

Case Report on- Antenatal , Intrapartum and Postnatal Care of a LGBTQ+ Individual in Royal Free Hospital, London Presenter- Divya Rathi , Tina London, Alison Wright

OBJECTIVE- Providing care for LGBTQ+ patients can present unique challenges. With the increasing number of such cases globally, effective communication and culturally sensitive care are essential. The cornerstone of successful management lies in creating an inclusive and respectful environment. Rather than assigning gender labels, healthcare providers should acknowledge and respect each patient's individual identity and preferences to minimize disparities in care. A recent case at Royal Free Hospital demonstrated a successful approach, where a similar patient expressed satisfaction with the care received.

CASE REPORT 25-year-old patient, assigned female at birth but identifying as male, presented at 13 weeks' gestation to Royal Free Hospital. The patient requested to be referred to using male or gender-neutral pronouns ("he," "him," or "they").

From the outset, the care team respected the patient's preferences, with detailed documentation ensuring consistent and affirming communication throughout the pregnancy. The case was managed through a multidisciplinary approach, involving a Senior Obstetric Consultant specializing in the care of socially vulnerable individuals, as well as support from the safeguarding midwives (**Unity Team**), antenatal and labour ward staff, and social care professionals.

Pregnancy Management and Support

This collaborative effort ensured that the patient's needs were met with dignity, respect, and clinical excellence. The pregnancy was classified as low-risk with a normal body mass index (BMI), and was managed according to established trust guidelines. Continuous psychological support was provided, acknowledging that many LGBTQ+ individuals experience significant psychosocial stress. A thorough assessment of the patient's social circumstances was conducted to rule out any safeguarding concerns for the baby.

In preparation for delivery and during the postnatal period, all relevant healthcare professionals — including resident doctors, midwives, and the labour ward matron — were informed to ensure that the patient received respectful, inclusive, and appropriate care throughout their stay.

Discussion -LGBTQ+ individuals require access to competent and compassionate obstetric care throughout pregnancy. This includes skilled support that is both affirming and informed. Many face elevated risks of cardiometabolic complications, often linked to chronic stress, hormonal treatments, or medication use. Studies indicate that this population is also more susceptible to sexually transmitted infections (STIs), mental health challenges and discrimination or bullying. In gynecological settings, it is essential to establish an individualized care plan in a non-judgmental and supportive environment.