

# **Out of My Mind**

**Imani Howard**

**Department of Africana Studies**

## **Abstract**

The video autoethnography, “Out of My Mind”, effectively argues that the experience of black women in the healthcare system is inequitable compared to their white counterparts. Through describing my experience as a black female patient who was battling with a rare and extremely life-altering condition, I efficiently bring awareness to the dilemma that many black American women receive inferior treatment when seeking medical care. Racism and gender biases are causes of the discriminatory medical practices inflicted amongst many black American women, with origins dating back to the exploitation of black bodies for medical and scientific gain during the 17th and 18th century periods of chattel slavery in the United States. The video contains two testimonials, one from a black woman who had the exact same conditions as me and a speech pathologist who was an important part of my healthcare team during my time at the hospital. The video also displays various statistics, each of which shows apparent injustice encountered by black American women and the black American community as a whole. In the conclusion of the video, an assortment of solutions to the differential treatment of black women seeking medical care are brainstormed, with hopes of future implementation.