Research Assessment #17

Date: February 11, 2022

Subject: Unconscious Bias in Healthcare

APA citation:

Bedford, Megan. "Unconscious Bias in Healthcare." *Quality Interactions - Homepage*,

10 Feb. 2022,

https://www.qualityinteractions.com/blog/unconscious-bias-in-healthcare.

Assessment:

Recently I have been finding myself researching very similar topics, and I wanted to switch it up now that I have a closer tie to the pediatric orthopedic world through my mentor. In my recent mentor visit, I asked my mentor about common experiences that she is facing currently in her career today. I wanted my assessments to be more focused on issues that are actually happening in reality. She informed me that they recently had a guest speaker who talked about the issue of unconscious bias. I wasn't sure exactly what this meant within healthcare, but by her explaining it, and through the article titled "Unconscious Bias in Healthcare" by Megan Bedford really allowed me to understand this concept as it is happening today.

Through this article, I was able to learn that unconscious bias is the idea of making assumptions and stereotyping based on patients and specific factors that may influence this way of thinking. This is a very natural concept, and everyone does it unconsciously even without knowing it. It's important that light is being put onto this idea of unconscious bias, and healthcare workers are becoming more aware of it so that they can work to solve these issues. I myself did not even think about this issue, it makes

sense and is very obvious, but I feel is something very overlooked. It makes me realize how unconscious bias may be present in so many different careers, and it is important that now is actually being realized so workers can help to overcome this issue.

I learned a lot about the many factors that can cause unconscious bias such as sex, sexual identity, social-economic status, age, disabilities, and more (Bedford, 2018, p.3). And how there are many different factors that can lead a healthcare worker to stereotype or think of a patient in a certain way, which ultimately leads to them being treated in a specific way as well.

However, at the same time, I was able to learn a lot about the specific ways to overcome unconscious bias. One of the ways is simply by identifying the issue and recognizing the idea of stereotypical thinking (Bedford, 2018, p.3). . Just recognizing this issue alone will cost so much change in the healthcare field as healthcare workers will become more aware of this concept. When people are more aware of something they tend to put more attention to it and they can work to resolve this issue. Even though unconscious by it may not always be a bad thing, it can be. It is that is healthy workers are of this is so if there ever is a negative effect it can be resolved more efficiently. This was very interesting to realize. It is interesting to learn how just identifying this issue alone can create so much change within the career.

Unconscious bias is a very unique topic that I feel is very overlooked and various different healthcare industries. After my mentor brought light to this concept, it is definitely something that I want to further research and include within my final product as well. I feel that not only are there any articles explaining what unconscious bias is, but I can use this information to go forward to research specific examples of

unconscious bias within the healthcare industry as a whole, not only pediatric orthopedics. I feel that there's not will be very beneficial not only for the rest of my ISM year, but for my future career as well, I look forward to accomplishing these goals and further researching the idea of unconscious bias.

Article Annotations:

https://docs.google.com/document/d/16-z8KlHR766FPSXHmsXW7M1P7v-Et5qyfPAvJNr7cz4/edit?usp=sharing