

TRANSGENDER PATIENT CARE

"One of the essential qualities of the clinician is *interest in humanity*, for the secret of the care of the patient is in *caring for the patient*" - Dr. Francis Peabody, 1926

Helpful Definitions



GENDER IDENTITY

A person's innate sense of self in terms of gender. Examples: "I feel like a man", or "I have both masculine and feminine qualities and I wish to honor them both."



TRANSGENDER

Anyone whose gender identity and/or gender expression differs significantly from what is expected of them in their culture based on their sex assigned at birth.



NON-BINARY

Describes a person whose gender is not easily categorized as "man" or "woman".



SEXUAL ORIENTATION

An individual's patterns of romantic and/or sexual attraction. Example: "I identify as a woman and I am attracted to other women. I use the term lesbian to describe myself."



CISGENDER

Describes people whose gender identity matches what is expected of them based on their sex assigned at birth.

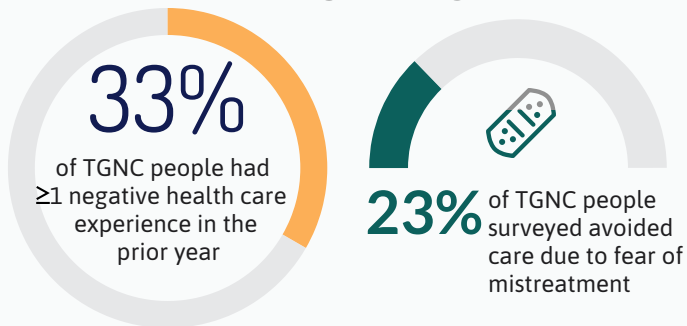


TRANS AFFIRMING CARE

Culturally responsive, evidence-based health care that is respectful and affirming of all patients' gender identities.

TRANSCARE STATS

AT A GLANCE



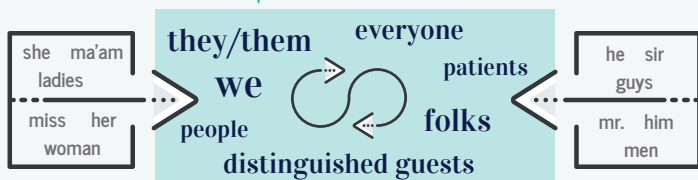
Only 40% of TGNC people are out to all of their medical providers.

What do negative health care experiences look like?

“...Open gawking, superfluous history taking about gender-related surgeries, assumption of sexually transmitted infections, drug use, and psychiatric disease, and being put on display.”

- Chisolm-Straker et al, 2017

WHEN IN DOUBT, BREAK OUT OF THE BINARY



You won't know if gendered language is appropriate unless you ask. Using gender-neutral language can help mitigate this when time is tight or you're unsure.

10 TIPS FOR TRANS-AFFIRMING CARE

- 1 Ask, don't assume**
You can't tell a patient's sexual orientation and gender identity by appearance alone - you won't know unless you ask.
- Names and pronouns matter**
Asking all patients for their affirmed name and pronouns and honoring them is a part of providing quality care.
- 3 Focus on the individual, not the gender**
While it's important to affirm a patient's gender identity, focusing too much on gender can leave a patient feeling misunderstood, and a clinician without the full medical picture.
- Let the walls do the talking**
Consider modifying the environment to support your affirming care message, such as offering gender neutral restrooms.
- 5 Consistency is key**
Health care is a team sport and teams are only as strong as their weakest link. Everyone on your team must be prepared to provide affirming care.
- There's no one way to be trans**
Some people will seek medical support through transition, requiring hormone therapy, surgeries, or some combination of both. Some trans folks don't want medical intervention at all. There are no right or wrong ways to transition; health care providers should follow each patient's lead.
- 7 Respect patient privacy**
Gender transitions (including medical and surgical interventions) are very personal, and should only be discussed when medically relevant and when in private settings. This information is HIPAA protected.
- It's cis-tem, not system**
The system isn't designed for trans patients; affirming providers often have to develop work-around solutions when problems arise with forms and EMRs.
- 9 Let patients be patients**
Patients can be great teachers, but they shouldn't have to be. Let your patient share their experience if they want, but seek other sources for your continuing education around trans care.
- Ally is a verb**
Being an ally is not a destination, it's a process of ongoing learning, self-examination, and practice, practice, practice.