

# How to be an Ally: Evaluating an LGBTQ+ Healthcare Competency Intervention

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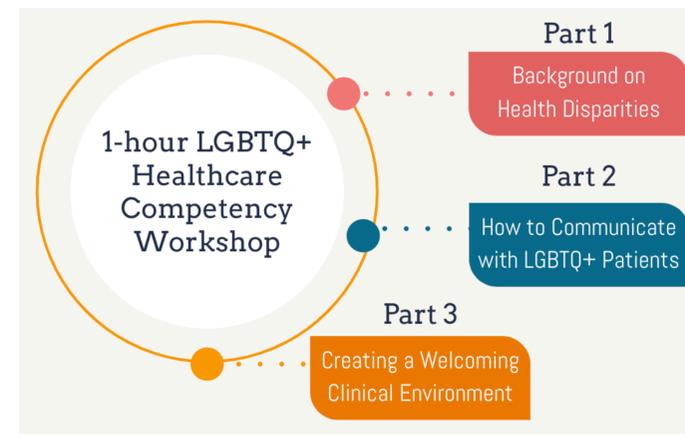
## Opportunity

Research shows that health professionals in the U.S. feel unprepared to treat LGBTQ+ patients and their specific health concerns. An intervention designed to increase the LGBTQ+ healthcare competency of pre-health professional students at Northeastern University will alleviate the health disparities faced by this community.<sup>1</sup>

## Goals

-  Increase the number of allies in the healthcare community.
-  Introduce pre-health professional students to LGBTQ+ healthcare competency.
-  Create welcoming clinical environment for members of the LGBTQ+ community.

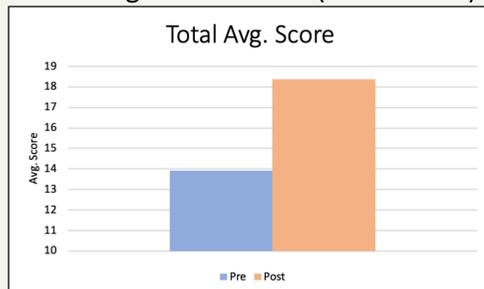
## Approach



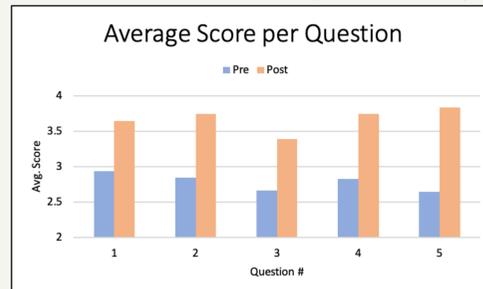
- Part 1:**  
*Method:* Lecture-based
- Understanding the health disparities facing LGBTQ+ individuals and ally-ship as a clinical provider
- Part 2:**  
*Method:* Case study & group discussions
- Gaining comfort with non-binary pronouns and gender-neutral language in clinical settings.
- Part 3:**  
*Method:* Discussion and examples
- Understanding how to create an LGBTQ+ friendly clinical environment through real-life examples

## Results (n = 80 Northeastern pre-health professional students)

Knowledge Assessment (Pre vs. Post)



Skills based Questions (Pre vs. Post)



**100% of students** responded “strongly agree” when asked if the information received through this workshop would be helpful for their personal and professional lives.

Participants noted these as **most effective:**

- Case study & group discussions
- Real-life examples

Participants **recommended:**

- More pronoun practice
- More group activities
- A longer workshop

## Impact

### Summary

- This is the only intervention offered to Northeastern students on LGBTQ+ healthcare competency with a healthcare specific curriculum.
- Northeastern students are in a unique position to fight health disparities in the LGBTQ+ community through their clinical interactions, especially in cooperative education placements.
- The workshop was able to demonstrate an improvement in knowledge of LGBTQ+ healthcare competency by virtue of pre- and post-test scores.
- Students increased their comfort across skills ranging from pronoun use, understanding of health disparities, and overall knowledge of allyship in a healthcare setting.

### Recommendation

- Given the positive feedback to this intervention and the demonstrated improvement in cognitive scores and skills, LGBTQ+ healthcare competency information should be disseminated more widely throughout pre-health professional majors and classes at Northeastern.

<sup>1</sup>Wittenberg A, Gerber J. *Journal of Sexual Medicine*. 2009;6(2):362-8. doi: 10.1111/j.1743-6109.2008.01046.x.