that occurs automatically and subconsciously. It has the potential to impact judgements, perceptions, and decisions that we make in our daily lives. As a group, we displayed the phrase “tell them your story” to place emphasis on the importance of sharing our background with our colleagues and patients while also making an effort to learn about them. Increasing the number of conversations we have with an open-minded attitude will help one understand the experiences of others and hopefully help decrease any existing biases.
 - Conscious attitudes will not always line up with unconscious ones, a hallmark feature of implicit bias. It is up to us to fully acknowledge and discover our biases in order to overcome them. With our mask making we thought about and embraced future practices such as looking at each patient as an individual rather than a member of a larger group. Using these proven techniques coupled with a growth mindset that we can change implicit biases with recognition and effort will set us on the path in medical school to being successful physicians. We placed the color Pink as the base layer to represent this as the backbone of our education.
 - My professional identity is formed by the relationships that I have with my colleagues, peers, and future patients. We believe that the foundation of a strong professional relationship is built on trust, respect, and mutual understanding of each others’ goals. We highlighted the phrases support and recovery on the inside of our masks because those are concepts that are important in building this foundation. We want to be able to support others around us in achieving their personal and professional goals. When it comes to practicing medicine, burnout is a common factor that is often overlooked. Thus, our group chose to highlight the importance of taking time to recover so we can present our best self during our work.

