RESPECT - We embrace a culture of professionalism with respect for the dignity of all persons

Actions that show/demonstrate Respect: (examples)

- We acknowledge and greet everyone regardless of title/position
  - Practice the 10/5 rule: anytime a guest or colleague is within 10 feet, we make eye contact and smile to acknowledge them. When we are within five feet of each other, a verbal greeting or friendly gesture of acknowledgement should accompany the eye contact and smile.
- We are aware of our non-verbal communication.
  - We make eye contact.
  - We are mindful of our “tone” both in our face-to-face interactions and through email.
- We practice active listening when we interact with each other and our patients.
  - We put our phones away when interacting with others.
  - We listen to understand others.
  - We do not interrupt others.

Resources Available:

UAMS Core Values
[web.uams.edu/about/vision-mission-core-values/](http://web.uams.edu/about/vision-mission-core-values/)

Spread Kindness Campaign
[web.uams.edu/spread-kindness/](http://web.uams.edu/spread-kindness/)