

Mental Healthcare Outcomes of LGBTQ+ Patients – Implications for the Medical Curriculum



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BACKGROUND

The growing LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual+) community experiences higher rates of mental health disparities and greater healthcare-related communication barriers¹. This drives a need to change the medical curriculum design with the intention to better prepare future doctors for the care of their patients. A systematic review evaluates the literature around mental healthcare outcomes in the LGBTQIA+ community, to better inform how leaders in medical education can tackle the implications.

METHODS

13687 articles on the treatment outcomes of mental health LGBTQ+ patients were identified from a computer-based search of databases and independently reviewed by 4 reviewers. 7 papers were included.

RESULTS

Literature focusing on the outcomes of mental health treatment in the LGBTQ+ community is limited. From the currently available, LGBTQ+ patients experience worse mental healthcare outcomes, including less likely to feel accepted by their clinician and had a high rate of suicidal thoughts² compared to their cis-gendered heterosexual peers. Studies reported judgement by their service providers³.

KEY MESSAGES

With the findings of this systematic review in progress, it is crucial to address the implication in the undergraduate/postgraduate curriculum. Potential next steps include developing a simulated doctor-patient interaction to address the communication barriers of LGBTQ+ patients.

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