

# Implicit Bias, Social Determinants of Health, and the OB Patient

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# Objectives

- Review implicit and explicit bias
- Discuss how implicit bias affects healthcare of our patients
- Understand how social determinants of health impact patients
- Utilize case study to recognize implicit bias in ourselves

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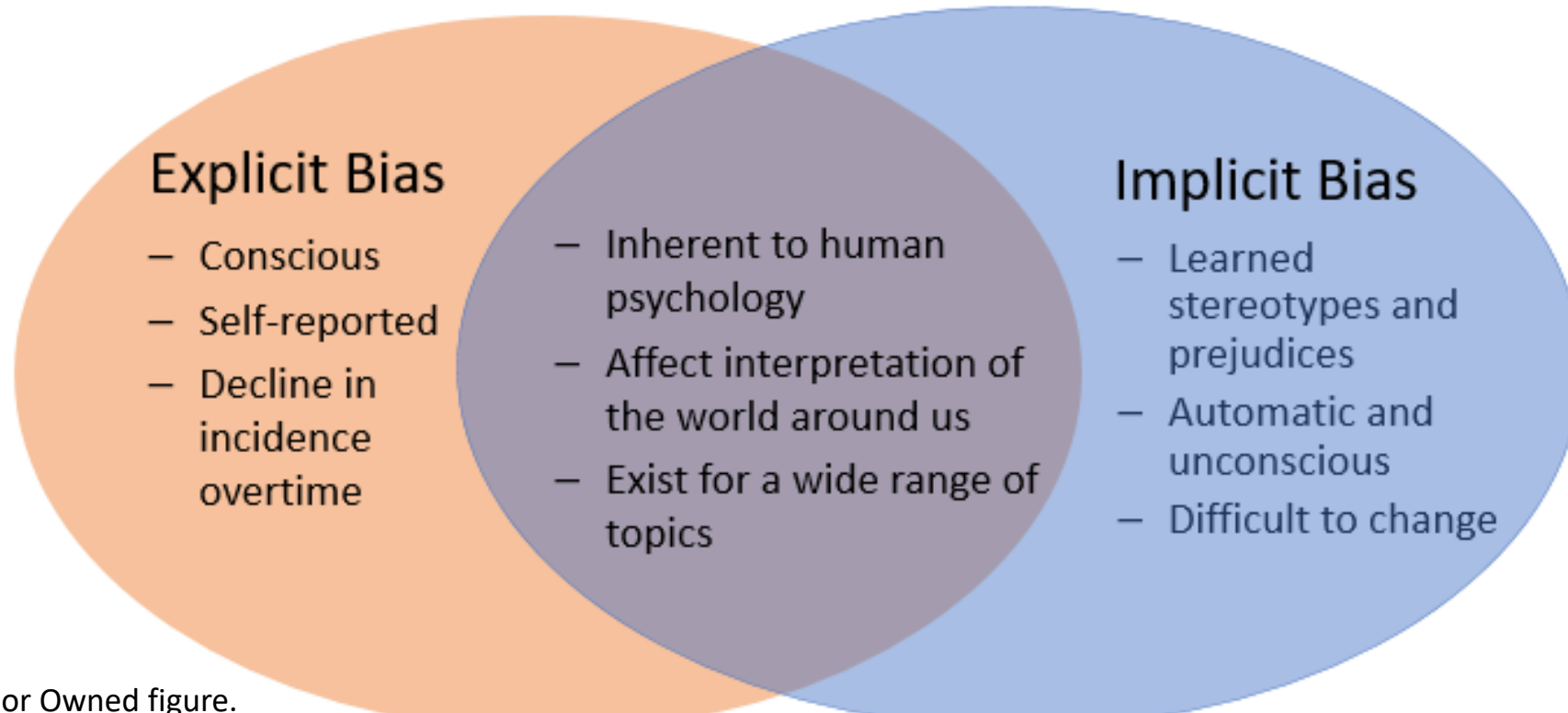


**Why do you do what you do?  
What values drive your work? What defines your  
professional identity as an OB nurse?**

① Start presenting to display the poll results on this slide.

# Explicit Versus Implicit Bias

- **Bias:** prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair



Author Owned figure.

UCSF Office of Diversity and Outreach. Unconscious Bias. <https://diversity.ucsf.edu/resources/unconscious-bias>. Accessed January 21, 2019.

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# Implicit Bias in Medicine: The Role of the Dual Processes Theory

## System 1 Thinking

- Fast
- Automatic
- Pattern recognition

## System 2 Thinking

- Slow
- Concentration
- Deliberation

Author Owned figure.

