



Being A Positive Force in the Health of Others

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A Bit About Me...





Housekeeping...

I have no financial disclosures or conflicts of interest



What's Your Why?

- To Help Others
- The Love of Science
- Challenging Career
- \$\$\$
- Prestige
- ???



Altruism

The belief in or practice of selfless concern for the wellbeing of others



We're
Trained the
Role of the
Physician is
to...

- Diagnose
- Treat/Provide Care
- Do No Harm
- Respect

In Reality...
There's So
Much
MORE!!

- **Advocate**
- Teach
- Protect
- Help
- Listen
- Encourage
- Safe Place
- Investigate
- **And the list goes on and on!**





A 3D rendered scene featuring a grey seesaw balanced on a grey triangular fulcrum. The seesaw is tilted downwards on the right side. On the left side, there is a single orange. On the right side, there are three oranges stacked together. The background is a plain white surface with soft shadows cast by the objects. The text "The Struggle For Balance" is overlaid in the center of the image.

The Struggle For Balance







Team Approach to Healthcare



It is Important That
We Show Up For
Our Patients, BUT...



But First...Self-Care!



Self-Care: Prioritizing YOU!

You cannot show up for your patients if you don't first show up for yourself!

Take breaks when you need them.

Normalize NOT being OK!

Who is your support system?

We are only
HUMAN.

Put your mask on **FIRST**, then assist your neighbor.

How Do We Show Up For Our Patients?

- Diagnose/Treat Utilizing Evidence Based Medicine
- Practice Self-Care
- Be An Ally/Advocate for them
- Listen
- Commitment to life-long education
- Practice Evidence Based Medicine
- Offer Resources
- Encourage Them to be Engaged
- Choose Your Supporting Cast
- Acknowledge Our Unconscious Bias**



Let's Shift
Gears...



Implicit Bias

What is Implicit Bias?


- Unintentional
- Unconscious
- Attitude towards a group of people based on stereotypes, assumptions or underlying factors
- Can be based on any number of characteristics



This Is US!!

