

Gender and Sexual Identity

Inclusive care is important for all patients, regardless of race, ethnicity, gender or sexual orientation. In order to provide inclusive and affirmative care for persons that are a part of the LGBTQ (lesbian, gay, bisexual, transgender, queer) communities, chiropractors should endeavor to create an environment that is comfortable for all patients who identify as LGBTQ. This should include the following:

1. Appropriate usage of terminology
2. Inclusive office environment
3. Intake and history forms with language that allows individuals to identify themselves

This guide will help chiropractors achieve these three outcomes.

Gender Identity Terminology

TERM	DEFINITION
Sex	The biological sex assigned at birth. This is often based on external anatomy. Sex may also be referred to as birth sex, natal sex, biological sex, or assigned sex at birth as male or female.
Gender	A social construct that is a continuum used to designate an individual a masculine or feminine identity with male and female as binary endpoints.
Cisgender	Gender identity is congruent with biological sex assigned at birth
Transgender	Umbrella term meaning gender identity is not consistent with the biological sex assigned at birth. Some transgender individuals identify as the “opposite” sex that they were assigned at birth, others do not. Some individuals may choose to use the terms trans man or trans woman.
Gender nonconforming 1. Nonbinary 2. Genderqueer 3. Genderfluid 4. Agender 5. Third gender	These five terms are used by individuals who do not identify with the gender binary; they identify as neither male or female. Others may have multiple genders or identify as not having a gender
Two-spirit	Culturally specific term used among some Native American and First Nations peoples. Describes a person who personifies both a male and female spirit.

Sexual Orientation Terminology

TERM	DEFINITION
Lesbian	A person who identifies as female who is sexually and emotionally attracted to others who identify as female.
Gay	A person who identifies as male who is sexually and emotionally attracted to others who identify as male.
Bisexual	A person who is emotionally and sexually attracted to individuals of either sex or gender (in the binary system).
Straight	A person who is emotionally and sexually attracted to individuals of the opposite sex or gender (in the binary system).
Asexual	A person who experiences little or no sexual attraction to others.
Queer Pansexual Omnisexual	A person who is emotionally and sexually attracted to individuals without regard to their gender identity or sexual orientation.

Inclusive office environment

A welcoming, inclusive office environment might include:

- posters or brochures in the waiting room that include same sex couples or individuals of a variety of genders
- patient handouts that address health issues within the LBGTQ community
- non-gendered or gender-neutral toilets
- During the patient interview, asking (verifying) each patient's preferred name and preferred pronoun.
- use of the name the individual has provided, rather than a legal name
- use of the pronoun indicated by the patient as the appropriate pronoun

Organizational intake and health history forms

An affirming office setting should consider utilizing forms that provide:

- all options for gender; including cisgender, transgender and nonbinary
- an option to indicate gender, if not listed
- an option for patient's correct name
- multiple pronoun choices (he, she, zhe, they) or space to indicate pronoun

- all options for sexual orientation; including lesbian, gay, bisexual, asexual and queer
- an option to indicate sexual orientation, if not listed

Appendix

Example of office intake form

Appendix B: Sample Intake Form

Suggested questions for an LGBT-friendly patient history and/or intake form:

1. Gender		
a) Male	b) Female	
c) Transgender (please specify) _____		
2. Relationship Status		
a) Single	b) Legally married	c) Marriage type relationship
d) Divorced/Separated	e) Widowed	f) Other (please specify)

3. Gender of Partner(s) (Check all that apply.)		
a) Male	b) Female	
c) Transgender (please specify) _____		
4. Sexual Orientation or Sexual Identity		
a) Heterosexual	b) Lesbian/gay/homosexual	
c) Bisexual	d) Other (please specify) _____	
5. Are you sexually active?		
a) Yes	b) No	
6. If yes, are you sexually active...		
a) with men (a man)?	b) with women (a woman)?	c) both?
7. Is birth control necessary?		
a) Yes	b) No, specify why not? _____	
8. If yes, do you use birth control?		
a) Yes _____ What type? _____		
b) No _____ If no, would you like more information about your options? Yes ___ No ___		
9. Do you or your partner(s) have any children?		
a) Yes _____	b) No _____	
10. Do any children live in your household?		
a) Yes _____	b) No _____	
11. Describe your family structure		
(e.g., are the children's mother/father living in the household, are there other parental figures?)		

Examples of Office Brochure/Poster

Example 1

BE PROUD. BE HEALTHY.



