

Health Care Disparities

Introduction for GME New Resident Orientation

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Original PowerPoint Created by Shon Rowan, MD



Objectives

- Provide new trainees with discussion about **health care disparities (HCD)**
- Re-enforce knowledge about **factors** associated with HCD
- Touch upon **Appalachian and Rural** population characteristics in our patient base
- Discuss individual **solutions** to decrease HCD



A few definitions...

- *Health and Health Care* **disparities** refer to **differences** in health and health care between populations.
- Disparities in “health” and “health care” are **similar** but **not synonymous**, concepts.



A few definitions...

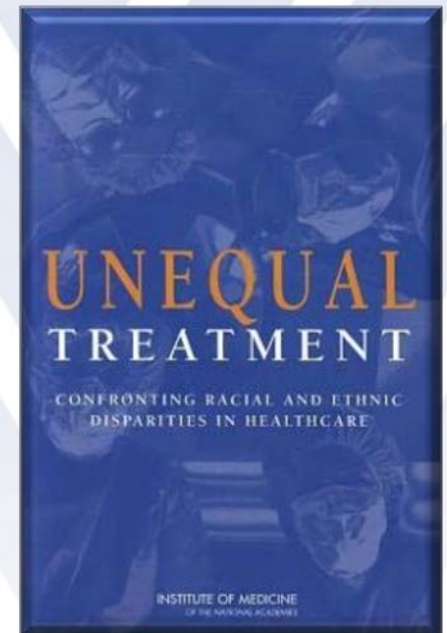
- **HEALTH disparity** - *higher burden* of illness, injury, disability, or mortality experienced by one population group relative to another
- **HEALTH CARE disparity** - *differences* between people groups in health insurance coverage, both access to and use of, and in *quality* of care.
- **Health inequality and health inequity**, you will hear these used interchangeably to describe differences that are socially-determined and/or deemed to be unnecessary, avoidable, or unjust.



Institute of Medicine, 2002

- Approximately 600 studies reviewed
- **Minorities** experienced:
 - Fewer routine screenings
 - Less pain medications
 - Less surgery
 - Less dialysis
 - Fewer organ transplants

**Even when socio-economic status
and insurance status matched**



Factors Associated with HCD

- Patient Characteristics

- Educational attainment
- Household income
- Insurance status
- **Health literacy**

Directly or indirectly affect the health care they receive

- Physician Characteristics

- **Biases**
- Discriminatory behavior
- Clinical uncertainty

- Systemic Factors



Definition of Health Literacy

“The ability to obtain, process and understand basic health information, and services needed to make appropriate health decisions and to follow instructions for treatment.”



