



Quality care for trans and gender diverse (TGD) people in general practice

Dr Ruth McNair AM

August 2019

ASPOG conference

Some challenges in TGD care

- Rapidly changing language, terms, diversity
- Movement from specialist to generalist TGD care
- Rapidly increasing demand for services
- Increasing expectations of 'informed consent' model
- Lack of available training
- Evidence gaps e.g.
 - Fertility preservation
 - Cancer risk and screening best practice
 - Bone health



Gender diversity



Trans identities in TGD model of care consultation Victoria, 2018

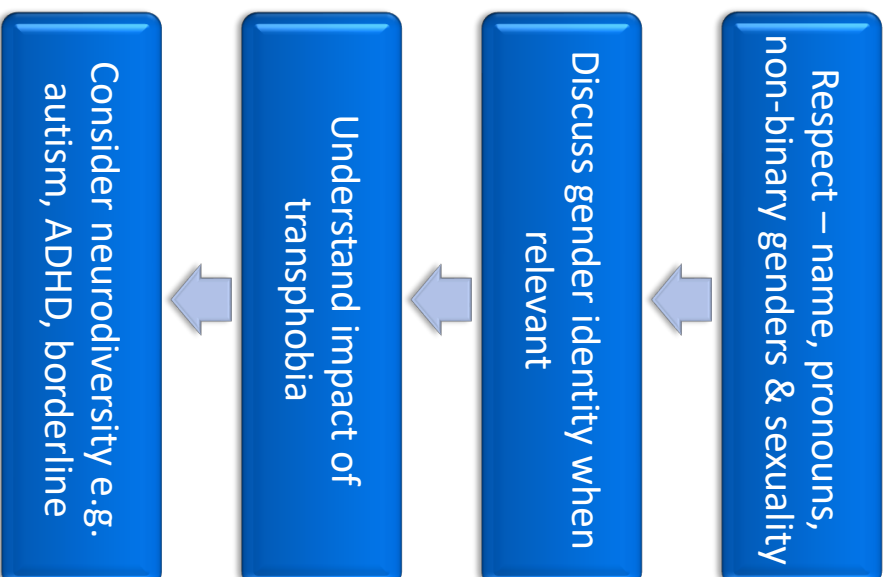
TGD care in primary care

“Some clinical services for transgender people, including gender-affirming surgery, are best delivered in the context of more specialised facilities; however, the majority of health-care needs can be delivered by a primary care practitioner.”

Wylie, K., et al. "Serving transgender people: clinical care considerations and service delivery models in transgender health." [The Lancet 2016](#); **388**(10042): 401-411.



Guidance from trans community



TRANS 101
GENDER DIVERSITY CRASH COURSE

LOOKING FOR MORE?

YGENDER
f /ygender
@ygender
ygendertumblr
Ygender

MINUS18
f /minus18youth
@minus18youth
minus18.tumblr
Minus18TV

CHECK OUT THE VIDEOS!
[TRANS101.ORG.AU](https://www.youtube.com/watch?v=TRANS101.ORG.AU)

HELP US KEEP GOING
Ygender is proudly run by trans youth volunteers!
We rely on our volunteers and community support to do the work we do.
Help us keep supporting trans and gender diverse youth across Australia!
ygender.org.au

Standards of Care

World Professional Association for Transgender Health (WPATH) – 7th version, 2011

Principles:

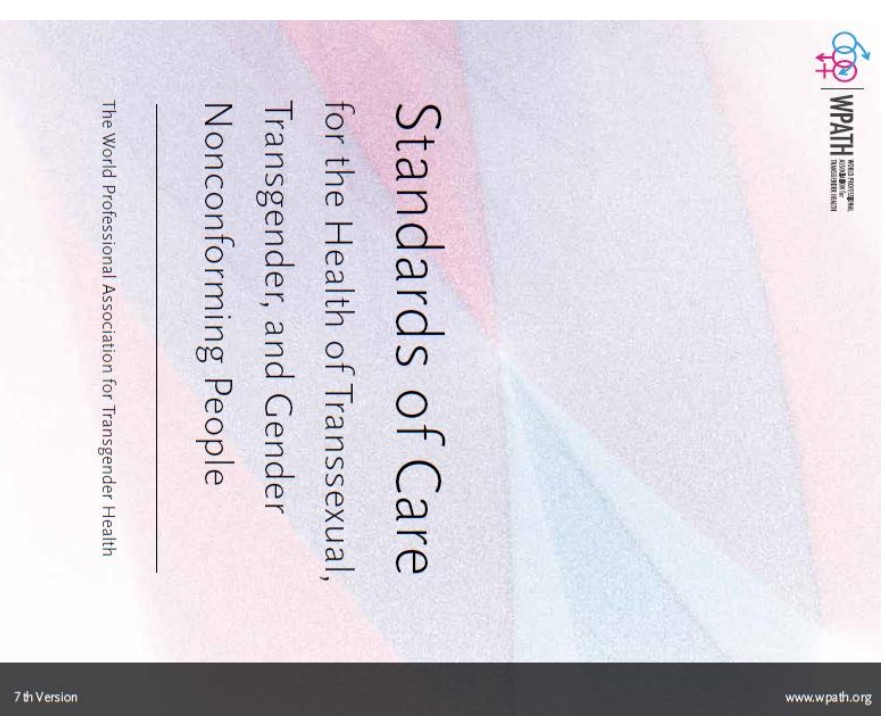
- gender non-conformity is not pathological
- informed consent model is encouraged

