



Why LGBTQIA+ inclusion matters

LGBTQIA+ people continue to experience healthcare inequalities

Many patients report:

- delaying or avoiding healthcare
- previous negative healthcare experiences
- fear of discrimination or judgement
- concerns around confidentiality
- needing to repeatedly “come out” to healthcare staff

These experiences can contribute to:

- later presentations
- poorer mental health outcomes
- reduced trust in services
- missed preventative care

Trans & Non-Binary Patients May Experience:

- misgendering
- incorrect names/pronouns
- invasive or irrelevant questioning
- assumptions about anatomy or identity
- avoidance of healthcare due to previous experiences

Almost

1 in 4

LGBTQIA+ people (23%) have witnessed discriminatory or negative remarks against LGBTQIA+ people by healthcare staff.

45%

of trans people said that their GP did not have a good understanding of their needs as a trans person, rising to over half of non-binary people (55%).

1 in 7

LGBTQIA+ people have avoided treatment for fear of discrimination based on gender or sexuality

70%

of trans people report being impacted by transphobia when accessing general health services.

In Acute Medicine...

We often meet patients: at vulnerable moments during high-stress admissions while gathering sensitive information quickly alongside partners, families, and support networks

Small changes in communication can significantly improve:

- ✓ Patient trust
- ✓ Psychological safety
- ✓ Engagement with care
- ✓ Patient experience

Older LGBTQIA+ adults may:

- have reduced family support structures
 - fear discrimination in care settings
 - be less likely to disclose identity
 - have prior experiences shaped by criminalisation/pathologisation
- Avoid assumptions about partners, next of kin, or support networks

Why Pride Still Matters

Pride is both a celebration and a reminder. While significant progress has been made, LGBTQIA+ people continue to experience discrimination, poorer health outcomes and barriers to accessing healthcare. Creating inclusive healthcare environments is one way we can help reduce these inequities.