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## Healthcare Barriers and Supports to Healthcare Participation within the LGBTQIA+ Community: A Systematic Review

Jordan Bradley  
Nova Southeastern University, [jb4804@mynsu.nova.edu](mailto:jb4804@mynsu.nova.edu)

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# Healthcare Barriers and Supports to Healthcare Participation within the LGBTQIA+ Community: A Systematic Review

Jordan Bradley OTD-S

Nova Southeastern University, Department of Occupational Therapy, Tampa Bay Regional Campus, Clearwater FL  
Mentor: Mariana D'Amico EdD, OTR/L, FOTA



## Introduction

- The LGBTQIA+ community faces significant healthcare disparities, discrimination, lack of knowledge, and disrespectful treatment.
- Have higher risk for mental health difficulties, substance abuse, and sexually transmitted diseases.
- Historically classification of homosexuality was considered "sexual orientation disturbance" allowing legal discrimination based on sexual orientation or identity resulting in negative impacts on the overall participation in healthcare.
- The community faces multiple barriers:
  - Lower rates of health insurance and socioeconomic status
  - Lack of policy protections against discrimination, abuse
  - Presence of non-affirming care and limited cultural competency of healthcare providers.



(UAMS Named Top Performer in Healthcare Equality Index, 2022)

## Capstone Site Description

- This capstone project was completed at Nova Southeastern University within the Department of Occupational Therapy. During this capstone experience I worked closely with the instructors.



(Truit, 2020)