Mental health assessment:

- conducted by an experienced clinician (GP, clinical psychol, psychiatrist)
- to exclude rare differential diagnoses or issues requiring management prior to gender affirmation treatments



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Standards of Care
for the Health of Transsexual,
Transgender, and Gender
Nonconforming People

The World Professional Association for Transgender Health

Gender – diagnostic terms



DSM-V, 2013 (previous term gender identity disorder):

Gender dysphoria - a psychiatric diagnostic term attributed to people who experience their gender as different from that assigned at birth and who experience significant psychological distress as a result

Gender non-conformity – a person’s expression of their gender being different from the social norms typically assigned to their gender assigned at birth.

ICD-11, 2018:

Gender incongruence – a marked and persistent incongruence between the gender felt or experienced and the gender assigned at birth.

No longer a mental health disorder

[Homosexuality was completely removed]





Gender euphoria - comfort or joy, and a developing sense of pride, regarding one's gender expression



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Zoe Belle
Gender Collective

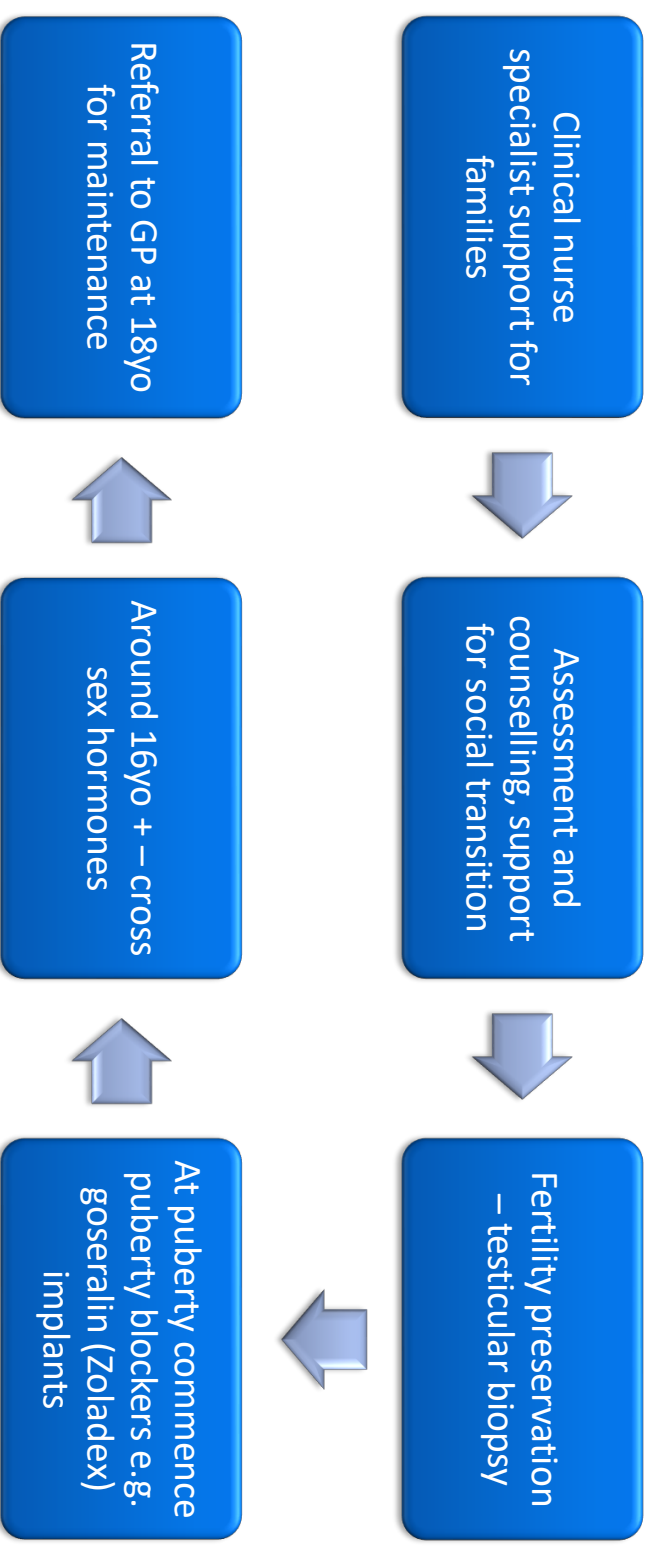
cohealth
Centre for Health Equity



Children and gender affirmation

Royal Children's Hospital Gender Service

<https://www.rch.org.au/adolescent-medicine/gender-service>



Medical treatments for gender affirmation

Hormones

- Feminising – to create changes in the body such as breast growth
- Masculinising – to create changes in the body such as facial hair growth

Surgery

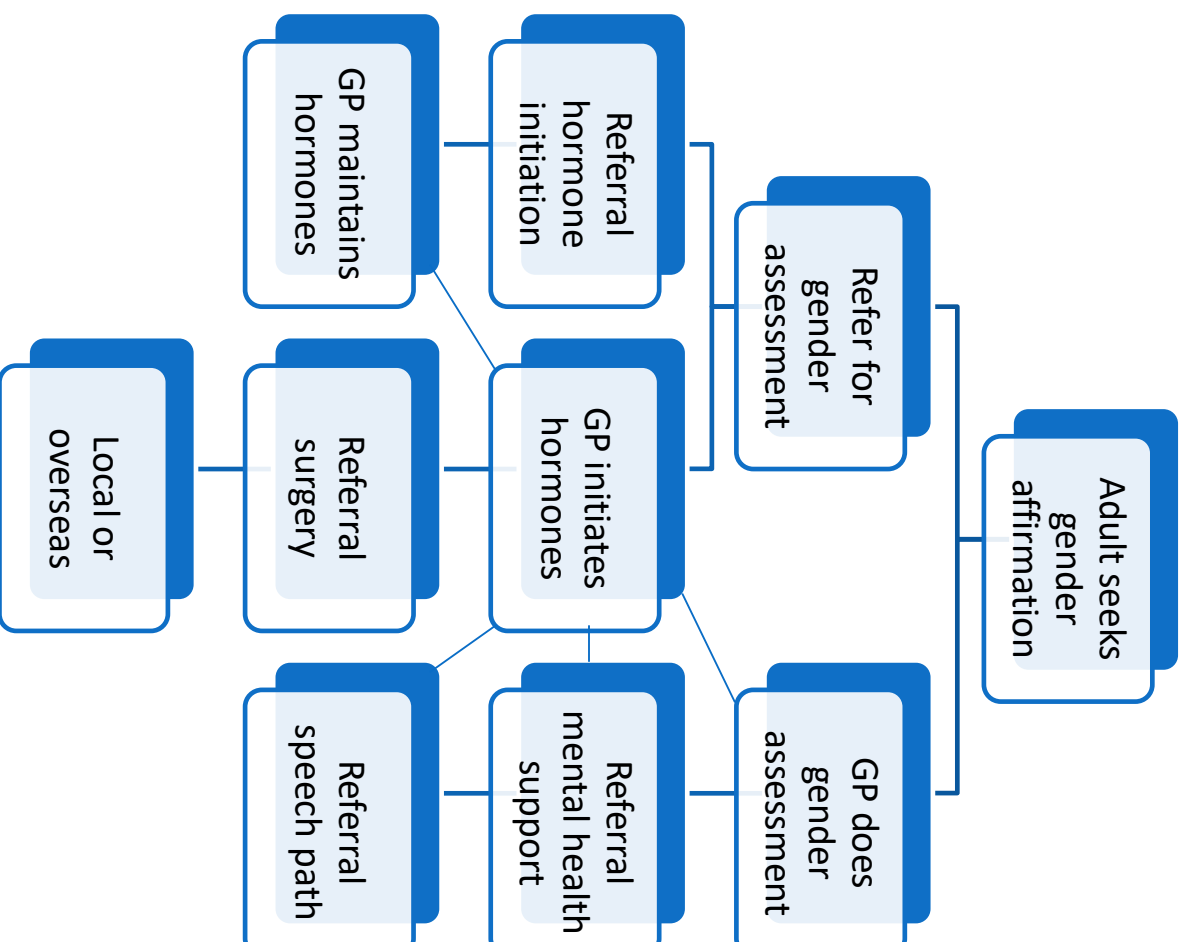
- Chest reconstruction
- Genital gender reassignment
- Reducing size of 'Adams apple'
- Facial surgery

