

# Interrupt Bias in Patient Care

This tool provides evidence-based strategies for interrupting bias in clinical care settings. Learn more about our health equity education work at www.diversityscience.org/healthequity

#### **Prioritize self care**

Biases are more likely to affect what we do when we are busy, tired, feeling anxious or stressed, or generally depleted for any reason.



## **Assume positive intentions**



If we consciously choose to assume people's behavior is well-intended, we will make less biased judgments and we will learn to see behaviors rooted in diverse cultural traditions as valid and acceptable.

### **Check for double standards**



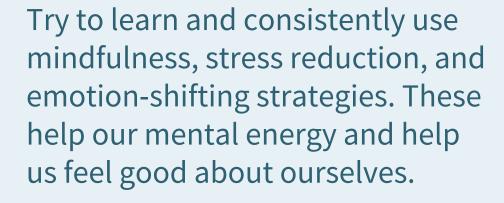
We can prevent our biases from unfairly judging someone by pausing and imagining how we would feel if someone different presented with the same symptoms.

## **Practice perspective taking**

Trying to see things from another person's perspective helps prevent bias. Take a moment to see things through their eyes, imagine yourself in their shoes.



## **Engage in emotion shifting**





## **Evaluate skeptism**



When someone tells you about exclusion and discriminatory experiences, believe them until proven wrong. Catch yourself seeking alternate explanations. Don't explain away their experiences.

## **Establish partnerships**