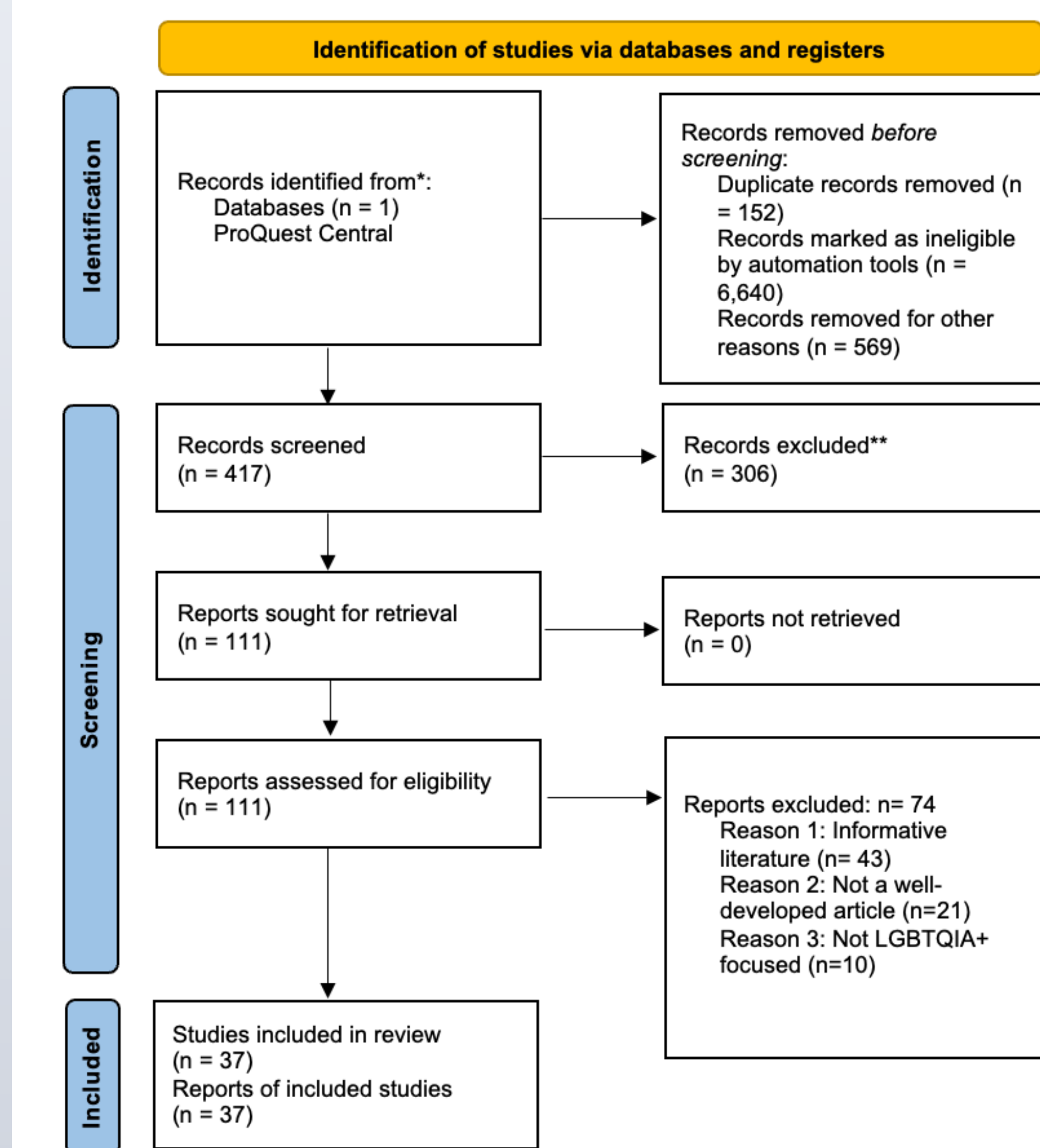
## Summary of Needs Assessment

- Health disparities exist in the LGBTQIA+ community due to social determinants and healthcare discrimination.
- Targeted interventions such as policy changes and healthcare provider training are needed to address these disparities.
- Understanding existing barriers and supports is crucial before further research.

## Methodology

- Articles were extracted utilizing the search engine ProQuest Central.
- The initial search resulted in 7,827 articles
- Irrelevant articles were removed leaving 37 articles for analysis and synthesis.

PRISMA 2020 flow diagram for new systematic reviews which included searches of databases and registers only



- Inclusion:
  - Within the last 3 years 2021-2024
  - Peer reviewed
  - English language publication
  - Healthcare focused
- Exclusion:
  - Outside the United States
  - Only addressing LGBTQ healthcare Professionals
  - Full text unavailable
  - Not an original study