Low Health Literacy

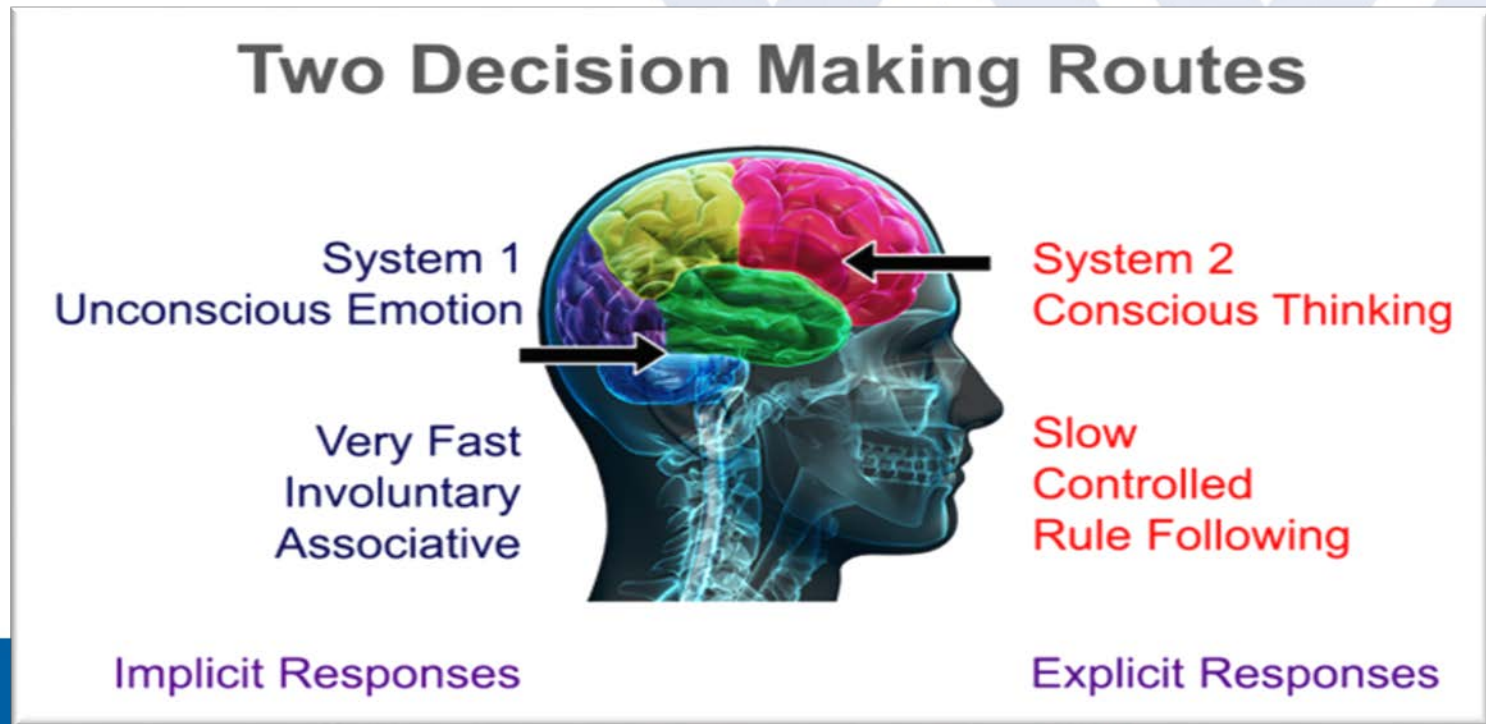
- = poorer health
- = worse outcomes
- = higher rates of health services utilization
- = higher health care costs

**Be Aware of Your Patient's
Health Literacy Level!**



Everyone has Biases

- Explicit Bias has decreased significantly over the past 50 years
- Implicit Bias is common and present



Implicit Bias

“an unintentional, unacknowledged preference for one group over another”

