



# CARING FOR LGBT+ PATIENTS

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## OBJECTIVES

- Understand disparities that effect the health of this population
- Define basic LGBT+ terminology and language
- Define sex versus gender versus sexuality
- Identify ways to make an environment more LGBT+ friendly

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## DISCLOSURES

- I have no actual or potential conflict of interest in relation to this program/presentation
- Community member
- Presenting this information from a position of privilege
  - White
  - Middle socioeconomic status
  - American/Western cultural ideas
  - Pass as a man

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## COMMUNITY WITH DISPARITIES

- LGBT youth are 2 to 3 times more likely to attempt suicide. (CDC, 2016)
- Lesbians are less likely to get preventive services for cancer. (Schneider & Mayer, 2012)
- Gay men are at higher risk of HIV and other STDs, especially among communities of color. (Schneider & Mayer, 2012)
- Elderly LGBT individuals face additional barriers to health because of isolation and a lack of social services and culturally competent providers. (Goldsen, 2018)
- LGBT populations have the higher rates of tobacco, alcohol, and other drug use than the general population. (Schneider & Mayer, 2012)

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## DISCRIMINATION AGAINST TRANS PEOPLE

- 390 per 100,000 adults are estimated to be transgender, or almost one million adults nationally (Meerwijk & Sevelius, 2017).
- National Service for Transgender Equality (2016)
  - Largest survey ever done of transgender people
- Respondents who were out or perceived as transgender in school (K-12):
  - 54% verbally harassed
  - 24% physically attacked
  - 13% sexually assaulted
  - 17% left school as a result of severe mistreatment
- Nine times more likely to attempt suicide
- Unemployment rate three times higher
- 30% reported at least one experience with homelessness
- 23% of respondents do not seek healthcare out of fear of mistreatment

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## IMPORTANT REMINDER

- Being LGBTQIA+ does not automatically mean that the person has mental illnesses, physical illnesses or experienced trauma
- Most people adapt and are resilient despite living in a stigmatized minority

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## CONTRIBUTING FACTORS (KAPLA, 2014)

- Not inherent factors within people (genetic or otherwise)
- Institutionalized systemic homophobia and transphobia – examples:
  - State laws prohibiting discrimination – only 21 states
  - Trans panic defense
  - Transgender women 4.3 times more likely to be murdered than cis women
    - 87% of transgender people murdered in US are people of color
    - **Life expectancy of transgender woman of color is 31 years old** (Allen, 2018)
- Faces issues of rejection and isolation
- Positive versus negative coping

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## PROTECTIVE FACTORS

- Most of the research looks at youth
- Positive images of LGBT+ people (APA, 2015)
  - Bury Your Gays and Sissy Villain tropes in media are very harmful
- Gay-straight alliances (CDC, 2018)
- Social support and acceptance (especially from families)
  - Positive self esteem and overall better health (Klecz et al., 2017)

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## WHERE DO I START?

- Use up to date and appropriate language

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## BASIC LGBT+ LANGUAGE

- Lesbian
- Gay
- Bisexual
- Transgender
- Queer/Questioning
- Intersex
- Asexual/Androgynous
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## BASIC LGBT+ LANGUAGE

- Sex
- Gender
- Sexuality

**Sex ≠ Gender ≠ Sexuality**

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## LGBTQIA+ LANGUAGE: SEX

- Sex (Assigned at birth)
  - Based on appearance of external genitalia
  - Chromosomes, reproductive organs and their functions
- Male assigned at birth = MAAB or AMAB
- Female assigned at birth = FAAB or AFAB
- Intersex/Disorders of Sexual Development (DSD)
  - Most commonly congenital and/or hyperplasia w/ambiguous genitalia

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## LGBTQIA+ LANGUAGE: GENDER

- Gender Identity
  - Personal sense of self and being
- Gender Expression
  - How a person communicates identity to others
  - Often use clothing, mannerisms, voice, etc.
- Gender Norms
  - Social and cultural expectation of expression

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## LGBTQIA+ LANGUAGE: GENDER

- Cisgender
  - Man
  - Woman
- Transgender – Umbrella Term
  - Trans man
  - Trans woman
  - Non-binary
- Transition
  - (Non-linear) process of moving from one gender to another
  - May no longer identify as "trans" after transitioning to affirmed gender
  - "Pre-op" and "post-op" are outdated and should be avoided
  - FTM or MTF not best choice to use

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## GENDER NON-BINARY TERMS

- Two Spirit
- Hijra
- Travesti
- Mahu
- Third gender
- Genderqueer
- Gender fluid
- Gender nonconforming
- Agender
- Pronouns:
  - They, them, theirs
  - Ze, zir, zirs
  - Ne, nem, nirs

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## USING CORRECT NAME AND PRONOUNS

- Person assigned female at birth and identifies as a man = trans man
- Person assigned male at birth and identifies as a woman = trans woman
- Use the persons self-identified name and pronouns
  - Able to put preferred name in the medical record
  - Put in the chart notes
  - Refer to the patient by these, even when not in their presence

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## LGBTQIA+ LANGUAGE: SEXUALITY

- **Identity/Orientation**
  - Heterosexual
  - Queer – umbrella term
  - Homosexual
  - Bisexual
  - Lesbian
  - Gay
  - Pansexual
  - Asexual
  - Questioning
- **Behavior**
  - MSM
  - WSW
  - WSMW
  - MSMW
- **Relationships**
  - Monogamy
  - Polyamory
  - Polygamy
  - Celibacy

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## INTRODUCTION

- Name: Francis (Ruth) Kuehnle
- Sex assigned at birth: female
- Pronouns: They/them/theirs
- My gender is genderqueer
- My sexual identity is pansexual
- My sexual behavior is polyamorous

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## LGBTQIA+ TERMINOLOGY

### Terms to Avoid

- +/- Queer
- +/- Homosexual
- Hermaphrodite
- Transvestite
- Transgendered
- +/- Transsexual
- She-Male, Tranny
- MIF, FIM
- Pre-Op, Post-Op,
- +/- SRS

### Terms to Use

- Gay
- Lesbian
- Intersex
- Cross Dresser
- Trans\*/Transgender
- Gender Nonconforming
- Trans woman, Trans man
- Cis woman, Cis man
- Gender Affirming/Confirmation Surgery

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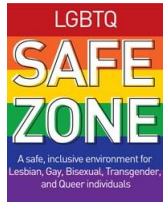
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## CREATE A WELCOMING ENVIRONMENT

- Back tokens up with actions
- Do not expect an LGBT patient to educate you on their community
- If you are given constructive criticism, don't be defensive
- Think: Is my question necessary?




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## SUPPORTING THE INDIVIDUAL

- Back up tokens with actions
- Do not expect an LGBT patient to educate you on their community
- If you are given constructive criticism, don't be defensive
- Think: Is my question necessary?




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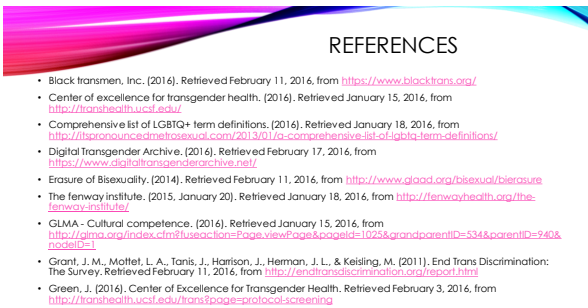
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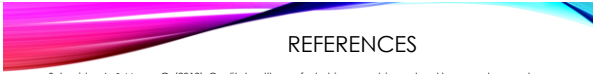
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