Welcome

The Health of Lesbian, Gay, Bisexual, and Transgender People: Ending Disparities, Ending Invisibility Webinar

February 8, 2012
We will begin promptly @ 2PM EST

Event Host
Melissa Da Silva
Deputy Director
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Tech Support: Juli Hishida

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The Health of Lesbian, Gay, Bisexual and Transgender People: Ending Disparities, Ending Invisibility

National Health Care for the Homeless Council

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Learning Objectives

- Describe health disparities among LGBT people and some of the factors that influence disparities
- Identify strategies for taking a sensitive history with LGBT people
- Identify strategies for being supportive of a patient’s sexual orientation and gender identity
- Understand what resources and trainings are available from the National LGBT Health Education Center (The Fenway Institute, Fenway Health)
Why LGBT Health?

- Bias in Health Care
- Stigma and Discrimination
- Social Determinants

Health Care Disparities
A Long History of Bias in Healthcare

- 1999 CA survey, 18.7% of physicians sometimes or often uncomfortable providing care to gay patients (Smith and Mathews, 2007).
- 2007 survey: 30.4% of patients would change providers upon finding out their provider was gay/lesbian (Lee et al., 2008)
- 2005/6 surveys of medical students (AAMC reporter, 2007)
  - 15% reported mistreatment of LGBT students at schools
  - 17% of LGBT students reported hostile environments
- 2011- www.transequality.com/ngltf
  - Refusal of care: 19% of sample reported being refused medical care due to their transgender or gender non-conforming status, with even higher numbers among people of color.
  - Uninformed doctors: 50% of the sample reported having to teach their medical providers about transgender care.
The Impact of Stigma and Discrimination
Social Determinants of Health

Disparities: Healthy People 2020

- LGBT youth are 2 to 3 times more likely to attempt suicide.
- LGBT youth are more likely to be homeless.
- LGBT populations have the highest rates of tobacco, alcohol, and other drug use.
- Gay men are at higher risk of HIV/STDs, especially among communities of color.
- Lesbians are less likely to get preventive services for cancer.
- Lesbians and bisexual females are more likely to be overweight or obese.
Transgender individuals have a high prevalence of HIV/STI’s, victimization, mental health issues, and suicide. They are less likely to have health insurance than heterosexual or LGB individuals.

Elderly LGBT individuals face additional barriers to health because of isolation and a lack of social services and culturally competent providers.
Homeless LGBT Youth

- LGBT youth, once homeless, are at higher risk for victimization, mental health problems, and unsafe sexual practices.
- LGBT homeless youth are more likely to have been sexually victimized compared to heterosexual homeless youth.
- LGBT youth are much more likely to experience acts of sexual violence than heterosexual homeless youth.
- LGBT homeless youth commit suicide at about twice the rate of heterosexual homeless youth.

Source: LGBT Homeless, National Coalition for the Homeless (June 2009)
HIV Incidence Among MSM or MSM/IDU, United States, 2009

Incidence amongst black MSM 13-29 is up 48% in this time period.
Benefits of reducing LGBT health disparities: Non-Communicable, Communicable and Behavioral

- Reductions in disease transmission and progression
- Increased mental and physical well-being
- Reduced health care costs
- Increased longevity

(HP2020)
Translating Knowledge into Quality Care and a Positive Experience For Patients Wherever they Receive Care
Getting to Know Your Patients

New Patient

New Gay (MSM) Patient

How do you feel when learning this?
L,G,B and T
Demographics, Concepts, and Terminology
“No, we are not twins.”
There is diversity of expression in our own communities and globally.
Understanding Sexual Orientation

Identity

Attraction          Behavior
Discordance between Sexual Behavior and Identity

- 2006 study of 4193 men in NYC (Pathela, 2006)
- 9.4% of men who identified as “straight” had sex with a man in the prior year
  - These men were more likely to:
    - belong to minority racial and ethnic groups,
    - be of lower socio-economic status,
    - be foreign born,
    - not use a condom
- 77-91% of lesbians had at least one prior sexual experience with men
  - 8% in the prior year
  (O’Hanlan, 1997)
LGB Demographics in the U.S.

