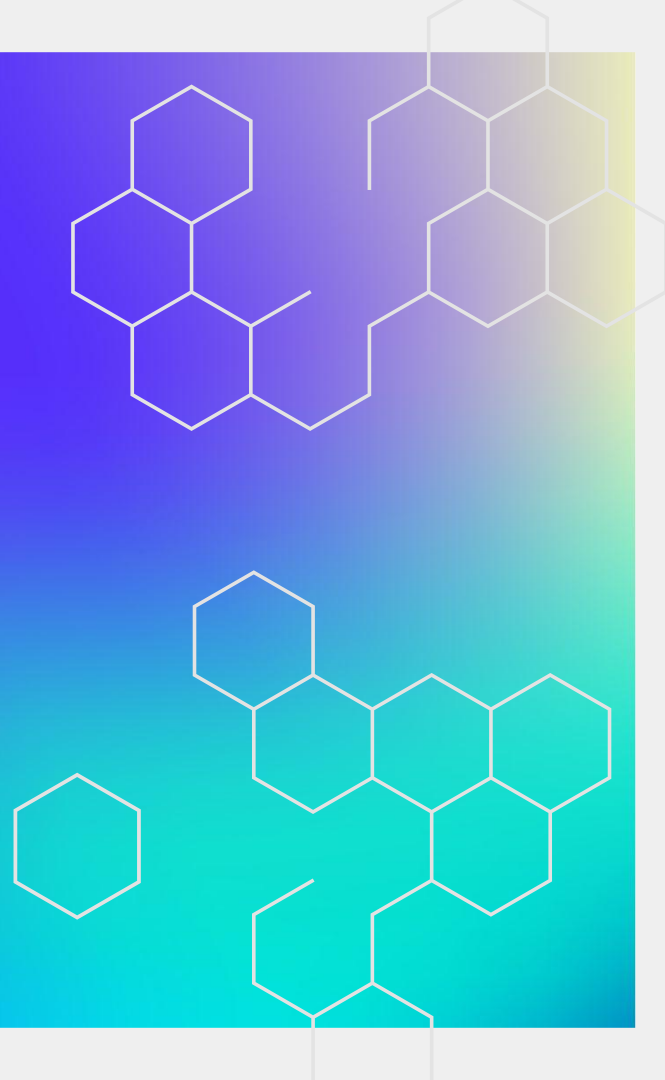




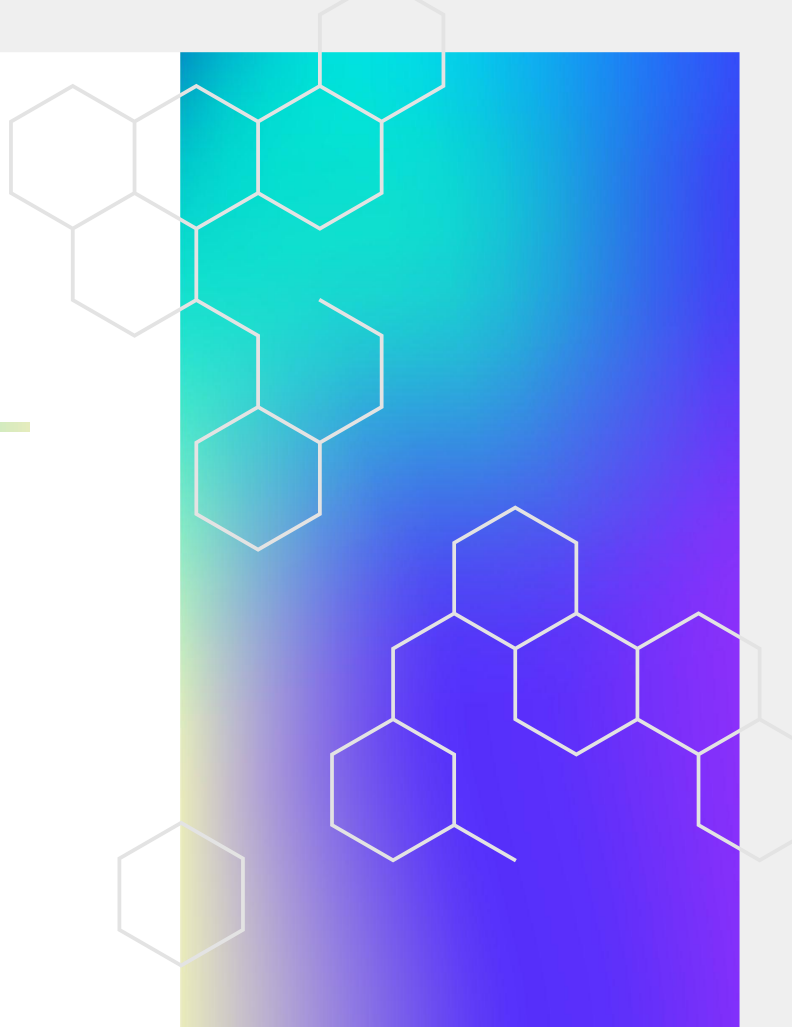
Inclusive, Safe, and Affirmative Healthcare for 2SLGBTQIA+ Patients

Quadrangle NL - Mary Walsh, Dome Lombeida, and Holland Fox



QuadrangleNL

- Quad is the only solely mandated province-wide 2SLGBTQIA+ charity of the province of NL
- 2SLGBTQIA+ – Two-Spirit, Lesbian, Gay, Bisexual, Trans*, Queer, Intersex, Asexual + Aromantic, and more!



