

## Background & Significance

### Background

- Originates from 1800s
- White coats are a symbol of professionalism and integrity
- Differentiated trained doctors and surgeons from those who are not certified/trained

### Significance

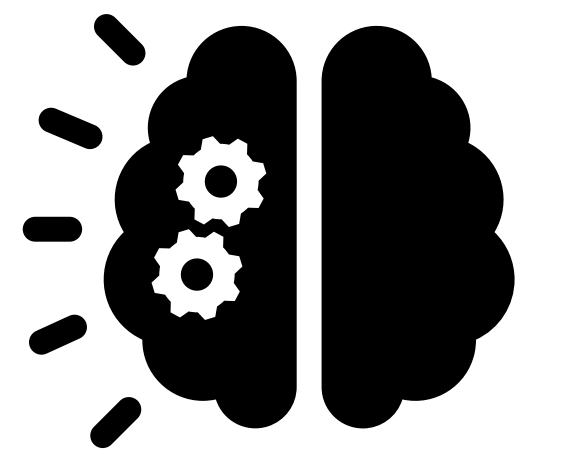
- Impact on clinical assessments of a patient
  - False high Blood pressures
  - White coat hypertension may increase cardiovascular risks



## Purpose of the Scoping Review: Examine Patient Perceptions of White Coats

- 1 Title:** The 'auxiliary' white coat effect in hospitals: perceptions of patients and doctor  
**Journal:** National Library of Medicine  
**Purpose:** To examine the perceptions and preferences of patients and doctors regarding dress codes  
**Year/Design:** 2017 Survey Descriptive  
**Findings:** Patients perceived doctors in white coats as more trustworthy and authority figures.
- 2 Title:** White coat hypertension: improving the patient-health care practitioner relationship.  
**Journal:** National Library of Medicine: PMC PubMed Central  
**Purpose:** Improving the relationship between the healthcare provider and the patient will decrease the possibility of white coat hypertension occurring.  
**Year/Design:** 2015; research study.  
**Finding:** That the improvement of patient and healthcare provider interactions through effective communication, empathy, and trust and reduce white coat hypertension.
- 3 Title:** Comparing the effects of white coat hypertension and sustained hypertension on mortality in a UK primary care setting.  
**Journal:** Annals of Family Medicine  
**Purpose:** To examine all-cause mortality in health care settings between patients with white coat syndrome hypertension and those with sustained hypertension where BP monitoring was required.  
**Year/Design:** 2008 Prospective Multi-Center Study  
**Finding:** White coat hypertension (elevation of clinic BP only) confers significantly less risk of death than sustained hypertension (elevation of both clinic and ambulatory BPs).

## What is Known?



- The length of white coats indicate the amount of training a physician has.
- Physician clothing affects how patients view them
- Physicians who wore white coats over their business clothes were deemed more knowledgeable, trustworthy and caring
- Physicians wearing scrubs and a white coat were viewed as more knowledgeable but less approachable
- Studies show blood pressure is affected
- Some patients view white coats as less sanitary due to their frequent patient exposure and lack of cleaning
- Patients are apprehensive about doctors who wear stethoscopes over lab coats as well, viewing them as unsterile.

## What Is Next? →

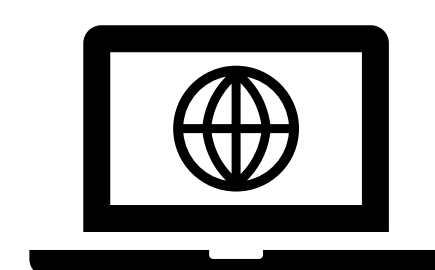
- There is a need to educate the public regarding the reasons for altering physician's traditional dress codes.
- Trials are needed to evaluate the risk reduction achievable for patients with white coat hypertension and blood pressure reduction treatment.
- Telemedicine is another alternative to reduce white coat hypertension and anxiety; use of automatic home blood pressure monitor connected to a landline and transmit the data electronically to the physician.
- Training healthcare providers to improve communication by actively listening to the patient and involving them in decision-making processes.

## Search Procedures and Parameters

### Data Bases Used:

- CINAHL
- EBSCO
- National Library of Medicine
- PENN Medicine
- Medline
- PubMed

### Search Terms:



- White coat syndrome
- Color
- Doctor
- Patient Perception
- Blood pressure
- Vitals
- Hypertension
- Scrubs

## References

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- Holland, K. (2023). *Everything You Should Know About White Coat Syndrome*. New York: Health Line.
- Mahoney, S. (2018). *The white coat: Symbol of professionalism or hierarchical elitism?* Washington DC: AAMC NEWS.
- Tiang, K., Hassan, A., Razack, A., & Keng Lim, N. (2017). The 'auxiliary' white coat effect in hospitals: perceptions of patients and doctors. *National Library of Medicine*, 574-575.

## Thank you for learning with us!

