



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.



Engage in emotion shifting

Try to learn and consistently use mindfulness, stress reduction, and emotion-shifting strategies. These help our mental energy and help us feel good about ourselves.



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.



Evaluate skepticism

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.



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.



Establish partnerships

Try to think of yourself and your patient as a team, working toward a common goal. Use inclusive words like **“we, us, and ours”** instead of “I, you, or them” when discussing treatment options.



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.