Voice therapy

- Feminising
- Reducing vocal fatigue
- Improving vocal range



Pathways to gender affirmation care for adults



Informed consent – GP care



Approved by the Australia New Zealand Professional Association of Transgender Health (ANZPATH)

<https://equinoxdotorgdotau.files.wordpress.com/2018/08/equinox-informed-consent-guidelines.pdf>

Fertility preservation

Trans feminine

- Sperm storage
- Testicular biopsy if early puberty (immature sperm ? potential)

Trans masculine

- Egg storage
- Ovarian tissue freezing (for later transplantation)

Health promotion generally

Cancer
screening

Cardiovascular

AOD, smoking

Contraception

Family support

Mental health
support



Barriers to cervical screening- gender diverse and trans men

(Johnson 2016)

- More androgynous, gender diverse people and trans males than cis LB women are under-screened
- Less likely to have gynaecological examination due to gender dysphoria
- Speculum examination painful
- Experience more discrimination in health care
- Less likely to be offered screening



Oliver Kensit and TJ Sweet: Trans men on 'You Can't Ask That', ABC, 2016

Consultation tips to enable cervical screening

Acknowledge barriers – past trauma,
discomfort

Invite to bring support person

Use person centred language – e.g. gender neutral
'bits', 'junk', 'front hole'

Control – can stop anytime, patient speculum insertion,
sitting up slightly, mirror

Offer vaginal oestrogen 2 weeks prior

Offer self-collection if eligible

Breastscreen and TGD people

Trans and gender diverse people

BSV: Beautiful Women poster

https://www.breastscreen.org.au/get-involved/in-your-community/trans-and-gender-diverse-people/

From Internet Explo... New Tab GALFA | Supporting... Netbank - Log on to... Secure THEMIS login LGBTI Housing and ... NAB My Drive - Google ... LGBTI+ for General ... Pride Foundation A... Eastread - Member... Other bookmarks



HOME / GET INVOLVED / IN YOUR COMMUNITY / TRANS AND GENDER DIVERSE PEOPLE

- WHAT HAPPENS AT YOUR SCREENING?
- BREAST CANCER & SCREENING
- FOR HEALTH PROFESSIONALS
- GET INVOLVED
- NEWS
- COMMUNITY
- WORKPLACE
- SUPPORTING US
- DALGARNO GRANT
- Locations
- English
- Contact
- My BreastScreen
- LOGIN
- BOOK AN APPOINTMENT

Trans and gender diverse people

We think it's important that our services are accessible for trans and gender diverse (TGD) people and have been working with Transgender Victoria to achieve this and towards a Rainbow Tick accreditation for safe and welcoming services. This page provides information about breast/chest* health, breast cancer and screening for people who identify as trans or gender diverse.



Rainbow Rose

Throughout the year, we run the following LGBTI-specific breast screening sessions at the [Rose Clinic](#) in Melbourne's David Jones:

- [Sessions for TGD people](#)
 - Sessions for all LGBTI people.
- These after-hours sessions are for people who feel safer being screened



TScreen (Trans and gender diverse screening/chest care)

To ensure our services are inclusive of trans and gender diverse (TGD) people, we have established a Gender Diverse Inclusive Breast Screening/Chest Care (formerly TScreen) project.



