

Cardiovascular Considerations in the LGBTQIA+ Population

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INTRODUCTION

It is well documented that lesbian, gay, bisexual, transgender, queer/questioning, intersex and asexual (LGBTQIA+) populations face more socioeconomic, structural, and healthcare inequities than their heterosexual counterparts. Increasing evidence suggests a significant disparity in cardiovascular health due to a lack of LGBTQIA+ cardiovascular medical education in both schools and institutions, discrimination in healthcare, and insufficient cardiovascular risk factor modification. LGBTQIA+ adults are more than twice-at-risk of cardiovascular disease than heterosexual cisgender counterparts. The purpose of this project was to educate Nuvance Health practitioners about cardiovascular risks and pharmacologic management specific to the LGBTQIA+ population and improve health disparities within this community.

OBJECTIVES

- Distinguish simple practices to create a safe space for LGBTQIA+ patients in the health care setting
- Manage modifiable cardiovascular risk factors unique to LGBTQIA+ patients
- Practice cardiovascular risk stratification in patients receiving gender affirming therapy
- Differentiate first line antiplatelet and anticoagulant recommendations for LGBTQIA+ patients living with HIV on antiretroviral therapies.



Image 1: Queer Pride Image by Unknown Artist via Pexels

METHODS

This project utilized the following methodology:

- Literature Review**
 - A comprehensive review of current literature regarding LGBTQIA+ cardiovascular health was performed
- Quantitative Data**
 - Data collection surveying interest of Nuvance Employees in attending this presentation
 - Percentage change of pre-presentation vs post-presentation data correctly identifying pharmacologic standards
- Qualitative Data**
 - Survey data of perceived confidence and comfort levels
- Analysis**
 - Due to procedural restrictions, sample size (18 people) is not yet significant to complete statistical analysis

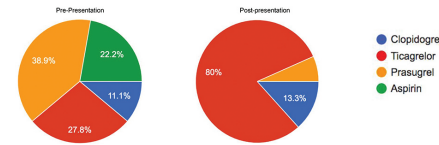
Common Pronouns			
Subjective	Objective	Possessive	Reflexive
They	Them	Theirs	Themselves
She	Her	Hers	Herself
He	Him	His	Himself
Ze	Zir	Zirs	Zirself
Xe	Xem	Xyr	Xemself

Chart 1: Pronoun Chart utilized during presentation to promote proper pronoun use as a tool to create a safe space for LGBTQIA+ population

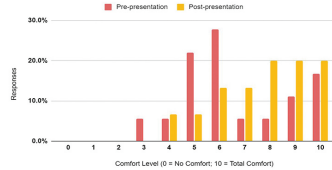
OUTCOMES

Below are some of the initial pre and post presentation survey results. The limited results show pharmacologic management, comfort and confidence level improvement after attending one course on Cardiovascular Considerations in the LGBTQIA+ Population. Over 50 additional Nuvance Health providers have expressed interest in attending this course and two additional courses have already been scheduled for emergency room clinicians and residents.

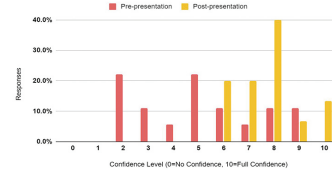
Which antiplatelet agent should NOT be used for patients on an HIV treatment regimen?



Comfort Level Using Gender Pronouns



Assessing & Managing LGBTQIA Risk Factors



DISCUSSION

The data suggest unfamiliarity with LGBTQIA+ specific cardiovascular considerations that improve with training. These results indicate a need for additional training of all Nuvance Health providers in order to increase competency, decrease bias and create a more equitable healthcare experience for Hudson Valley's LGBTQIA+ community. Integrating LGBTQIA+ health education into all aspects of curricula and continuing medical education would help students, practitioners, and members across the network make progress towards eliminating LGBTQIA+ cardiovascular health disparities and position Nuvance Health as a demonstrated leader in the field of more equitable healthcare.

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Patricia A. Tietjen, MD
Teaching Academy

