



ASPIRE

NEWSLETTER SERIES ON

RECOMMENDATIONS FOR PROVIDING CARE TO

LGBTQ+ PATIENTS AND FAMILIES

ISSUE 2

Supporting LGBTQ+ Patients

Discussions with patients about sexuality and gender matter:

“I just think that doctors need to ask more questions . . . like when my doctor didn’t ask me [about sexuality], it just kind of feels like **maybe it’s not important.**”

-LGBTQ+ adolescent when asked about experiences of sexuality communication with physicians. [1]



Tip: Encourage patients to feel comfortable talking about their emerging sexual identities and concerns about their sexual activities.

Tips for how to best support LGBTQ+ patients:

- ☐ Focus on resiliency and opportunities for support, as well as risk and harm reduction.
- ☐ Listen carefully to patient narratives and needs.
- ☐ Recognize that some youth may hold an LGBTQ+ identity and not share it with their provider, while others may not be sure of their gender identity or sexual orientation.

In one study asking LGBTQ+ youth about their experiences with primary care physicians, less than one third of participants reported having a discussion regarding sexual orientation, sexual practices, or birth control. [2]

For more information and resources, access the AAP clinical guidelines: <https://www.aap.org/en/patient-care/lgbtq-health-and-wellness>

Always follow your institution’s policies and your local and state laws when it comes to providing clinical care

SOURCES

- [1] Fuzzell, L., Fedesco, H. N., Alexander, S. C., Fortenberry, J. D., & Shields, C. G. (2016). “I just think that doctors need to ask more questions”: Sexual minority and majority adolescents’ experiences talking about sexuality with healthcare providers. *Patient Education and Counseling*, 99(9), 1467–1472. <https://doi.org/10.1016/j.pec.2016.06.004>
- [2] Snyder, B. K., Burack, G. D., & Petrova, A. (2017). LGBTQ Youth’s Perceptions of Primary Care. *Clinical Pediatrics*, 56(5), 443–450. <https://doi.org/10.1177/0009922816673306>