Care of the LGBTQ+ Patient

Creating a Culture of Sensitivity

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Learning Objectives

• Awareness of LGBTQ+ disparities
• Understand difference between biological sex, sexual identity, and gender identity
• Describe different types of sexual identity and gender identity
• Understand heterosexism and heterosexual privilege
• Identification of how to create a culture of sensitivity in health care
The Road to Here and Now...
How to be a Girl
How to be a Girl

• Families need resources and support
• Need nonjudgmental care
• You get to decide who you are
Health Disparities Among LGBTQ+ Community
Health Disparities Among LGBTQ+ Community

- Higher rates of HIV and other sexually transmitted infections
- Lower rates of mammography and Pap smear screening
- Higher rates of substance abuse and smoking
- Higher rates of unhealthy weight control and perception
- Higher rates of depression and anxiety
- Higher rates of violence victimization

(National LGBT Health Education Center, 2016)
Back to Basics...

Human Rights
Belief that differences among people are accepted and celebrated rather than viewed as sources of separation.

Belief that everyone, regardless of race, culture, religion, gender, language, disability, sexual orientation, or any other attribute is included as part of the whole.

All human beings are born free and equal in dignity and rights. They are endowed with reason and coincidence and should act towards one another in a spirit of brotherhood.
Everyone is entitled to all human rights and freedoms set forth in this Declaration, without distinction of a kind, such as:

- Race
- Color
- Sex
- Language
- National or social origin
- Political or other opinion
- Property, birth or other status
All Living things appear in nature with a wide range of naturally occurring variations. Humans vary in skin color, hair color, height, etc.

Just as we would expect to see people with red hair, blue eyes or who are left handed, it is also normal to expect to see a wide range of diversity with the spectrum of human sexual identity.

Studies are finding out that our sexual identity is developed from any number of influences before, during, and after birth.

Four distinct and fluid characteristics shape how we think about ourselves and how we relate to others as sexual beings.
Caveat
LGBTQ+

L = Lesbian
G = Gay
B = Bisexual
T = Transgender
Q = Queer / Questioning
I = Intersex
A = Asexual
P = Pansexual
2S = Two Spirited
What’s the Difference?

Understanding the Difference Between Biological Sex, Sexual Identity & Gender Identity
Biological Sex

Classification based on our anatomy or genetics

MALE

INTERSEX

FEMALE
Biological sex is not always obvious and people can be born with physical characteristics of both sexes. These people are considered Intersex.

Intersex conditions are not always visible at birth and may not be noticed until puberty (when hormones produce unexpected changes) or during unrelated medical procedures.
Sexual Identity
Sexual Identity

• A person’s sexual, emotional, or romantic attraction, as well as the gender(s) of the people they are attracted to.
Types of Sexual Identity

- Asexual: not experiencing sexual attractions or has little or no desire to engage in sexual activity
- Bisexual: attracted to both males/men and females/women
- Demisexual: Those who do not feel a sexual attraction unless there is an emotional connection

(University of California Santa Barbara, 2018)
Types of Sexual Identity

- Heterosexual: Attracted to individuals of the opposite sex (straight)
- Homosexual: Attracted to individuals of the same sex (gay, lesbian)
- Pansexual: Attracted to others regardless of gender (does not mean attracted to everyone—rather that they do not prefer any one gender)

(University of California Santa Barbara, 2018)
Monosexual/Plurisexual

- Monosexual – attracted to a single gender (heterosexual and lesbian/gay)

- Plurisexual – Attracted to multiple genders (bisexual, pansexual, queer, or fluid communities)
Gender Identity
Gender Identity

One's internal and physiological sense of oneself as male or female, or both or neither, regardless of sexual orientation. There are some people who question their gender identity and may feel unsure of their gender or believe they are not of the same gender as their biological sex or physical body.
Gender Unicorn

The Gender Unicorn

Gender Identity
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression
- Feminine
- Masculine
- Other

Sex Assigned at Birth
- Female
- Male
- Other/Intersex

Physically Attracted to
- Women
- Men
- Other Gender(s)

Emotionally Attracted to
- Women
- Men
- Other Gender(s)

To learn more, go to: www.transstudent.org/gender

Design by Landyn Pan and Anna Moore
Gender

Describes the psychological and social meaning added to being a man or woman.
Gender

In other words…

**SEX** is what is between your legs

**GENDER** is what is between your ears
Types of Gender Identity

- **Agender** – Sees themselves as existing without gender (sometimes identify as gender neutral or genderless)

- **Androgynous** – Has elements of both femininity and masculinity

- **Bigender** - Fluctuates between traditionally “woman” and “man” gender-based behavior and identities, identifying with both genders (and sometimes a third gender)

