



WATERS COLLEGE
OF HEALTH PROFESSIONS

SEXUAL AND GENDER MINORITIES: INTEGRATING CULTURALLY SENSITIVE CARE

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Abstract

Recent trends in Lesbian Gay Bisexual Transgender (LGBT) awareness have highlighted current health disparities in sexual gender minority (SGM) demographics. Inequitable health care services for SGMs became a national objective when Healthy People 2020 created goals “to improve the health, safety, and well-being of lesbian, gay, bisexual, and transgender individuals.” The purpose of the presentation is to demonstrate how health care professionals can use an interdisciplinary approach to collaborate with key stakeholders to promote strategies to address and eliminate the inequities of health care in LGBT communities.

Discriminating Behaviors

- Societal Stigmas
- Mental Health Disorders
- Suicide
- Substance Abuse

Risk Factors

- Ward, Dahlhamer, Galinsky and Joestl (2014) examined independent variables: alcohol, tobacco, and physical activity among United States citizens with any sexual preference who were 18 years and older. Data from 35,000 participants revealed smoking and alcohol use was higher in LGBT participants
- Researchers found an increased prevalence of every day smoking higher with LGBT participants and a greater use of alcohol in participants identified as bisexual.
- Alcohol abuse among LGBT participants was attributed to patronage of nightclubs and bars that were as tolerant and discrimination-free. There were no statistical differences noted between cohorts when evaluating aerobic exercise and national guidelines.
- According to the CDC (2018b) risky sexual behaviors without condom use accounted for an increased prevalence of HIV infections in MSM populations, identified as either gay or bisexual.
- According to the CDC (2018b), data revealed an increase in HIV among gay and bisexual men who participate in anal sex.

Barriers

- Lack Of Adequate Healthcare Coverage
- Poor Resource Availability
- Social Stigmas Which Facilitates Underutilization of Health Care Resources, Especially in Rural Populations
- Provider Bias

Conclusion

- Health care providers need to be well informed advocates.
- Identify one's explicit/implicit bias.
- Community health promotion activities.
- Health care reform.
- There is a need to eliminate the null curriculum in universities.

Practice and Educational Applications

- Cultural Competency
- Bias in Health Care Providers
- Safe Space Training at Local Universities
- Curriculum Changes

Nurse Leader Applications

- Become a Political Advocate
- Influence Policy Change
- Involvement in Professional Development Activities
- Bring Hot Topics to Round Table Discussions
- Advocate for Vulnerable Populations such as SGMs

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