

DocLIST

Health Professionals Newsletter



Welcome to the second edition of DocLIST Health Professionals Newsletter

DocLIST is an online list of doctors, dentists and mental health professionals recommended by lesbian, bisexual, same sex attracted and queer women in Australia. It is a project of the Australian Lesbian Medical Association (ALMA).

This newsletter provides an overview of recent practice-changing research that relates to the health of and health-care provision to lesbian and queer women, and topics relating to transgender and gender diverse (TGD) people's health care, noting that some TGD people identify as lesbian, bisexual or queer (LBQ) women.

In each newsletter the DocLIST team will present a short list of very brief descriptions of recent journal articles on topics related to LBQ women's health. We also present the Resource of the Quarter, which will usually be selected from the wide range of resources listed on the health professionals page of the DocLIST website found at www.doclist.com.au/health-professionals.

In this edition, we present a study examining the availability of LGBTQ culturally sensitive services, a meta-analysis of rates of venous thromboembolism in transgender women, a study examining inclusive reproductive health-care, and a study reviewing well-being of queer elders.

We have made the decision to produce this resource quarterly, rather than monthly. We hope you find this resource helpful and illuminating.

Feedback and suggestions for articles which may be of interest for future editions can be sent to the DocLIST team at alma@doclist.com.au. It has been my pleasure putting together this edition of the newsletter.

Dr Amelia Harrison
ALMA Member



*From the Literature



Aust. J. Rural Health 2019 Feb;27(1). doi: 10.1111/ajr.12477.

In search of rainbows: Looking for signs of lesbian, gay, bisexual, transgender and intersex culturally sensitive practices in Gippsland, Victoria.

Staunton Smith T, Haigh C.

<https://www.ncbi.nlm.nih.gov/pubmed/30693986>

Of 37 general practices in the Baw Baw and Latrobe City Council regions of Gippsland, a minority had visual evidence of a LGBTIQ inclusive environment – including website statements, individual GP statements, rainbow stickers/other visible LGBTIQ inclusive signage on the practice exterior, indicating a potential barrier to health care for LGBTIQ people in the area.

Clin Chem. 2019 Jan;65(1):57-66. Doi: 10.1373/clinchem.2018.288316.

Venous Thrombotic Risk in Transgender Women Undergoing Estrogen Therapy: A Systematic Review and Metaanalysis.

Khan J, Schmidt RL, Spittal MJ, Goldstein Z, Smock KJ, Greene DN. <https://www.ncbi.nlm.nih.gov/pubmed/30602475>

Gender-affirming hormone therapy is vital in supporting the mental wellbeing of transgender women, and studies to date have been conflicting regarding the thrombotic risk of oestrogen therapy. This meta-analysis estimated an overall incidence of venous thromboembolism of 2.3 per 1000 person years among transgender women prescribed estrogen therapy. Its utility is limited by significant heterogeneity between studies and insufficient data to control for tobacco use, age and obesity. Additional studies of the thrombotic risk associated with various oestrogen formulations and routes of administration are needed.

Culture, Health & Sexuality. 2019 Apr 8. doi: 10.1080/13691058.2019.1584334

What does inclusive sexual and reproductive healthcare look like for bisexual, pansexual and queer women? Findings from an exploratory study from Tasmania, Australia

Grant R, Nash M, Hansen E

<https://www.ncbi.nlm.nih.gov/pubmed/30958103>

Bisexual, queer and pansexual women have increased sexual health risks, and are less likely than other LGBTIQ groups to engage with targeted healthcare support. This study examined the experiences of bisexual, pansexual and queer women in Tasmania in seeking sexual and reproductive health care. Barriers to effective sexual and reproductive health care included heteronormativity and monosexism and a lack of inclusive and non-judgemental language. Participants identified the use of inclusive and gender neutral language, an open, non-judgemental and empathetic approach and a willingness to self-educate and learn from their patients as qualities that enabled inclusive health-care. Practitioners identified multiple barriers to providing inclusive health-care.

Health Soc Care Community. 2019 Sep 13. doi: 10.1111/hsc.12854. [Epub ahead of print]

Health, well-being, and social support in older Australian lesbian and gay care-givers

Alba B, Lyons A, Waling A, Minichiello V, Hughes M, Barrett C, Fredriksen-Goldsen K et al.

<https://www.ncbi.nlm.nih.gov/pubmed/31518034>

Lesbian and gay care-givers report experiences of stigma, isolation and discrimination in performing their role as caregiver. This study found amongst care-givers, lesbian caregivers reported feeling less supported and had poorer mental and physical health when compared with gay male carers. These health differences were more pronounced in those caring for an LGBTIQ person. The study highlights the challenges faced by lesbian elders as they carry out the carer role.



*Resource of the month

LGBTQIA Gynaecological Screening

Dr Kimberley Ivory

O&G Magazine LGBTQIA Summer 2018 Vol. 20 No 4

<https://www.ogmagazine.org.au/20/4-20/lgbtqia-gynaecological-screening/>

This article explores current cervical cancer screening guidelines as they apply to the LGBTQIA population. It explores barriers to implementation of cervical screening in the LGBTQIA population. It touches on the importance of encouraging disclosure of sexual orientation and gender identity to facilitate appropriate cervical screening. The article is available for free access.

