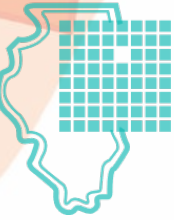




ICEP Spring Symposium 2022

Intersectionality and Allyship – Promoting Practice and Care in Emergency Medicine



Providing Trauma Informed, Gender Affirming Care to Transgender and Gender Non- Conforming Patients

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#ICEPSpring22

The intent of this session is to promote inclusive learning. If you identify opportunities for addressing bias or improving representation in the content or instructional delivery, I encourage you to share them via email: awinfield@cookcountyhhs.org

I have no disclosures or other conflicts of interest.



PAUSE



A word cloud featuring various terms related to LGBTQ+ identity, gender, and social issues. The words are arranged in a dense, overlapping manner, with colors ranging from bright yellow to magenta. The background is a solid dark blue.

birth transgender person
lesbian
cisgender lgbtq sex
transgender men
queer genderqueer
sogi gender identity deadnamed trauma
diversity cisgender person gender neutral inequity
bisexual trauma informed health disparity
violent crime gender inclusive
misgendered pronoun
bias transgender women
transition gender affirming



Cultural Competency



Competency
Discrete and point
Knowing all there is to know

Humility

Critical Self Reflection
Life-Long Learning
Address power imbalances

Accountability
- Tervalon and Garcia

Objectives

Terminology

A light orange arrow pointing downwards from the first box to the second box.

Inequities and Intersectional Identity

A light orange arrow pointing downwards from the second box to the third box.

What is Trauma Informed Care

A light orange arrow pointing downwards from the third box to the fourth box.

Approach to Trauma Informed H&P

Terminology Basics

Sex Assigned at Birth or Anatomic Sex

Sex given at birth based on physical characteristics

Gender Identity

Individual experience of gender, not based on outward expression or other definitions of gender identity

Gender Expression

How gender is presented to external world

Genderbread Person

Anatomical Sex



Gender Identity

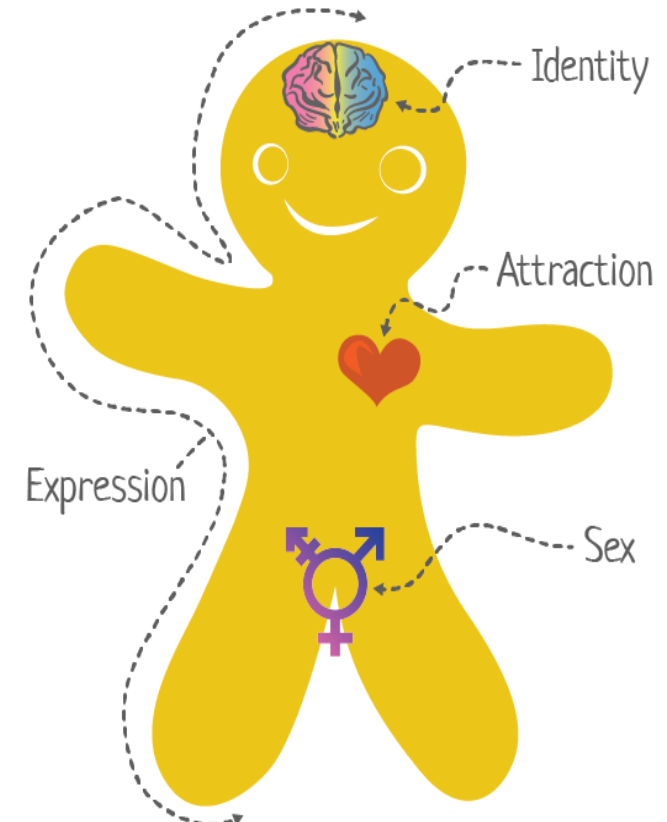


Gender Expression



Sexual Orientation or Attraction

The Genderbread Person v4 by its pronounced [METROsexual.com](https://www.metrosexual.com)



Terminology Basics

Transgender Person

Gender identity is different than what was assigned at birth

Non-Binary or Genderqueer* Person

Not entirely male, female

Gender Non-conforming Person

Non-conforming to gender stereotypes





Terminology Basics

Transgender Woman = Sex assigned at birth is male, now lives as a woman

Transgender Man = Sex assigned at birth was female, now lives as a man

Cisgender Person= Lives as sex assigned at birth



What is Gender Affirming Care?

