

How Integrate LGBTQ+ Health in the Curriculum

Fidelindo Lim, DNP, RN, FAAN
New York University



At the end of the session...

- Describe LGBTQ+ health disparities.
- Reflect on the nursing curriculum and adult learning principles.
- Identify barriers and facilitators for integration of LGBTQ+ health topics in the nursing curriculum.
- Articulate strategies to integrate LGBTQ+ health into the nursing curriculum.

Types of curriculum



Written Curriculum

Taught Curriculum

Supported Curriculum

Assessed Curriculum

Recommended Curriculum

Hidden Curriculum

Excluded Curriculum

Learned Curriculum

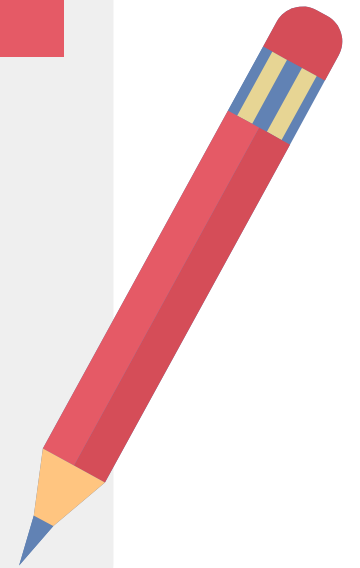
Why is it challenging to integrate LGBTQ+ Health into the Curriculum?

Facilitators

- ✓ Curriculum
- ✓ Faculty
- ✓ Institution
- ✓ Stakeholders

Barriers

- × Curriculum
- × Faculty
- × Institution
- × Stakeholders



The Nursing Curriculum

01

Lectures

02

Clinical Practicum

03

Simulation

04

Others

Framework for LGBTQ+ Health Integration



Minority stress calls attention to the chronic stress that sexual and gender minorities may experience as a result of their stigmatization



Life course perspective looks at how events at each stage of life influence subsequent stages



Intersectionality perspectives examines an individual's multiple identities and the ways in which they interact



Social ecology perspective emphasizes that individuals are surrounded by spheres of influence, including families, communities, and society.