- Identify as lesbian, gay or bisexual:
  - 1.4 - 4.1%

- Same-sex sexual contact in last year:
  - 3 - 4%

- Same-sex sexual contact ever:
  - 4 - 11% (women)
  - 6 - 9% (men)

(Laumann et al., 1994; Mosher et al., 2005)
Transgender: Understanding The T in LGBT

- Gender nonconformity refers to the extent to which a person’s gender identity differs from cultural norms for people of a particular sex.
- Terminology is culturally and time dependent and is rapidly evolving.
- Transgender people persistently identify and/or express their gender as the opposite of their biologic birth sex and often have hormonal and surgical treatment (sometimes called transsexualism).
- People define themselves as a gender outside the either/or construct of male/female – e.g., having no gender, being androgynous, or having elements of multiple genders (some use the term bi gender or genderqueer).
- People who enjoy the outward manifestations of various gender roles and cross dress to varying extents.
Taking a History
Proportion of Physicians Discussing Topics with HIV-Positive Patients

4 US Cities (n=317)

- Adherence to ART 84%
- Condom use 16%
- HIV transmission and/or risk reduction 14%

(\textit{AmJPublicHealth.} 2004;94:1186-92)
Discomfort as a Barrier

“Ironically, it may require greater intimacy to discuss sex than to engage in it.”

_The Hidden Epidemic_
Institute of Medicine, 1997
The Core of the Cross-cultural Interview

Respect

Curiosity

Empathy

Adapted from Betancourt and Green
Taking a History

- The core comprehensive history for LGBT patients is the same as for all patients (keeping in mind unique health risks and issues of LGBT populations).
- Get to know your patient as a person (e.g., partners, children, jobs).
- For a new patient coming in for primary care, may talk about sexual orientation or gender identity by simply asking: “Tell me about yourself….”
- Use gender neutral terms and pronouns when referring to partners, unless you are sure:
  - “Do you have a partner or spouse? Are you currently in a relationship? What do you call your partner?”
- Avoid judgment or bias.
- Assure confidentiality – and ask permission to include sexual orientation and gender identity on medical chart.
- Be open to evolving terminology: queer, same gender loving.
Learning about Identity, Behavior, and Desire through the Sexual History

- Explain to patients that the sexual history is routine and confidential:
  - “I am going to ask you some questions about your sexual health that I ask all my patients. The answers to these questions are important for me to know to help keep you healthy. Like the rest of this visit, this information is strictly confidential.”

- Ask about sexual health as well as behavior (e.g., satisfaction with sexual function)

- Assess comfort with sexuality
  - “Do you have any concerns or questions about your sexuality, sexual identity, or sexual desires?”
Gender Identity

- Asking patients about gender identity concerns:
  - “Because so many people are impacted by gender issues, I have begun to ask everyone if they have any concerns about their gender. Anything you do say about gender issues will be kept confidential. If this topic isn’t relevant to you, tell me and I’ll move on.” (Feldman and Goldberg, 2006)

- Or ask:
  - “Out of respect for my clients’ right to self-identify, I ask all clients what gender pronoun they’d prefer I use for them. What pronoun would you like me to use for you?” (Feldman and Goldberg, 2006)
Understanding Desire: Support for “Coming Out”

- Can happen at any age regarding sexual orientation or gender identity

- Ask patients who are coming out if they have family and community supports
Creating Change at Home: Better Environments for Caring, Learning, and Working
Assessing the Current Environment

- Do you know if LGBT patients feel welcome and feel safe to disclose their sexual behavior and identity?
- Do you know if LGBT staff, clinicians, students and trainees feel safe and accepted?
- Does everyone feel comfortable being themselves?
- Can everyone talk freely with colleagues?
- Are staff and professionals being taught about LGBT health needs?
- Is there an organizational structure to adjudicate concerns?
The Joint Commission

Advancing Effective Communication, Cultural Competence, and Patient- and Family-Centered Care for the Lesbian, Gay, Bisexual, and Transgender (LGBT) Community

A Field Guide
The Patient Environment

- Create intake forms that include the full range of sexual and gender identity and expression
- Ensure confidentiality on forms
- Train all staff to be respectful of LGBT clients, and to use clients’ preferred names and pronouns
- Post non-discrimination policy inclusive of sexual orientation and gender identity
- Display images that reflect LGBT lives (e.g., posters with same-sex couples, rainbow flags, trans symbol)
- Provide educational brochures on LGBT health topics
- Offer unisex bathrooms
Our Foundations

