



男同志友善

醫生手冊



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為什麼要加入「男同志友善醫療推廣計劃」？

- 向長期被忽視的社群提供病人為本的醫療服務
- 保護男同志病人在醫療環境免受歧視
- 享受免費同志友善醫療服務培訓
- 為改善香港公眾健康作出貢獻

「男同志友善醫療推廣計劃」
是要避免以下病人的真實體驗……

個案一

我曾經去過社會衛生科做性病檢查。當時醫生聽到我說要做檢查時，問我是不是同性戀，我就坦白說我曾經與男人發生性行為。之後他神色凝重，做了一些審犯式的「輔導」，說了一些「好玩唔玩玩呢D?」、「有無『咩咩』呀?」之類的話。我好後悔透露自己的性傾向。希望醫護人員知道，性傾向不是「想玩的野」，而是天生的。

個案二

我因為肚瀉而向普通科門診求醫，對醫生透露了性傾向。醫生一臉錯愕，開始談起聖經，說上帝不會容許同性戀行為。他沒有做任何檢查，直接給我開抗生素。我感到很不受尊重，希望醫生不會因他們對同性戀的意見而疏忽診症，亦不會在診症時宣揚自己的宗教意識。

個案三

我到普通科門診接受性病檢查。在我透露了性傾向後，醫生表現震驚，並建議我到新造的人協會接受輔導，改變性傾向。我的性傾向不是一種病，但他的診斷手法卻令我感到冒犯。



香港超過一成受訪男同志

12.5% 因為害怕透露自己的性傾向而不尋求泌尿科、腸胃科及性病科的醫療服務。

四成男同志

40%



為了隱瞞其性傾向，在尋求上述醫療服務時，避談其同性性接觸經驗。

根據醫學倫理國際守則，醫生：

「不容許任何……
性傾向……或任何其他因素
干擾他/她對病人的責任。」

「不得被個人利益或不公平的
歧視左右其判斷。」

以上守則獲世界醫學會採納，而香港醫務委員會在「行使有關紀律處分的同時，將會參考國際守則」。

「關懷愛滋」相信，大部份醫生都以病人的健康為首要考慮，亦不希望男同志病人在尋求醫療服務時擔心被歧視。我們將會為你提供豐富的資源及工作坊，讓你更了解男同志的文化、醫療需求及就醫困擾，協助你為男同志病人提供更適切的服務。

**如何成為
「男同志友善醫生」**

了解男同志病人的醫療需求及文化

1

- 同志朋友常用的性愛方式可能與異性戀有所不同。例如，他們有時會互相手淫、口交、肛交和舔肛。
- 如果你的專科涉及性生理等相關的臨床評估，對男同志病人的評估方式亦自然有所不同。與病人討論性健康時，試著抱持開放而客觀的態度，你的男同志病人將願意說出更多。
- 欲知男同志的具體醫療需要，可參閱P.6。

在診所營造男同志友善的環境

2

- 於診所放置男同志健康小冊子及與同志訊息相關的海報，或貼出「同志友善貼紙」。

提升同志敏感度，實行友善問診

3

- 有些醫療人員會假定病人的對象為異性，讓許多男同志病人感到尷尬。談及病人的性關係時，你可選擇使用性別中立的稱謂，如「伴侶」或「另一半」，誠懇地詢問病人的性經驗。
- 詢問開放式的問題，避免對病人的性傾向或性行為作不必要的假定。

讓男同志病人安心透露性傾向

4

- 確保病人私隱。病人隨同親屬求醫時，你可主動詢問病人是否希望單獨會談，避免病人在親屬面前無預警地出櫃，讓他在看診時感到備受尊重。
- 明確向病人表明其性傾向資料將會保密。

