

Implicit Biased Reflections

- a. Imagine the next patient on your caseload has a gender neutral name, Sam. Do you immediately want to know the gender of your patient? If so, what difference is it likely to make in how you approach and work with your patient?
 - a. Unfortunately, yes I feel that my first instinct is to want to know that person's gender. I always felt that I was pretty neutral about gender/sexuality biasedness, however after taking the implicit biased test, I learned that I favor straight people strongly over gay people, and I also am not saying every person who does not identify with their gender is also gay. I do not feel any differently when I am around people with a different sexual orientation or gender identity, however the results do not surprise me as I was raised in a very conservative house hold in a very conservative small town. Because of this, and as I do not know or spend time with many people who identify with a different gender they were born with, I may not fully understand the feeling of being born in a body that feels foreign. When it comes to treating my patient, it is important to put those underlying feels aside. It is important to be respectful of their choice and refer to the patient of what they would like to be referred to. This may even mean that I will need to call on another therapist with a different gender for some treatment methods if Sam does not feel comfortable with a male presence. Finally, it is also important to educate the rest of the care team about Sam's identify preference as other people may experience the same implicit biasedness's.
- b. Imagine the next patient on your caseload is 97 years old. How might knowing your patient's age change how you approach and work with your patient?
 - a. Initially, my first thought is the need for carefulness as the patient may be frail and weak. Although it is never wrong to overly cautious initially for the safety of the patient, it is not right to automatically assume that the patient will greatly be limited just because of their age. This biasedness comes as a surprise to me as I have been working with elderly patients for a long time now. Even though I have seen what they are capable of, I still let the age biasedness sneak in, which might explain why my test results showed favor of young people over older people. I need to remember that not all 97-year old's are wheel chair bound. One great example is a seizure patient I had in the past. She was 95-years old in an acute care setting. I not expecting much progression with her mobility initially just because of her age. I was wrong. She was able to transfer and ambulate with her cane all at a supervision level. The biggest surprise was that she was even able to navigate 12 steps with a railing and her cane, just like if she were home. I learned a big lesson that day to never judge just because of someone's age.
- c. Imagine the next patient on your caseload has marked their race as Black or African American. How might knowing your patient's race change how you approach and work with your patient?
 - a. Knowing a person's race really should not affect how I treat the patient at all as I should treat everyone with the same amount of respect and care. I would feel that I would need to be considerate of different cultural differences, however everyone has cultural differences, even Caucasian people. Therefore, it is important to speak with every patient of every race to understand what their cultural needs are so they can be upheld to provide them with the safest care area possible. I

personally feel that I do not have a personal bias to one race over the other, however my implicit biased test states otherwise. According to that, I favor white people over African American people. I do not agree with this, however subconsciously I can see how these results may have come to surface. I am from a very small conservative town with a very high white population. Even though I feel no differently towards people of other races, I do see how growing up around mainly white people can affect how I identify with people of other races.