

Primary Care Protocols for Transgender Health

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Disclosure

- JoAnne G. Keatley
 - Has no financial interest or relationships to disclose
- HRSA Education Committee Disclosures
 - HRSA Education Committee staff have no financial interest or relationships to disclose
- CME Staff Disclosures
 - Professional Education Services group staff have no financial interest or relationships to disclose

Learning Objectives

1. By the end of the session, attendees will be able to: Assess their clinic's readiness to provide competent HIV primary care services to transgender patients.
2. Identify tools and resources that will assist them in providing competent HIV primary care services to transgender patients.
3. Identify and implement appropriate strategies for outreach, treatment, care and retention of transgender patients.



Center of Excellence for Transgender Health



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Project Goal

- Create a concise, yet comprehensive transgender primary care protocol
- CoE Web site and in-person trainings
- Inform & empower primary care providers

Project Background

- 18-month grant: The California Endowment
- 9-member Medical Advisory Board
- Conference calls & 1 in-person meeting

Project Background

- Literature review & gap analysis
- Draft protocol
- Core protocol, backgrounders, FAQs



Medical Advisory Board



**Marvin E. Belzer, MD,
FACP, FSAM**



Dan Karasic, MD



James Franicevich, NP



R. Nick Gorton, MD



Lori Kohler, MD



Maddie Deutsch, MD



Jennifer Hastings, MD



Jennifer Burnett, MD



**Jennifer Vanderleest MD,
MSPH**

Next Steps

- MAB Sub-group to complete draft
- Post core protocol document
- Ongoing development of backgrounders, etc.

Protocol Content Overview

- Accurate, peer-reviewed medical guidance
- Basic Information; deeper levels of awareness
- Cultural humility

Transgender Terminology

- Transgender
- Transsexual
- Self-definitions





Patient Intake

- What is your sex or gender?
 - Male
 - Female
 - Transgender Male/Transman/FTM
 - Transgender Female/Transwoman/MTF
 - Genderqueer
 - Other: please specify _____
 - Decline to state

Patient Intake

- What sex were you assigned at birth?
 - Male
 - Female
 - Intersex/Other: please specify _____
 - Decline to state

Patient Intake

- What pronouns do you prefer?
 - Fill-in-the-blank
 - Feminine/masculine; hir, they, etc.





Physical Exam

- Assess for immediate health needs
- Treat the organs/body parts that are present
- Always respect patient's preferred gender
- Delay sensitive exams if necessary

Baseline Laboratory Tests

- Trans Women: Fasting lipid panel (if on oral estrogen). If taking spironolactone, then include potassium and creatinine. Use Female values if taking estrogen
- Trans Men: Hemoglobin, LDL/HDL. Use Male values if taking testosterone
- Considerations: Family history, age, concomitant illnesses, sexual activity, other relevant risk factors. Measure transaminases if oral estrogen.

What is a Best Practice?

- A best practice is a technique or methodology that, through experience and research, has proven to reliably lead to a desired result.
- A commitment to using the best practices in any field is a commitment to using all the knowledge and technology at one's disposal to ensure success.

Best Practices

- Electronic Medical Records (EMR)
- Navigating insurance problems
- Identity documents
- Sex-segregated systems



Electronic Medical Records

- May require modification
- Confidentiality issues



Navigating Insurance Problems

- Procedures coded for sex
- Treatments denied for trans patients
- Physicians can help eliminate stigma



Identity Documents

- Affirming lived gender
- Surgical requirements vary by jurisdiction



Sex Segregated Systems

- Restrooms
- Secure facilities



General Prevention & Screening

- Medical concerns
- Mental & behavioral health concerns



Medical

- Cancer
- Cardiovascular
- Diabetes melitus
- Musculoskeletal health
- Sexual health
- Vaccinations



Mental & Behavioral Health

- Co-morbid mental health diagnoses
 - Depression
 - Anxiety
- Substance use



Hormone Administration

- Consent
- Male-to-Female transition
- Female-to-Male transition



Ongoing Follow-up Care

- First follow-up visit (4-8 weeks)
- Half-yearly visit
- Annual visit
- Post-surgical follow-up



Surgical Options

- Male-to-female surgeries
- Female-to-male surgeries



Medical References

- Primary Care – General
- Hormone Treatment
- HIV Prevention & Treatment
- Sexual Health
- Surgical References



Resources

- Educational
- Legal
- Patient Advocacy



**Advocate for
Structural &
Systemic Changes**

**Race & Ethnicity:
One Size
Does Not Fit All**

**Use
Multidisciplinary
Approaches**

**Developing and
Supporting Staff**

Ground Your Work in the Community

**Get the Facts:
Assess, Evaluate
& Enhance**

**Increase
Access
to Health Care**

**Looking in All
the Right Places:
Recruitment and
Retention**





Increase Access to Health Care



Have a central or multiple locations with easy access to public transportation, provide services in multiple languages, and have trained providers who understand current HIV and health care issues of trans people.

Provide hormone therapy as part of primary care.

Example

- Tom Waddell Health Clinic - San Francisco, CA
- Provide free and sliding scale hormone therapy as part of primary care which increases their number of trans patients and clients, and also link them to additional services they needed such as treatment for substance use, mental health, housing, domestic violence, and prevention education of other diseases.





Invest In Developing and Supporting Your Staff

- Build the capacity of your staff and colleagues through training, mentorship, incentives, and support mechanisms for staff retention.
- Prioritizing staff development, ongoing training and education, and creating opportunities for advancement are key to staying current on health care issues.



Get the Facts! Assess, Evaluate & Enhance



www.transhealth.ucsf.edu



Contact us for:

- Capacity building and consultations
- Advanced, tailored trainings for health professionals
- Check our website for research, educational materials, and other resources

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- Center for AIDS Prevention Studies
- UCSF

Questions?



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