

1-27-2023

Implicit Bias Mask: Our Journey Inside Out

Juwan Taylor

Wayne State University School of Medicine, eu2758@wayne.edu

Salvatore Serra

Wayne State University School of Medicine, fp0189@wayne.edu

Alexa Kalaj

Wayne State University School of Medicine, hk4757@wayne.edu

Hannah Lee


Wayne State University School of Medicine, hk8509@wayne.edu

Saleh Al-Juburi

Wayne State University School of Medicine, hn0418@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj

 Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Taylor, Juwan; Serra, Salvatore; Kalaj, Alexa; Lee, Hannah; Al-Juburi, Saleh; and Kotlure, Amrutha, "Implicit Bias Mask: Our Journey Inside Out" (2023). *Patient Education Projects*. 549.

https://digitalcommons.wayne.edu/pat_edu_proj/549

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

Authors

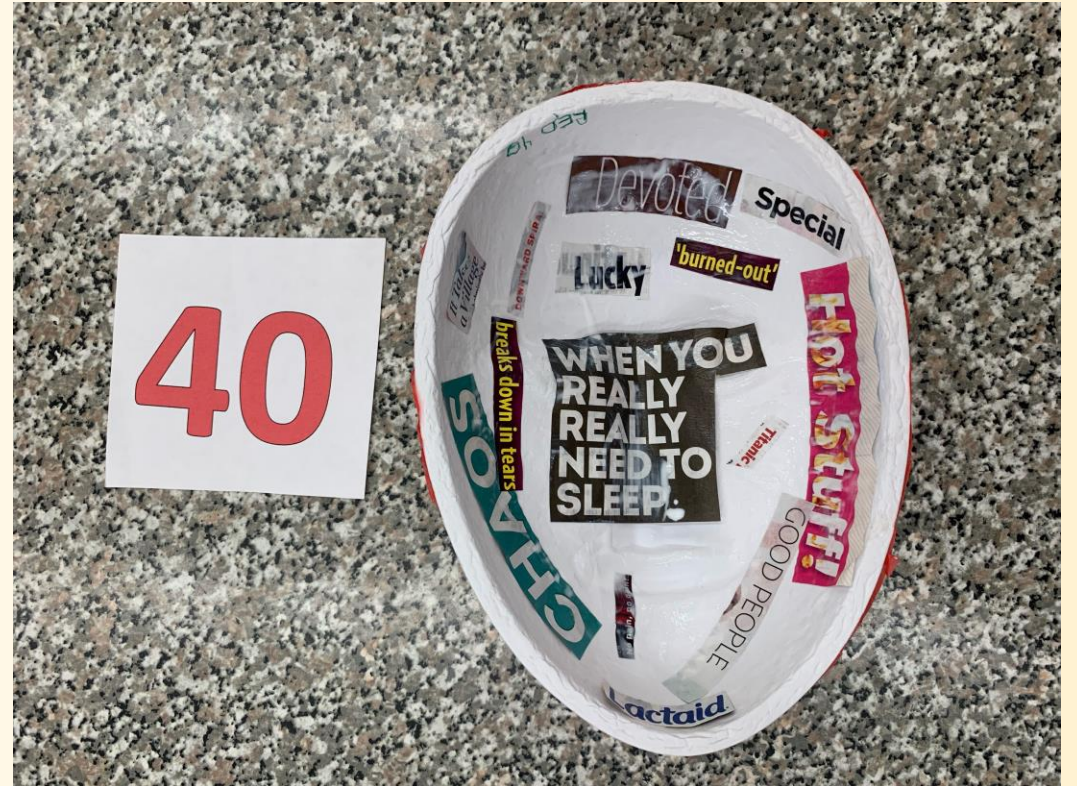
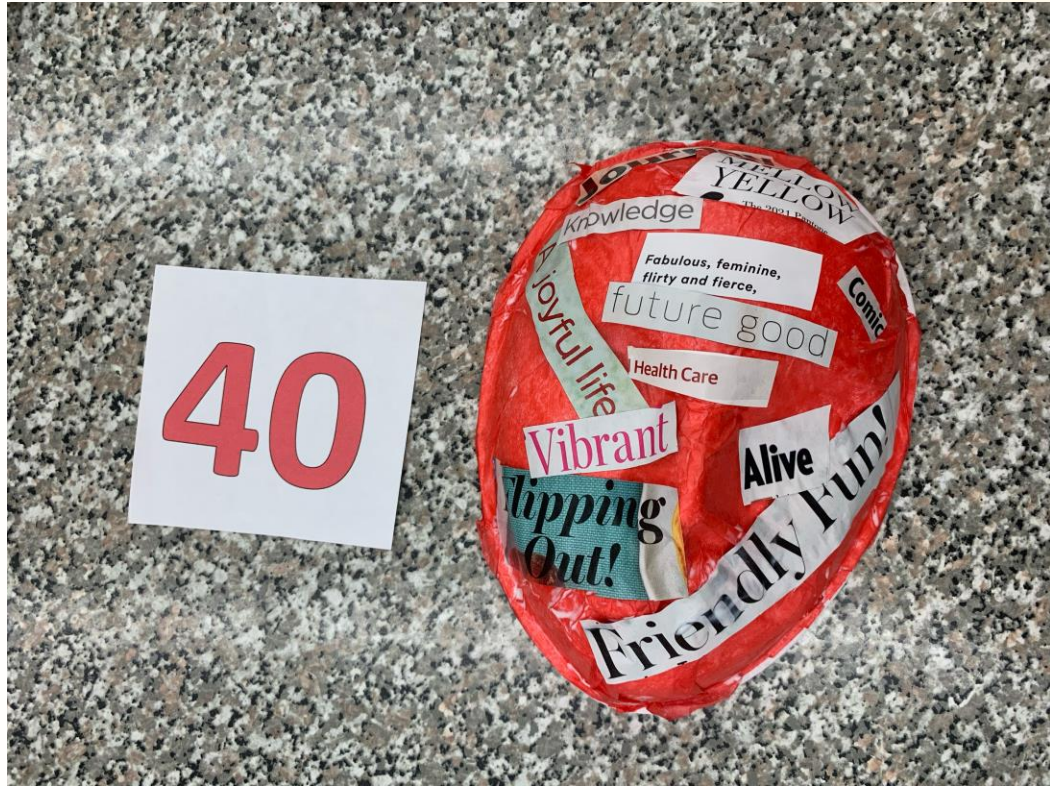
Juwan Taylor, Salvatore Serra, Alexa Kalaj, Hannah Lee, Saleh Al-Juburi, and Amrutha Kotlure

