

## Advice from LGBTQ patients for health care providers

### Knowledge

- Recognize your own bias
- Be aware of the ramification of identities and behaviors and how they influence daily life and health
- Become knowledgeable about the different health issues for LGBTQ patient in the same
- Be aware that not all patients want to have their sexual orientation, sexual history, or gender recorded in their health record
- Do your own background research; so not ask patients for medical advice
- Look at the research that dies exist, and use the research

### Communication

- Maintain your professional demeanor, even if it is the first time working with LGBTQ patients
- Consider the assumption behind questions, i.e., -‘ Are you married or single?’
- Updated forms to be more LGBTQ friendly
- When updating forms to make them more welcoming to LGBTQ patients, provide staff with support and training
- Get comfortable talking about sex and safe sex practices
- Ask patients what pronoun they use
- Ask patients their preferred term for their sexual orientation
- If you are comfortable, knowledgeable, and competent working with LGBTQ patients, make it know. Make yourself accessible to LGBT patients

K. E. Rounds, B. B. McGrath & E. Walsh (2013). Perspective on provider behaviors: A qualitative study of sexual and gender minorities regarding quality of care. *Contemporary Nurse*, 44 (1), 99-100: 107