

Structured Small Group Work in Primary Care on: Meeting Patients who are Lesbian, Bisexual, or Gay

By NFAs reference group for lesbian and gay health

Many lesbian, bisexual, or gay people (LGB-persons) in Norway live ordinary lives with few or no special stresses related to sexual orientation. At the same time, research shows that attitudes within the general population can still influence living and health conditions for these groups in a negative way.

Minority stress can occur if one is unsure about whether they will be accepted by others for who they are, or when important aspects of their identity are expected to be invisible. There are still many situations where LGB-people in Norway keep their sexual orientation hidden. General practitioners need knowledge that can make it easier to include patients from marginalized groups and meet their specific health problems with caring and research-based practice.

The program for this specialty group, which is developed by NFAs reference group for lesbian and gay health, will give you an academic basis for this task.

Preparations

The mentoring group is divided into four subgroups - each covering different topics of this research report:

Anderssen N, Malterud K, eds. Sexual orientation and living conditions [Sexual orientation and living conditions] (in Norwegian with English summary). Bergen: Uni Health; 2013.

http://bora.uib.no/bitstream/handle/1956/7550/Seksuell_orientering_og_levek%C3%A5r.pdf?sequence=1&isAllowed=y

1. Health and Illness (pp. 69-74)
2. Sexually Transmitted Infections (p. 74-75)
3. Health Habits (p. 84-89)
4. Summary (p. I-iv)

Each group reads their selected pages, notes moments of interest, and prepares to give factual answers when these issues are presented in the review of the slides.

All participants in the mentoring group use the month prior to the meeting to consider

- If you know some of your patients are lesbian, bisexual, or gay
- What kinds of problems and challenges have these patients possibly given you

Implementation

This meeting requires no prior knowledge of the theme for any of the guidance group's members, aside from the preparations described above. Use the slideshow as support for review and discussion.

The meeting leader presents the slides, ensures there is suitable time, directs the discussion, and makes sure the group completes the entire program within the allotted time.

Further reading

Book

Ohnstad A, Malterud K. Lesbiske og homofile i møte med helse- og sosialtenesta. Oslo: Samlaget; 2006.

Research report

Malterud K, Anderssen N. Helse blant lesbiske og bifile kvinner i Norge. Bergen: Uni Research Health, 2014. <https://bora.uib.no/handle/1956/9307>

Many useful links and other information are available for free on the group's website: <http://legeforeningen.no/Fagmed/Norsk-forening-for-allmenntmedisin/Faggrupper/lesbisk-og-homofil-helse/>