



Healthcare inequalities

MIMS
LEARNING

BRIEFING 1

June 2024

Transgender healthcare

JUST under 1% of the UK population is transgender, and transgender individuals often face significant challenges in accessing healthcare.

As GPs are often the first point of contact for people questioning their gender identity, a MIMS Learning module written by GPs Dr Amy Tulip and Dr Demi Thompson aims to provide key information.

The learning module, which has been completed by hundreds of GPs and other healthcare professionals since its launch in March 2024, highlights shocking statistics about trans healthcare, and provides a guide to LGBTQ+ terminology, along with video case studies recorded by trans patients.

Statistics from Stonewall reveal that 2 in 5 trans people have experienced hate crime in the past year, and that 67% had experienced depression in the past year. Shockingly, 46% had considered taking their own life.

Where healthcare was concerned, 47% of those who wanted medical intervention were still waiting for treatment, and 62% had experienced a lack of understanding from healthcare professionals.

Patient videos

The patient videos describe experiences of healthcare - good and bad.



For example, Dee had had a good experience, seeing a GP who wanted to work in partnership with her when she presented regarding her gender identity. On the other hand, Sophie had experienced

misgendering and also an unnecessary psychiatric referral which added to the already very long waiting time for gender identity services (GICs).

Sophie said that when she sought help, she was 'sick of being put on medication [for depression and anxiety] when what I needed was help to be me'.

Learner feedback

Feedback from GPs and other healthcare professionals on the module has been positive, with comments including:

- 'It gives me more understanding about [the] LGBTQ community.'
- '[I] learnt some shocking statistics!'
- 'Really useful insight provided into a topic that is often not covered in such detail.'

The module is the first in a 3-part series, with subsequent modules covering consultation skills and referral to GICs.

To see the module, go to [Transgender healthcare: why is it important?](#) A free registration to MIMS Learning is required to view the full module.

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About MIMS Learning

MIMS Learning is a clinical education platform providing elearning, live events and podcasts. We aim to help GPs and other healthcare professionals to stay up to date, meet their requirements for appraisal, and participate in a learning community.

For 500+ learning modules and one-day live events in London and the North of England each year visit mimslearning.co.uk.

Earlier cancer diagnosis

IN a recorded webinar, Dr Anthony Cunliffe (below) talks through the issue of how healthcare inequalities affect cancer diagnosis, and practical steps that GPs can take.

Dr Cunliffe, who is a GP and lead medical adviser to Macmillan Cancer Support, outlines the drivers of inequalities in cancer care and asks GPs to reflect on the action that they can take.

To view the video, a free registration to MIMS Learning is required. Go to [Health inequalities: earlier cancer diagnosis](#).



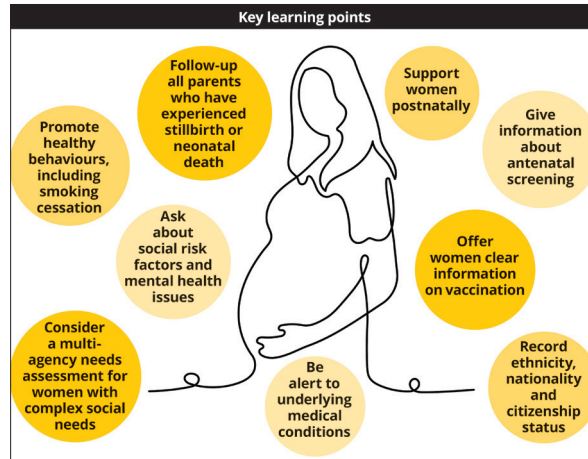
Maternity care equity

MATERNAL death rates in the UK are at their highest levels in almost 20 years. A MIMS Learning module highlights key lessons for healthcare professionals from MBRRACE-UK confidential enquiries, with a focus on equity in care for pregnant and postnatal women.

This module forms part of MIMS Learning's Tackling Health Inequalities campaign, which aims to highlight practical ways in which healthcare professionals can address health inequalities in their clinical practice.

According to MBRRACE figures released in January 2024, maternal death rates in the UK are at their highest levels in almost 20 years - 13.4 deaths per 100,000 maternities, compared to 11.7 deaths per 100,000 during 2019-21.

Black women are almost 3 times more likely to die from pregnancy-related causes than White women, and Asian women are almost twice as likely to die. Women in the 20% most deprived areas have the highest maternal mortality rates, and 25% of women who died were born outside the UK.



Practical steps

The MIMS Learning module focuses on lessons for clinicians from the MBRRACE reports that specifically focus on tackling inequalities in care based on ethnicity or social vulnerability.

For example, given that the COVID-19 pandemic highlighted the vulnerability of pregnant women to infection, the MBRRACE report authors emphasise that offering advice and data on vaccination, and encouraging pregnant women to get vaccinated against COVID-19, flu and pertussis are crucial aspects of good

antenatal care.

The report recommends that women with complex social needs may benefit from a multi-agency needs assessment in order to draw up coordinated care plans.

Extended postnatal care

Asking about mental health problems is also vital, given that many maternal deaths are attributed to mental health causes. A total of 10% of deaths during pregnancy or within 6 weeks of the pregnancy ending were attributed to mental health conditions, but this figure rose to 40% of deaths occurring 6 weeks to a year after the end of pregnancy. Maternal suicide is the leading cause of deaths in this cohort.

Underlying medical conditions increase the risk of morbidity in pregnant patients, and women with multiple or complex problems need additional support after birth. MBRRACE recommends that shared care must extend into the postnatal period with a clear plan in place.

To find out more, go to [Equity in maternity care - lessons from MBRRACE-UK](#).

Action to reduce mortality among prisoners

DEATHS among prisoners tend to occur at a much younger age than the general population, and health inequalities experienced by this population are well-known.

A learning module based on a NCEPOD report on prison healthcare forms part of MIMS Learning's Targeting Health Inequalities campaign, and provides recommendations on practical steps that healthcare professionals can take.

Key learning points in the module

for healthcare professionals include:

- Being aware of the prevalence of long-term conditions in the prison population
- Considering potential interactions between prescribed and illicit drugs
- Involving patients and families in DNACPR decisions and advance care planning

To read more, go to [Prison healthcare - lessons from NCEPOD](#).