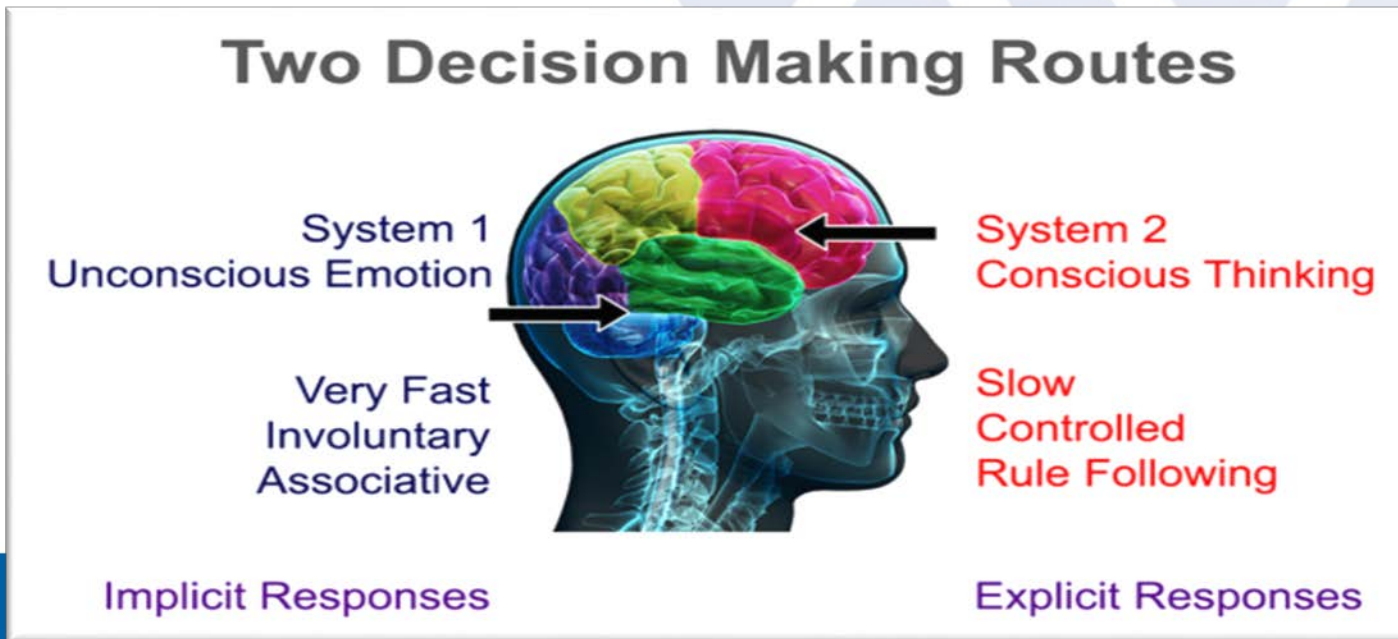
Institute of Medicine Finding 4.1:
Implicit bias is a plausible cause of HCD

Chapman et al, 2013



Implicit Bias

- Can be activated quickly and unknowingly by situational cues
- Exerts more influence when individual is stressed, fatigued



Implicit Bias and Patient-MD Dyad

- Providers with greater implicit bias:
 - Rated as **less “patient-centered”**
 - Rated as **less knowledgeable** about patient
 - Rated as providing **poorer communication**

Note: Studies concerning implicit bias effects on treatment decisions and health outcomes are lacking





Keep in Mind.....

- Patients who evaluate their clinicians more positively on patient-centeredness **are more satisfied** with their care, are **more likely to adhere** to treatment and follow-up with their clinician, and have **better health outcomes**

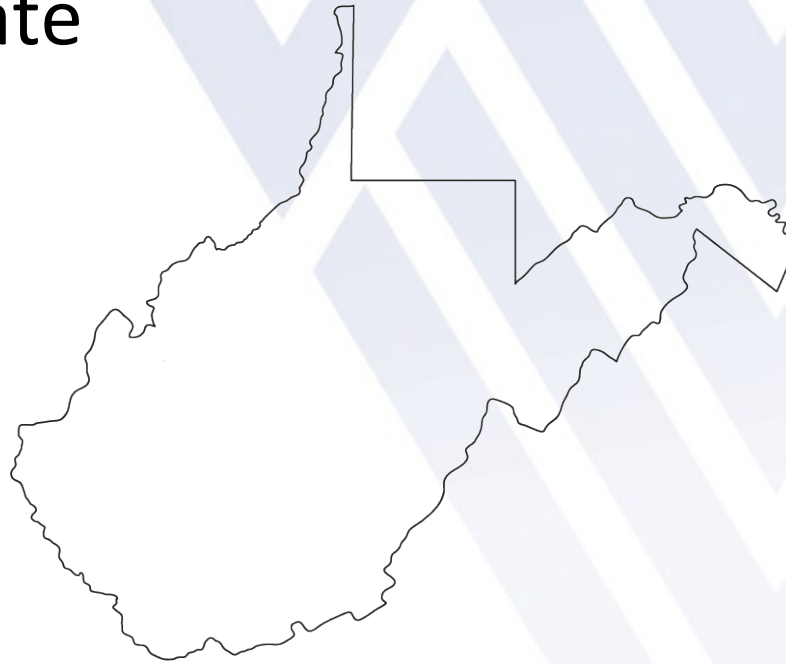
**Better Communication = More Patient Satisfaction
= Less Law Suits**

