

Lise Hauser DNP, RN, Clinical Assistant Professor, Loyola University Chicago Marcella Niehoff School of Nursing
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Introduction

- While pregnancy is a gendered experience, not all pregnant and postnatal individuals identify as female or heterosexual
- Transmasculine individuals can conceive, carry and deliver children if they temporarily stop using testosterone
- *Prenatal and Postnatal Care: A Woman-Centered Approach, 2nd ed* (2018) is a comprehensive text for care of clients during the childbearing years, including a chapter on neurological disorders
- Revisions for the 3rd edition of the text, titled *Prenatal and Postnatal Care: A Person-Centered Approach* must utilize language that is respectful, inclusive and free of bias

Objective

Revise the existing chapter on neurological disorders in pregnancy to include gender neutral and bias-free language

Methods

- Search for gendered terms to refer to care of prenatal and postnatal clients
- Update of gendered terms utilizing the American Psychological Association (APA) Style Guidelines on Bias-Free Language (7th ed.)
- Incorporation of literature specific to prenatal and postnatal care of lesbian and transmasculine clients

Results

Original term	Update	Number of uses
Woman/women	Client/s	52
	Person/people	11
	Individual/s	20
	Preconceptual client/s	2
	Prenatal client/s	15
	One	1
	Those	11
She/her	Cis-gender woman	1
	Identify as female	1
Maternal	They/their/them	4
Mother	Prenatal	2
	New parent	4
	Gestational parent	1
From the mother than from the father	Childbearing parent	1
	Via genes from the ovary than those from the testes	1
Gender-specific term	Deleted	6
Number of updates to include data on transgender clients		3

Results

- Review of chapter on Neurological Disorders to identify gender-specific language
- Over 130 terms were updated to remove gender-specific bias and utilize gender inclusive language
- Addition of 3 areas related to prenatal and postnatal care of transgender and lesbian clients
- Discussion of the role transphobia and homophobia play in health inequities experienced by lesbian and transgender childbearing families

Conclusion and Implications

- Language is ever evolving
- Inclusive, bias-free language involves more than simple substitution of one term for another
- The principles of service that promote justice call us to listen closely to individuals as they share their lived experiences, and to honor them through our language

References

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Contact: Lise Hauser DNP, RN
 lhauser2@luc.edu