

Flex Therapist CEUs

Cultural Competence and Considerations in Physical Therapy for LGBTQ+

1. Which step is first in rehabilitation following top surgery?

- A. Scar Management
 - B. Early Mobilization
 - C. Upper Body Strengthening
 - D. Lymphedema Prevention
-

2. What is an important first step toward creating an inclusive and affirming environment for all patients in physical therapy care?

- A. Inclusive Intake Forms
 - B. Referral to Other Provider
 - C. Offering "Male", "Female" and "Other" for Gender Identity on Intake Form
 - D. None of These
-

3. What practice aimed to "cure" individuals through various methods, including hypnosis, aversion therapy, and psychoanalysis?

- A. Conversion Therapy
 - B. Reversion Therapy
 - C. Homosexuality Deviant Therapy
 - D. None of These
-

4. In what way(s) would an individual who has undergone a pelvic gender-affirming surgery benefit from physical therapy?

- A. Preventing Chronic Pain
 - B. Pelvic Floor PT Would Not Help
 - C. Optimizing Bladder Function
 - D. Both 1 and 3
-

5. What is a term used to describe individuals whose physical characteristics at birth make it challenging for doctors to categorize them as male or female?

- A. Asexual
- B. Intersex

- C. Queer**
 - D. Bisexual**
-

6. What referral would a physical therapist make for their patient who needs sexual and reproductive healthcare services?

- A. Surgeon**
 - B. Gynecologist**
 - C. Endocrinologist**
 - D. Case Manager**
-

7. In which way(s) can a physical therapist make a patient in the LGBTQ community feel respected and develop rapport?

- A. Close Door for Confidentiality**
 - B. Use the Correct Pronouns**
 - C. Ask Open Ended Questions**
 - D. All of the Above**
-

8. Which decision legalized same-sex marriage nationwide, making it legal in all 50 states and requiring all states to recognize same-sex marriages performed in other states?

- A. Defense of Marriage Act**
 - B. Goodridge v. Department of Public Health**
 - C. Lawrence v. Texas**
 - D. Obergefell v. Hodges**
-

9. Abby, a 24-year-old transgender woman reports only negative experiences in healthcare at her physical therapy evaluation. Abby stated that she hadn't been to a primary care physician in years. What intervention should a physical therapist take in this case?

- A. Referral to a PCP who Values Inclusivity**
 - B. Report Necessity for Preventative Care**
 - C. State that LGBTQ Individuals Have More Preventative Illnesses**
 - D. Give Abby a Brochure of Preventative Care Services**
-

10. Which organization is dedicated to providing crisis intervention and suicide prevention services for LGBTQ+ youth?

- A. The Trevor Project**
- B. The Daniel Project**

- C. GLMA**
 - D. CenterLink**
-

11. Why do LGBTQ individuals experience higher rates of chronic pain than others?

- A. Low Pain Tolerance**
 - B. High Rates of Stress and Depression**
 - C. Sedentary Lifestyle**
 - D. LGBTQ Individuals Do Not Have Higher Rates of Chronic Pain**
-

12. What cultivated a movement in 1969 for LGBTQ+ rights, leading to increased visibility, activism, and a push for legal and social change?

- A. The Stonewall Riots**
 - B. The Gay Liberation Movement**
 - C. Gay Activists Alliance**
 - D. Sodomy Laws**
-

13. What is the role of physical therapy following gender-affirming surgeries?

- A. Wound Care**
 - B. Scar Management**
 - C. Range of Motion and Strengthening**
 - D. All of the Above**
-

14. Which provider should a physical therapist refer an LGBTQ patient who states they have a suicidal plan?

- A. Psychiatrist**
 - B. Emergency Department**
 - C. Licensed Professional Counselor**
 - D. Psychologist**
-

15. What is an appropriate salutation to use when addressing someone whose gender identity is unknown?

- A. They/Them**
 - B. Mr./Mrs.**
 - C. Hello/Greetings**
 - D. Any of the Above**
-

16. What discrimination has the transgender community faced historically?

- A. Employment
 - B. Healthcare
 - C. Educational
 - D. All of the Above
-

17. Which organization is dedicated to ensuring equality in healthcare for LGBTQ+ individuals?

- A. National LGBT Health Education Center
 - B. LGBT National Help Center
 - C. GLMA
 - D. CenterLink
-

18. What strategy is most inclusive regarding options for gender identity on an intake form?

- A. "Male", "Female", or "Other"
 - B. Free Response Box
 - C. Omit Gender Identity from Form
 - D. "Cisgender" or "Genderqueer"
-

19. Which strategy/strategies should a physical therapist assistant use to build rapport with their LGBTQ caseload?

- A. Use Appropriate Language
 - B. Ask Close Ended Questions
 - C. Ignore Incorrect Pronoun Use
 - D. Refer to all Patients as They/Them
-

20. What year was same-sex marriage legalized?

- A. 1995
 - B. 2001
 - C. 2004
 - D. 2015
-