Beautiful Women

[Beautiful Women U+](#) was a photo series campaign by photographer Lisa White celebrating the diversity of LGBTI women. It comprised of a photo exhibition, screening sessions for lesbian and bisexual women, consultation with trans and gender diverse people, and our first Rainbow



Type here to search



Some support groups in Victoria

- Transgender Victoria
<http://www.transgendervictoria.com/>
- Y-Gender
<https://ygender.org.au/>
- Minus-18
<https://minus18.org.au/>
- Parents of gender diverse children
<https://www.pgdc.org.au/>

TGD clinical information

LGBTI HealthPathways – via Primary Health Networks

AusPATH – Australia Professional Assoc. for Transgender Health
– list of health providers

<https://www.auspath.org/providers>

Monash Gender clinic – secondary consultation service with GPs
– Tuesday afternoons – Dr Jaco Erasmus

Ph: 9556 5216

Email: genderclinic@monashhealth.org

MindOut training and community of practice re LGBTI mental health
<https://lgbthealth.org.au/networkmindout/>

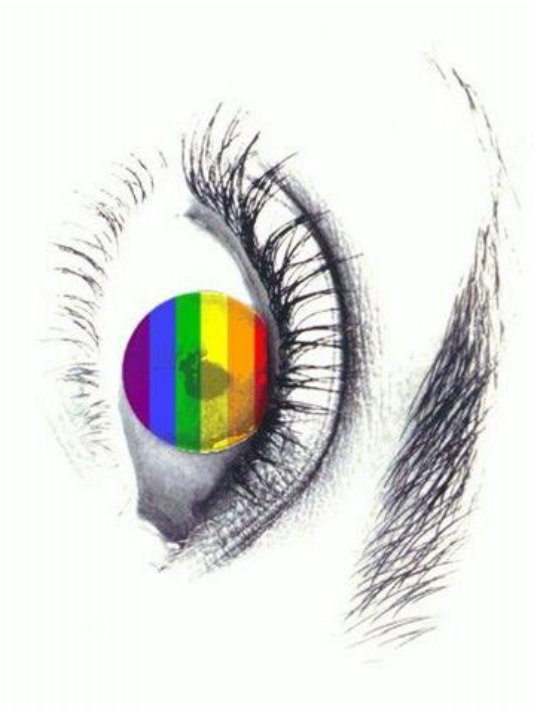
Online training module for GPs on TGD healthcare

<https://nwmphn.org.au/health-systems-capacity-building/trans-gp-module/>

The screenshot shows a web browser window with the URL <https://nwmphn.org.au/health-systems-capacity-building/trans-gp-module/>. The page title is 'Primary Health Care for Trans, Gender Diverse & Non-binary People'. The main content is a table of contents for the training module, consisting of 14 numbered sections, each with a primary objective and a duration. The sections are arranged in two columns. At the bottom right of the table is an 'EXIT' button. The browser's address bar shows the URL and the page is secured with HTTPS. The browser's top bar includes navigation icons and a search bar.

Section Number	Section Title	Primary Objective	Duration
01	Self Reflection	The primary objective of this section of the module is to identify your knowledge of transgender health.	5min
02	Terminology	In this topic we aim to help you expand the diversity of the transgender, gender diverse and non-binary population.	2min
03	Psychosocial influences on mental health	The primary objective of this section of the module is to help you understand psychosocial influences on TGDNB people and define gender dysphoria.	5min
04	Criteria for gender affirmation care	The primary objective of this section of the module is to raise your awareness of the standards of TGDNB care.	10min
05	Creating a welcoming environment	The primary objective of this section of the module is to help you to create a welcoming clinical environment for TGDNB patients.	10min
06	Pathways of care and roles of the GP	The primary objective of this section of the module is to improve your understanding of the pathways of care for TGDNB people and roles of the GP.	10min
07	Psychosocial care	This section of the module provides you with information to help you understand common psychosocial issues among TGDNB patients.	2min
08	Gender affirmation using hormones	The primary objective of this section is to raise your awareness of the key issues in surgical management of gender affirmation of adults.	10min
09	Gender affirmation using surgery	The primary objective of this section is to raise your awareness of key issues in surgical management of gender affirmation of adults.	2min
10	Further physical management issues	The primary objective of this section of the module is to prompt you to consider holistic care for TGDNB people in primary care.	7min
11	Care for gender diverse children and young people	The primary objective of this section is to help you to understand the principles of management of gender dysphoria in children and adolescents.	10min
12	Clinical resources and referral networks	In this topic we aim to show you where to refer TGDNB people if they are in need of specialist care and where to find resources to help you gain a deeper understanding of TGDNB care.	1min
13	Patient resources	This section provides you with information on where to refer TGDNB people to for peer support.	1min
14	Closing Self Reflection	The primary objective of this section of the module is to identify barriers to your personal knowledge of transgender health.	5min

Thank you



r.mcnair@unimelb.edu.au