

# 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
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**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
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**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
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**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

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**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
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**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
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**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
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**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 to 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
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**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
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**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
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**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
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**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
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**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
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**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
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**16. What discrimination has the transgender community faced historically?**

- A. Employment
  - B. Healthcare
  - C. Educational
  - D. All of the Above
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**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"
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**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
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**20. What year was same-sex marriage legalized?**

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