

## Gender Identity

**Gender identity** is an individual's internal sense of gender, which may be female, male, neither, or a combination of female and male, and which may be different from an individual's sex assigned at birth.

### Gender Categories:

- **Male**
- **Female**
- **Female to Male (FTM)/Transgender Male/Trans Man** is someone who was identified as female at birth but identifies and portrays his gender as male. This term is often used after the individual has taken some steps to express his gender as male, or after medically transitioning through hormones or surgery (aka, transman)
- **Male to Female (MTF)/Transgender Female/Trans Female** is someone who was identified as male at birth but identifies and portrays her gender as female. This term is often used after the individual has taken some steps to express her gender as female, or after medically transitioning through hormones or surgery (aka, transwoman)
- **Others (List on the last page)**

### What is:

**Gender expression:** A person's outward gender presentation, usually comprising personal style, clothing, hairstyle, makeup, jewelry, vocal inflection, and body language. Gender expression is typically categorized as masculine, feminine, or androgynous. All people express a gender. Gender expression can be congruent with a person's gender identity, or not.

**Sexual orientation:** A person's feelings of attraction toward other people. A person may be attracted to people of the same sex, of the opposite sex, of both sexes, or without reference to sex or gender. Some people do not experience sexual attraction and may identify as asexual. Sexual orientation is about attraction to other people (external), while gender identity is a deep-seated sense of self (internal).

**Pronouns:** Affirming pronouns are the most respectful and accurate pronouns for a person as defined by that person. It's best to ask which pronouns a person uses. In addition to the familiar "he," "she," and "they," newly created non-gendered pronouns include "zie" and "per."

**Gender dysphoria** is a diagnosis from a medical professional when the gender assigned at birth does not match the gender with which individuals identify, and they experience significant distress as a result. According to DSM-5, "For a person to be diagnosed with gender dysphoria, there must be a marked difference between the individual's expressed/experienced gender and the gender others would assign him or her, and it must continue for at least six months."

### ICD 10 Diagnosis:

F64.0	Transsexualism
F64.1	Dual role transvestism
F64.2	Gender identity disorder of childhood
F64.8	Other gender identity disorders
F64.9	Gender identity disorder, unspecified

With new patients, create an accepting and affirming environment by not assuming sexual orientation or gender identity. We should be sensitive to patients in transition and ask both how they'd like to be addressed as well as use the appropriate pronoun.

- Assess level of openness and self-acceptance.
- Be aware that there is NO basis for so-called “conversion or reparative” therapy which are unscientific attempts to change sexual orientation through shame-based efforts that result in depression, anxiety, and increased suicidality. All major health groups condemn such attempts.
- Be aware that families can be helped to accept their gay or lesbian children and that in turn leads to greatly reduced suicidality and anxiety in such youth given the risk of suicide. Be comfortable when asking about risk and resilience factors.

- The **Sexual Orientation and Gender Identity (SOGI) SmartForm** is available in EPIC to document and address the patient's orientation and identifiers. Obtaining more information about our patients helps us understand and give the best quality care we can give according to their own personal situations.

- In the Patient Header, locate the **Sexual Orientation and Gender Identity (SOGI) SmartForm** right under the patient's name.
- If you hover over the field, you will find that it is a clickable link that opens that form.
- **Click to Edit Form** and fill in the given fields as needed.
- The patient's updated SOGI will always be visible on the patient header reflecting the patient's legal sex and gender identity.
- **Please note:** only clinical staff may update the SOGI Form.

Portabello, Evelyn  
Female (Legal Sex), Genderqueer  
Age: 37 Y, 04/23/1982  
MRN, CSN: 75965046, 131263026185

## Coding:

### Medicare

The KX modifier (Requirements specified in the medical policy have been met) is now a multipurpose informational modifier and will also be used to identify services for transgender, ambiguous genitalia, and hermaphrodite beneficiaries in addition to its other existing uses. Physicians and non-physician practitioners should use modifier KX with procedure codes that are gender specific in the particular cases of transgender, ambiguous genitalia, and hermaphrodite beneficiaries. Therefore, if a gender/procedure or gender/diagnosis conflict edit occurs, the KX modifier alerts the MAC that it is not an error and will allow the claim to continue with normal processing.

