

Going Beyond the Pronouns: Caring Well for LGBTQ+ Patients



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Background

- Health caregivers may lack education on how to care well for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) patients.
- Without proper education, health caregivers are at risk of providing substandard care.
- This may increase the health disparities of LGBTQ+ patients due to discrimination.
- When patients are being discriminated against intentionally or not, they are less likely to seek care.

Purpose

The purpose of this EBP project was to increase caregiver's self-reported comfort in providing care for LGBTQ+ patients by providing education on LGBTQ+ populations health and historical discrimination.

Approach

A four-hour education session was developed. Including terminology definitions, descriptions of bias and discrimination both historical and present, and methods health care professionals can use to decrease disparities.

Results

97% of participants rated the class as impactful to their practice. Participants stated, "this course should be mandatory for all caregivers" and "this was the best and most eye-opening class I have taken; it has changed how I will lead".

Discussion

- An interactive, safe space was created as evidenced by participant engagement.
- It was identified that the course was nursing centric, so the course was updated to be more inclusive of all.
- The course was also identified for future growth as a larger EBP project.

Why this Matters

2 in 3 trans+ adults worry their health evaluations are affected by their sexual orientation or gender identity.¹⁵

Trans+ adults are **four times** as likely as their cisgender peers to report making at least one suicide attempt in their lifetime.¹⁵



PROUD

Only 22% of nursing programs teach about end of life or aging in LGBTQ+ population.⁷

Approximately **1 in 3** trans+ individuals had to teach their providers about trans+ people to get appropriate care in the past year.¹⁴

Implications for Practice

When caregivers engage in culturally appropriate care for LGBTQ+ individuals, those individuals are more apt to feel safe in accessing care.

Acknowledgments

Nicole Aaron, Emily King, Ryan Murphy, Shanell Qualls, and Edna Zeller

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