Nursing Courses

Fundamentals of Nursing

Pathophysiology

Professional Nursing

Health Assessment and Promotion

Medical-Surgical

Pediatrics

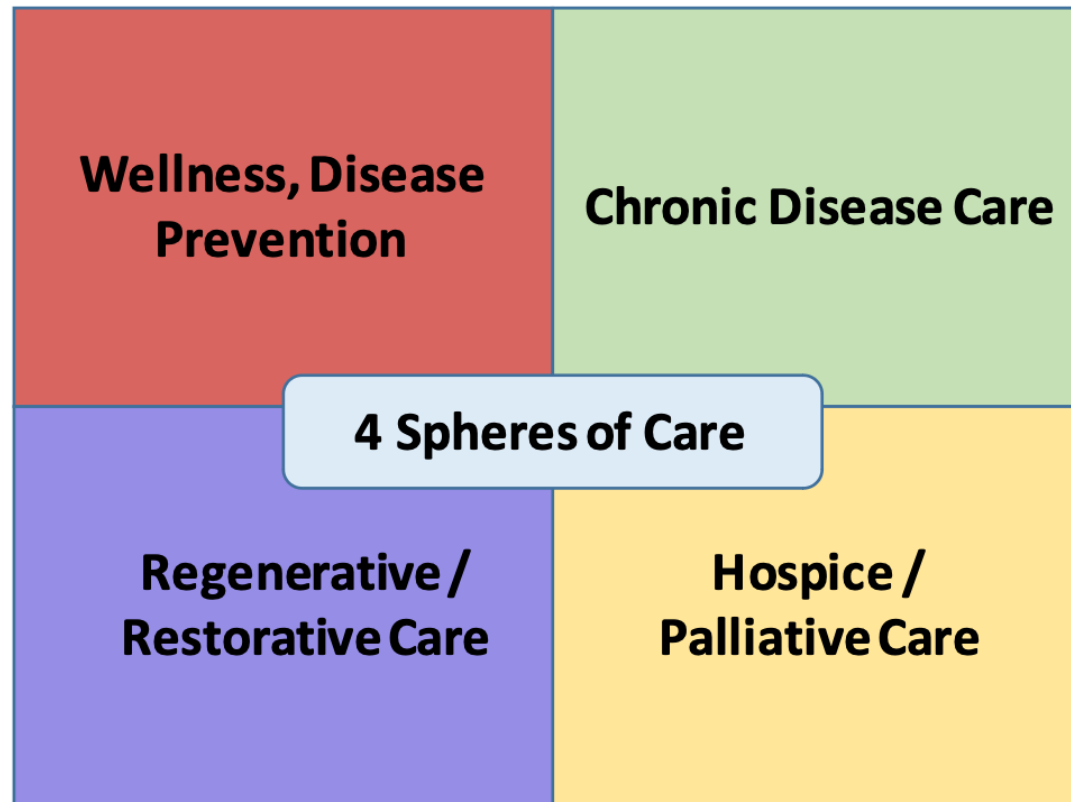
Maternity, Labor and Delivery

Psych and Mental Health

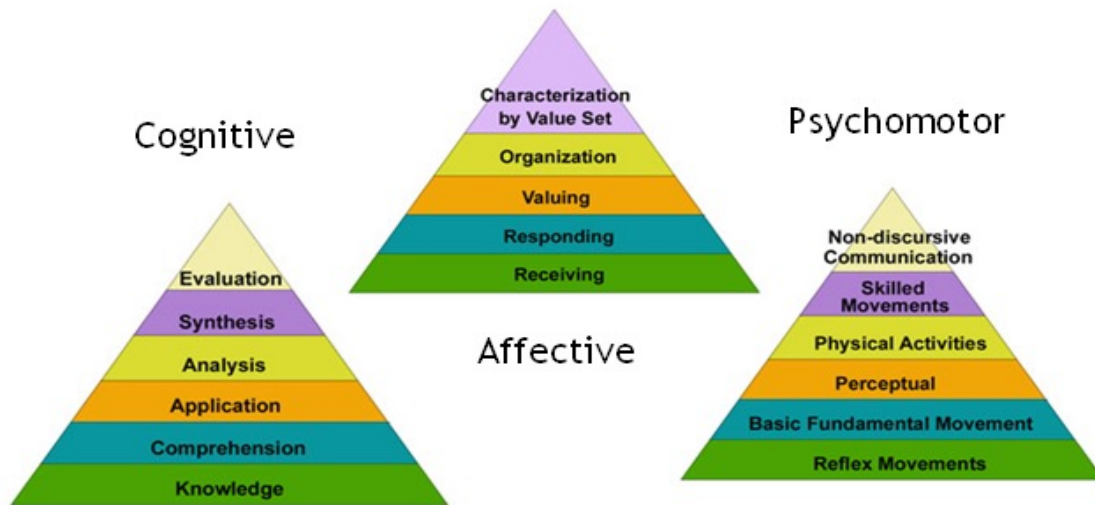
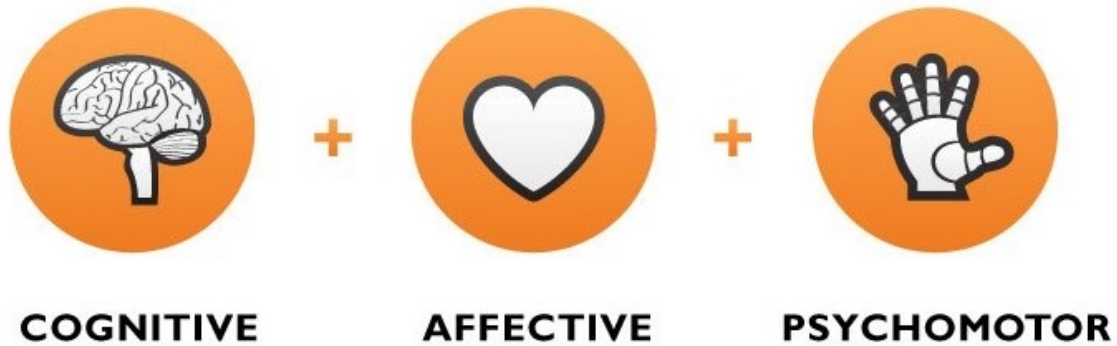
Nursing Research