Multiple References



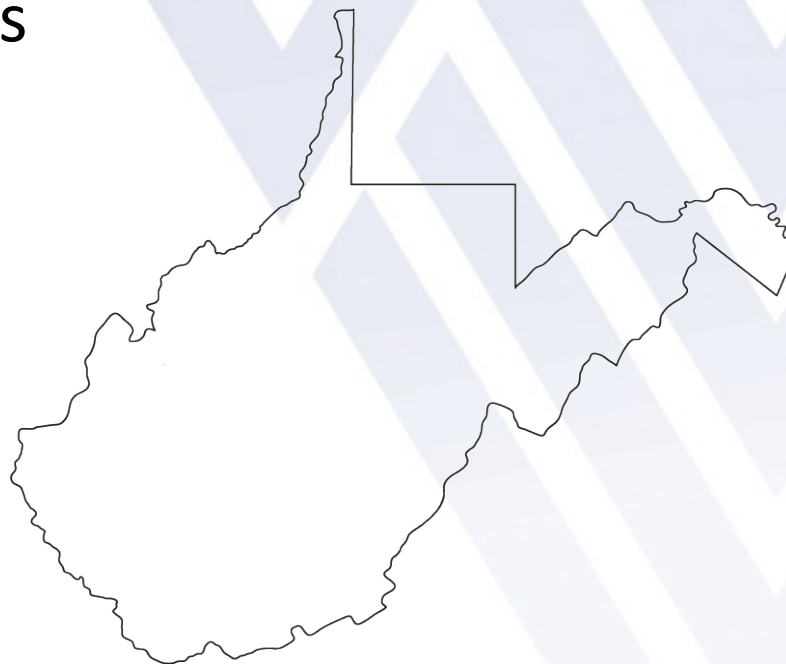
Barriers to Care in WV

- More than half (51.3%) of the population of WV or nearly one million residents live in rural areas in the state



Characteristics of Rural WV

- Has fewer physicians
 - 47/55 (85.5%) counties are Health Professional Shortage Areas



The Appalachian Region





Characteristics of Rural WV

- Environmental, transportation, financial and attitudinal barriers:
 - Isolation
 - Trust
 - Poverty
 - Education
 - Fatalism
 - Religion
 - Confidence





