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Team Leader #2

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Weight IAT

1. At this point I am more biased toward thinner people. Reasoning behind this feeling is the belief that the ability to lose weight is mainly based on self-disciplinary actions unless a medical diagnosis prevents a person from exercising. I believe that it may be harder for certain individuals to lose weight but if you try your hardest and want to lose weight you will. Coming from experience seeing people of a larger stature 400+lbs losing 50-100lbs in a year because they wanted to and followed an appropriate regiment assists toward my bias.

2. Based on the implicit bias test, I am more biased toward thin people. This result was as expected. The test itself was different than I expected. Even after taking the test, I didn't expect them to accurately describe the bias I had toward thinner people. I had never heard of an implicit bias test before having to complete the Weight IAT for a discussion post.

3. The results were as expected when comparing #1 & #2.

4. As a student team leader if I heard a nurse stated they are tired of taking care of a patient because they won't help themselves, I would acknowledge the nurse's frustration, remind the nurse they have professional responsibility, and address any bias or stereotypes. I would then bring it up the conversation to the clinical instructor. After discussing what happened, I would check on the patient frequently seeing if they needed assistance that maybe the Nurse refused to complete. Overall, it's important to approach this conversation with empathy and a desire to understand and address any underlying issue. By doing so, you can help ensure that all patients receive the highest quality of care, regardless of their background or health behaviors.

Citation

Alspach, J. (2018, August). Implicit bias in patient care: An endemic blight on quality care.

*Critical Care Nurse, (38),*4, 12-16. Retrieved from https://aacnjournals.org/ccnonline/article/38/4/12/3698/Implicit-Bias-in-Patient-Care-An-Endemic-Blight-on