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Reflection of OB Health Disparities

I thought that this clinical assignment was very eye opening, and something I will use in my everyday life as someone who is working in the health care setting. I knew that health disparities were an issue that happens every day, but I didn't know the extend of it. I have heard before that ignoring certain complaints of patients of color was a problem, but I didn't know physical abuse was common as well. I learned that the other types of mistreatments that happen in the health care setting are verbal abuse, sexual abuse, and discrimination. Going through the modules on the March of Dimes I was very saddened to see the statistics of women of color not receiving the full care they deserve. Pregnancy for most women is a time of happiness, women waiting to meet their beautiful baby. However, most women may be scared to go in for certain health care complaints during pregnancy, afraid they may be a victim of discrimination or abuse during ongoing appointments. Or a pregnant mother of color may be afraid of the postpartum period after the baby has been delivered due to the rise of preventable maternal deaths. I believe that everyone working in the health care setting should made aware of these statistics, and new research to provide better outcomes for all patients no matter what race, color, or ethnicity.

I will use these statistics and learning material to guide my everyday attitude during nursing. I will always be present in the moment to acknowledge every complaint, every symptom, and every que I may receive. I will take extra time if needed to build a strong rapport with patients no matter what ethnicity or skin color. I will be made more aware of even the slightest things done in clinical setting, like my nonverbal cues, when dealing with all patients. The fact that even in today's age we are still fighting for basic rights of minority patients is a

major failure. I am grateful to have the opportunity to learn more about this issue, and more ways to implement this in my future nursing career.