

R=7 6/26/20

Remaining: July 4
12

Did they get a copy of what they said they were going to do? Can't remember

1 **Home Visit Follow-up Survey**

2
3 **Q2: Have you implemented your planned change?**

4
5 Fully Implemented: 14.29%-----1

6
7 Partially Implemented: 85.71%----6

8
9 Could not be implemented at this time: 0.00%

10
11
12 **Q3: Has your level of commitment remained the same?**

13
14 Yes-----100%

15
16 No-----0%

17
18 → Maybe just make a table of this?

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

Time Individualization Learn more * Mindful

20
21
22 **R1: spending more taking a social history with patient's during their visits**

23
24 **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.**

25
26
27
28
29 **R3: None**

Expand experiences? → similar to k2

30
31 **R4: seeking out providers of different races for myself**

Adapt to telehealth

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33 **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.**

Perspective taking self-aware

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39 **R6: I have been trying to make a conscious effort to place myself in others shoes to take their perspective before jumping to conclusions or assumptions. Forcing myself to simply be aware of some of these judgments has helped me check my own emotions before patient interactions**

Meditation

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41
42
43
44
45 **R7: Tried to use meditation**

46

Telehealth/
COVID

Time/competing
demands

Personal exposures
Reminders
Reminders

Telehealth/
COVID
change

Time
Competing
demands

Time

Social
aspect
(R1+R3)

Format is
helpful

- 47 **Q5** What barriers did you encounter in implementing this change?
 48
 49 **R1:** telehealth restrictions and not being in the office in person in the last
 50 few months
 51
 52 **R2:** Business of life and clinic and not enough day to day reminders, not
 53 enough exposure to friends of different races in some regards.
 54
 55 **R3:** Forgetfulness
 56
 57 **R4:** mostly barriers of interacting with patients in-person to the level as
 58 had previously due to covid-19
 59
 60 **R5:** changes in delivery of healthcare; general increase in stress in our *
 61 healthcare environment
 62
 63 **R6:** Time: specifically forcing myself to slow down and think about my
 64 thoughts and feelings before encounters while still focusing on the
 65 medicine I am learning to practice
 66
 67 **R7:** Time, energy

- 68
 69
 70 **Q6** What helped you implement this change?
 71
 72 **R1:** Friends and colleagues who are thinking about these things
 73
 74 **R2:** a sticky note I placed on my workspace reminding me of my *
 75 commitment to change
 76
 77 **R3:** encouragement for mindfulness and reflection from our colleagues &
 78 faculty
 79
 80 **R4:** Self-awareness and surveys like this remind me of how important it is
 81 to take the time and try to make these changes
 82
 83 **R5:** Being stressed ?
 84