Gender affirmation: Process of aligning certain physical characteristics and/or gender expression with gender identity



Pronouns

Why?

Don't Guess

Not “preferred”



Ze/hir/hir

Just their name

Pronoun How To's

How do I ask?

What if I make mistake?

Apologize

Correct

Move on

Just don't make it awkward



What is Trauma Informed Care

Trauma-informed care is a framework grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.”

(Hopper, Bassuk, & Olivet, 2010)

Examples of Trauma

Physical, sexual, emotional abuse

Childhood neglect

Household member with mental health or substance use disorder

Poverty

Imprisonment

Language Barriers

Microaggressions

Historical Trauma

Domestic Violence

How Does Trauma Show Up?

Cardiovascular Disease

Diabetes

Anxiety

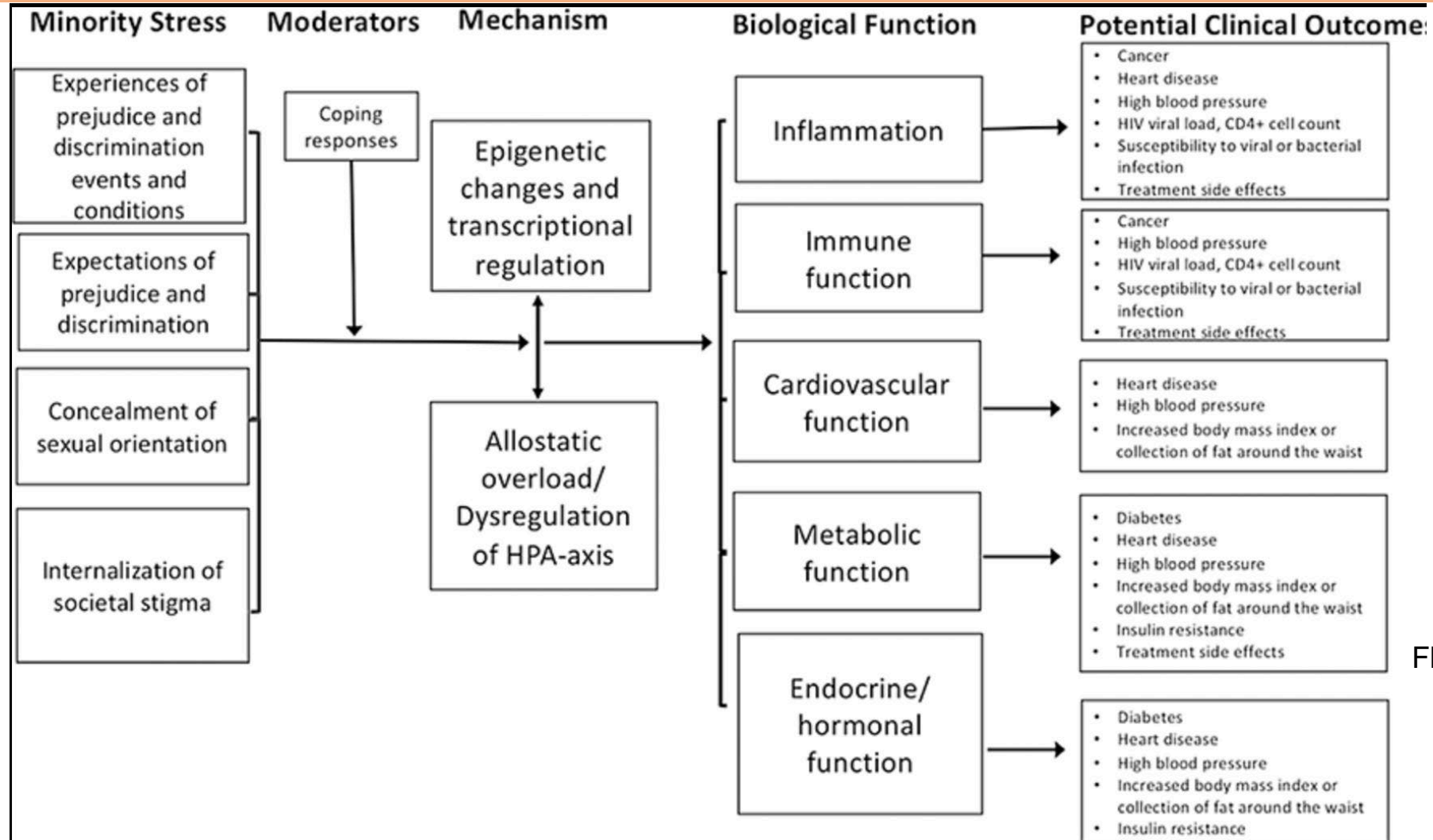
Depression

Agitation

Substance Use Disorders

Somatization

Minority Stress Framework



Flentje et al, 2020



Poverty

Cisgender-Heterosexual: 15.7%

LGBTQ+ Poverty Rate: 21.6%

Transgender rate: 29.4%

AA: 3x

Latinx 3.5X



DIVERSITY, EQUITY & INCLUSION

375 Transgender People Murdered In 2021- 'Deadliest Year' Since Records Began

year on record for transgender people

By –
Orion
Rummler,
The 19th

By –
Kate Sosi
The 19th

Leave your
feedback



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Physical Violence

Transgender people are 4X MORE LIKELY to experience

Rape

Sexual Assault

Aggravated or Simple Assault



Health Disparities

Higher rates depression, anxiety, suicide
>50% of transgender adolescents have attempted suicide (AAP)

Increased rates of substance use disorders

Lack of insurance *

Higher rates HPV and HIV in transgender women

Decreased access to competent care

Stigma and bias

Discrimination

Slurs

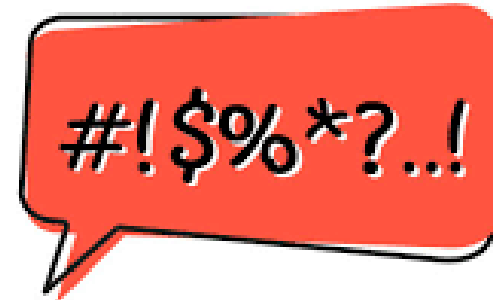
Microaggressions

Sexual Harassment

Physical Violence

Harassment Regarding Bathroom Use

.





Now Imagine....

Misgendered
Deadnamed
Misgendered
Harassment
Trans-incompetent
Physician
Misgendered
Deadnamed
Misgendered



Trauma Informed History

Ask relevant history only

Sit at eye level

Introduction

What name do you go by? What are your pronouns?

Use Gender Neutral Terms/Gender Inclusive Language

Organ Inventory

I'd like to take an organ inventory to know what body parts we need to consider when evaluating your current symptoms?**