Fenway Health

- Independent 501(c)(3) FQHC
- Founded 1971
- 15,000 patients (1500 HIV+)

**Mission**: to enhance the wellbeing of the LGBT community as well as people in our neighborhoods and beyond through access to the highest quality health care, education, research and advocacy
Our Foundations

The Fenway Institute

- Founded 2000
- Research and Evaluation
  - 61 Active Research Protocols (FY2011)
- Advocacy and Policy
- Population Research Center
- Network for LGBT Health Equity
- Education and Training
  - National LGBT Health Education Center
Our Foundations

- Fenway Guide to LGBT Health (2007), American College of Physicians
  - First medical textbook focused on LGBT people
  - Online Learning Modules
- Grand Rounds on LGBT Health with AMA (2009-present)
- Multiple other trainings, TA to hospitals, health centers, etc.
National LGBT Health Education Center: Current Focus

- HRSA National Cooperative Agreement: Awarded 2011
- Provide training and technical Assistance to health centers across the nation

- Trainings available through:
  - National Conferences
  - Webinars
  - PCAs
  - Regional meetings
  - Online CME (in development)
LGBT Health Training Topics

- **Target Audiences:** Clinicians, administrators, and support staff at health centers
- **Trainings adaptable to audience needs**
- **Sample topics:**
  - Introduction to LGBT People and Health
  - Taking a Sexual History with LGBT people
  - Collecting Data on Sexual Orientation and Gender Identity
  - Supporting LGBT Patients through the Life Cycle
  - Preventing HIV and STIs in gay and bisexual men and other men who have sex with men (MSM)
  - Screening and prevention needs for lesbian and bisexual women
  - Understanding the T in LGBT: A Role for Clinicians
“How to Optimize the Care of Lesbian, Gay, Bisexual, and Transgender (LGBT) People in Health Care for the Homeless Programs”

Wednesday, May 15 at 1:00 p.m.

Presenters:

Harvey J. Makadon, Ralph Vetter, JoAnne Keatley
How Can We Help You?

- Sign up for our updates and newsletter
- Discuss what we can do for health centers in your area
- Contact us to speak with a member of our team:

  **Jeffrey Walter, Hilary Goldhammer, Harvey Makadon**

  T 617.927.6354

  [lgbthealtheducation@fenwayhealth.org](mailto:lgbthealtheducation@fenwayhealth.org)

  [www.lgbthealtheducation.org](http://www.lgbthealtheducation.org)
Resources

- National LGBT Health Education Center
  - [www.lgbthealtheducation.org](http://www.lgbthealtheducation.org)

- The Joint Commission Field Guide for the LGBT Community
  - [www.jointcommission.org/lgbt/](http://www.jointcommission.org/lgbt/)

- Center of Excellence for Transgender Health
  - [http://transhealth.ucsf.edu/](http://transhealth.ucsf.edu/)

- National Coalition for the Homeless *LGBT Homeless* (2009)
  - [www.nationalhomeless.org/factsheets/lgbtq.html](http://www.nationalhomeless.org/factsheets/lgbtq.html)

- National Gay and Lesbian Task Force *LGBT Youth: An Epidemic of Homelessness*
  - [www.thetaskforce.org/downloads/reports/reports/HomelessYouth.pdf](http://www.thetaskforce.org/downloads/reports/reports/HomelessYouth.pdf)

- Sydney Borum Jr. Health Center
  - [sidneyborum.org/](http://sidneyborum.org/)

- The Trevor Project
  - [www.thetrevorproject.org](http://www.thetrevorproject.org)

- Gay and Lesbian Medical Association Resources
  - [www.glma.org](http://www.glma.org)
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Resources

- National HCH Council website www.nhchc.org

  - **Workshop:** How To Optimize The Care Of Lesbian, Gay, Bisexual, And Transgender (LGBT) People In Health Care For The Homeless Programs

- Fenway Institute in Nashville, TN - a one-day training event on June 29, 2012.

- Request technical assistance

Thank you for your participation.

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