



Introduction & Background

- Mental Health resources are scarce in rural areas. In 2020, suicide was the third leading cause of death for blacks or African Americans, ages 15 to 24. This is also common among various other minority groups (Mental and Behavioral health, 2023).
- The World Health Organization states that “every 40 seconds a person takes their life, this means that around 800,000 people die each year from suicide” (Rudes, 2021).
- It is well known that there are mental health disparities in minorities. According to the Oxford dictionary, mental health is defined as our emotional, psychological, and social well-being. As sexual and ethnic minorities come into the spotlight, it is important to know how they are being treated in a hospital setting. We found that there is little to no education in how to treat cultural and ethnic minorities.



Purpose Statement and Research Question

- We sought to answer: “Are there greater mental health disparities among sexual and ethnic minorities, such as LGBTQ+ groups or Middle Eastern women, compared to their heterosexual, majority counterparts; if so, is there anything we can do about the issue as nurses?”

Literature Review Methods



- In order to match the provided guidelines for the assignment, which was finding an article younger than five years and including an author with nursing credentials, we were quite lenient with how we found our articles. Our group used terms like “minorities” and “mental health issues” to begin. From this point, we chose articles that matched our specific interests that followed our previously stated guidelines.

Findings

- Those of minority groups are less likely to receive medical care. This could be due to a wide range of reasons that include healthcare discrimination and healthcare prejudice (Rudes, 2021)
- Mental Health problems effect 1 every 10 young people. However, more that 70% of those who have a mental health problem will not get adequate help (Rudes, 2021).
- Many nurses in the healthcare setting to not have the proper training to care for those part of the LGBT community. Also, many nurses do feel comfortable providing care to these patients (Carabez, 2015).
- Healthcare workers have biases and prejudices when it comes to the LGBT community. These biases effect how these people are treated and cared for. The presence of both individual and institutional forms of anti-LGBT bias. The bias was said to be present in outpatient mental health clinics, residential treatment centers, and inpatient hospitals serving rural LGBT people (Willging et al., 2006)



Conclusions & Nursing Interventions

- There is a severe lack of specialized mental health teaching being given to healthcare workers. In implementing comprehensive care teaching programs, we could greatly improve the therapeutic mental health services being provided to these minority groups.
- Health care workers must know how to help treat all patients they encounter no matter their race, sex, gender, and background. If healthcare workers do not have the correct training, they should be trained. Their training should also be culturally relevant and up to date (Vandan, 2020).
- Heath care is all about the patients, it is patient centered care. Healthcare workers are doing a disservice if they allow their own prejudices to get in the way of rightly caring for their patients.

References

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