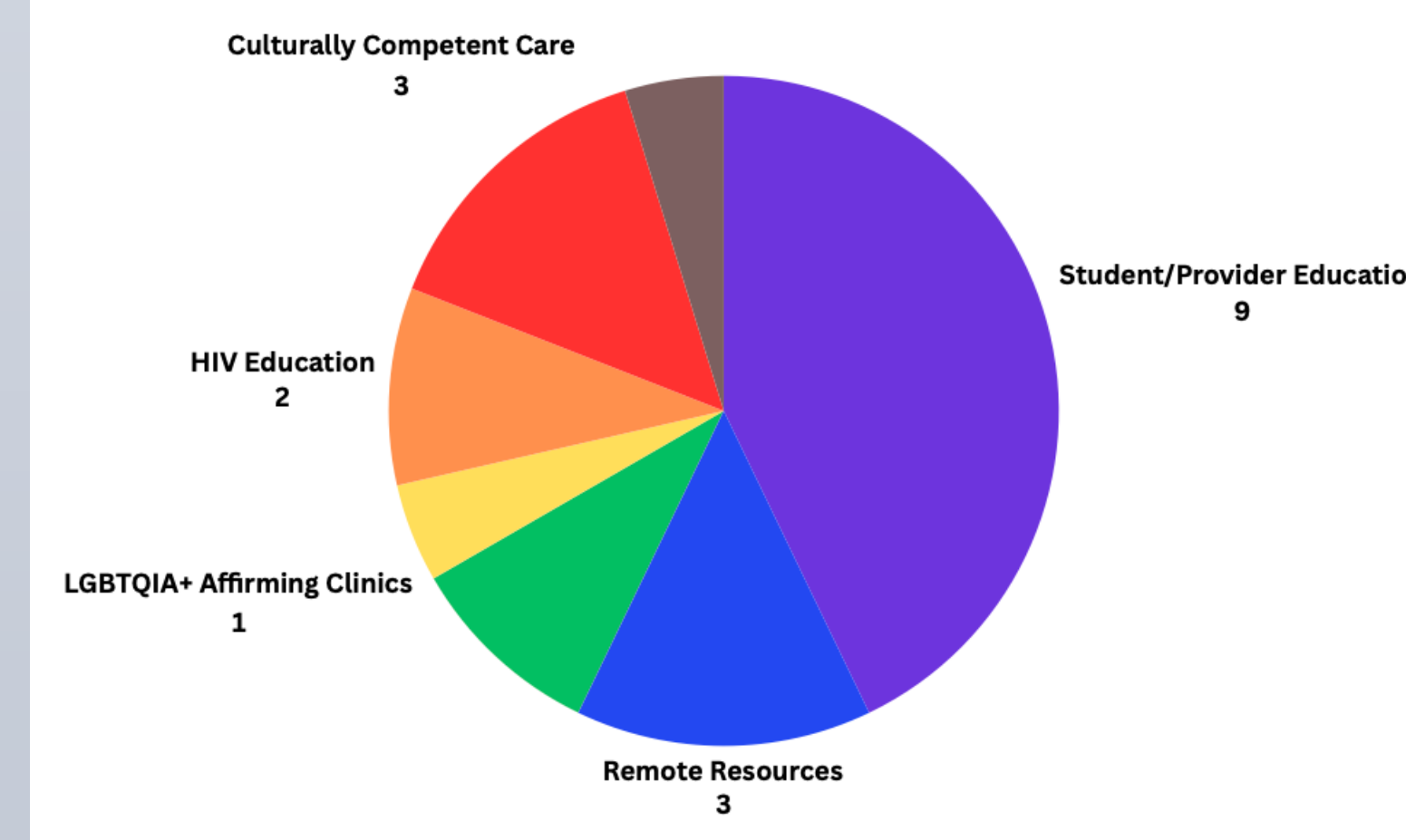
http://www.1888typeitup.com/focus-group-transcription-services/

