Patient Education Projects

Patient Education

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Implicit Bias Mask 2023: Perspectives and Beliefs Impact Growth Mindset

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Perspectives and Beliefs Impact Growth Mindset

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Learning Community Group: Green 21

List at least 6 biases

- Bias against anti-vax patients/parents
- Education
- Ageism
- People that are dependent on substances
- Obesity/overweight
- Mental health disorders

List at least 6 sentences describing how the growth mindset will help your group

- **Obesity/Overweight**: Abandoning preconceived notions and judgements one may assume upon another based on their outward presentation.

- **People that are Dependent on Substances:** To visit patients without assuming motivation. This means to treat their ailment and listen to their needs.

- **Anti-Vax:** I will try to understand the different perspectives of others even if they contrast my beliefs

- **Mental Health Disorders**: I will actively strive to not regard a patient's grievances as a mere symptom of their condition.

- **Education:** Someone understands their body best, regardless of their education level. As physicians, we can learn from everyone, regardless of their education background.

- **Ageism**: Understand how aging comes in different forms (behavioral, physical, emotional, spiritual, etc.)

List at least 6 aspects of professional identity that will help your group as a physician in training

- **Obesity/Overweight**: Having this growth mindset would allow for better empathy, compassion, and listening of the patient's needs and desires.

- **People that are Dependent on Substances:** A patient, respectful, and a genuinely unbiased Healthcare professional who can be trusted with everyone's story.

- **Anti-Vax**: I will try to be flexible and adjust my treatment plans to accommodate the desires of my patients, but still guide them with my best recommendations.

- **Mental Health Disorders:** This growth mindset would manifest itself in qualities such as respect for the patient and being a good listener overall. Patients would be more likely to be more open and trust me with their health.

- **Education**: Someone understands their body best, regardless of their education level. As physicians, we can learn from everyone, regardless of their education background.

- **Ageism:** Speak up against ageism, educate oneself and colleagues, and create an inclusive environment.

Reflection on the Project (40 words)

As we delved into the subject of biases, growth mindset, and professional identity, we uncovered a range of biases that can significantly impact patient care and outcomes. The biases we explored, such as those against anti-vax patients/parents, educational disparities, ageism, individuals dependent on substances, obesity, and mental health disorders, underscore the complexity of the challenges physicians and healthcare professionals must navigate. It is clear that addressing these biases requires a commitment to cultivating a growth mindset, both individually and institutionally. The characteristic intentions of growth mindset include embracing the concept of growth mindset and encouraging continuous education and self-directed learning, adaptability, and empathy. By recognizing biases in this field and actively working to overcome them, we can ensure that every patient receives fair, unbiased, and compassionate care, fostering a more inclusive and equitable healthcare environment for all. Exploring these biases in the healthcare field has made us realize how integral it is for healthcare professionals to confront and dismantle these biases in order to shape a more inclusive and patient-centered professional identity. One revelation that we determined while discussing personal past experiences, were the interconnected nature of biases. As we examined the different biases we came up with, we discovered that these biases often overlap and compound, leading to complex challenges in patient care. Recognizing these intersections could encourage us to adopt a more holistic approach in addressing biases.