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Authors

Dr. Lauren Adams, Dr. Susan Bork,
Dr. Dema Fawaz, Sarah Armitage PA-C, Radwa
Koujane PA-C, Sara Gomez PA-C,
Dr. Sarah Di Bartolomeo, Dr. Heaveen Ahdi, Dr.
Todd Zimmerman, Dr. Jessica Kuxhause, Dr.
Jatinderpal Gosal, Dr. Payal Shah

Tips for collecting an inclusive sexual history

Reach out to anyone above to provide feedback!

1. **Avoid words like “regular” or “normal” as synonymous for heterosexual or cisgender**
2. **Focus history-taking to avoid intrusive curiosity or making assumptions about sex and bodies**
3. **Do not assume heterosexism - “How long have you been with your husband?”**
4. **Do not assume gender pronouns, ask**
5. **Remain emotionally professional when discussing gender and sexuality**
6. **Aim to show representation in posters/ads/pamphlets for all genders and sexualities**
7. **Remind ALL patients that questions are pertinent to health and will be kept confidential**

CDC tips for collecting sexual history

DONT'S	DO
"What is your REAL name? What are your "preferred" pronouns?"	"What is your name? What are your pronouns?"
Don't assume the gender of sexual partners "Do you have sex with men, women or both?"	Ask "How do your sexual partners identify?" or "What is/are the genders of your sexual partners?"
Don't make assumptions about guests in the patient's room	Ask "Who is accompanying you today?" or "What is your relationship to the person here with you today??"
Don't act surprised when taking a social history	Continue with your interview and only ask pertinent questions to your care
If you make a mistake, don't continually apologize or dwell on misusing pronouns	Apologize, move on, and do your best to avoid the same mistake!

Learning from our patients...

Our department received some feedback from a transgender patient. When being registered, a patient's legal name and preferred name are obtained. The patient noted that when called for their room, they were not addressed by their preferred name and felt dismissed. As healthcare providers, it is important to be mindful of this and use preferred names when addressing patients. The patient asked that we educate staff and provide this reminder as it goes a long way in earning trust

Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) Communities and the Coronavirus Disease 2019 Pandemic: A Call to Break the Cycle of Structural Barriers

Author: Gil, et al. Summarized by Dr. Todd Zimmerman

This article discusses how the COVID-19 pandemic has disproportionately impacted the LGBTQIA+ community and describes recommendations to help foster health equity moving forward. This call to action draws parallels between COVID-19 and the AIDS pandemic, both of which had a significant negative impact on the LGBTQIA+ community. This interconnected cycle of oppression—involving stigma, job loss, poverty, homelessness, incarceration and limited access to healthcare—is identified as a key factor in magnifying the negative impact of a pandemic within the LGBTQIA+ community.

Recommendations to reduce pandemic health disparities in the LGBTQIA+ and other marginalized communities:

- Create a safe medical environment for the LGBTQIA+ community by educating healthcare providers to respect gender identity and minimize microaggressions
- Understand how to better serve the LGBTQIA+ community by collecting health information optionally and facilitating a discussion on healthcare access barriers
- Ensure access to medical care regardless of immigration status, insurance coverage, or financial resources to foster continuity of care and trust in the healthcare field.
- Be inclusive of these communities in research by increasing diversity in clinical trials and providing subgroup specific data

Key take home points

Like the AIDS pandemic, the COVID-19 pandemic uncovered medical and societal inequities the LGBTQIA+ community faces that must be addressed

Many people in this community do not have access to appropriate medical care, and almost 20% of those avoid seeking care due to fear of discrimination

We must educate ourselves on how to best treat this community so that history does not repeat itself again during the next major health crisis

Gender, Sexuality, and Identity can be complex topics with a variety of terminology that can be unfamiliar. We hope these infographics can help.

