



Pioneer Scheme Half-day Learning programme

Wednesday 29th January 2020

KNOWLEDGE EXCHANGE

LGBTQ and Health Inequalities

With Dr Thom O'Neill (Paediatrician)

1) What were the key learning points from this session?

- There has been a steady increase in hate crimes toward the LGBT community in the last few years. A proportion of this will be due to increased reporting, but even so objectively, there has been an increase.
- The majority of healthcare professionals do not think sexual orientation is relevant to healthcare. However there are inadvertent barriers for this community in accessing healthcare.
- The environments that young LGBT people face, which affects their health:
- School - being surrounded by homophobic remarks, lack of sex education (or negative or misleading information) about same sex relationships, lack of access to LGBT resources online due to blocked content, higher rates of truancy (affecting educational attainment and decisions about further education).
- Home - affects their living circumstances (25% are asked to leave the home when they come out), resulting in high rates of homelessness, unstable living, sofa surfing, with an increase in dangerous behaviour. Issues of safety in using dating apps which are more common in young LGBT community.
- Hospital - LGBT patients are more likely to present to A+E than GP. This is due to the preferred anonymity, even if a less supportive environment. 75% of staff have not had

training in LGBT health needs. Mental health issues - high rates of depression, eating disorders, and self harm. 48% of all trans young people have attempted suicide.

2) What changes to practice might you consider?

- Consider use of pronouns. If you are unsure which to use, ask them!
- Consider use of NHS badges with rainbow flag outline.
- If practices have had any training, they can display 'Trans friendly' and 'LGBTQ friendly' posters. Is there a way of adapting these to make a 'deep end version'?

3) Any useful resources to share?

- LGBT Youth Scotland - have local youth groups and resources.
- Equality network