提供安全的診療環境，保障男同志病人免受歧視

5

- 鼓勵員工參與我們舉辦的培訓班，確保他們有信心向男同志病人提供友善的服務，並了解其重要性。
- 如有員工違反同志友善規定，必須正視，並協助員工改變其服務質素。

你可能覺得這些改變
很細微，但對男同志病人
意義重大！

如果你對以上守則有任何疑問，歡迎按照以下步驟作出行動及聯絡我們，本會將為閣下提供更多關於男同志友善醫療的資訊。



參與我們的培訓工作坊或
網上研討會



填妥報名表



向本會索取「同志友善貼紙」。
你可以選擇於診所當眼處張貼，
營造男同志友善的環境。



定期接收本會提供的電郵
資訊，了解男同志社群中的
最新動向及健康需求。

男同志 三大健康 議題

愛滋病病毒及性病

1

性活躍男同志感染愛滋病病毒及性病的風險較高。

男同志社群的整體愛
滋病病毒感染率為

5.85% HIV
2014年

男同志群體的性病感
染率為

6%
2010年



肛交是男同志的其中一種性行為。由於肛門和直腸黏膜很薄，多種病毒容易進入體內。因此，在沒有使用安全套的情況下肛交，感染愛滋病病毒及性病的傳染風險較其他性行為高。

你可建議病人採取安全性行為，並提醒他們肛交及口交時使用安全套的重要性。

香港的愛滋病 感染情況

香港近年的愛滋病病毒
感染人數急升，每天新
增約兩宗感染個案。

社會壓力導致的憂鬱或焦慮

2

對男同志的負面標籤和歧視，讓不少同志朋友產生憂鬱和焦慮。

由於公開自己性傾向需要面對重大的社會壓力，許多男同志會出現內化污名的情況，向醫療人員透露性傾向感到困難。儘管曾進行同性性接觸，有些男同志甚至不會透露自己的性傾向。

45% 
男同志因害怕透露其性傾
向，而不接受愛滋病病毒
測試。

在診症時，你可誠懇地詢問及了解，支援病人，令他們安心透露自己的性傾向或性行為。

使用娛樂性藥物

3

一些男同志會經常使用娛樂性藥物。使用的藥物包括狂喜、威而鋼、氯胺酮和亞硝酸酯（芳香劑）。

13% 
男同志使用娛樂性藥物。 2

服用娛樂性藥物會減低安全性行為的意識，增加愛滋病病毒感染的風險。

超過
50% 
新個案均透過同性性
接觸感染。

抗逆轉錄病毒療法（雞尾酒療法）可有效抑制病毒。一般而言，如果定期服藥，愛滋病病毒對感染者的健康和壽命並不會造成嚴重影響。

破解迷思

了解男同志社群 的醫療議題和文化，但切勿 假定放諸四海皆準！

1. 所有男同志都和愛滋病病毒傳播有關嗎？

雖然男同志社群的愛滋病病毒感染率為5.85%，高於社會大眾；然而，愛滋病病毒是透過不安全性行為傳播，與感染者的性傾向無關。雖然不使用安全套進行肛交，感染愛滋病病毒的風險較陰道性交為高，但任何人進行不安全性行為，均承受感染愛滋病病毒的風險。

2. 所有男同志都會肛交嗎？

據2010年亞洲區男男性接觸者網上性行為調查，香港有64.5%男同志於最近六個月進行肛交，15%受訪者表示一生從未嘗試肛交。另外，有些異性戀者亦會進行肛交。據美國疾病控制與預防中心（CDC）的調查，年齡介乎25歲至44歲的男女之中，有40%男性及35%的女性曾進行異性肛交。

3. 所有男同志都女性化？

「基」這字眼隱含娘娘腔和女性化的意思。確實，有些男同志會穿異性服裝，行為與傳統異性戀男性大相逕庭。然而，很多男同志並不認為自己女性化，行為亦十分陽剛。消防員和警察之中都有男同志。您不可能單憑職業、外型或行為，假定一位男性為同性戀者或異性戀者。

4. 所有男同志都有多位性伴侶？

根據2010年亞洲區男男性接觸者網上性行為調查的數據，24%的男同志於過往六個月僅有一名性伴侶。跟異性戀者一樣，部分男同志有多個性伴侶，部份只有一位性伴侶，而一些男同志則可能一段時間內沒有任何性伴侶。

因此，切忌按病人的性傾向，武斷假定他們的性關係或性愛模式。當你需要詢問病人性健康的問題時，請專注於他們的性行為而非性傾向。

男同志 常見詞彙

1/0/10

1/0/10是描寫性愛體位的常見詞彙。1仔通常指肛交時的插入者，0仔通常指肛交時的被插入者。10仔指的是插入或被插入均可。

3. Are all gay men effeminate?

The term “gay” is often associated with sissy and effeminacy. It is true that some may cross dress and do not exhibit traditional heterosexual male behavior. However, the majority of gay people do not see themselves as feminine. Many of them are indeed very masculine. Gay men can also be found in professions such as firemen and policemen. You cannot assume the guy is gay or straight by their career or appearance alone.

4. Do all gay men have multiple sex partners?

With reference to the statistics by AIMSS in 2010, 24% of gay men only have one single sex partner in the past 6 months. Like heterosexuals, some gay men have multiple partners, some have one partner, and some go through periods without any partners.

