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BREATHING THE BIAS AWAY

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Breathing the Bias Away

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ABSTRACT

Implicit bias is a recurring issue in the healthcare environment, influencing diagnoses, treatment decisions, and patient care outcomes. Implicit bias is centered on “unconscious mental processes” and is relevant in every area of healthcare. Implicit bias poses a significant problem in today’s society because many patients are not getting the quality care they deserve. This study and the informational video that goes along with it provides awareness and a possible solution to this pressing issue of implicit bias in our society. Reduction of implicit bias is possible through diversity training; however, diversity training can only modify how one thinks and not how one behaves. As such, the project proposes “mindfulness” to mitigate this issue. By being mindful, one can make logical and rational decisions, avoiding the implicit bias ingrained into their mind. Implicit bias shows itself when someone is working on “auto-pilot,” hence, practitioners can make better decisions that will help their patients and their practices by practicing mindfulness. This project is relevant because it is a large-scale issue in the world. A future quantitative study could show how the proposed solution works in practice.

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