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Costas T. Lambrew Research Retreat 2023

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### **Simulation to Improve Health Equity- Pilot results from a Standardized Patient-based learning opportunity to practice taking an inclusive sexual health history**

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## Improving Inclusive Communication

*Pilot results from a Simulation-based learning opportunity to practice taking a sexual health history*

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### Introduction

- LGBTQ+ patients experience healthcare inequities
- Standardized Patients (SP) are an effective tool for communication-based training
- To promote equitable practice, our interdisciplinary team created an opportunity to practice inclusive communication
- Goals included maintaining psychological safety of SPs, & increasing comfort of providers in communicating with LGBTQ+ patients

### Methods

1. Explored existing relevant simulation curricula, conducted a focus group with LGBTQ+ SPs
2. Designed & implemented a didactic (based on CDC "5P's" and a simulated case
3. Family Medicine residents participated in the training & completed pre/post- event surveys rating their confidence in sexual health communication & working with sexual & gender minority patients
4. Compared pre/post- training Likert Scale ratings using a Wilcoxon signed rank test
5. SPs completed a post-sim survey rating their psychological safety

### Results

- Residents completed 13 pre- & 12 post- surveys
- Confidence increased in every category
- Statistical significance for confidence was noted in "obtaining a sexual health history from transgender patients"
- Four SPs completed post-event surveys: all responded the event had educational value & was a positive experience

### Discussion

- This event improved learner confidence & maintained a high degree of psychological safety for SPs



# Practice taking inclusive sexual health histories with LGBTQ+ Standardized Patients increases provider confidence.



Learner Pre & Post Survey Responses			
(1=Strongly Disagree, 2=Disagree, 3= Neutral, 4 =Agree, 5= Strongly Agree)			
	Pre-Survey Responses (n=13) Median [IQR]; mean	Post-Survey Responses (n=12) Median [IQR]; mean	p-value (Mann Whitney U test)
I feel confident in my ability to take a sexual health history with anyone	3.0 [3-4]; 3.4	4.0 [3.2-4]; 3.9	0.10
I feel confident taking a sexual health history with those who are gay or lesbian	3.0[3-4]; 3.5	3.0 [3.2-4]; 3.9	0.17
I feel confident taking a sexual health history with those who are non-binary	[IQR] 3.0 [3-3.5]; 3.2	4.0 [3-4]; 3.8	0.09
I feel confident taking a sexual health history with transgender patients	3.0 [2.5-3]; 3.0	4.0 [3-4]; 3.8	<b>0.03</b>
I feel confident that I can use the correct terminology when discussing sexual health with members of the LGBTQ+ community	3.0 [2-4]; 3.1	3.5 [3-4]; 3.6	0.20
Do you feel confident that you can provide a comfortable environment for a transgender patient when taking a sexual health history	3 [3-4]; 3.4	4.0 [4-4]; 4.0	0.06

SP Psychological Safety Evaluation Responses- Selected Quotes	
<b>Do you think today's scenario was a worthwhile educational event for the learners?</b>	The more that learners can encounter patients who don't fit the "norm", the better.
<b>For you as an SP, was this experience</b>	I appreciated the opportunity to bring awareness of trans health to the learners.
<b>Were there any particular interactions with learners that stood out to you?</b>	All of the learners seemed thoughtful and well-intentioned, and I think it was a good thing that some common slip-ups happened so that there could be conversations about them.
<b>Would you recommend this event to another SP from the LGBTQ+ community?</b>	Each student was respectful, did not come across as judgmental, though there were a few learning experiences for them to do better.
<b>What else could the Simulation Training Team do to better prepare SP's or learners for this event?</b>	There was a moment when one learner misgendered, but when corrected, they readily acknowledged it, apologized, and moved on, without over-apologizing to the point where *** then had to make the learner feel better (which is a very common experience for queer folks), so that was great to see!
<b>Do you have any additional suggestions or thoughts to share about today's event?</b>	Yes. I absolutely would. There are so many times when people in the LGBT community just don't seek medical help because they've had such bad experiences and the only way to get past that is to have people in the medical field willing to change. Having docs and med students participate in experiences like this encounter is a great step in that direction.
	Yes. I think it depends on how triggering it might be for the individual SP, but I think there are a lot of folks who would find more benefit than harm in doing the scenario. The supportive environment created by the Sim Center in general and specifically around this event is just stellar. I can't think of a safer place to do this. Having the ability to talk to another SP before going in to give feedback seems to be extremely valuable and an additional layer of support for the acting SP.
	I think the sim team does a great job preparing us for the event, and especially giving support before during and after. The after care for highly mentally stressed cases is A++
	I don't know how in-depth a didactic the learners get about the queer community, but I think the more the better, especially around microaggressions and other details that may seem small to someone outside the community. I felt very prepared as an SP.
	I wish this hadn't been a "sexual health" case. Transgender identity already gets conflated with sexuality, and my concern is that this would cement it in the minds of medical professionals. Being transgender doesn't have anything to do with what sexuality a person presents, but trans people need sexual health care as much as anyone else. It's a small criticism, definitely not one meant to detract from the very important work you're doing, but I felt like it needed to be said.
	I just really appreciate that the Sim Center takes this seriously and is trying to integrate this level of diversity throughout the curriculum. It's clearly not just checking a box, and that means a lot. I'm really excited about the education these learners are getting! Thank you
	All the training that went into this case was absolutely needed and makes it feel safe.