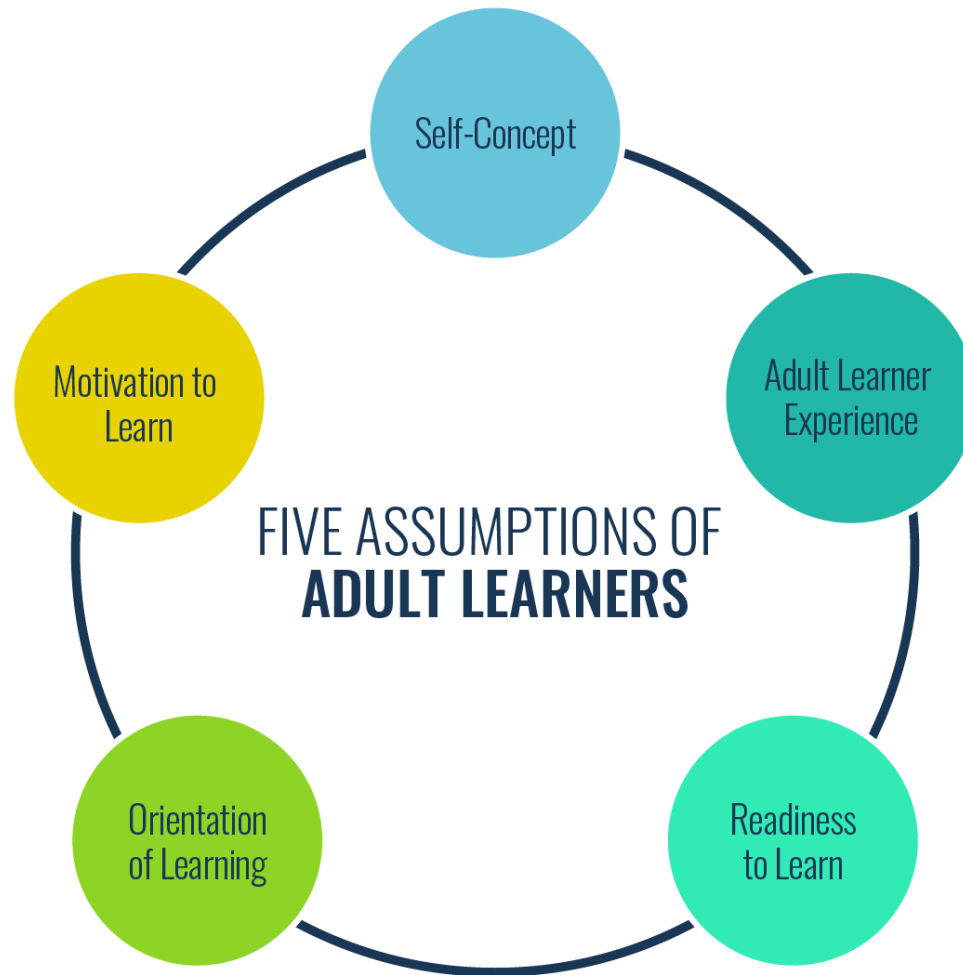
Community Health Nursing

Where nurses can make a difference



What do we want our students to achieve?