You can also access a glossary of LGBTQIA terms on the next page and a list of DEI terms [here](#)

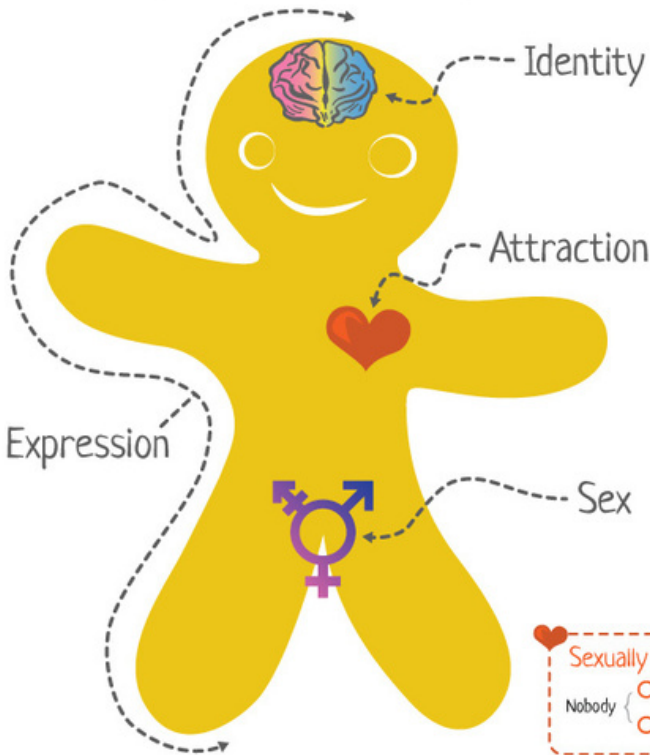
The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.

Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

4 (of infinite) possible plot and label combos



Gender Identity

How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

Woman-ness
Man-ness

Options: "woman", "man", "two-spirit", "genderqueer"

Gender Expression

The ways you present gender; through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.

Feminine
Masculine

Options: "butch", "femme", "androgynous", "gender neutral"

Biological Sex

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair; hormones, chromosomes, etc.

Female-ness
Male-ness

Options: "male", "female", "intersex", "M/F Female"

Sexually Attracted to

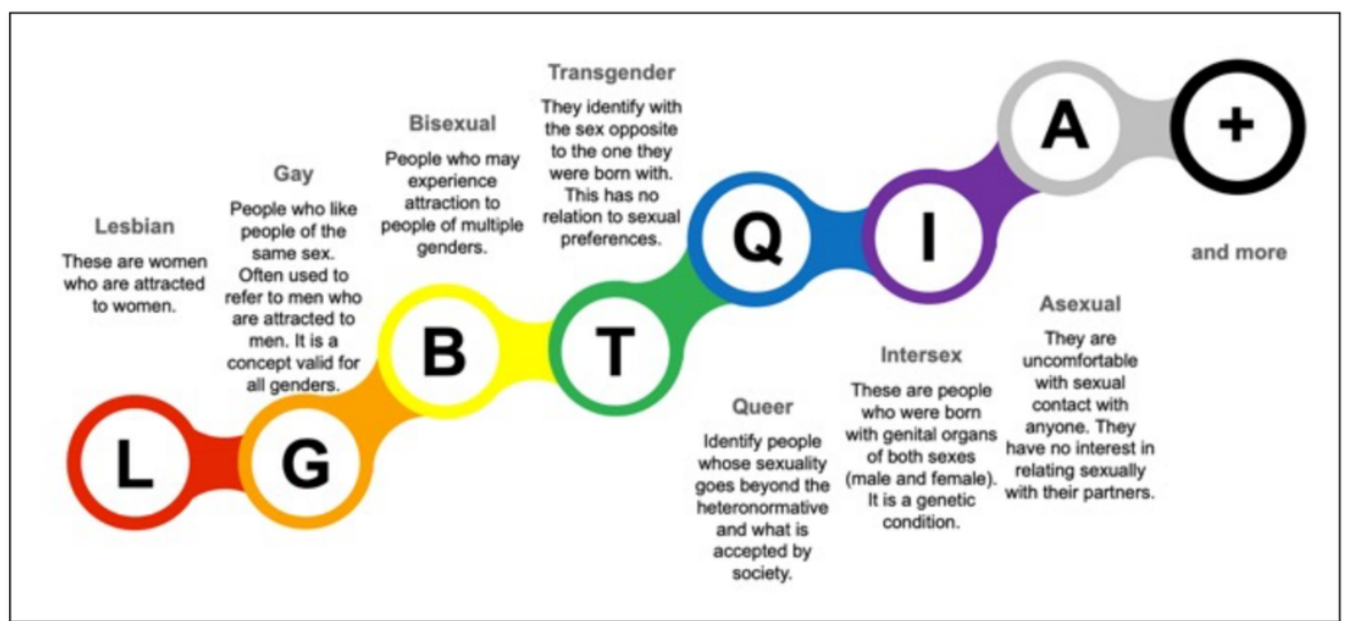
Nobody { Women/Females/Femininity
Men/Males/Masculinity

