During this ongoing COVID-19 global pandemic, what is the most common question asked by patients or peers?
(type your response in the chat box)
COVID-19 Health Crisis

- Black and Latino communities are being infected and dying at *far greater rates* compared to other racial groups.

Disparity vs. Inequity in relation to Health

**Health Disparities**: differences in health, health outcome, access to care

**DIFERRECE**

**Health Inequities**: these differences result of systems of oppression and structural factors that do disproportionate harm to certain groups vs other groups

**UNFAIR**

The Role of Healthcare: A Social Determinant of Health

**Health and race**

Social and other disparities in access to health care for Rhode Island residents.


**Uninsured Rates for the Nonelderly Population by Race and Ethnicity, 2010-2018**

- **Black**
- **Asian**
- **Hispanic/Latino**
- **White**

SOURCE: THE PROVINCE JOURNAL
How Did We Get Here?

What is Medical Mistrust?
- A lack of trust in the medical system & personnel AND the belief that they are acting or will act with ill intent towards a certain individual or group.

Medical Mistrust Cont’d
- Viewed as an appropriate survival mechanism that allows people to protect themselves or prepare counter measures (Benkert, 2019).
- Considered a form of resilience and a way for people from marginalized groups to empower themselves (Benkert, 2019).

Medical Mistrust
- Fueled by cultural, religious, political, and personal beliefs.
- Often extends to the pharmaceutical industry and federal government.

Iatrophobia (The fear of doctors)

“People of Color have been abused for so long consistently by the system. Why should they go to doctors when they’re ill or in need” - Harriet Washington.
Why?

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<thead>
<tr>
<th>Economic</th>
<th>Legal</th>
<th>Social</th>
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<tbody>
<tr>
<td>Lower wage</td>
<td>Fewer worker protections</td>
<td>Stigma</td>
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<td>essential workers</td>
<td>Poor eligibility for medical or unemployment benefits</td>
<td>Discrimination</td>
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<td>Crowded housing</td>
<td>Fear of deportation or family separation</td>
<td>Language Barrier</td>
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<td>transportation</td>
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<td>Healthcare Literacy</td>
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<td>Remittance obligations</td>
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<td>Healthcare Navigation</td>
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<td>Fear of higher medical bills</td>
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Vaccine Hesitancy

Medical Mistrust & Health
- **Lower** healthcare utilization including preventive care practices
- **Lower** likelihood of taking medical advice
- **Lower** adherence and compliance to medical treatment
- **Poorer** quality patient-provider relationships
- **Higher** likelihood of engaging in behaviors that place people at risk
- **Lower** rates of involvement in biomedical research
In order to change the future, we must first address the past

"Trying to understand a historical problem without knowing its history, is like trying to treat a patient without knowing a thorough medical history. You are doomed to fail." - Harriet A. Washington

Content Warning

- Some videos and images may be graphic during this next section

Transatlantic Slave Trade (1600s-1800s)

- "Medical doctors" were placed on slave ships to ensure that the cargo remained healthy during transport
- Compensated with money and slaves
- Dolben Act (aka the Slave Carrying Bill) in 1788

Videos

(2) Life Aboard a Slave Ship | History - YouTube
(2) Slaves thrown overboard - YouTube
On March 2, 1807, Congress abolished the importation of slaves within the jurisdiction of the U.S. Breeding of slaves surged, pushing black women to have more children. Former U.S. president, Thomas Jefferson once wrote, "I consider a woman who brings a child every two years as more profitable than the best man on the farm."
Slavery Era cont’d

- The 1830s marked the beginning of recorded experimentation on black women’s bodies

- First to successfully perform an abdominal surgical procedure (early 1800s).
  - Dr. McDowell removed an ovarian tumor from a enslaved woman

- Half of the case published in this journal dealt with harsh and brutal experiments on black people.