General Guide for Integration

Meaningful and Relevant

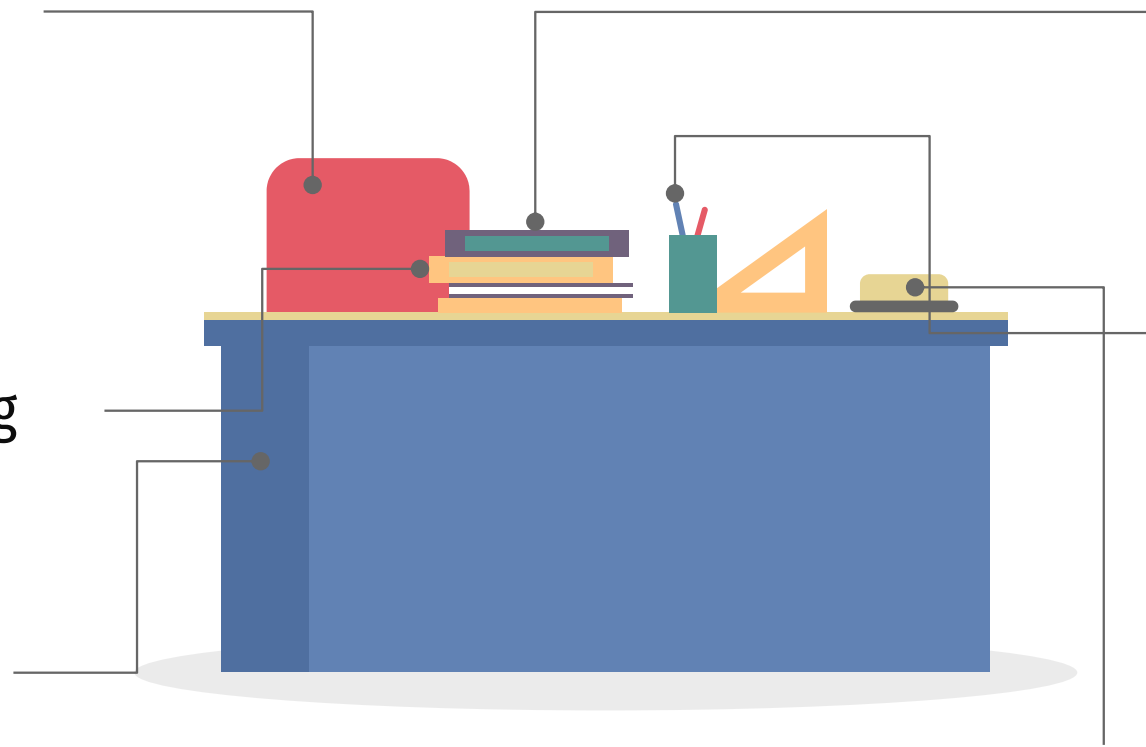
Interdisciplinary

Active Learning

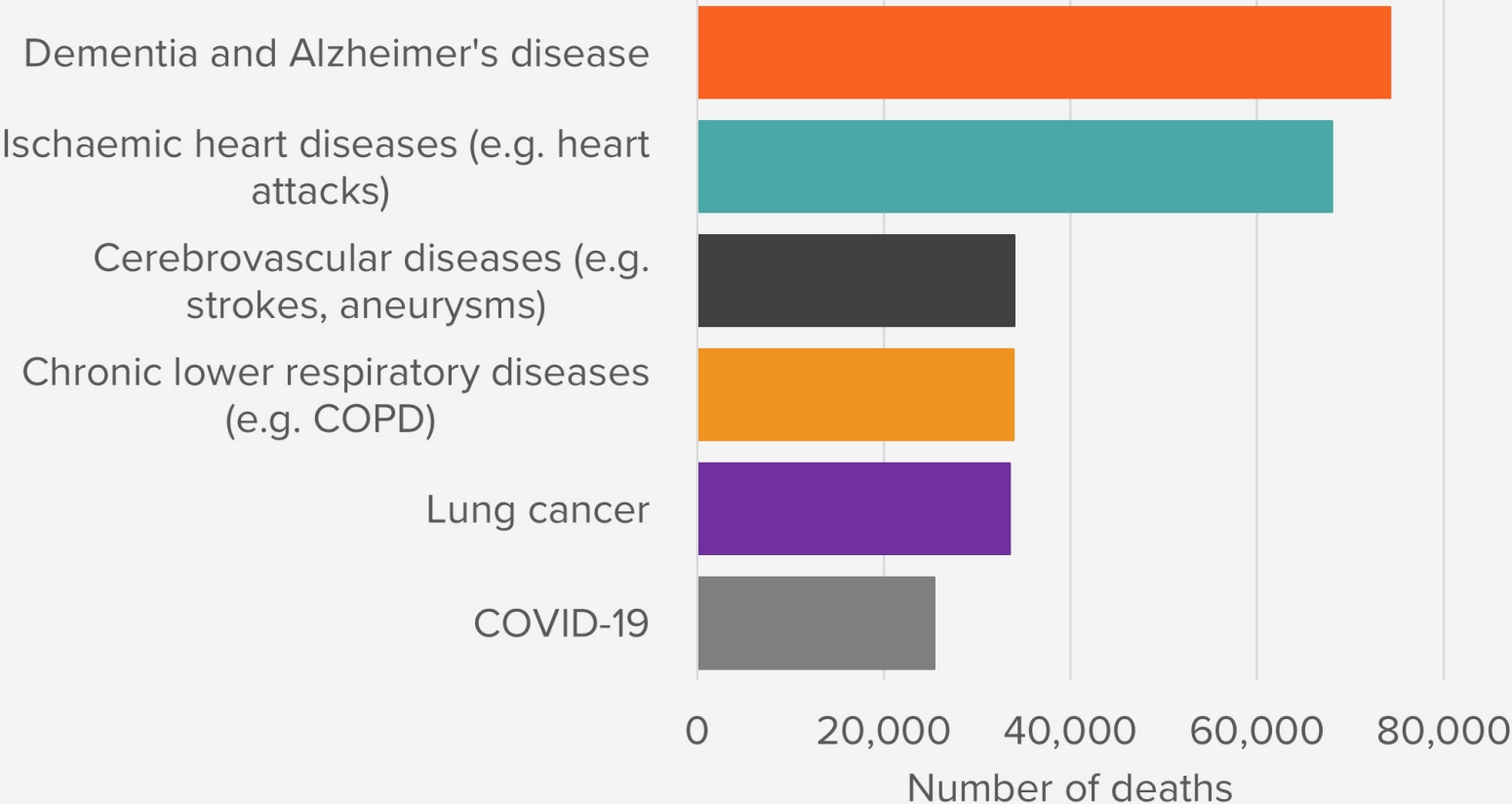
Sustainable

Evidence-Based

Competency-Based



DEMENTIA WAS THE UK'S LEADING CAUSE OF DEATH IN 2022



Most Common Teaching Strategy

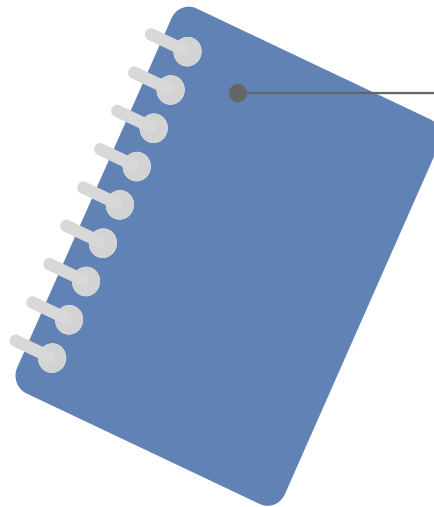
- Didactic Lectures
- Role Play Simulation
- Video/Film
- Guest Speaker

Nurse Educator

Methods of Teaching Transgender Health in Undergraduate Nursing Programs

A Narrative Review

Fidelindo Lim, DNP, CCRN, FAAN; and Eda Ozkara San, PhD, MBA, RN, CHSE, CTN-A, FNYAM



Least Common Teaching Strategy

- High-Fidelity Simulation
- Standardized Patient
- Reading Assignment
- Virtual Simulation
- Took Kit
- Guided Discussion
- Interviews
- Online Modules

Examples of Integration - Lectures

Fundamentals of Nursing

Communication, pronouns, language

Pathophysiology

Allostatic load and minority stress

Professional Nursing

LGBTQ+ History and nursing

Health Assessment and Promotion

Screening and testing, vaccinations

Medical-Surgical

Health disparities, case studies

Pediatrics

Trans youth, hormones, bullying

Pharmacology

Transition hormones, retrovirals

Examples of Integration - Lectures

Maternity, Labor and Delivery

Psych and Mental Health

Nursing Research

Community Health Nursing

Leadership and Management

Geriatrics

Birth certificate, hormones, pregnancy

Avoid diagnostic overshadowing

LGBTQ+ research examples

Access to healthcare resources

Anti-discrimination regulations

Social isolation and loneliness

In teaching a class, consider these...

Multimedia

Student as co-creator of learning

Case studies, problem-based, flipped classroom

Prepare to be vulnerable and for difficult conversations

Examples of Integration – Clinical Practicum

Thoughtful patient assignment

Dedicated Education Unit and shadowing experience



Partnership with Community-Based Organization

Nurse Interview, survey

Examples of Integration – Simulation

High-Fidelity



Transgender
standardized
patient

LGBTQ+ Pre-Sim
Activities

Diverse genders and