Romantically Attracted to

Nobody { Women/Females/Femininity
Men/Males/Masculinity

For a bigger bite, read more at <http://bit.ly/genderbread>

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.



LGBTQAI+ Glossary

- **Ally**: A person who is not a member of a marginalized or disadvantaged group but who expresses or gives support to that group.
- **Asexual**: A broad spectrum of sexual orientations generally characterized by feeling varying degrees of sexual attraction or a desire for partnered sexuality.
- **Bisexual**: A person whose primary sexual and affectional orientation is toward people of the same and other genders, or towards people regardless of their gender. Some people may use bisexual and pansexual interchangeably.
- **Cisgender**: From the Latin cis-, meaning "on this side." A person whose gender identity corresponds with the sex the person had or was identified as having at birth. For example, a person identified as female at birth who identifies as a woman can be said to be a cisgender woman.
- **Demisexual**: Demisexuality is a sexual orientation in which someone feels sexual attraction only to people with whom they have an emotional bond.
- **Gay**: A sexual and affectional orientation toward people of the same gender.
- **Gender Identity**: Distinct from the term "sexual orientation," refers to a person's internal sense of being male, female or something else. Since gender identity is internal, one's gender identity is not necessarily visible to others.
- **Gender Expression**: How one expresses oneself, in terms of dress and/or behaviors.
- **Gender Nonconforming or Gender Non-binary**: A way of identifying and/or expressing oneself outside the binary gender categories of male/masculine and female/feminine.
- **Intersex**: An umbrella term to describe a wide range of natural body variations that do not fit neatly into conventional definitions of male or female.
- **LGBTQIA**: An inclusive term for those who identify as lesbian, gay, bisexual, transgender, queer, intersex, and asexual.
- **Lesbian**: Usually, a woman whose primary sexual and affectional orientation is toward people of the same gender. However, some nonbinary people also identify as lesbians, often because they have some connection to womanhood and are primarily attracted to women. (See nonbinary below)
- **Pansexual (Omnisexual)**: Terms used to describe people who have romantic, sexual or affectional desire for people of all genders and sexes.
- **Pronouns**: Words to refer to a person after initially using their name. Gendered pronouns include she and he, her and him, hers and his, and herself and himself. "Preferred gender pronouns" (or PGPs) are the pronouns that people ask others to use in reference to themselves. They may be plural genderneutral pronouns such as they, them, their(s). Or, they may be ze (rather than she or he) or hir (rather than her(s) and him/his)
- **Queer**: An umbrella term used by people who wish to describe themselves as neither heterosexual nor cisgender.
- **Sexual Orientation**: An individual's enduring physical, romantic and/or emotional attraction to another person. Gender identity and sexual orientation are not the same. Transgender people may be straight, lesbian, gay or bisexual.
- **SOGIE**: An acronym that stands for Sexual Orientation, Gender Identity and Expression. Is used by some in a similar way to the umbrella acronym: LGBTQIA
- **Transgender**: An umbrella term used to describe a person whose gender identity is something other than their Sex Assigned at Birth (SAAB). The SAAB is a person's first association with gender, typically based on physical sex characteristics.

Resources:

- Glossary of Diversity, Inclusion and Belonging (DIB) Terms. Harvard Human Resources (2022, September 1) https://edib.harvard.edu/files/dib/files/dib_glossary.pdf
- Diversity, Equity and Inclusion Glossary. College of the Environment; University of Washington. (2022, September 1). <https://environment.uw.edu/about/diversity-equity-inclusion/tools-and-additional-resources/glossary-dei-concepts/>
- LGBTQIA Resource Center Glossary. UC Davis. (24 March 2022). <https://lgbtqia.ucdavis.edu/educated/glossary>