Kahneman, D. Thinking, Fast and Slow. 1<sup>st</sup> ed. New York: Farrar, Straus and Giroux; 2011.

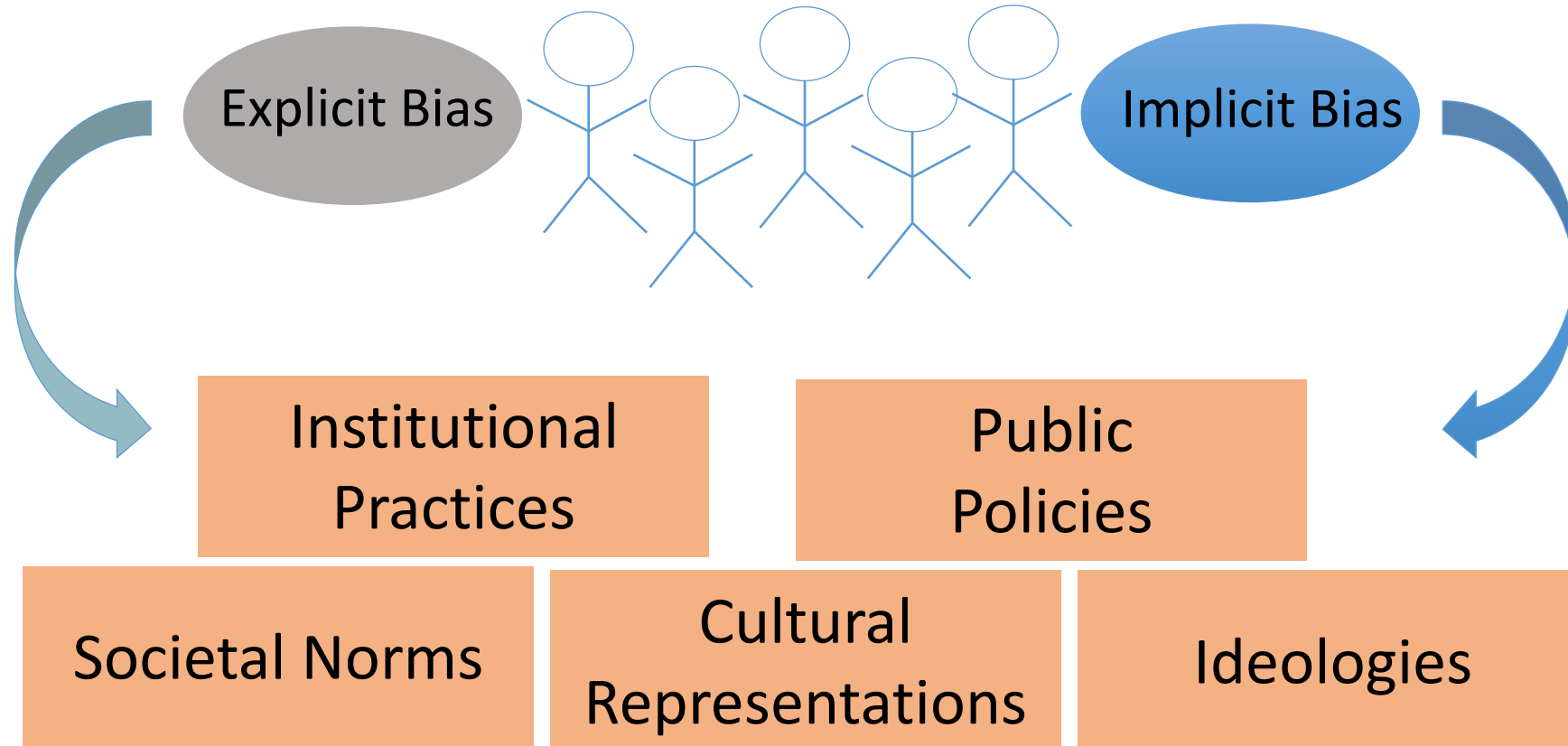
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# Structural Racism

- Definition: Racial bias and discrimination across institutions and society over time



Author Owned figure. Adapted from the Boston Public Health Commission. Racial Justice and Health Equity Initiative: Core Workshop Facilitator's Guide. 2011.