family

Specific Issues in Medical Care

☐ Remember the anatomy

- An affirmed woman will have a prostate gland
- Risk of breast cancer from residual breast tissue
- Higher risk of breast cancer in MTF patients receiving hormone therapy
- Does an affirmed man still have a uterus and ovaries?



Inclusive Language – Examples

- Pregnant person *instead of* pregnant woman
- Spouse or partner *instead of* husband or wife
- Person who uses wheelchair *instead of* wheelchair-bound
- Person living with a mental health condition *instead of* mentally ill
- Person who engages in sex work *instead of* prostitute
- Person who has experienced... *instead of* or survivor
- Unhoused *instead of* homeless
- Person with disability *instead of* special needs
- English as additional language *instead of* English as a second language
- Welcome everyone *instead of* ladies and gentlemen
- Siblings *instead of* brothers and sisters

If you make a mistake, apologize promptly and move on. Don't dwell on it, and don't give up – keep trying to get it right.

How are you already
integrating LGBTQ+ health in
the course you teach?



REVALIDATION

How to revalidate with NMC requirements for renewing your registration

1

450 practice hours for a nurse and midwife or 900 hours if practicing as both



2

5 pieces of practice related feedback (PDF's)



3

5 written reflective accounts (Reflective discussions with another nurse or midwife)



4

Health and Character Declaration



5

Professional Indemnity Arrangement



6

35 hours of CPD (continuing practical development) with 20 hours being participatory learning (face to face/ classroom based)

Other actionable items...

Curricular crosswalk

Faculty development, educational research

LGBTQ+ elective course, certificate programs

Put LGBTQ+ health in exam, revalidation

What's nursing doing “out” there?

Nursing has lagged behind other professions, such as medicine and social work, in publishing research studies, theoretical frameworks or practice guidelines about LGBT health.

Eliason, Dibble and DeJoseph (2010)





Thank you!



Comments, thoughts, questions?