1. Once you have selected a topic, please reflect (in writing) on any biases that you may already be aware of towards this group. Answer this question before you complete the implicit bias assessment.

I chose the weight IAT. With this topic, there are a variety of existing biases, whether you are a bigger patient, or whether you are smaller. While those that are bigger have a greater amount of negative biases, individuals who are smaller have a great deal of negative biases as well. Society has certain standards, and this leads to these biases. A few biases that I have heard before include, "How can you let yourself get that big", "That is disgusting/gross", and "They should be ashamed of themselves". On the other hand, when individuals are considered too frail or small it is not uncommon to hear "Well maybe if you would eat", or "Why don't you eat something, I can see your bones", "You look unhealthy", "You look like a stick", or even "You need something fattening".

2. Next, take the selected implicit association test. What did the results of the test say about your implicit biases towards this group?

The results of this test suggested a moderate automatic preference for thin people over fat people.

3. Based on your initial reflection, how do these results compare?

Based on my initial reflection, I do not feel as those these results compare. I feel as though as long as someone is healthy, and they are happy and satisfied with the way they look and the way they are then that is all that matters. There is no reason to impose your thoughts, feelings, or biases on someone else. According to the *AMA Journal of Ethics*, "weight discrimination has increased by 66 percent since 1995" (Schvey, 2010). Treating your patient any differently based on their weight or any other factor at that is upsetting. Patients are in a vulnerable state in the hospital setting already and then for this to occur is troubling. In addition, the *AMA Journal of Ethics* stated, "physicians viewed patients who were obese as less self-disciplined and more "annoying" and reported less desire to help them than to help thinner patients" (Schvey, 2010). With these types of views that healthcare providers hold, patients will be less likely to seek out medical attention.

4. As a team leader, how would you respond to another nurse who complains of taking care of a specific ethnic group or states, "I am tired of taking care of patients who don't take care of themselves"?

As a team leader, I would talk to the nurse and ask them what nursing truly means to them. As a nurse, you should want to be there for any patient to provide care to them, whether they are of a specific ethnic group or not. Every patient should be treated with respect, fairness, and dignity. The reason a patient may seek healthcare is due to the fact that something may be going on in their life that has led them to have to depend on someone, such as a nurse. Whether that is in a long-term facility or an acute care facility. Unfortunately, you do not get to pick and choose whom you get to provide care to, and that is how it will always be, it will never change. If that is truly how they feel deep down about providing care to certain patients, then maybe nursing is not for them.

Reference:

Schvey, N. (2010, April 1). *Weight bias in health care*. Journal of Ethics | American Medical Association. Retrieved March 29, 2023, from https://journalofethics.ama-assn.org/article/weight-bias-health-care/2010-04