LGBTQ INDIVIDUALS HAVE UNIQUE HEALTH CARE EXPERIENCES AND NEEDS.
AT CHASE BREXTON, WE TAKE PRIDE IN KNOWING ALL ABOUT THEM.

You can feel safe discussing your gender identity and/or sexual orientation, behavior, and history with our expert providers so they can provide the most appropriate care possible.

<p>LESBIAN</p> <ol style="list-style-type: none"> 1. BREAST CANCER 2. DEPRESSION/ANXIETY 3. HEART HEALTH 4. GYNECOLOGICAL CANCER 5. FITNESS/OBESITY 6. TOBACCO USE 7. ALCOHOL CONSUMPTION 8. SUBSTANCE USE 9. INTIMATE PARTNER VIOLENCE 10. SEXUAL HEALTH/STDs 	<p>GAY</p> <ol style="list-style-type: none"> 1. DISCLOSURE/COMING OUT 2. HIV/AIDS, SAFE SEX 3. HEPATITIS IMMUNIZATION AND SCREENING 4. FITNESS/EATING DISORDERS/OBESITY 5. SUBSTANCE USE/ALCOHOL 6. DEPRESSION/ANXIETY 7. STDs 8. PROSTATE, TESTICULAR, AND COLON CANCER 9. TOBACCO USE 10. HUMAN PAPILLOMA VIRUS (HPV) 	<p>BISEXUAL</p> <ol style="list-style-type: none"> 1. DISCLOSURE/COMING OUT 2. HIV/AIDS, SAFE SEX 3. HEPATITIS IMMUNIZATION AND SCREENING 4. FITNESS/EATING DISORDERS/OBESITY 5. SUBSTANCE USE/ALCOHOL 6. DEPRESSION/ANXIETY 7. STDs 8. CANCER (PROSTATE, TESTICULAR, BREAST, CERVICAL, AND COLON) 9. TOBACCO USE 10. HUMAN PAPILLOMA VIRUS (HPV) 	<p>TRANSGENDER</p> <ol style="list-style-type: none"> 1. ACCESS TO HEALTH CARE 2. DISCLOSURE OF HEALTH HISTORY 3. HORMONES 4. HEART HEALTH 5. CANCER 6. STD-SAFE SEX 7. ALCOHOL CONSUMPTION/TOBACCO USE 8. DEPRESSION 9. INJECTABLE SILICONE 10. FITNESS/OBESITY
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QUEER
THERE ARE NO "TOP TEN" HEALTH CONCERNS FOR ALL THOSE WHO IDENTIFY AS QUEER. INSTEAD, HEALTH CONCERNS ARE INDIVIDUAL SPECIFIC. TALK WITH YOUR PROVIDER TO DETERMINE YOURS.

SOURCES: SHANE 1982

Example 2



**BE HEALTHY
BE EMPOWERED
BE PROUD**

CELEBRATING PRIDE ALL YEAR, EVERY YEAR.

Example 3



LIBERTY 5K
PROUD & HEALTHY

Monthly 5K FUN RUN/Walk
JAMES BROWN PARK @ 8 AM
May 2

FREE REGISTRATION 7:30 am @ SHUMAN CENTER
OPENING & CLOSING EVENTS @ PAVILION

Pre-Registration forms available @ Shuman Cym
Contact: Donnell Lovette at (912) 312-0669 or
Non-Silver at (912) 214-1216

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Examples of pronouns and pronunciations

Gender Pronouns

Please note that these are not the only pronouns. There are an infinite number of pronouns as new ones emerge in our language. Always ask someone for their pronouns.

Subjective	Objective	Possessive	Reflexive	Example
She	Her	Hers	Herself	She is speaking. I listened to her. The backpack is hers.
He	Him	His	Himself	He is speaking. I listened to him. The backpack is his.
They	Them	Theirs	Themselves	They are speaking. I listened to them. The backpack is theirs.
Ze	Hir/Zir	Hirs/Zirs	Hirself/ Zirself	Ze is speaking. I listened to hir. The backpack is zirs.

transstudent.tumblr.com
facebook.com/transstudent
twitter.com/transstudent

For more information, go to transstudent.org/graphics

TSEER
Trans Student Educational Resources

Design by Landyn Pan

	Subject	Object	Pronoun	Pronunciation
Gender Binary	she	her	hers	as it looks
	he	him	his	as it looks
Gender Neutral	they*	them*	theirs*	as it looks
	ze	hir	hirs	zhee, here, heres
	ze	zir	zirs	zhee, zhere, zheres
	xe	xem	xyrs	zhee, zhem, zheres

**used as singular*

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