Sex and Gender Disparity

Over the past 8 years, JNP has sought to address health care disparities in women with a department devoted to women’s health. Historically women were not represented in research studies. Often treatments with demonstrated efficacy in research were mostly trialed in men, although applied to everyone. Over time this inequity in research subjects has improved for women. But we agree that women are not the only ones who have been inequitably represented in health research. We were reminded of this by one of our readers, and this led to a discussion by the editorial board members on gender-related health disparities.

Although persons who identify as lesbian, gay, bisexual, transgender, queer and other (LGBTQ+) face significant health disparities, research is beginning to illuminate barriers and best practices to overcome them. It is our responsibility as nurse practitioners to educate ourselves on what we can do in our clinical settings to make a difference for this population of people that have traditionally been marginalized by our systems of care.

I recently attended a presentation by a former student. She recommended a simple change in the introduction process that NPs and other providers use to start our conversations with patients. Begin with yourself, “Hello, my name is Julee Waldrop, my pronouns are she/her, and I will be your nurse practitioner today. How would you like to be addressed?” I am working to incorporate this with every patient. This seems like it would be a small change, but after 25 years of communication habit, it takes more intention than you might think!

At JNP we are recommitting our efforts to bring you current topics on inequity related to gender identities in our newly re-envisioned department Current Topics in Gender Health. Dr. Denise Link will continue as the department editor and welcomes your input as well as your submissions to the department.

We hope you will gain insight from reading the content featured in the department and you will consider contributing as well.

References
