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## **Implicit Bias: Targets for Change in OT Practice**

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### **Learning Objectives:**

1. Identify five characteristics of implicit bias.
2. Describe how implicit bias impacts OT practice in health care and discuss barriers that can affect change in behavior.
3. Identify strategies and solutions to reduce the practice of implicit bias to improve population outcomes and reduce health disparities.

Implicit bias, also known as unconscious bias or implicit social cognition, refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. little research has directly investigated bias among health care professionals. However, existing evidence suggest that implicit bias may affect clinical judgment and decision-making in practice. Research also suggests that implicit bias may affect treatment outcomes by affecting clinical interactions and patients' adherence with their treatment. The purpose of this presentation is to increase the learner's awareness of implicit bias in OT practice, and to provide strategies to reduce the practice of implicit bias to improve population outcome, and reduce health disparities.