

JEDI Presentation: Transgender Care



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Learning Objects

- Understand healthcare barriers faced by transgender patients
- Understand current Arizona legislature
- Understand who can provide gender affirming hormonal therapy
- Discuss approaches to hormonal therapy: standard vs informed consent model
- Discuss resources for patients and providers

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Do you have experience in residency caring for patients who are transgender?

Yes

No



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Background

- Estimated 0.4-1.3% population identify as transgender
- 2020 US Census did not include questions about gender identity or sexual orientation
- Household Pulse Survey 2021 found 0.6% identified as transgender
- US Transgender Survey (USTS) largest survey transgender people 27,715 respondents 2014
 - 39% psychological distress in last month
 - 40% attempted suicide in lifetime
 - 33% had negative experience health care provider
 - 23% did not seek healthcare for fear mistreatment
 - 33% did not seek healthcare due to cost

Background in Medicine

- 0.7% students identified as transgender or nonbinary (TGNB)
- LGBTQ+ physicians reported hearing negative comments or seeing poor treatment of LGBTQ+ patients by providers
- In 2012 survey of FM PDs
 - 40% and 8.5% of PDs reported minor and major concerns, respectively, ranking transgender or nonbinary individuals
 - 2.8% stated they would not rank TGNB individuals

Barriers to Care

- Lack of access to providers
- Financial barriers
- Discrimination
- Lack of cultural competency
- Healthcare system barriers
- Socioeconomic barriers

Health Disparities

- 44% depression
- 33% anxiety
- 30% smokers (1.5x general population)
- 26% current/former alcohol/drug use
- 41% suicide attempt

Current Arizona Legislation

- SB1138
 - Healthcare professionals may not provide irreversible gender reassignment surgery to individuals under 18 years old
 - Exception: services can be provided if verifiable disorder sex development for example external biological sex characteristics ambiguous
 - Previous language included ban of hormonal therapy and hormonal blockers
- SB1165
 - Athletic teams or sports designated for “females”, “women”, or “girls” may not be open to students of male sex

Who can prescribe gender affirming hormone replacement?

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Do you feel comfortable prescribing gender affirming hormonal therapy for patients?

Yes

No



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Who can prescribe gender affirming hormone replacement?

- Primary care physicians
 - Benefits: Opportunity for broader care to underserved population, easier access
 - Drawbacks: Lack formal education in residency
- Endocrinologists
 - Benefits: Formal education
 - Drawbacks: Harder access for patients
- Other experienced hormone providers

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Prior to gender affirming hormonal therapy all patients should undergo mental health evaluation?

Yes

No

Depends



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Gender Affirming Therapy

- World Professional Association for Transgender Health's Standards of Care Version 7
 - Criteria for Hormone Therapy
 - Referral qualified mental health professional or health professional trained in behavioral health and competent in assessment of gender dysphoria
 - Recommends psychotherapy maximize psychological wellbeing
 - Criteria for surgery - based on expert consensus
 - 1-2 referral letter from mental health professional
 - 12 months living in gender role congruent with identity

Informed Consent

- Standard model
 - Mental health professionals diagnose and determine appropriateness for care
 - Benefit: nonmaleficence
 - Harms: Paternalistic approach, gatekeeping that limits care
- Informed consent model
 - Patients with autonomy to determine risk/benefits of treatment without required evaluation by mental health
 - Benefit: Personal autonomy, more prescriber autonomy, better therapeutic relationship mental health
 - Harms: Liability by placing in prescribing providers hands

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If we had additional training in residency would you consider providing gender affirming hormonal therapy?

Yes

No

Maybe

N/A (Plans to specialize, etc.)



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Resources for the Physician

- World Professional Association for Transgender Health's Standards of Care Version 7
- Endocrine Society Guidelines
- Trans Spectrum Arizona Resource Guide
- National LGBTQIA+ Health Education Center

Resources for the Patient

- Trans Spectrum Arizona
- Phoenix Children Transgender Support Program
- Big Brothers Big Sisters
- <https://www.ustranssurvey.org>

Take Away

- Transgender patients face significant barriers to obtaining healthcare
- Legislation affects patients and healthcare providers
- Increased education on transgender care is needed in medical school and residency training to better prepare physicians to treat transgender patients
- Respecting patient autonomy is an important aspect of all care, but especially transgender care

Resources

- <https://jamanetwork.com/journals/jamasurgery/article-abstract/2779429>
- <https://www.census.gov/library/stories/2021/11/census-bureau-survey-explores-sexual-orientation-and-gender-identity.html>
- https://journals.lww.com/academicmedicine/Fulltext/2015/05000/Sexual_and_Gender_Minority_Identity_Disclosure.29.aspx
- <https://www.liebertpub.com/doi/pdf/10.1089/trgh.2018.0074>
- https://www.wpath.org/media/cms/Documents/SOC%20v7/SOC%20V7_English.pdf
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4802845/#R13>
- Eion Cashman, Maricopa Department of Health
- <https://journalofethics.ama-assn.org/article/informed-consent-medical-care-transgender-and-gender-nonconforming-patients/2016-11>
- *2015 U.S. Transgender Survey: Arizona State Report.* (2017). Washington, DC: National Center for Transgender Equality.
- <https://transequality.org/sites/default/files/docs/usts/USTS-Full-Report-Dec17.pdf>
- <https://www.ustranssurvey.org>
- <https://tsaz.org/resource-guide/>
- <https://www.acpjournals.org/doi/full/10.7326/AITC201907020>