

There is a diversity of training and education opportunities available for clinical and professional practice for primary care providers.

Outlined below are some training resources that may suit your needs and we encourage you to find the resources that best support your practice.

## Wavelength LGBTQIA+ Medical Education

Wavelength is a free online open-access medical education platform designed for students and junior doctors to learn fundamental skills to provide safe and inclusive care for lesbian, gay, bisexual, transgender, queer, intersex, asexual, sistergirl and brotherboy (LGBTQIASB+) people. The training program provides relevant medical information covers terminology, Gender, Sexuality and Intersex topics that is relevant to clinical practice. Wavelength is founded by AMSA Queer, and is supported by partner organisations, including The Victorian AIDS Council and The University of Melbourne, as well as expert input from Associate Professor Ruth McNair and Dr Asiel Adan Sanchez.

### Course Learning Outcomes

- Understand language used in discussing sex, gender and sexuality
- How to effectively and respectfully lead clinical discussions around gender, sexuality and health for LGBTQIASB+ patients
- Considerations for transgender people's health and appropriate health discussion
- Understand safer sex advice for LGBTQIASB+ people

Link to Wavelengths Training Website: <https://www.wavelengthmeded.org>

---

## GPex LGBTI training

GPex is a GP training and specialist medical education platform that provides education and training, including CPD, GP Fellowship exam preparation, strategic workforce planning and support and research insights.

GPex provides a free four-hour training that counts towards CPD with RACGP and ACRRM. The course promotes the adoption of safe and inclusive medical practice approaches for LGBTIQ+ clients.

### Course Learning Outcomes

- Understand the differences in biological sex, gender and sexual orientation and how culture shapes perceptions of gender and sexual orientation.
- Understand the different presentations of sexual orientation and biological sex and gender.
- Demonstrate an increased awareness of the health impacts of discrimination and violence on LGBTIQ communities.
- Understand the impacts of the attitudes of health workers on the health outcomes of LGBTIQ communities.
- Adopt a safe and inclusive medical practice/practitioner approach for LGBTIQ people.

Link to Website: <https://gpex.com.au/course/understanding-lgbtqi/>

## ThinkGP - Becoming more LGBTQIA+ friendly in your practice

ThinkGP has been funded by Central and Eastern Sydney Primary Health Network and the [STIs in Gay Men Action \(STIGMA\) group](#) to launch an RACGP accredited, e-module on LGBTQIA+ inclusion in GP practices. Released in September 2023, this 1-hour educational activity is designed to empower GPs to create a safer and more welcoming environment for LGBTQIA+ people in order to provide them with more holistic and patient-centred healthcare.

The module explores some of the health issues that can be affected by a person's gender or sexual orientation, and uses case studies and examples to demonstrate how to incorporate inclusive language, attitudes and systems within primary care. It also provides an extensive list of information resources and further training that GPs can access to learn more about health-related issues facing LGBTQIA+ people in Australia.

Link to Website: <https://www.thinkgp.com.au/education/becoming-more-lgbtqia-friendly-your-practice>

### ***On completion of this education activity participants will be able to:***

- Explain the barriers that LGBTQIA+ people may face in accessing healthcare, and identify health disparities faced by LGBTQIA+ people and discuss what the causes of these disparities are.
- Define “gender identity” and “sexual orientation” and describe the diversity of gender identities and sexual orientations that exists among LGBTQIA+ people.
- Better understand the lived experience of LGBTQIA+ people.
- Incorporate inclusive language and attitudes in your daily practice to make your service more welcoming, and explain how this can positively impact LGBTQIA+ patients.
- Access information resources and further training to learn more about health-related issues facing LGBTQIA+ people in Australia.

---

## Twenty10 Prism training

Twenty10 is a Sydney based LGBTQIA+ that has been operating for over 40 years. Twenty10 was established to provide housing refuge and support to young LGBTQIA+ young people around Sydney. Twenty10 now provides free mental health and psychosocial programs for LGBTQ+ people and deliver speciality capacity building training over NSW. Twenty10 is the NSW partner for QLife, a nationwide telephone and web peer-based support service.

Twenty10's Prism LGBTQIA+ Affirmative Practice and Advocacy training is designed for, health and social service organisations to build capacity in working affirmatively with LGBTQIA+ people. Prism training helps organisations to increase knowledge on the experiences of LGBTQIA+ people and build capacity of providers to understand and improve the health and wellbeing in LGBTQIA+ communities. Training outlines, and consulting costs can be found on their website.

