

Improving End-of-Life Care for the LGBTQ Population

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Objectives

- Review the serious, life-limiting health considerations for the LGBTQ community.
- Introduce risk factors, barriers, and facilitators to exceptional health care among sexual orientation and gender identity persons.
- Provide concrete recommendations to improve psychosocial outcomes for LGBTQ patients and their families.

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LGBTQ Morbidity & Mortality

Increased prevalence of:

- Cancer
- Heart Disease
- COPD
- Kidney Disease
- Stroke

Caceres et al. (2020); Heslin, K.C. & Hall (2021); Quinn et al. (2015)

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Limitations in Research

- Human Sexuality
 - Attraction
 - Behavior
 - Identity
- Population Statistics
- Smoking Exemplar

Corliss et al. (2013); Sell, (1997)

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Minority Stress Theory

- Minority Stress Theory helps explain how external stressors (prejudice, stigmatization, and discrimination) lead to internal stressors (internalized homophobia, identity concealment, and fear of rejection).
- The IOM (2011) recommendation.

Meyer (2003)

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LGBTQ Barriers to Healthcare

- Men and Women 18 – 64 years old:
 - Delay/do not receive care because of cost
 - Did not receive specific services because of cost
 - Delayed care for non-cost reasons
 - Trouble finding a provider
 - No usual source of care when sick or need medical advice

Dahlhamer, Galinsky, Joestl, & Ward (2016)

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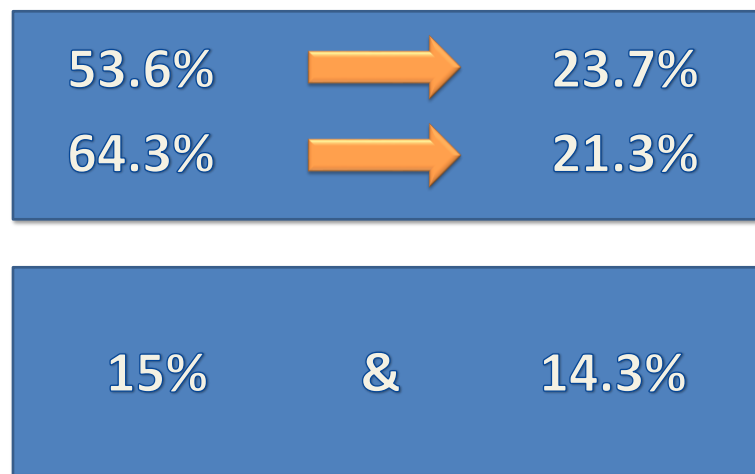
LGBTQ Barriers to Palliative Care & Hospice

- Historical perspectives
- Perceived and real issues with access
- Financial barriers
- Legal and institutional concerns

Acquaviva (2017); Kemery (2021); Marsack & Stephenson (2018)

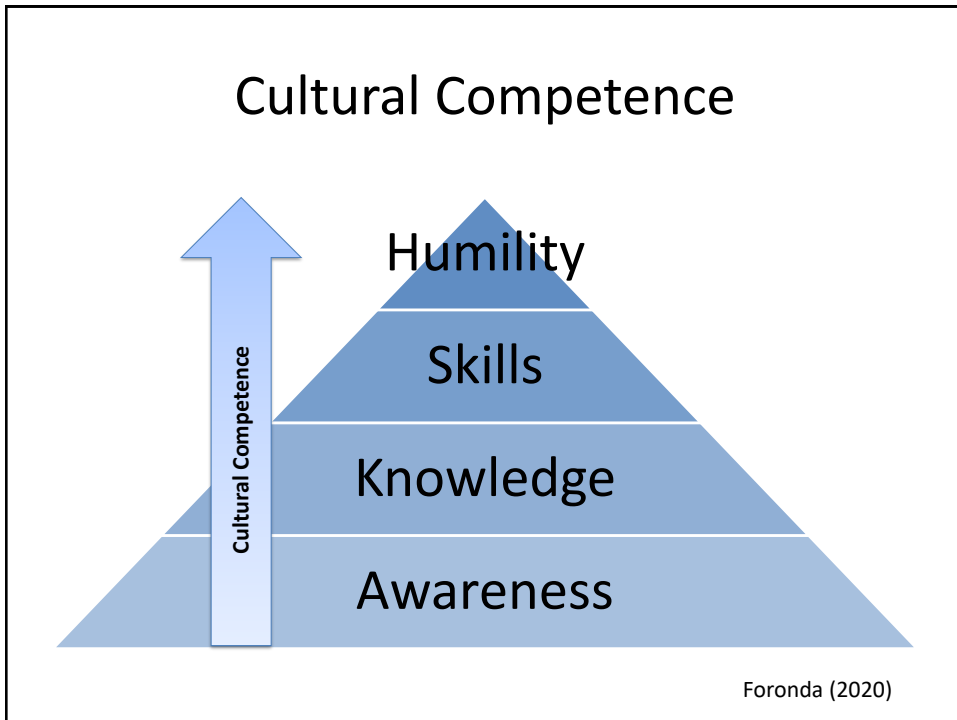
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Provider Perceptions



Stein et al., (2020)

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LGBTQ Facilitators of Care

- Develop and maintain non-discrimination policies in our workplace.
- Provide training and education to staff regarding the unique needs and experiences of LGBTQ persons and their families.
- Include sexual orientation and gender identity questions as a component of intake.
- Inclusive community outreach and marketing.

Acquaviva (2017); Mehta (2017); Orgel (2017)

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Training & Education

- Health Professionals Advancing LGBT Equality: www.glma.org
- Hospice & Palliative Nurses Association: LGBTQIA Resources: <https://advancingexpertcare.org/HPNA/Default.aspx>
- National LGBT Cancer Network: <http://cancer-network.org>
- National LGBT Health Education Center: www.lgbthealtheducation.org
- Safe Zone Project: <https://thesafezoneproject.com/>
- Services & Advocacy for LGBT Elders (SAGE): <https://sageusa.care/our-services/coaching-training/>

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Suggested Gender Identity Questions

What sex were you assigned at birth?:

- Female
- Male

What is your current gender identity?:

- Female
- Male
- Transgender Woman/Transgender Female
- Transgender Man/Transgender Male
- Other* (e.g., non-binary, genderqueer, gender-diverse, or gender fluid)
Please specify: _____
- Choose not to disclose

(National LGBT Health Education Center, 2020)

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Suggested Sexual Orientation Question

Do you think of yourself as:

- Straight or heterosexual
- Lesbian, gay, or homosexual
- Bisexual
- Something else (e.g., queer, pansexual, asexual.) Please specify: _____
- Don't know
- Choose not to disclose

(National LGBT Health Education Center, 2020)

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Suggested Sexual Attraction & Behavior Questions

People are different in their sexual attraction to other people. Which best describes your feelings? Are you:

- Only attracted to females?
- Mostly attracted to females?
- Equally attracted to females and males?
- Mostly attracted to males?
- Only attracted to males?
- Not sure?

In the past who have you had sex with?

- Males only,
- females only,
- both males and females, or,
- I have not had sex

Sexual Minority Assessment Research Team (SMART) (2009)

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Questions?

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