

1 **Home Visit Follow-up Survey**

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3 **Q2: Have you implemented your planned change?**

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5 Fully Implemented: 14.29%-----1

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7 Partially Implemented: 85.71%----6

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9 Could not be implemented at this time: 0.00%

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12 **Q3: Has your level of commitment remained the same?**

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14 Yes-----100%

15
16 No-----0%

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19 **Q4 Based on this experience, what changes have you implemented beyond what you listed?** - Table?

strategy: more questions

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22 **R1: spending more taking a social history with patient's during their visits** Time. ↳ individualization

Self-Education ↳ reading racial books

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25 **R2: I'm looking to learn more-and looking at books around race and bias, currently reading Toni Morrison's book of essays that are also incredibly eye opening, otherwise continuing to try to be mindful and find common ground.**

Mindfulness/ common ground

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29 **R3: None**

Social increasing interaction with opposite race

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32 **R4: seeking out providers of different races for myself** "R

Barrier- Covid

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35 **R5: Since making the original goal, there has been more use of Telemedicine, causing me to reframe my goal and apply it to the telehealth situation. In particular, identifying how patients may be more at risk to effects of bias & disparities.**

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strategies:

Empathy/perspective taking	40	R6: I have been trying to make a conscious effort to place myself in others shoes to take their perspective before <u>jumping to conclusions</u> or <u>assumptions</u> . Forcing myself to simply be aware of some of these judgments has helped me check my <u>own emotions</u> before patient interactions
	41	
	42	
Self-awareness	43	
self reflection	44	
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Meditation	46	R7: Tried to use meditation
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	48	Q5 What barriers did you encounter in implementing this change?
Barriers	49	
	50	
Telehealth	51	R1: telehealth restrictions and not being in the office in person in the last few months
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forgetfulness	54	R2: Business of life and clinic and not enough day to day reminders, not enough <u>exposure to friends of different races</u> in some regards.
not enough interaction with opposite race	55	
different	56	
forgetfulness	57	
	58	R3: Forgetfulness
	59	
Covid	60	R4: mostly barriers of interacting with patients in-person to the level as had previously due to covid-19
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Covid?	63	R5: changes in delivery of healthcare; general increase in stress in our healthcare environment
stress	64	
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Barrier-Time	66	R6: Time: specifically forcing myself to <u>slow down</u> and <u>think</u> about my <u>thoughts</u> and feelings before <u>encounters</u> while still focusing on the medicine I am learning to practice
Strategy - slowdown,	67	
Competing demands	68	
divided pro	69	
Time,	70	R7: Time, energy
	71	
	72	
	73	Q6 What helped you implement this change?
	74	
Social circle	75	R1: Friends and colleagues who are thinking about these things
Peer support	76	
Personal reminder	77	R2: a sticky note I placed on my workspace reminding me of my commitment to change
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Residency program - 80
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82
Self-awareness, - 83
Residency program 84
85
? 86
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R3: encouragement for mindfulness and reflection from our colleagues & faculty

R4: Self-awareness and surveys like this remind me of how important it is to take the time and try to make these changes

R5: Being stressed