Dr. James Marion Sims

- Known as “Father of modern gynecology”;
- Founded the NY Women’s Hospital
- Created the vaginal speculum, instrument used for examination
- Pioneered the surgical repair for fistula, a complication from childbirth
- Dr. Sims performed 30 different operations on Anarcha, a 17 year old female slave
  - And about 11 other enslaved women to refine his surgical techniques

Medical treatment of slaves during surgery

- In most cases, anesthesia was not provided to slaves
- Slaves would take turns restraining each other during these painful procedures
- General anesthesia was introduced in 1846 (Dr. William Morton)
  - Chloroform was previously used
  - However, many early medical pioneers, including Dr. Sims, chose not to use it on the slaves
Medical treatment of slaves during surgery

- In the book, "The Natural History of the Human Species" by Chas. Hamilton Smith (1851)
  - Claimed "The American dark races bear with indifference torture insupportable to a white man".

- Dr. Mosely (Treatise of Tropical Diseases, 1851)
  - "Negroes are void of sensibility to a surprising degree. They are not subject to nervous diseases. They sleep sound in every disease nor does any mental disturbance ever keep them awake. They bear surgical operations much better than white people; and what would be the cause of insupportable pain to a white man, a Negro would almost disregard".

The U.S. Medical System Still Plagued to this day

- Racial bias in pain assessment and false beliefs about biological differences between people of color and whites is still evident TODAY
- People of color are systematically undertreated for pain relative to white Americans
- Goyai et al (2017) found similar racial disparities in pain management of Children with Appendicitis in EDs.

Maternal Mortality in the US (People of Color vs. Whites)

- 4x higher maternal mortality rates
- 3x higher infant mortality rates
- Shorter life expectancy

Exploitation of Slaves in Medical Education

- Black bodies were used to practice anatomy and various procedures
- This made Black wary about going to hospitals
  - that they would be unnecessarily experimented on
  - allowed to die so they could be practiced upon
- Bodies often shipped to medical schools
  - And were advertised that they had "dissecting material"
Slavery Era (late 1800s)
- Slavery officially ended in the United States on December 6, 1865, after the 13th amendment to the constitution was passed and ratified.

Rise of Immigration
- Millions of European immigrants came to America along trade routes
- Sought refuge in the US as an escape from war
- American Meritocracy
- Ellis Island & Statue of Liberty were beacons of hope as they arrived

Mexican Immigration
- Mexican immigrants did not endure the same experience as European immigrants
- The demand for skilled laborers and agricultural workers were high
  - However, wages for these jobs were excessively low
  - When those jobs were completed, they were often deported.
Rise of the American eugenics movement
- Surge of non-White racial groups’ “race panic”
- The key objective of this movement was to reduce the childbearing potential of the poor and disabled.
  - This movement devised the controversial “Negro Project” or family planning centers that pushed birth control in the Black South
  - Also, targeted Mexican immigrant communities
    - Leaders of this movement included
      - Margaret Sanger (Founder, Planned Parenthood)
    - By the mid-1930s, more than half of the US states passed pro-sterilization laws
  - Often cases of sterilization was forced

Post-Slavery Era
- Many sterilizations happened outside of the law at the discretion of physicians
- Governmental public assistance programs were also linked sterilizations to welfare benefits
- Federal and monetary incentives were made available
- Black babies and people were no longer economically valuable
- Societal views of Black people went from being a resource to being a nuisance

Emergence of Segregation
- Jim Crow (1836) was a white man who would amuse white audiences by dressing in “black face”
- In 1865, slavery was abolished and over 4 million slaves were freed
  - Slaves were promised the American dream
  - However, the “Jim Crow Era” (1875)-
    - Came to represent an era of pain and contradiction
    - This era denied many of the ex-slaves their newly granted rights

Black & Latino Independence (early 1900s)
- Failed by the “American dream” promised in the Emancipation Proclamation and founding American ideologies
- Creation of Black and Latino/Mexican entrepreneurship
  - Establishments of Historically Black Colleges & Universities (HBCUs) and other higher education institutions for people of color
- Visible in a multitude of disciplines, occupations, and other developments

