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Implicit Bias Mask 2023: Practice Awareness to Correct Biases

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Practice Awareness to Correct Biases

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Learning Community Group: Orange 30



List at least 6 biases

1. Persons experiencing homelessness might be a drug addict
2. Obesity is a choice.
3. Non-adherent patients don't want to get better.
4. People who smoke are less concerned about their personal health.
5. There is a correct way to be a member of a certain gender.
6. Patients are not knowledgeable.



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

1. It encourages asking questions to help determine the social determinants of health affecting a patient, and the nature of these impacts.
2. It serves as a reminder that each patient may require a varying degree of time and explanation to understand their health and treatment.
3. It emphasizes asking questions not from a place of judgment but from a perspective of curiosity and understanding.
4. It underscores finding different options in care to better meet the patients needs and accommodate their barriers of care.
5. It encourages basing patient care, diagnosis, and treatment on medical assessments and not on assumptions.
6. It stresses valuing feedback from patients and colleagues to become a better physician.



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

1. nonjudgmental
2. curious
3. active listening
4. observational (nonverbal)
5. conversational and comforting
6. flexible
7. inclusive



Reflection on the Project (40 words)

The project asked us to look at our own internal bias, which can also be viewed as areas we would like to improve. While this is sometimes an uncomfortable process, it was an opportunity to get accustomed to addressing biases. We are bound to encounter biases working in healthcare both in ourselves and colleagues. It is important to practice the awareness and correction of these biases. Although it is impossible to be bias free, mindfulness and effort to address biases can help us deliver open and accepting care to all of our patients.

