



Northern Ontario
School of Medicine

École de médecine
du Nord de l'Ontario

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Conflict of Interest Declaration: Nothing to Disclose

Presenter:

Michelle McKitrick, MSW, RSW, RMFT

Title of Presentation:

**Patient Sexuality: Tuning in to Gender
Identity and Sexual Orientation**

**I have no financial or personal
relationship related to this
presentation to disclose.**



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Disclosure Slide Slide 1

- **I have no relationship with commercial interests.**



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Learning objectives

At the end of this presentation, participants will be encouraged to:

- Evaluate/enhance practice regarding patient's overall sexual health
- Enhance understanding of sexuality including gender, gender identity, gender roles, sexual orientation and sexual identity
- Identify best practice when caring for LGBT2-SQQA patients

Case Study



Human Sexuality



Human sexuality

Biological

Erotic

Physical

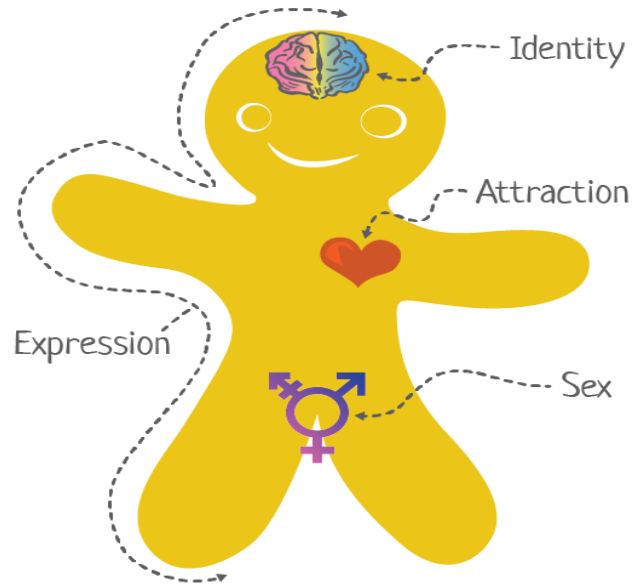
Emotional

Social

Spiritual

Exploring sex, gender, and sexual orientation

The Genderbread Person v4 by its pronounced METROsexual.com



⊖ means a lack of what's on the right side

Gender Identity

- Woman-ness
- Man-ness

Gender Expression

- Femininity
- Masculinity

Anatomical Sex

- Female-ness
- Male-ness

Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth
 Female Intersex Male

Sexually Attracted to... and/or (a/o)

- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People

Romantically Attracted to...

- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People

LGBT2-SQQA What does this mean?

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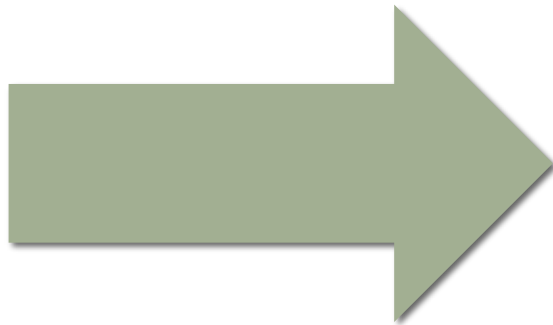
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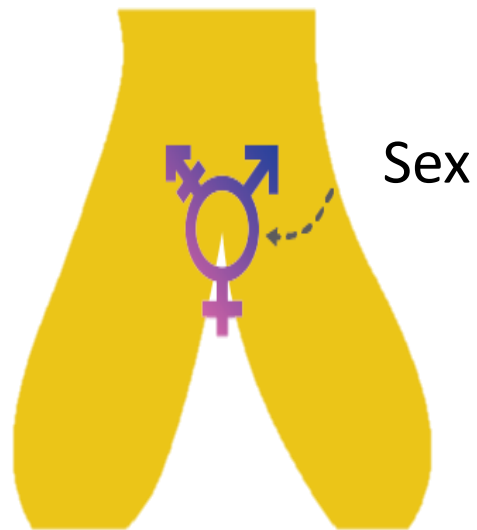
Sexual Orientation



Gender

Sex

Let's talk about sex!



