

Supporting trans and gender diverse people in general practice

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Informed Consent

We need to make sure that as prescribers we are clear that we are treating the right patient problem, and that patients are aware of the potential risks and benefits of gender affirming hormone therapy

... I hope you are already doing this in all of your medical practice

The easy part

- ▶ Drugs
- ▶ Oestradiol, testosterone, cyproterone, spironolactone...
- ▶ Most GPs have prescribed these medications before!
- ▶ Titrate hormones in response to periodic blood test monitoring and clinical effect while monitoring for side effects
- ▶ “the usual”
 - ▶ M: reandron 1g Q 3 monthly (NB: initial loading dose at 6 week interval)
 - ▶ F: cyproterone 12.5mg daily + estradot 50mg patch (twice a week)
- ▶ You can look it up ->
<https://www1.racgp.org.au/ajgp/2020/july/hormone-therapy-for-trans-and-gender-diverse-patie> [googling “racgp trans health” will supply this result]
- ▶ And for everything else, there’s endocrinologists!

The hard part

How do we create a therapeutic environment in which gender diverse people are able to fully express their healthcare needs, and respond as compassionate and effective health care providers while we remain within a medical and social system predicated on natal gender determination?

bit by bit

First impressions

- ▶ How do reception staff greet patients?
- ▶ What is a name?
- ▶ How does the practice ask new patients about and document gender their gender identity? Pronouns?
- ▶ How do you call a new patient from the waiting room?
- ▶ Does your practice visually express LGBTQ+ inclusivity?
i.e. ACON safe space, posters, rainbow or pride flag décor



“What gender were you assigned at birth?”

“What are your pronouns?”

Family members: Marky Test [Jump] [Open]

Name: James "Jenni" Smith D.O.B.: 29/01/2000 Age: 20 yrs Birth Sex: Male 1m 27cm [Finalise visit] [My Health Record]

Address: 30 Smith Street Fairfield 2197 Phone: (m) 040040404 Gender: Female Pronouns: She/Her/Hers

Medicare No: 0123456789 - 1 2/2021 Record No.: Pension No.: Comment:

“What is your gender identity?”

Not

Family members: Marky Test Jump Open

Name: [Marky Test](#) D.O.B.: 29/01/2000 Age: 20 yrs Birth Sex: Male 1m 27cm Finalise visit My Health Record

Address: 30 Smith Street Fairfield 2197 Phone: (m) 040040404 Gender: **Transgender** Pronouns: [They/Them/Theirs](#)

Medicare No: 0123456789 - 1 2/2021 Record No.: Pension No.: Comment:

Not, for most people, a gender.



**“Hey I’m
actually
going by
They-Man
these days”**

**“oh cool
thanks
for letting
me know”**



We can...

- ▶ Ask patient what their pronouns are and how they would like to be called
- ▶ Clarify their history and understanding of their gender identity
- ▶ Check for any major psychiatric or physical comorbidities including organising blood tests
- ▶ Discuss the medical options for gender affirming therapy
- ▶ Clarify fertility intentions
- ▶ Offer mental health support

then decide...

- ▶ GP initiated hormone therapy under the Informed Consent model (age 18+)
- ▶ Referral for specialist care with endocrinologist or sexual health physician
- ▶ Mental Health referral to clarify gender identity and goals (if deemed necessary by patient or doctor)

- ▶ 35% of Transgender people aged 18 and over have attempted suicide in their lifetime
- ▶ 41% of Trans and people with a Non-Binary gender aged 18 years and over report thoughts of suicide or self harm in the last 2 weeks
- ▶ 39.9% of Trans and Gender Diverse people aged 18 and over have been diagnosed with an anxiety disorder in their lifetime
- ▶ 57.2% of Trans and Gender Diverse people aged 18 and over have been diagnosed with depression in their lifetime

<https://www.lgbtihealth.org.au/statistics/>

<https://whatweknow.inequality.cornell.edu/topics/lgbt-equality/what-does-the-scholarly-research-say-about-the-well-being-of-transgender-people/>

Further Resources:

- ▶ **TransHub:** for patients and clinicians <https://www.transhub.org.au/>
 - ▶ <https://www.transhub.org.au/join-doc-list>
- ▶ **AJGP** <https://www1.racgp.org.au/ajgp/2020/july/hormone-therapy-for-trans-and-gender-diverse-patie>
- ▶ **Transgender Health and Gender Diversity Health Pathways**
<https://hne.communityhealthpathways.org/69205.htm>
- ▶ **HNE KidsHealth** <http://www.hnekidshealth.nsw.gov.au/site/gender>

Support for patients:

- ▶ ACON Hunter (can access counselling without MHCP)
- ▶ QLife - [1800 184 527](tel:1800184527) and web chat [https://www.qlife.org.au](https://www qlife.org.au) (3pm-Midnight)
- ▶ Headspace have LGBTQI+ support groups