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Gender Neutral Body Terms

Try	Instead of
Upper body	Breast / Chest
Erogenous or erectile tissue / External genitals / Genitals	Penis
Erogenous or erectile tissue	Clitoris
External genital area	Vulva
Opening of the genitals	Introitus / Opening of the Vagina
Internal genitals / Genitals	Vagina
External gonads	Testes / Testicles
Internal gonads	Ovaries
Internal reproductive organs	Female reproductive organs

Source Trans Care BC Provincial Health Services

Gender Inclusive Language

Try	Example	Instead of
Person with _____ People with _____ Anyone with _____	If a person with <u>a prostate</u> has urinary symptoms, they should speak with their doctor.	man with... males with... male-bodied people...
Person who has _____ People who have _____ Anyone who has _____	We recommend that anyone who has <u>a cervix</u> consider having a pap test according to the recommended guidelines.	woman who has... females who have... female-bodied people...
_____ may occur _____ can begin You may experience _____	<u>Pregnancy</u> may occur without contraception. <u>Hair loss</u> can begin at any age after puberty. You may experience <u>cramps</u> as a side effect.	women may become... male pattern balding... women may experience...

Source Trans Care BC Provincial Health Services



TIC - SAMHSA's 6 Guiding Principles

Remove the power differential between patient and provider

Safety

Trustworthiness and Transparency

Peer Support

Collaboration and Mutuality

Empowerment, Voice, and Choice*

Cultural, Historical and Gender Issues



Trauma Informed Physical Exam

Any touching can be traumatic: Ask before touching and be aware of cues

Stay within patient's line of sight

Develop a shared agenda

Allow breaks if needed



Trauma Informed Physical Exam

Offer chaperone

Consider other modifications to allow autonomy

Provide referrals or information for services including trauma specific therapy

Ensure that control is with the patient at all times

Review

Cultural humility not competency

Take time to review and practice using basic terminology

Basic familiarity with introducing yourself, asking name, pronouns, and using gender neutral terms

Recognize inequities faced by the transgender population

Implement trauma informed approach to all patients to prevent retraumatization

Sources