Link to Website: <https://twenty10.org.au/prism-training/>

## BlaQ

BlaQ is the peak organisation for Aboriginal Lesbian, Gay, Bisexual, Transgender, Queer + Sistergirl and Brotherboy (LGBTQ+SB) Peoples and Communities in NSW.

BlaQ offers training for organisations to help in increasing staff understanding of matters relating to Aboriginal and Torres Strait Islander peoples and the LGBTQ+SB community, as well as making their workplaces more culturally safe and inclusive to Aboriginal and Torres Strait Islander and LGBTQ+SB peoples. These workshops are delivered by BlaQ staff who have lived experience and understand the nuances of living at the unique intersection of culture, and gender and sexual diversity.

### **Course Learning Outcomes**

- BlaQ Queer History
- Pronouns and Identifiers
- Understanding the rainbow acronym
- Sexuality Vs Gender
- Intersectionality
- Community Culture
- Cultural Understanding
- Sistergirls and Brotherboys

**Link to Website:** <https://blaq.org.au/about-blaq/>

---

## ACON Pride training

ACON was established in 1985 in response to the HIV/AIDS epidemic in NSW. ACON continues to deliver support for people living with HIV. ACON's continues their commitment to ending HIV transmission as well as supporting our LGBTQ\_ health and wellbeing in areas such as mental health, ageing, domestic and family violence, community safety and social inclusion.

ACON offers Pride Training providing specialised LGBTQ+ awareness and inclusivity training. ACON deliver a range of learning options to build health and social sector capacity, knowledge and confidence to deliver inclusive and affirming services to sexuality and gender diverse communities.

**Link to Website:** <https://www.pridetraining.org.au/>

---

## STARTTS Coming In: Inclusive practice strategies for people from refugee backgrounds with diverse bodies, genders and sexualities

Startts one-day workshop focuses on building understanding of the specific issues faced by people with asylum seeker and refugee background who are LGBTIQ+, including strengths, vulnerabilities and the risks experienced in their home countries, during the journey and resettling in Australia. It will highlight the multiple oppressions faced and explore the diversity of needs and experiences that are grouped under the LGBTIQ+ framework.

Coming In will increase awareness of how to identify assumptions or biases that may impact negatively on the provision of effective assistance, and how to enhance the ability to work in partnership with LGBTIQ+ clients with the aim of enabling services to become safer and welcoming for all their clients.

## Queensland Network of Alcohol and Other Drugs (QNADA) training on ChemSex

This training module provides an introduction to working with men who engage in It provides an overview of the history of chemsex, key terminology, and important considerations for AOD (alcohol and other drug) specialist workers. It is suitable for all levels of staff in an organisation and can complement existing induction for new staff into the AOD sector.

---

## LGBTIQ+ Health Australia: LGBTIQ+ Inclusive Palliative Care

This eLearning series aims to increase healthcare providers' confidence in providing LGBTIQ+ inclusive palliative care. It includes four modules:

- Introduction to LGBTIQ+ communities
- Barriers to providing and receiving palliative care
- Enablers for LGBTIQ+ people in palliative care
- Having end-of-life planning conversations

As well as framing LGBTIQ+ histories, the e-learning modules provide information about developing strategies to support loved ones, and how to create welcoming and inclusive environments.

Rainbows Don't Fade With Age: LGBTI+ Aging and Aged Care Training

**Website Links:** <https://rainbowhealthaustralia.org.au/training-programs/silver-rainbow-training>

---

## Resource list

- [The LGBTQ+ Inclusive and Affirming Practice Guidelines were developed by ACON, Mental Health Coordinating Council, NADA, and the Central Eastern Sydney Primary Health Network](#)
- [RACGP SG16 Sex, sexuality, gender diversity and health contextual unit](#)
- [RACGP aged care clinical guide \(Silver Book\)](#)
- [Zoe Belle Gender Collective and The Royal Melbourne Hospital Transgender and Gender Diverse inclusive-care guide](#)
- [Macquarie University: Treating Sistagirls, Brothaboys and Gender Diverse Mob](#)
- [Transhub Resources : Pregnancy](#)