The Genderbread Person

Gender

GENDER



The Genderbread Person

Gender

GENDER:

- Gender role
- Gender expression
- Gender attribution
- Gender identity
- Gender variant
- Gender dysphoria

Gender identity

www.cartoonmovement.com



Sexual orientation

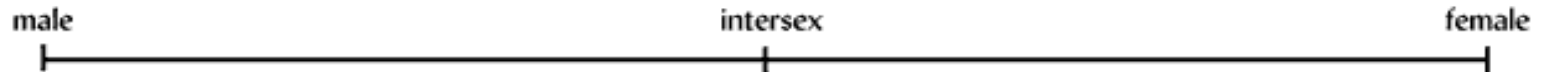


Attraction/ Sexual Orientation

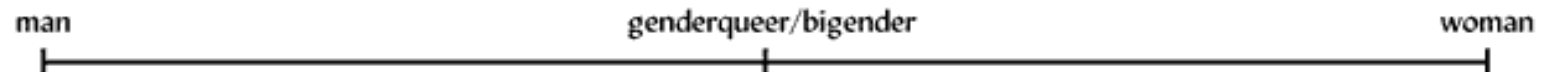
The Genderbread Person

Diagram of Sex and Gender

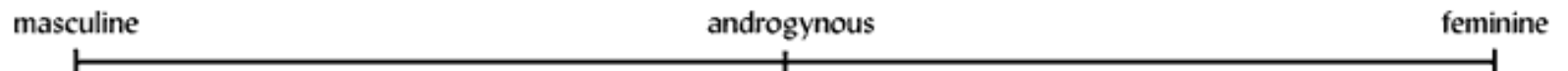
BIOLOGICAL SEX (anatomy, chromosomes, hormones)



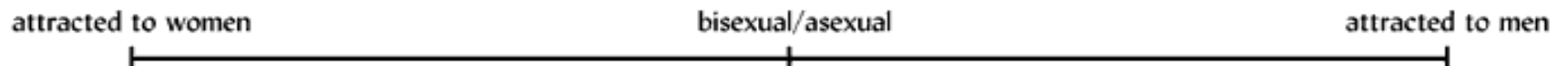
GENDER IDENTITY (psychological sense of self)



GENDER EXPRESSION (communication of gender)



SEXUAL ORIENTATION (romantic/erotic response)



