Making strides toward inclusive LGBTQ+ healthcare

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Abstract

LGBTQ+ persons receive worse sexual and mental healthcare than heterosexuals and this disparity is even greater in rural and Northern communities. What causes this inequality in healthcare access? After surveying persons in the Northwest Territories in the Canadian Arctic, researchers have now identified three key factors: 1) Small communities had few healthcare facilities, leading to privacy concerns; 2) Sexual healthcare was biased towards heterosexuality, limiting appropriate care; 3) Stigma was perceived against LGBTQ+ identities and sexually transmitted infections, creating shame and fear. To better serve LGBTQ+ persons, inclusive and non-judgmental approaches are needed such as self-identifying gender and taking a sex-positive approach, and providers must thoroughly understand LGBTQ+ sexual health issues. These strategies could help reduce stigma and improve health education, creating more inclusive care. Logie, Lys, Dias, Schott, Zouboules, MacNeill, and Mackay. "Exploring sexual healthcare experiences..." Health Soc Care Community (2019)