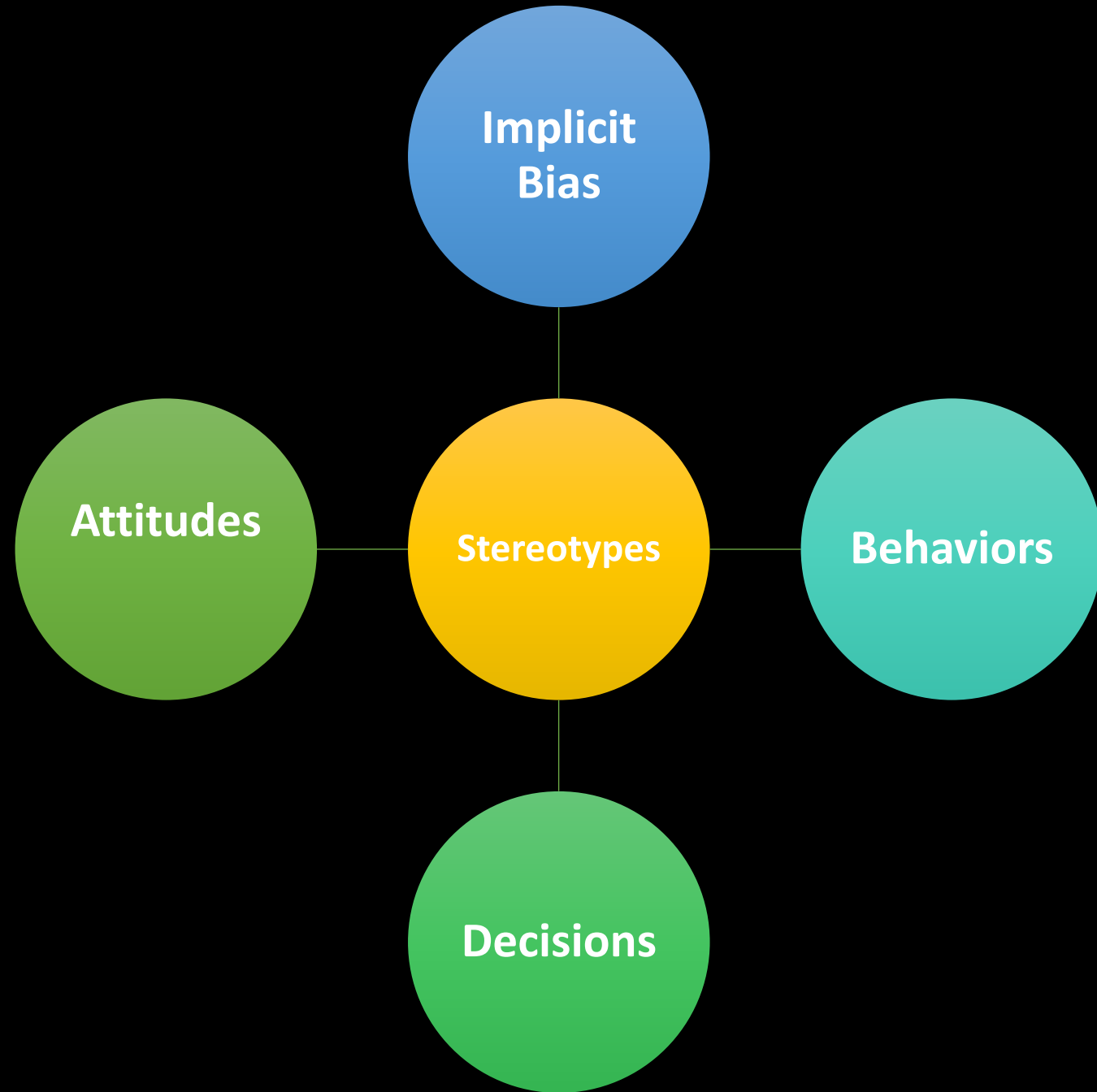


NEWSFLASH!! We Are ALL Biased!!



Understanding
and
Acknowledging
Our Bias

- Race
- Age
- Sex/Gender (Or Lack Thereof)
- Sexual Orientation
- Class/Socioeconomic Status
- Diagnosis
- Country of Origin





What is the Cost of Unconscious Bias?

**Mistrust/Non-
Compliance**

**Poor Patient
Outcomes**

**Incongruent
Care**

**↑ Healthcare
Costs**

**Healthcare
Disparities**

How Does Bias Impact The Care We Provide?


Recommendation for Dialysis versus Transplantation in ESRD

Differences in diagnostic testing for cancer staging

Initiation of HAART in HIV/AIDS patients

Treatment offered after Cardiac Angiography

Minorities more likely to receive bilateral orchiectomy (2.4X) and amputation (3.6X)

A group of business professionals in a meeting, looking at a tablet. The text 'What Can Be Done About Implicit Bias?' is overlaid in white. The background shows people in business attire, some holding coffee cups, and a tablet displaying a document with charts and text.

What Can Be Done About Implicit Bias?

Implicit Bias
Mitigation:
Educate.
Acknowledge
Address.

ction
prejudic
as. now
inclina
again

TRUE or FALSE

Question #1

It is necessary for us to examine, acknowledge and address our implicit bias in order to provide the best care to our patients?

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Question #2

When trying to care for and assess the needs of patients, it is best to do which of the following?

- A. Correctly diagnose their medical issue(s)
- B. Listen when they speak in order to learn critical information
- C. Be an advocate for your patient
- D. Prioritize your own health and wellbeing
- E. Commit to being a continual learner
- F. All Of The Above

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Question #3

- Which of the following is a contributing factor to physician burnout?
 - A. The Lack of Self-Care
 - B. “Super-Hero Complex”
 - C. Fear of Legal Action
 - D. Increased Demands (Work, Home, etc.)
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Question #4

The concept of Self-Care is most closely aligned with which osteopathic principle?

- A. The body functions as a unit
- B. The relationship between structure and function
- C. The body has the ability to heal itself
- D. As Osteopaths, we treat the whole person

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Question #5

- Lisa Davis is a 30 YO female who is being admitted after a fall at home. She reportedly hit her head on the floor, but does not report LOC. She did appear dazed and confused immediately after the incident but is now at her baseline. The ER Physician wanted to observe her overnight to ensure she remains neurologically intact. She has no significant PMH to report and takes no medications at home. When you arrive in the ER, you note her boyfriend is present at the bedside. Lisa is pleasant but appears guarded and careful with her word selection. You are concerned she may be in an abusive relationship.

Question #5

What is the best course of action?

- A. Continue with your interview and assessment. Surely, she would mention if something was wrong.
- B. Ask Lisa if she feels safe in her relationship.
- C. Don't say anything. It would be embarrassing to make a false accusation.
- D. Ask her partner to step out of the room so that you may complete your full physical examination.
- E. Alert the police and express your concerns.

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Questions?