Myths

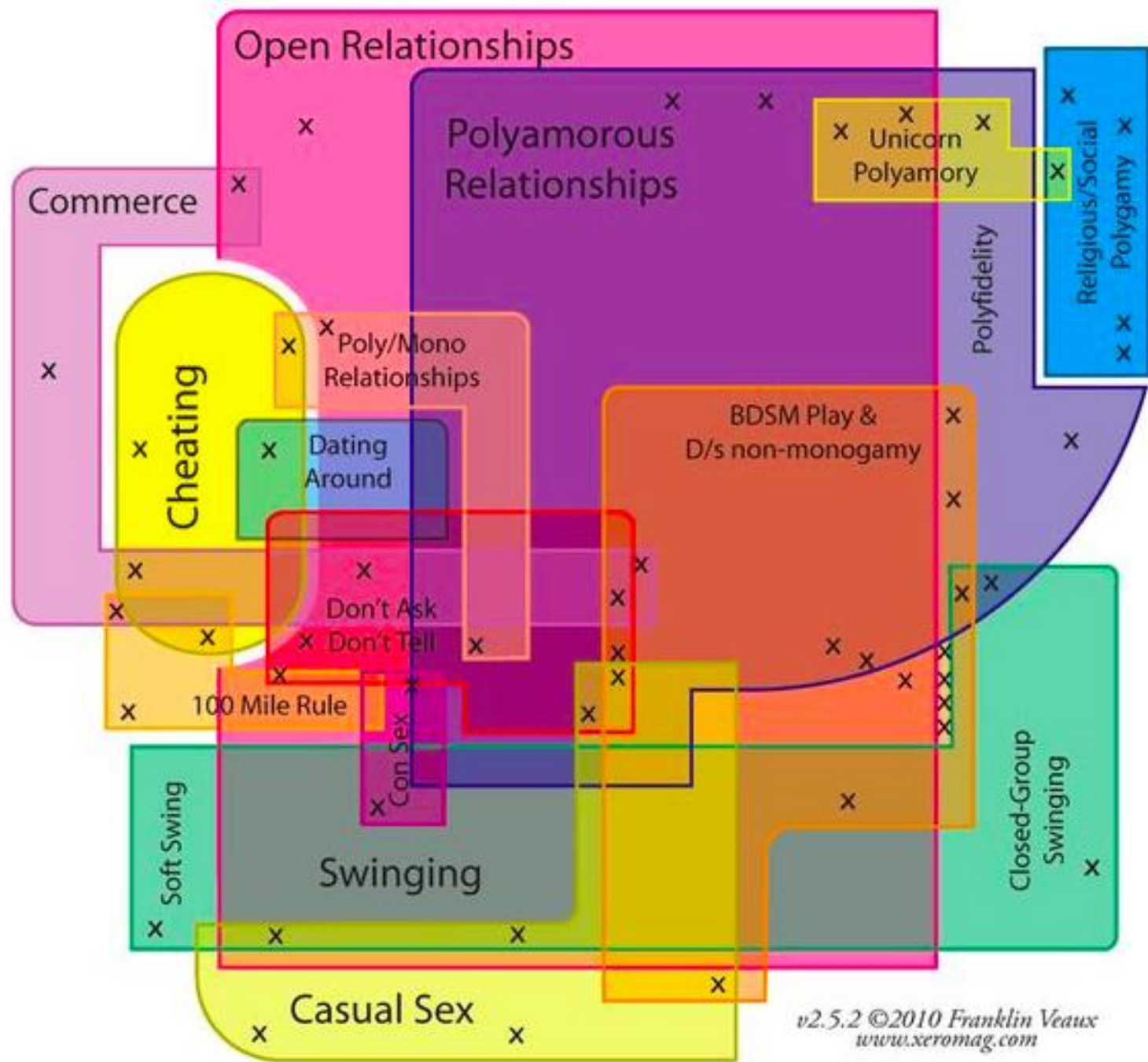
LGBT2-SQQA patients are all equal

Sexual orientation = sexual activity

Sexual orientation = gender identity

LGBT2-SQQA patients have the same access to healthcare as heterosexual patients

To what degree is sex, gender
and sexual orientation relevant
to patient care?



Best practices in caring for LGBT2-SQQA community

Ask about sexual health (gender identity, sexual orientation, and any risky sex behaviours)

Screen for mental health issues

Assess for substance use

Offer extended screening services (STI's, counselling)

Immunize and promote safe sex behaviours

Initiate or continue hormone therapy for transgender individuals

Screen for intimate partner violence

How to create open and safe space

Explore:

- pronoun and name preference
- in which way(s) to identify
- how patients define their relationship (ie. monogamy, poly, open)
- sexual practices, sex safe/risky sex

Familiarize yourself:

- current terminology, community resources

Approach

What can your patients expect from a sex therapist?

Relationship and sexual health assessment

Treatment of sexual issues including:

- Erectile difficulties
- Desire discrepancies
- High or low “libido” or sex drive
- Pain during sex
- Sex and gender identity concerns/questioning
- Issues with intimacy and touch
- Erotic/fantasy/porn, sexual compulsion related concerns

References

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www.itspronouncedmeterosexual.com

www.rainbowhealthontario.ca

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Asking patients about sexual orientation, gender identity, Canadian Medical Association Journal, January 21, 2019.

McNamara, Megan C. MD, MSc., Ng, Henry, MD, MPH. Best Practices in LGBT care: A guide for primary care physicians. Cleveland Clinic Journal of Medicine.

Rullo JE, Foxen JL, Griffin JM, Geske JR, Gonzalez CA, Faubion SS, van Ryn M. Patient Acceptance of Sexual Orientation and Gender Identity Questions on Intake Forms in Outpatient Clinics: A Pragmatic Randomized Multisite Trial. Health Services Research. 2018 Oct; 53 (5):3790-3808.2016, July; 83(7): 531-541.