## Capstone Project Description & Outcomes

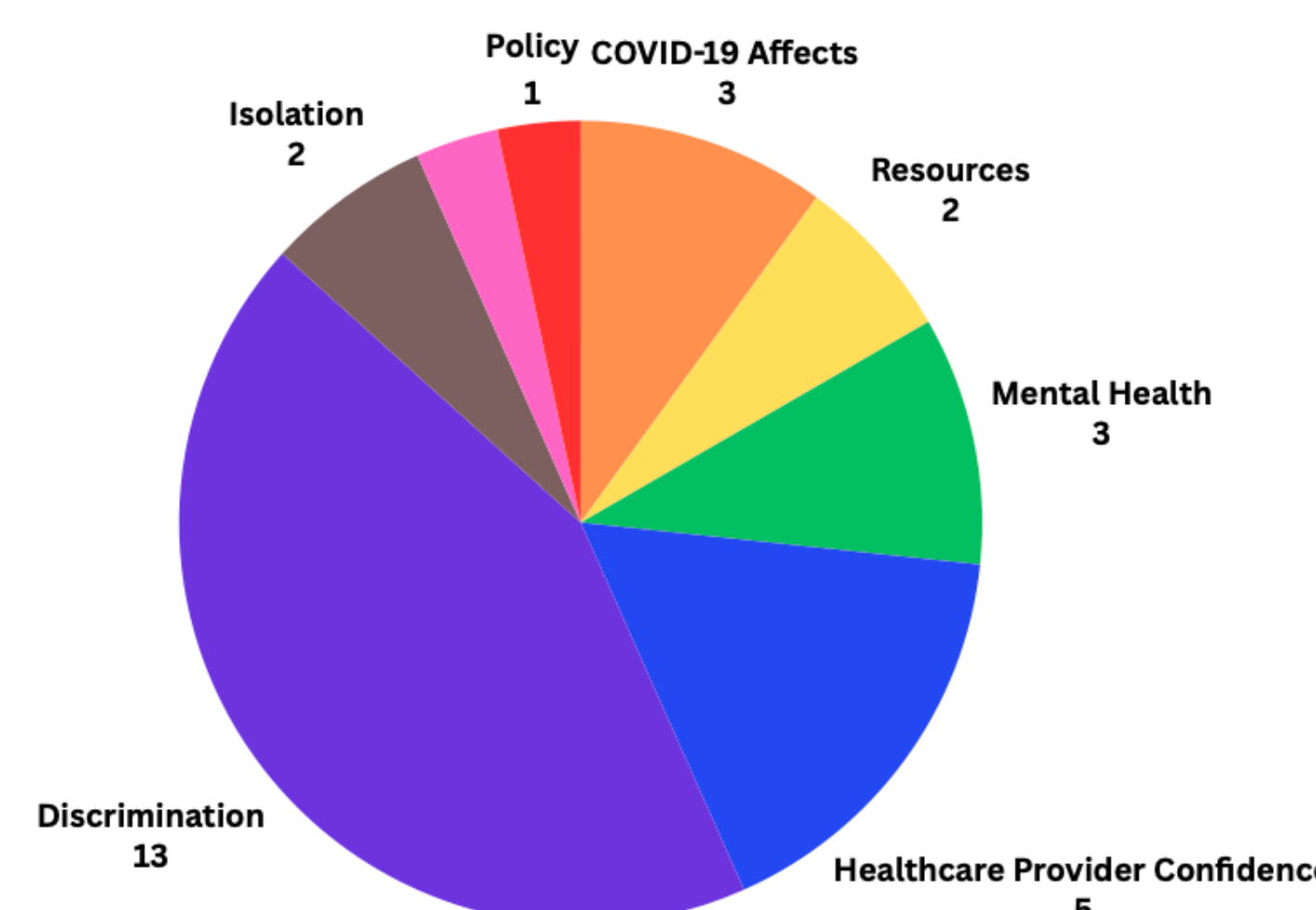
- Barriers to participation in healthcare for LGBTQIA+ community:
  - Discrimination
    - Environmental factors (including COVID-19 impacts, socioeconomic status, limited access to healthcare resources)
    - Physical difficulties (including mental health issues, cognitive memory decline, reproductive resources, documentation challenges)
    - Lack of healthcare provider education and confidence in serving LGBTQIA+ community
- Supports for increasing healthcare participation:
  - Student and healthcare provider education
  - Access to resources
  - Affirming care
  - Inclusive housing
  - Transition healthcare
  - HIV education

The graphics represent the number of articles reviewed that focused on the various barriers and supports to healthcare participation within the LGBTQIA+ community identified by this review.

Supports to LGBTQIA+ Participation in Healthcare



Barriers to LGBTQIA+ Participation in Healthcare



## Capstone Goals Achieved

- Identify barriers that hinder the LGBTQIA+ communities' participation in healthcare.
- Identify potential and current supports to promote the LGBTQIA+ communities' active engagement in healthcare participation.
- Gain a deeper understanding of the healthcare disparities the LGBTQIA+ community faces when accessing healthcare services.
- Hands on experience of what happens behind the scenes in classes of an OTD program.
- Work alongside instructors to develop and run class including grading, teaching, and attending faculty meetings.
- Provide LGBTQIA+ learning module for students



(Equilibriumcounseling, 2023)

## Implications for OT Practice

- By improving healthcare access, increasing cultural competency, and reducing discrimination, healthcare providers can help ensure that the LGBTQIA+ community receives the care and support they need (Brona et al., 2022; Cohen, 2019).
- Occupational therapists can:
  - Advocate for LGBTQIA+ rights
  - Promote inclusive healthcare practices
  - Establish supportive and affirming environments for LGBTQIA+ patients
  - Advocate for policy reforms promoting healthcare equity
  - Continuing education and curriculum development are crucial
  - Research exploring specific healthcare needs and experiences of LGBTQIA+ group is important

## REFERENCES & ACKNOWLEDGMENTS

- References Available Upon Request
- Thank you to Mariana D'Amico, EdD, OTR/L, FAOTA for her guidance and mentorship throughout my capstone experience.