# 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 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



### **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



Lori Kohler, MD



Jennifer Hastings, MD



Jennifer Burnett, MD



James Franicevich, NP



R. Nick Gorton, MD



Maddie Deutsch, 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

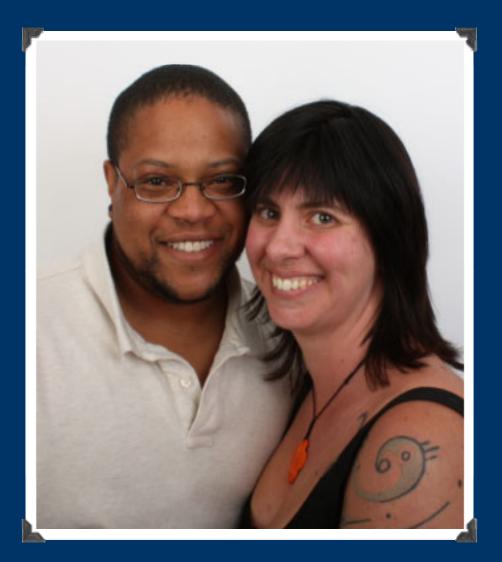
Developing and Supporting Staff Ground Your Work in the Community

Increase
Access
to Health Care

Looking in All the Right Places: Recruitment and Retention Use Multidisciplinary Approaches

Get the Facts:
Assess, Evaluate
& Enhance











#### 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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- The California Endowment
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### Questions?



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