

## Obstetric Critical Care Safety

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**Received:** November 06, 2021; **Accepted:** November 21, 2021; **Published:** November 29, 2021

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**Citation:** David T. (2021) Obstetric Critical Care Safety. Crit Care Obst Gyne Vol.7 No.8:46

### Introduction

Obstetrics and gynaecology (British English) or obstetrics and gynaecology (American English) is a medical specialty that includes the two subspecialties of obstetrics (which deals with pregnancy, childbirth, and the postpartum period) and gynaecology (which deals with the health of the female reproductive system, including the vaginal, uterine, ovarian, and breast health). During and after residency, there is no worldwide or national standard for OB-GYN courses. Hospitals and universities implement care and provider education with varying objectives in mind, with some focusing on meeting their governing body's regulations while others going above and above to set a precedent with the care they deliver. However, the American College of Obstetrics and Gynecology (ACOG) encourages OB-GYN care professionals to provide care that is inclusive of all people, especially lesbian and bisexual women, as well as transgender and gender diverse people. This advice is shared by ACOG through a series of Committee Opinions, the most recent of which are , which were issued in 2012 and 2021, respectively. Committee Opinion "Healthcare for Transgender Individuals," was ACOG's initial statement on the need for LGBTQ+ inclusive treatment from OB-GYNs in 2011. It has since been retracted and replaced by 2021 opinion . When it comes to gynecologic and reproductive healthcare services and providers, transgender, nonbinary persons, and lesbian or bisexual women encounter extra hurdles, such as institutional and overt discrimination, insurance coverage stigma, and cisnormativity. Because of its concentration on the female reproductive system, obstetrics and gynaecology is typically assumed to serve women, leading to preconceptions about patients' gender identity and expression in "women's health clinics," even though many transgender or nonbinary patients may seek care from OB-GYNs. Without LGBTQ+ specific healthcare training, LGBTQ+ patients are at risk for and face unique health conditions that care professionals may not be equipped to address—i.e., the caregivers lack cultural competency. The American College of Obstetricians and Gynecologists (ACOG) suggests that OB-GYNs shouldThe American College of Obstetricians and Gynecologists (ACOG) suggests that OB-GYNs should. Interactions with healthcare providers who are not prepared or knowledgeable enough to provide comprehensive and effective care can exacerbate the "negative and traumatic experiences that many nonbinary and transgender people have had when accessing care" and discourage them from seeking needed healthcare in the future. Even if transgender or nonbinary individuals haven't experienced a terrible experience personally, collective

trauma can contribute to a dread of medical environments and practitioners. As a result, roughly a quarter of transgender and nonbinary persons say they avoid going to the doctor because they are afraid of being mistreated because of their gender. For transgender and nonbinary patients, care provided by OB-GYNs, such as pelvic exams and procedures, might be "especially challenging or traumatic," which the provider can compensate for. More study is being conducted progressively to determine the need for an LGBTQ+ healthcare curriculum for all medical students, residents, and professionals. Several academics have also indicated that obstetrics and gynaecology is the best profession in which to start implementing this instruction, because the nature of OB-GYN practise is more directly related to gender than other medical specialties. OB-GYNs have traditionally received greater cultural competency training in relation to gender-related concerns. Most OB-GYN schools provide a flexible curriculum that allows students to learn in a number of settings, such as small group discussions, case studies, and formal patient exams. The multimodal character of this teaching framework makes it simpler for programmes to start teaching LGBTQ+ healthcare in informal, voluntary settings while also campaigning for long-term structural reform that would include LGBTQ+ healthcare in all OB-GYN and medical school curriculum. The Association of Professors of Gynecology and Obstetrics' (APGO) Undergraduate Medical Education Committee (UMEC) recommends that topics like patient education, screening standards, and common chronic diseases in the LGBTQ+ population be prioritised when developing an LGBTQ+ healthcare curricula for OB-GYN residents or professionals. Many programmes are trying to educate OB-GYNs who are already qualified, in addition to adopting new educational policies for current and future OB-GYN residents. The University of Michigan's OB-GYN school, for example, uses "Continuing Medical Education" to teach their OB-GYN care professionals about the intricacies of caring for transgender patients. In collaboration with Michigan Medicine and the Council on Resident Education in Obstetrics and Gynecology, Daphna Strousma, MD, MPH, is in charge of establishing and developing UM's transgender healthcare curriculum, "Improving Care for Transgender & Non-Binary Individuals" (CREOG). UM's OB-GYNs

can access the curriculum through a series of video modules that cover the following themes. Because of their personal convictions or a lack of education on LGBTQ+ healthcare, many OB-GYN doctors are currently hesitant to provide care to LGBTQ+ patients. In a survey of about 100 Illinois OB-GYN residents, 50 percent said they were unprepared to care for lesbian or bisexual patients, while 76 percent said they were unprepared to care for transgender patients. Curricular overcrowding (85%) and a lack

of experienced faculty (91%) were the two main factors hindering the introduction of LGBTQ+ healthcare training, according to the residents. However, 92 percent of residents said they desired greater training on how to treat LGBTQ+ patients. Although the American College of Obstetricians and Gynecologists has urged OB-GYNs to provide gender-affirming and inclusive care to all patients, there has been pushback, particularly because there is no explicit legislation mandating the inclusion of LGBTQ+ healthcare in OB-GYN curricula.