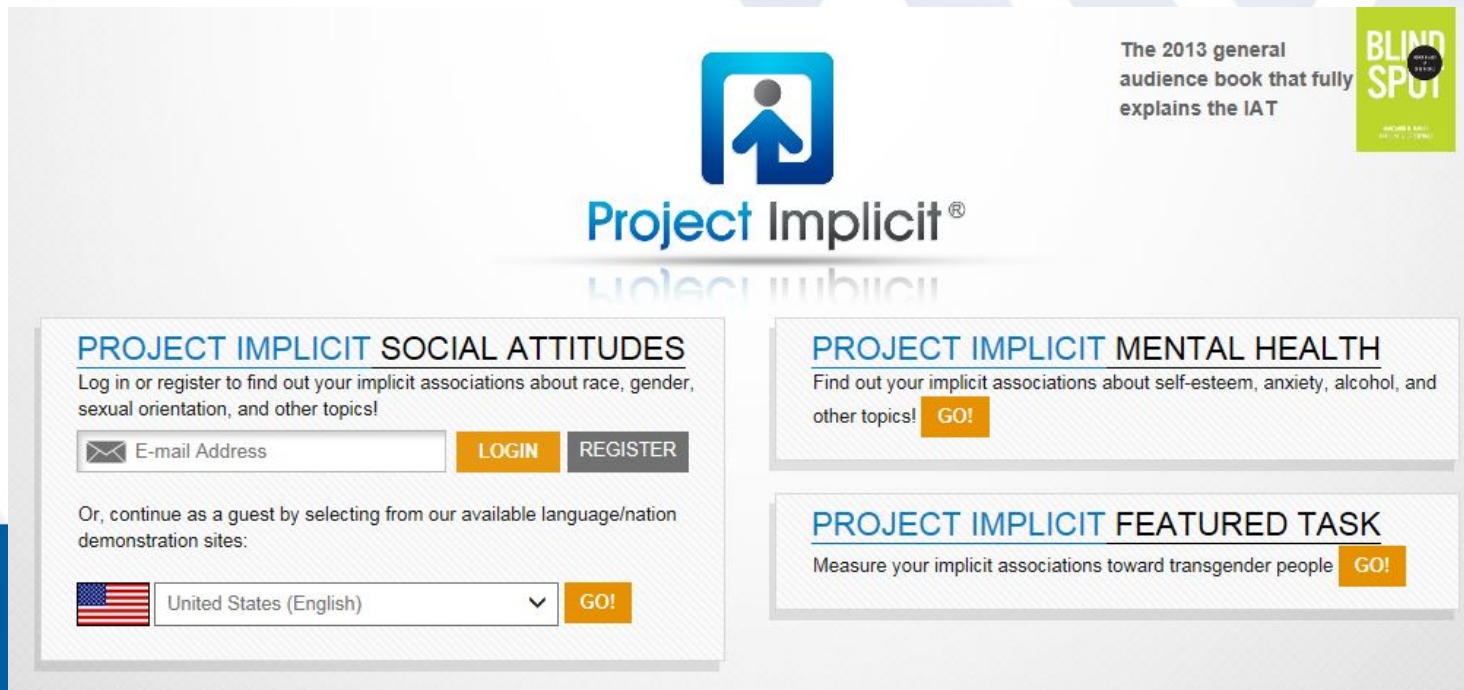
Individual Solutions

- Continue to strive to excel in all competencies, especially **Interpersonal and Communication Skills**
- Develop and adhere to **clinical routines**
- Use **evidence-based management** strategies on **all** patients



Tackling Implicit Bias

- Increase Self-Awareness; Take IAT
 - <https://implicit.harvard.edu/implicit>
- Individuating
- Perspective-Taking; Increase Empathy
- Participate in wellness events



The image shows a screenshot of the Project Implicit website. At the top center is the Project Implicit logo, which consists of a blue square with a white stylized figure inside, and the text "Project Implicit®" below it. To the right of the logo, there is a green book cover titled "BLIND SPOT" with the subtitle "The 2013 general audience book that fully explains the IAT". Below the logo, there are three main sections. The first section is titled "PROJECT IMPLICIT SOCIAL ATTITUDES" and contains the text "Log in or register to find out your implicit associations about race, gender, sexual orientation, and other topics!". It has a search bar for "E-mail Address" with "LOGIN" and "REGISTER" buttons. The second section is titled "PROJECT IMPLICIT MENTAL HEALTH" and contains the text "Find out your implicit associations about self-esteem, anxiety, alcohol, and other topics!" with a "GO!" button. The third section is titled "PROJECT IMPLICIT FEATURED TASK" and contains the text "Measure your implicit associations toward transgender people" with a "GO!" button. At the bottom left, there is a section for "Or, continue as a guest by selecting from our available language/nation demonstration sites:" with a dropdown menu showing "United States (English)" and a "GO!" button.

The 2013 general audience book that fully explains the IAT

Project Implicit®

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Log in or register to find out your implicit associations about race, gender, sexual orientation, and other topics!

E-mail Address **LOGIN** **REGISTER**

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PROJECT IMPLICIT FEATURED TASK
Measure your implicit associations toward transgender people **GO!**



Summary

- HCD exist in WV and USA
- HCD is associated with the patient, physician and system factors
- Each individual health care provider is a part of the solution to decrease HCD
- Practice, Practice, Practice with each patient encounter