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# Social Determinants of Health



# Case Study

- Ashley is a 30 year-old G2P1
- Moved to Topeka area 3 months ago
- Recently acknowledged she was pregnant
- Unknown gestation/no prenatal care
- Sporadic involvement with the FOB



# Ashley:

- Presents to the Emergency Department at 2 am
- Complaints of cramping and vaginal spotting
- Upon questioning by the nurse, Ashley reveals that she took some oxycodone earlier
- Worried it might have been laced with something
- She doesn't feel "right" and is worried about the pregnancy



# Ashley:

- Car accident 18 months ago
- Fired from her job
- Could not attend PT due to child care and lack of transportation
- Boyfriends/FOB/friends would obtain oxy for her since then





**What are your first thoughts upon hearing this information?**

# Ashley in the ED

- CBC, urine drug screen, and ultrasound are performed
- 18 2/7 weeks by ultrasound
- Drug screen positive for opioids





**What else is most likely in Ashley's history?**

# Ashley 6 weeks later:

- Arrives 15 minutes late to OB clinic appointment
- Brings her 2-year-old child
- SDOH: food insecurity, transportation issues, increased stress, limited income.
- Edinburgh score: 13
- Admits to still taking oxy
- Rates pain 7/10
- Has used heroin a few times





**What is your INITIAL gut reaction to this admission by Ashley?**

# Follow Up:

Ashley meets with the clinic social worker during her visit

- Referrals made to apply for Medicaid for her and her child
- Community resource coordination (WIC)
- Referral to BH staff for further depression screening/treatment
- Kansas Connecting Communities
- CKF addiction treatment

“It’s all so overwhelming.”





**How do you feel about Ashley as a current or potential patient?  
(Select all relevant to YOU)**

# Language Matters

- Use Person First Language
  - “Person with a substance use disorder” instead of a “drug abuser”
- Distinguishes the person from their diagnosis
- Easy to forget everyone has a story/tragedies in that story
  - Helped to contribute to where they are NOW!



# To thine own self:

- Exercise Self Awareness!
  - What feelings am I experiencing?
  - What is causing or contributing to these feelings?
  - What can I do to manage these feelings?
- Personal Bias!
  - Is this bias relevant?
  - Does this bias help anyone? Including myself?
  - How might my bias affect my ability to provide the best care to my patient?





**What feelings might Ashley be feeling?**

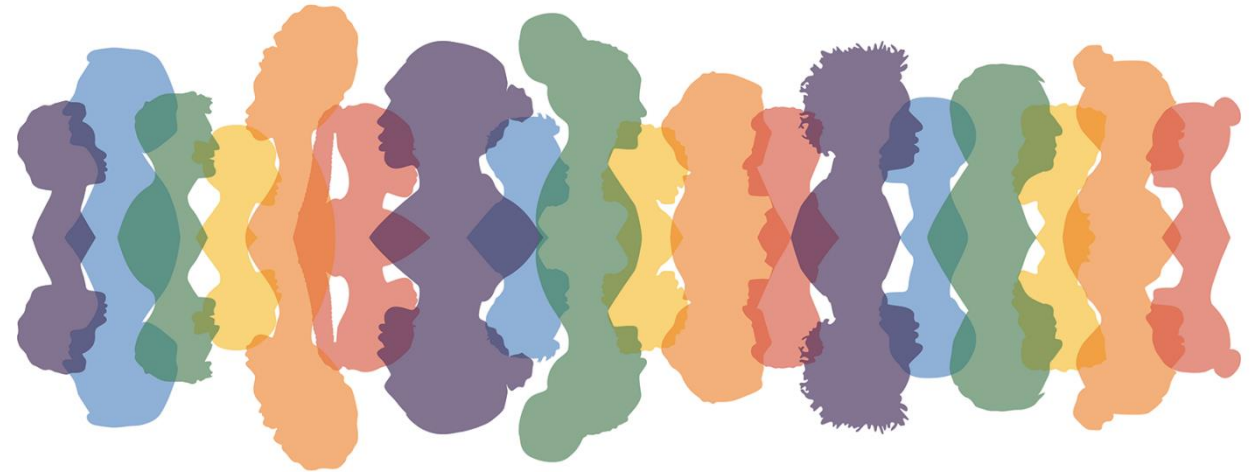
# Ashley's Point of View:

- What might be causing those feelings?
- What can I do to help address those feelings and start a relationship of trust?
- Does Ashley feel heard? Respected? That she is an active participant in her care?



# Where do we go from here?

- I** • Introspection
- M** • Mindfulness
- P** • Perspective-taking
- L** • Learn to slow down
- I** • Individuation
- C** • Check your messaging
- I** • Institutionalize fairness
- T** • Take two



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