Therefore, try not to make hasty assumptions on the type of sexual relations your clients have based on their sexual orientation. When you need to ask questions regarding the patients’ sexual health, remember to focus on sexual practices rather than their sexual orientation.

Gay Slang

1/0/10 (Top/Bottom/Versatile)

1/0/10 (Top/Bottom/Versatile) is the gay slang that describes the sex positions in anal sex. A 1/Top is usually the person who engages in penetrative role during anal sex; while 0/Bottom is usually the one who receives penetration. A 10/Versatile is the guy who is open to both insertive and receptive anal sex.



Gay-friendly

Doctor Handbook



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Why the Dr. Rainbow Scheme?

Why should I join the 'Dr. Rainbow Scheme'?

- Provide patient-centered care to a long-overlooked group
- Protect the gay patients from discrimination in the medical environment
- Enjoy free staff training on gay-friendly practices
- Contribute to the improvement of public health in Hong Kong

Why the Dr. Rainbow scheme? To prevent patient experiences like these...

Case 1

When I walked into the Social Hygiene Clinic and told the doctor that I would like to have check-ups, he asked me if I was gay and I admitted that I had sexual contact with men before. He looked shocked and asked me some questions as if I was in interrogation, like 'you play games like that?' and 'did you do "that" thing?' I regret disclosing my sexual orientation. I hope that doctors could understand that sexual orientation is not something you 'play with', but is something you are born with.

Case 2

I went to a general practitioner for the treatment of diarrhea and disclosed my sexual orientation in the consultation. The doctor looked really shocked and started to talk about the Bible, saying that God doesn't permit homosexual acts. He did not do any check-ups for me and gave me some antibiotics right away. I felt really disrespected. I hope that doctors would not let their own opinion on homosexuality affect their clinical assessment or propagate their religious values in consultation.

Case 3

I went to a general practitioner for STI check-up. The doctor was very shocked when I disclosed my sexual orientation and recommended that I go to the New Creation for counselling and conversion of my sexual orientation. I felt really offended. My sexual identity is not a mental health illness but he treated me like I have some kind of problem.



12.5%

of the gay men would not seek medical services in dermatology & venereology, gastroenterology and urology for fear of disclosing their sexual identity

40%



of the gay men would hide their sexual orientation when they seek the above services.

According to the International Code of Medical Ethics, a physician:-

“shall NOT permit considerations of...sexual orientation...to intervene between [his/her] duty and [his/her] patient.”

“shall NOT allow his/her judgment to be influenced by ...unfair discrimination.”

The above code is adopted by the World Medical Association and ‘the Medical Council of Hong Kong will have regard to the International Code in the exercise of its disciplinary power’ to registered medical practitioners in Hong Kong.

AIDS Concern believes that the majority of Hong Kong medical practitioners put the health of their patients as first priority and do not want their gay patients to worry about having the above patient experiences.

If you join the Dr. Rainbow Scheme, we will provide you with powerful resources and workshop on the culture and health concerns of the gay community, to assist you in providing optimal care to gay patients.

**How do I
become a
Dr. Rainbow?**

Familiarize with the healthcare needs and culture of the gay patients

1

- The sexual practices of the gay people might be different from those of heterosexuals. For instance, gay men sometimes like to have mutual masturbation, oral sex, anal sex and anilingus.
- You may have to apply a different lens in consultation with gay patients if your specialty involves clinical assessment related to sexual health, and discuss sexual health issues with all your patients openly in a non-judgmental attitude.
- For more information regarding the particular healthcare needs of gay patients, please refer to P.6.

Make gay patients feel welcomed in the access and intake process

2

- Display leaflets of gay men's health concerns and gay-specific media or post the gay-friendly sticker in the clinic.

Increase your sensitivity to diverse sexual identities in consultation

3

- A lot of gay patients may feel embarrassed if the healthcare professionals assume that their partners are of the opposite sex. You may use gender-neutral language such as 'partners' or 'significant others' when talking about sexual relationship of the patients.
- Ask open-ended questions and avoid making assumptions about the sexual orientation or behavior of the patients.

Make gay patients feel safe to disclose their sexual orientation

4

- Ensure the privacy of your patients. When the patient is accompanied by his family members, you may ask the patient if he needs to be alone for consultation to avoid his unwanted disclosure in front of his family members.
- Inform patients that the information about sexual orientation is confidential.

Maintain a culturally safe environment for gay patients

5

- Provide training to all staff in the service to ensure they are confident and understand their responsibilities about delivering gay-friendly practice to gay patients.
- Respond to breaches of the cultural safety by staff and make sure the related staff know the importance of gay-friendly practices in the clinic.

