



# Recognizing Implicit Bias & Respecting Patients' Choices

## » Definition and Types of Bias

- **Implicit Bias:** Unconscious attitudes that influence interactions and decisions.
- **Explicit Bias:** Conscious, deliberate prejudices based on stereotypes.

## » Impact on Healthcare Delivery

- **Patient Outcomes:** Biased decisions affect treatment, adherence, and health outcomes.
- **Communication:** Bias affects patient-provider interactions and trust.
- **Health Disparities:** Marginalized groups experience inequitable care due to bias.

## » Strategies to Mitigate Bias

- **Awareness:** Recognize your own personal biases and their impact.
- **Education:** Train health care professionals on implicit bias and cultural humility.
- **Self-Reflection:** Regularly assess decision-making and interactions.
- **Cultural Humility:** Approach patients with openness, curiosity, and respect.

## » Respecting Patients' Choices and Practices:

- **Individual Autonomy:** Honor patients' preferences and decisions.
- **Shared Decision-Making:** Collaborate with patients in treatment choices.
- **Cultural Humility:** Understand diverse practices and beliefs.
- **Non-Judgmental Attitude:** Accept differences without prejudice.

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