Quad

The Quadrangle Community Counselling Line



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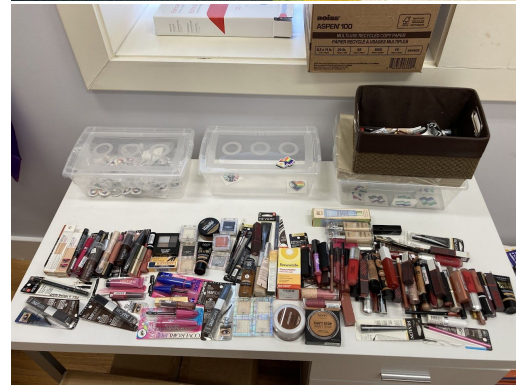
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Exploring Barriers and Facilitators to Healthcare Access for the 2SLGBTQIA+ Population in Newfoundland and Labrador

- **Why**

Lack of data about 2SLGBTQIA+ healthcare in NL

- **Who**

2SLGBTQIA+ individuals, Healthcare Providers, Healthcare Students, Healthcare Institutions.

- **How**

Lit reviews, cost analysis, questionnaires, focus groups, interviews

Objectives

1. Identify the specific barriers and facilitators to accessing healthcare faced by 2SLGBTQIA+ individuals in NL
2. Identify the barriers and facilitators to providing healthcare to the 2SLGBTQIA+ population.
3. Identify the gaps in healthcare students training and education around 2SLGBTQIA+ healthcare.

To obtain data which improves the provision of and access to healthcare for the 2SLGBTQIA+ population in NL.

Substance Use and 2SLGBTQIA+ Healthcare

- +2SLGBTQIA have a higher risk of negative health outcomes such as anxiety, depression leading to behavioural changes such as substance use (Comeau, 2023).
- Among those who experienced sexual violence, **10.3%** of 2SLGBTQIA+ population had non-prescribed drug use in the past 12 months (other than cannabis) compared to **2.6%** of the rest of the population (Stats Can, 2018).
- Among the 1,520 new HIV infections in Canada in 2020, **43.8% were among gay, bisexual and other men who have sex with men (gbMSM)**, 2.8% were among gbMSM who also injected drugs, **19.8% were among people who injected drugs** and 33.6% were among heterosexual people. (CATIE, 2021)

Why is inclusive care important?

- Clarke, 2018, a study on adolescents, “having a doctor who was aware of one’s gender identity and feeling comfort with a family doctor were positively associated with general and mental health.”
- A study from the US on gay and bisexual experiences in recovery homes highlights the needs of a community-led specialized service for gay and bisexual men in recovery (Mericle, 2020).
- In their community based sample, the Trans PULSE project found trans and non-binary respondents reported avoiding accessing healthcare due to negative prior experiences or anticipated negative experiences (Tami, 2022).

Barriers to Inclusive Care

- Gendered programming
- Restrictive Forms
- Making assumptions about relationships
- Making assumptions about gender
- Lack of trauma informed care
- Stigma

Facilitating inclusive, safe, and affirming care



Recognize your role

We all play a part in providing inclusive, safe, affirming care in the healthcare system – identify and seek out ways to make your practice more inclusive



Don't panic if/when care becomes complex

2SLGBTQIA+ healthcare and services are expansive and not limited to gender-affirming surgeries or sexual health services



Gender-affirming care (GAC) is unique for everyone

Similarly, GAC journeys may not be simple or linear. GAC encompasses any intervention designed to support and affirm an individual's gender identity

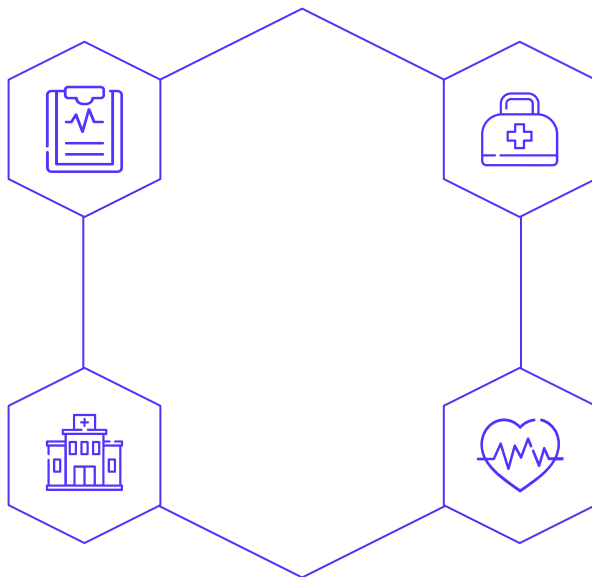
Practical Steps

Pronouns

Ask people's pronouns, offering yours - Wearing pronoun pins

Inclusive Clinics

Making clinical settings more inclusive through the use of all-gender washrooms, inclusive intake forms, etc.



Avoid Assumptions

Avoid assumptions based on someone's gender, gender-presentation, or sexuality.

Openness

Approach care from a place of curiosity rather than fear - Cultivate an earnest willingness to learn, make mistakes, and try again

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Thank You!

Questions?

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