

Josh Hernandez

1. In my topic what I chose was weight and the reason that I chose this was because my bias that I am aware for this group would be that fat people or bigger built people are incapable of doing things in society based on their weight. I have heard that bigger people have more health problems than people that are thin and in my head this is far from the true. I have seen that thin people are perceived as being the ideal body type but from what I have heard is that most want to actually get bigger and are unhappy with their weight. Many people push negative views towards bigger people and idolize the body of a thinner person without knowing how each one feels because in the era we live in today some people don't realize how hard it is for some people to actually lose weight. Bigger people are often times looked at as unhygienic and thinner people are almost always clean and appear better than bigger people.

2. The results that I received on the implicit association test was that I have a strong automatic preference for thin people compared to fat people at a 31% and a strong automatic preference for fat people compared to thin people was at a 1%. This exam implies that I choose thinner people than bigger people in society and I am drawn more towards that group.

3. Based on my initial reflection this was actually the opposite because I feel that I have a bias differently towards a thinner person than I would towards a bigger person. I do not believe when taking the exam that all the bad word concepts would go towards a bigger person. I actually don't think that this is accurate because I don't have many thin people in my circle of people I am close with which does not mean that I don't think thin people aren't amazing in their own ways but I can relate more to a bigger person than I would to a thin person. In some of my answers may have been responded quick therefore being the reason why the test results may have been altered in some ways. Many of the negatives were geared towards bigger people such as incapable or unorganized and for thin people it was faster or better appearance. Not everything associated with a bigger person has to be messy or something wrong with them which I was talking about before taking the exam.

4. As a team leader how I would respond to another nurse who complains of taking care of specific type of group would be that this is not the right profession for them if they feel like that towards a patient to where they have to say "I am tired of taking care of patients who don't take care of themselves". In nursing of the first things that we learn is to never assume a patient's situation or to jump to conclusion of how they live their life at home. We are there to take care of any patient regardless of their situation and should push to help them out in their health rather than judge them for who they are. I read this good quote on this article "A great nurse shares their knowledge and does not judge" "A great nurse will do whatever is best for their patient, even when no one is watching or if it will not further their social status on the unit" (Bashman, 2020). One being in this profession should leave everything else behind and know that this is not like high school as some may say and that we are there for is to actually help and heal people so they can get better. No one knows how someone lives at home or what their situation is unless the patient shares it with you but outside of the walls of the hospital one doesn't know how they are treated and one should be the last person to make them feel bad for who they are fat or thin regardless everyone should be provided the best care possible.

Basham, R. (2021, July 8). *A great nurse shares their knowledge and does not judge*. KevinMD.com. <https://www.kevinmd.com/2020/03/a-great-nurse-shares-their-knowledge-and-does-not-judge.html>