### How to bill

The KX modifier is to be billed on the detail line only with the procedure code(s) that is gender specific for transgender, ambiguous genitalia, and hermaphrodite beneficiaries.

### Additional gender category as below:

**Agender:** Describes a person who does not identify as having a gender identity that can be categorized as man or woman or who identifies as not having a gender identity.

**Androgynous:** A combination of masculine and feminine traits or a nontraditional gender expression.

**Bigender:** Someone whose gender identity encompasses both man and woman. Some may feel that one side or the other is stronger, but both sides are present

**Cisgender (pronounced sis-gender):** A term to describe a person whose gender identity matches the biological sex they were assigned at birth. (It is sometimes abbreviated as “cis.”)

**Crossdresser:** Individuals who dress in clothing associated with the opposite sex, for reasons that include a need to express femininity or masculinity, artistic expression, performance, or erotic pleasure-but do not identify as that gender. The term “transvestite” was previously used to describe a crossdresser, but it is now considered derogatory and should not be used.

**Gender binary:** The idea that gender is strictly an either-or option of male/man/masculine or female/woman/feminine based on sex assigned at birth, rather than a continuum or spectrum of gender identities and expressions. The gender binary is considered to be limiting and problematic for those who do not fit neatly into the either-or categories.

**Gender conforming:** A person whose gender expression is consistent with cultural norms expected for that gender. According to these norms, boys and men are or should be masculine, and girls and women are or should be feminine. Not all cisgender people are gender conforming, and not all transgender people are gender nonconforming. (For example, a transgender woman may have a very feminine gender expression.)

**Gender nonconforming:** A person whose gender expression is perceived as being inconsistent with cultural norms expected for that gender. Specifically, boys or men are not “masculine enough” or are feminine, while girls or women are not “feminine enough” or are masculine. Not all transgender people are gender nonconforming, and not all gender-nonconforming people identify as transgender. Cisgender people may also be gender nonconforming. Gender nonconformity is often inaccurately confused with sexual orientation.

**Genderfluid:** Someone whose gender identity or expression shifts between man/masculine and woman/feminine or falls somewhere along this spectrum.



**Gender marker:** The designation (male, female, or another) that appears on a person's official records, such as a birth certificate or driver's license. The gender marker on a transgender person's documents is their sex assigned at birth unless they legally change it, in parts of the world allowing that.

**Genderqueer:** Someone whose gender identity is neither man nor woman, is between or beyond genders, or is some combination of genders.

**Intersex:** An umbrella term that describes a person with a genetic, genital, reproductive, or hormonal configuration that does not fit typical binary notions of a male or female body. Intersex is frequently confused with transgender, but the two are completely distinct. A more familiar term, hermaphrodite, is considered outdated and offensive.

**LGBTQ:** An acronym used to refer to lesbian, gay, bisexual, transgender, queer, and/or questioning individuals and communities. LGBTQ is not a synonym for "non-heterosexual," since that incorrectly implies that transgender is a sexual orientation. Variants include LGBT and LGBTQ.

**Nonbinary:** A spectrum of gender identities and expressions, often based on the rejection of the gender binary's assumption that gender is strictly an either-or option of male/man/masculine or female/woman/feminine based on sex assigned at birth. Terms include "agender," "bi-gender," "genderqueer," "genderfluid," and "pangender."

**Transgender:** denoting or relating to a person whose sense of personal identity and gender does not correspond with their birth sex.

**Transsexual:** This is an older term that has been used to refer to a transgender person who has had hormonal or surgical interventions to change their body to be more aligned with their gender identity than with the sex that they were assigned at birth. While still used as an identity label by some, "transgender" has generally become the term of choice

**Two-spirit:** A term that refers to historical and current First Nations people whose individual spirits were a blend of male and female. This term has been reclaimed by some in Native American LGBT communities to honor their heritage and provide an alternative to the Western labels of gay, lesbian, bisexual, or transgender.

#### Resources:

<https://www.psychiatry.org/patients-families/gender-dysphoria/what-is-gender-dysphoria>

<https://www.psychiatry.org/psychiatrists/cultural-competency/treating-diverse-patient-populations/working-with-lgbtq-patients>

<https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/clm104c32.pdf>