These may be small changes for you, but they mean big differences for your gay patients!

Should you be uncertain about any of the guidelines above, please do not hesitate to contact us and follow the steps below, so that we can provide you with further resources on gay-friendly healthcare practices.



Join our Gay-friendly Healthcare Training Workshop or webinar



Fill in the application form



Get a gay-friendly sticker from us and you may choose to post it in your clinic to build a gay-friendly medical environment



Receive regular email updates from us about the latest trends and healthcare concerns of the gay community

Particular Health Concerns of Gay Patients

HIV and sexually transmitted diseases (STDs) 1

- Sexually active gay men are at an increased risk of HIV and STD infections.

5.85% HIV

HIV prevalence among the gay community in 2014 ¹

6% 

STD prevalence among gay men in 2010 ²

- Anal intercourse, one of the common practices among the gay men, carries a significant risk of HIV and STDs transmission if it is conducted without condoms. The thin mucous membrane lining the anus and rectum makes it much easier for different viruses to find a way to enter the body.
- You may counsel your patients on safe sex practices and the importance of using condoms in anal sex and oral sex.

Depression or anxiety due to social pressure 2

- Stigma and discrimination towards the gay men create a hostile social environment that causes a high prevalence of depression and anxiety in the gay community.
- Due to the social pressure regarding disclosing their sexual orientation, many gay men may have internalized stigma and find it difficult to disclose their sexual orientation to the healthcare providers. Some of them may not even identify themselves as gay men even when they have experienced same-sex sexual contact.
- You may support your patients by conducting consultation in a non-judgmental way and make them feel safe in disclosing their sexual orientation or sexual practices.

40% 

of the gay men would not go for HIV testing for fear of disclosing their sexual identity.

Substance use 3

- Substance use is common for some gay people. This includes substances ranging from ecstasy, to viagra, ketamine and amyl nitrate (poppers).
- The use of recreational drugs further decreases awareness of safer sex practices and increases the risk of HIV infection.

13% 

the prevalence of substance abuse is 13% among the gay people. ²

More on the Hong Kong HIV epidemic

The HIV epidemic is rising sharply in recent years. Almost 2 new cases of HIV infection are reported every day in Hong Kong.

Over **50%** 

of newly diagnosed cases acquired the infection via homosexual contact.

Antiretroviral therapy (also known as cocktail therapy) can now effectively suppress the virus. Generally, HIV virus does not have a devastating impact on people's health and life expectancy if medication is taken regularly.

Dispelling Myths about Gay Men

Be aware of the healthcare issues and culture of the gay community, but do not assume that they are all the same!

1. Are all gay men related to the transmission of HIV?

The latest figure from HARiS in 2014 shows the prevalence of HIV is 5.85% in the gay community, which is higher than that of the general public. However, transmission of HIV is related to unsafe sex practices and has nothing to do with sexual orientation. Anyone who engages in unsafe sex runs the risk of being infected with HIV.

2. Do all gay men perform anal sex?

According to the Asia Internet MSM Sex Survey (AIMSS, 2010) in Hong Kong, 64.5% of gay men had performed anal sex in the past 6 months, and 15% of the respondents indicated that they have never tried anal sex in their whole lifetime. On the other hand, some heterosexuals may perform anal sex. According to the research by Centers for Disease Control and Prevention (CDC), 40% of men and 35% of women between 25 and 44 had engaged in heterosexual anal sex.

3. Are all gay men effeminate?

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Sauna

Sauna is a gay cruising venue. Apart from being an entertainment venue where they could relax, sauna is also a venue where gay men look for sex with other guys. Condoms and lubricant are usually provided in the dark rooms and private cabins.

Cruising Spots

Since it was hard for gay men to know each other in the past due to social stigma and criminalization of homosexual acts, sometimes they would like to cruise around in some public areas, such as swimming pools and beaches, which are called cruising spots. Cruising spots nowadays include shopping malls and toilets. They would have sex with each other after confirming others' sexual identity with some signals.

Chem Fun/Party and Play (PNP)

Some gay men have the habit of taking recreational drugs during sex to experience more sexual pleasure. They would call it party and play (PNP) or chem fun, which usually lasts for many hours and includes different high-risk sexual behaviors, like bareback (no condoms) and group sex.

Member

The term “homo” comes from people outside the gay circle. In the gay community, this term is not often used, and some gay men may not feel comfortable about being called ‘homo’. They usually name themselves as “member”.

1. HIV and AIDS Response Indicators Survey (HARIS)
2. Asia Internet MSM Sex Survey (AIMSS)

Contact AIDS Concern

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