Mask Title: Our Journey Inside Out

Authors: Al-Juburi, S., Kalaj, A., Kotlure, A., Lee, H., Serra, S., Taylor, J.

Learning Community: Red 40





The outside of the mask:

- The red face of the mask represents our identity at Wayne as physicians-in-training within the Red 40 LC
- We use comic relief and a positive attitude to get through the challenges presented in the field of medicine
- While gaining new knowledge to help us become successful health care providers, we also try to main maintain a fun, vibrant lifestyle

The inside of the mask:

- The words "lucky" and "devoted" represent our feelings to have the opportunity to provide patient-centered care to a diverse population
- Internally, the common feelings of tiredness, lack of sleep, and being burnt out are also present due to the rigorous nature of our journey
- The difference in ideas between the inside and outside of the mask depicts the boundaries we impart to present ourselves a certain way to others



- How do you anticipate your professional identity changing during the first year of medical school?

As we progress through our first year of medical school, we anticipate our professional identity to change from extrinsic motivators, such as good performance and academic validation, to that of more intrinsic motivators. While performing well on exams and various courses is vital to overall success, we hope to become more cognizant of *why* we chose to become physicians. Additionally, we hope to become more comfortable with maintaining our own opinions and morals and become comfortable in who we are as future physicians, while working with others. In teams, it can often be the easy route to "go with the flow" of the group, but we hope to acquire the ability to respect not only the thoughts and opinions of others, but also of ourselves.



- What do you have to do to thrive and adapt to the changing conditions, as reflected in the mask for coping with ongoing stressors in medical school, as a physician in training?

As we continue to progress through medical school, we need to be able to adapt to new learning styles in response to a curriculum that changes with each discipline we cover. In doing so, we need to maintain a balance that allows us adequate time to become familiar with our coursework outside of a busy schedule filled with lectures, labs, and Zoom meetings. Somewhere in there, we need to remember to make time for ourselves by taking mental breaks and getting enough sleep. We stress the need for this mental care by including some of our own thoughts and feelings on the interior of our mask. Lesser thought of obstacles in the life of a medical student include [fear of] becoming burnt out and sleep deprived, but these can be very real barriers to obtaining a sound mental health as a medical student, and even as a physician.