White Supremacy
- 1919,
  - The formation of the Ku Klux Klan
  - Official National Organization
  - Reinforcers of the Jim Crow Laws
Minority Communities were Destroyed to Main White Supremacy. (Tulsa Oklahoma City Bombing Massacre, 1921)
Segregated Hospitals
- Negro & Mexican Hospitals
- Up until the 1960s, hospitals were rigidly segregated by race
- In the South, as per Jim Crow laws, few healthcare facilities where Black people could go
  - Discriminated against
  - Longer wait times
  - Relegated to basements and hallways of White hospitals
  - Sometimes had to agree to be experimented on to receive care
  - In most cases, experimentation and surgical procedures were done without patient’s consent

Fannie Lou Hamer (1961), civil rights activist
- Went to the hospital to have a uterine tumor removed; however, she received a complete hysterectomy without her consent
- Like Hamer, many women underwent this procedure without their knowledge or consent
  - Because it was so common in the South, it became known as “Mississippi appendectomy”

Medical Experimentation without consent
  - A cure for Syphilis was found in the 1940s
  - However, study subjects were withheld treatment and given placebos
  - Video: [Tuskegee Syphilis Experiment: What They Won't Show You About Syphilis Experiments in Races | YouTube]

- 1940s: Untreated syphilis on Guatemalan prison inmates and psychiatric patients
  - Similar to the Tuskegee Study

- 1955: “The Pill” studies in Puerto Rico
  - Law mandating forced sterilization of 2 children
  - First contraceptive trials
  - Used 2x higher dose of oral contraceptives
Henrietta Lacks (1951)
- Her cervical cancer cells taken without her consent at Johns Hopkins Medical School becoming 1st immortalized cell line.

Civil Rights Movements

Chicano Movement

Immigration & Naturalization Act of 1965
- Immigration policies were biased and highly favored Northern and Western Europeans.
  - Vices were reserved for these racial groups.
- While Mexican/Latinos, along with southern Europeans, Asians, Africans
  - Were all discriminated against on the basis of their national origin.
- The Immigration & Naturalization Act (1965) signed by President Lyndon B. Johnson
  - Abolished the national origin quota system that had been in place.
  - Now, immigrants from all countries had an equal chance of becoming US citizens.

Modern Day
What is implicit racial bias?

- **Definition**
  - "A mental process that causes most of us to have negative attitudes about people or groups based only on their identities."

**Forms of bias**
- Racism
- Sexism
- Classism
- Homophobia
- Ethnicity
- Religion
- Weight
- Ability/Disability
- Documented Status
- Language/Accents
- Geography
Most people are not aware of their own implicit racial bias

Implicit Racial Bias

- **HIDDEN:** Implicit racial bias resides in our "unconscious mind", an area scientists believe is beyond our direct control
- **SELF-REINFORCING:** Our refusal to talk about and confront issues of race reinforces implicit racial bias

Consequences of Implicit Bias

Potential Impact of Provider Bias

- Decision Making
- Delivery of Care
- Patient Satisfaction
- QUALITY CARE
- Healthcare outcomes

Healthcare Provision & Recommendations

How Do We Establish and Sustain Trust in Minority Communities?
Recommendations

- Take time to hear the concerns of our patients
- Patients hate to feel like “just another number”
- Make eye contact and engage in dialogue
- Thoroughly educate patients
- The better we educate patients, the better they will educate their families/friends/etc
- Community outreach
- Familiarize yourself with ongoing issues within the communities you serve
- Be upfront about your motivations
- You are a community advocate for your patients, not just a doctor for the inhabitants
- Minority representation in healthcare
- Always ask the patient as they have questions
- Share your personal experiences
- Remember the “little things”
- Be aware of your patients with their pets (e.g., their gardening, hiking, hobbies)
- Check yourself, before you wreck yourself
- Be aware of your own biases, microaggressions, and stereotyping
- Be aware of your bedside manner
- Empathize with patients, we are all human!!
- Be kind and truthful
- Don’t assume anything

Current Asian Hate Crime Crisis in the U.S.

Recommended Books

- SLAVERY AND MEDICINE
- The New Jim Crow
- Medical Apartheid
- We Stand Together #againsthate

Suggested Movies

- Miss Evers Boys
- Cesar Chavez
- In the Heat of the Night
- The Inevitable Rise of Bent Netta

If you see something that is not right, not fair, not just, you have a moral obligation to do something about it. - John Lewis
Suggested Movies

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