

Self-Evaluation

I can see many areas that indicate a bias. However, I can identify how to change my mind set so that I do not constitute any prejudice or bias. My areas of concern are preferring young women over men, feeling compassion towards a person with cancer in contrast to a patient with any other disease, interacting well with an average person in relation to a morbidly obese patient, and preferring to work with someone who is physically disabled compared to one who is mentally disabled.

We all have our own opinions but in health care we have to set those bias aside. Moreover, it is important to recognizes our bias or prejudice and make changes accordingly. To help me learn how to accept the areas of concern I will practice the statement "I am there to do a job no matter what the patient may look like or any disease they might have". Simply adjusting my perspective will assistance me to not have any bias. Also, focusing on seeing the patient as another human being and treat them all equally. Constantly working to apply these three changes to daily life even outside of the work place will help me to really change my perspective.