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

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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
Transgender woman
Cis-hetero
Gender non-conforming
Queer
Genderqueer
Lesbian
Gay
Pronouns

Cisgender
LGBTQ
Birth
Sex
Transgender person
Transgender men
SOGI
Gender identity
Deadnamed
Trauma
Cisgender person
Gender neutral
Inequity
Diversity
Bisexual
Health disparity
Violent crime
Gender inclusive
Pronoun
Misgendered
Bias
Transgender women
Transition
Gender affirming
Cultural Competency

- Critical self-reflection
- Life-long learning
- Address power imbalances
- Accountability

- Tervalon and Garcia

Humility

- Knowing all there is to know
- Discrete end point

Competency
Objectives

Terminology

Inequities and Intersectional Identity

What is Trauma Informed Care

Approach to Trauma Informed H&P
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

Identity:
- Attraction
- Expression
- Sex
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

SHE/HER  HE/HIM  THEY/THEM
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
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
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?**
## Gender Neutral Body Terms

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

Source: Trans Care BC Provincial Health Services
## Gender Inclusive Language

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

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
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