



Best Practice Care for Transgender Patients

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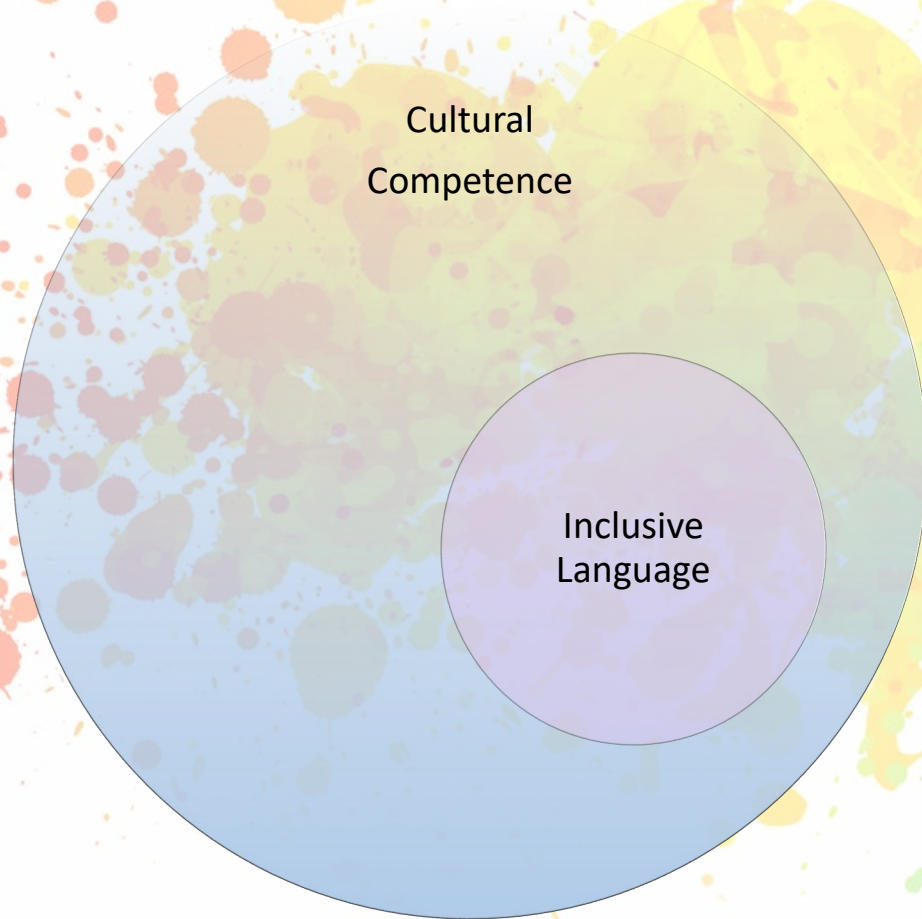
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Diverse Genders (DSG) & Inclusive Language

- A welcoming practice for DSGs

Best Practice Care for Transgender Patient

Disclaimer



- No set “recipe”
- Getting it right all the time is impossible
- Patient preference will vary based on individual perceptions, opinions, and history.

Diverse Sexuality and Genders



- What gender related terms do you already know?

Diverse Gender Terms

- Cisgender (Cis)
- Transgender (Trans)
- Genderfluid
- Genderqueer
- Non-Binary
- Agender
- Intersex
- Amab / afab
- Takatāpui – *Rainbow person*
- Irawhiti – *Transgender*
- Whakawahine; *Fa'afafine*
- *Whakatāne; Fa'atama*

Pronouns

- Linguistic tools
- Plural vs singular – Questioning the default.
- They / them / theirs
- She / her / hers
- He / him / his
- And more!

Pronouns – Why the fuss?

- They denote respect and care.
- Microaggressions: “verbal and physical racial attacks and covert behavioral and verbal comments that demean a person’s racial identity or invalidate minorities’ thoughts and experienced realities”
(1)
 - Subtle, covert, everyday occurrences
 - Conscious or unconscious
- Misgendering

Making a welcoming space for DSGs – Why?

