

Cultural & Gender Issues

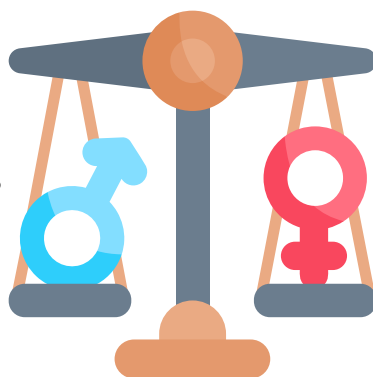
A PUBLICATION OF THE TRAUMA-INFORMED CARE COMMITTEE AT LANCASTER BEHAVIORAL HEALTH HOSPITAL

Do They Even Impact Healthcare?

The short answer is yes. Unequivocally. Specifically, countless peer-reviewed studies have identified ways which misconceptions, prejudices, biases, and plain old ignorance have contributed to worse healthcare outcomes for everyone.

Let's take, for example, the 2021 study (first QR code on the back) that found clinicians frequently underestimated the pain that women were experiencing, and over-estimated the pain that men were experiencing. Presumably, this is tied up in social notions of what toughness is, and what it looks like.

This misjudgment fails to provide accurate treatment to either demographic. Consequently, women tend to live with chronic pain more than men* as the source of their pain is often assumed



ABOUT THIS PROGRAM

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice and Choice
6. Cultural, Historical and Gender Issues

These are the *Six Principles of Trauma-Informed Care*, identified by the Substance Abuse and Mental Health Services Administration (SAMHSA). As a part of LBHH's commitment to trauma-informed care, our hospital pays special attention to one principle each month.

*Gender Biases in Estimation of Others' Pain, Zhang, Lanlan et al., The Journal of Pain, Volume 22, Issue 9, 1048 - 1059

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to be psychological, and “self-care” regimens are often suggested for (what turns out to be) pain with an identifiable, physical source.

At the same time, men’s pain is more frequently assumed to have an identifiable, physical source than women’s pain. This means men are more likely to be overmedicated or mismedicated, and that clinicians are less likely to recognize common symptoms of depression or anxiety.

If healthcare workers have the time to check their own biases, or can lean more heavily on the tools designed to remove biases--the evidence shows--outcomes improve for everyone.

Cultural & Gender Issues Look Like...

A 2021 study about gender disparities in perceptions of pain



A 2022 analysis of 20 years of data regarding racial disparities in medical wait times



A 2024 study highlighting the mental health crisis for trans and gender diverse people



Term of the Month

Social Determinants of Health

the conditions in the environments where people are born, live, learn, work, play, worship, and age

Next
Month’s
Theme

Psychological
Safety