- **Cisgender** - Gender identity and biological sex assigned at birth align

- **Gender Fluid** – Dynamic mix of boy and girl. May feel more male one day and more female the next
Types of Gender Identity

- **Gender Non-Conforming** – A gender expression descriptor that indicates a non-traditional gender presentation (masculine woman or feminine man)

- **Gender Normative/ Gender Straight** – Gender presentation, whether by nature or by choice, aligns with society’s gender-based expectations

- **Genderqueer (Non-Binary, Non-Conforming)** - Often used by people who do not identify with the binary of man/woman; or as an umbrella term for many gender non-conforming or non-binary identities (e.g., agender, bigender, genderfluid)
Types of Gender Identity

- **Third Gender** – Does not identify with either man or woman, but identifies with another gender. This gender category is used by societies that recognize three or more genders, both contemporary and historic, and is also a conceptual term meaning different things to different people who use it, as a way to move beyond the gender binary.

- **Transgender** – Lives as a member of a gender other than that assigned at birth based on anatomical sex. Can be straight, gay, bisexual, queer, or any other sexual orientation.
Societies who recognize more than 2 genders

North American First Nations Culture- “two-Spirited” (translation of indigenous terms denote "one who is transformed" or "one who changes")

South Asian Culture- "Hijras" (physiological males with feminine gender identity roles)

Hawaiian/Polynesian Culture- "Mahu" (biological male who takes on work and dress of a woman)
What is Non-Binary Gender?
Non-Binary (Genderqueer, Non-Conforming)

- Don’t neatly fit into man/male or woman/female categories
- Non-binary is the most common term
- Other terms include (but are not limited to) genderqueer, agender and bigender
- Each term means something a little different
- Each term speaks to a gender experience that is not simply male or female

(National Center for Transgender Equality, 2016)
Queer

• Serves as umbrella term for all non-heterosexual and non-cisgender identities

• For those who feel that they cannot define their sexual orientation, or that their feelings of sexual, romantic, or emotional attraction do not fit into a specific category, identifying as queer may ease the tension of a set sexual description.

• Much like pansexuals, queer-identified individuals believe that there are more than just two genders, and many find themselves attracted sexually, romantically, and/or emotionally to people regardless of their gender identification.

• Ability to move within the term

• Less confining

(University of California Santa Barbara, 2018)
Discrimination
HOMOPHOBIA

Making generalizations (stereotyping) and/or treating a person or a group unfairly (discrimination) who are thought of as gay/lesbian or bisexual. Also, it is an irritational fear, hatred or repulsion of this group.
HETEROSEXISM

- The belief or assumption that everyone is heterosexual and that heterosexuality is the only “right” and “natural” sexual orientation
- Belief that heterosexuality is superior to homosexuality
- It results in the invisibility of anyone who doesn’t fit into the heterosexual norm
HETEROSEXISM

Example of Heterosexism:

Imagine if you lived in a society which, for the most part, pretended that you and people like you did not exist... where newspapers, books, films, television, radio, the education system, and hospital services all failed to acknowledge your existence or else defined it in a condemnatory and bigoted way. how would you feel?
Heterosexual Privilege

• Privilege refers to something that you have not necessarily earned.

• Heterosexual privilege means that individuals who are heterosexual automatically gain some rights and advantages simply because they are attracted to individuals of the opposite sex.

• Heterosexual privilege may also refer to the benefits that LGBTQ+ gain by claiming a heterosexual identity.
Creating a Culture of Sensitivity
• Be informed
• Be aware
• Be nonjudgmental and sensitive
Be Respectful and Supportive

• Use the name the person asks you to use
• Try not to make assumptions about people
• Advocate for policies that are nonjudgmental and inclusive
• Remember that you do not have to understand who someone is (or how they identify) to treat them with respect
• Don’t assume that all people who identify as part of a group are the same. There is no one way to be non-binary, transgender, etc.
• Be supportive of all families.
• Check your beliefs at the door

(National Center for Transgender Equality, 2016)
Ask~Honor~Apologize
Ask them what they want

Honor what they want

Apologize if you offend them
“Why do you need to know that information?”
Final Thoughts?

As a heterosexual how would you feel if you:

- Had a secret life?
- Had to live in fear of being found out and at the mercy of other peoples’ prejudice?
- Had to read in the media that young people should be protected from learning about your “unsatisfactory” lifestyle?
- Had to read/listen to people discussing the “causes” of your “problem” behavior and how it could be cured?
- Could not protest about this for fear of identifying yourself and losing your job or even your children?
Questions?
References