- Counting Ourselves survey: 2018 Survey collected answers from 1179 transgender and non-binary individuals living in Aotearoa NZ (14 yoa and above). (2)
- On visiting their GP, they found the health care professional:
 - was supportive of their needs related to gender-affirming care (48%)
 - always used the correct name including in referrals (47%)
 - showed they were willing to educate themselves on gender-affirming care (43%)
 - Always used correct gender pronouns (41%)

Making a welcoming space for DSGs - Spaces

- Physical Space
 - Rainbow stickers
 - Bathroom signs
 - Business Cards
- Digital space
 - pronouns for staff
 - Specify that you're safe, welcoming, acceptive on your website.

Making a welcoming space for DSGs - People

- Staff

- ALL staff members matter. - “Receptionists can impact my experience at the GP. E.g., the GP can be great but the if the admin staff get it wrong (name/pronoun) it doesn’t matter how good the Dr is.” (*Trans man, Adult*) (2)

- Vocabulary/terms/pronouns

- Acknowledge mistakes and correct each other

Making a welcoming space for DSGs - Systems

- Patient Management Systems - Gender vs Sex, notes.
- Booking platforms
- Intake forms
- ACC
- Confidentiality

Best Practice Care for Transgender Patients

- Transition – “The social, legal, and medical changes a Trans individual may chose or need to make in order to live their lives authentically in alignment with their inherent sense of gender or self.” (3)
- Everyone’s transition will look different, and change over time
- Significant stressors
- Financial cost

Medical Transition (Adults)

- Hormones (Testosterone, Estrogen, anti-androgens)
- Top Surgery / Breast augmentation
- Gender confirming surgery
- Feminising cosmetic surgery

Gender Affirming Healthcare in NZ

- Mental health vs physical health
- Guidelines for GAHC 2018
- Referral Systems
- Barriers (inc Gate keeping)

Basics for osteopathic appointments

- Make your patient at ease
- Use your empathy
- Lack of experience is okay! Just don't be curious instead of providing care
- Not all health issues will be related to your patient being transgender

Consideration for osteopathic appointments

- Case History
 - Is it relevant?
 - What language would your patient like to use?
- Consider Trauma
- It's not the patient's responsibility to educate you more generally

Examination and TTT

- They're just another human... except when they're not.
- Consent – gender neutral language.
 - Justify
- Clothes
 - Gender dysphoria
 - Body dysmorphia
 - Scars

Examination and TTT

- Physiological changes
- Psychosocial factors and their MSK impacts
- Chest binding
- Tucking



Questions?

Resources and Further reading

- Gender Minorities Aotearoa – <https://genderminorities.com/> information, resources, support, links to stickers and signs, very up to date.
- PATHA – Professional Association for Transgender Health Aotearoa
 - Including 2018 GAHC guidelines
- www.transresearch.org.au
- <https://oakleypartnership.com>

References

1. Arijs Q, Burgwal A, Van Wiele J, Motmans J. The Price to Pay for Being Yourself: Experiences of Microaggressions among Non-Binary and Genderqueer (NBGQ) Youth. *Healthcare (Basel)*. 2023 Mar 3;11(5):742. doi: 10.3390/healthcare11050742. PMID: 36900746; PMCID: PMC10000855.
2. Veale J, Byrne J, Tan K. Counting Ourselves – Trans health and primary care webinar with Te Ngākau Kahukura (pdf).
<https://countingourselves.nz/fact-sheets-and-webinars/>
3. Welcoming Spaces – A guide for providing inclusive care (pdf). Wboppho & Gender Dynamix of Aotearoa.
[https://portal.wboppho.org.nz/images/documents/V2 - Welcoming Spaces - A guide for providing inclusive care.pdf](https://portal.wboppho.org.nz/images/documents/V2_-_Welcoming_Spaces_-_A_guide_for_providing_inclusive_care.pdf)