

TRANSGENDER HEALTHCARE

LGBTQ Healthcare Inequalities

- Discrimination at many levels: Housing, healthcare access, employment etc.
- Lack of providers educated in LGBTQ care
- Uninsured or underinsured with lack of coverage for gender specific needs
- 90% are at or below the poverty level
- Higher **rated** for depression and anxiety
- 41% of transgender individuals have attempted suicide
- >50% have considered self-harm

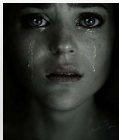
Epidemiology/Statistical Data

Different Studies:

- 0.3% - 0.5% of adults, or close to 1 million people, identify as transgender
- 7 to 9 per 100,000 people based on receiving physical treatment
- 871 per 100,000 based on self-report
- Indiana: LGBTQ 13 years of age and older 25,378
- White 61%
- Hispanic 15%
- Black/African American 11%
- Other race 10%
- ***Ultimately we don't really know**

Special Considerations

- Suicide attempt rate for transgender and gender non-conforming people is 41%.
- Treatment has been shown to result in significant improvement in quality of life, gender dysphoria, sexual function, anxiety, depression, and other psychological symptoms

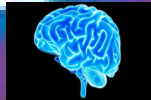


Pathophysiology/Etiology

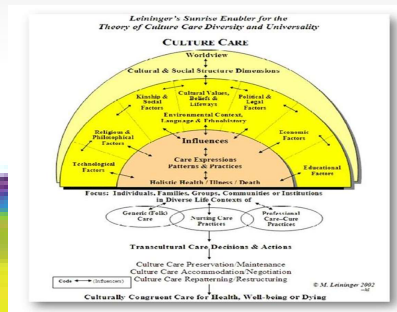
Historical thought: Social construct formed between 1 and 4 years old

More recent evidence points toward biology

- Genital and brain development in the womb
- Infant transitions due to missing anatomy
- Complete androgen insensitivity syndrome (CAIS)
- 5α-reductase-2 or 17β-hydroxy-steroid dehydrogenase-3 deficiency
- Congenital adrenal hyperplasia
- Maternal Medication and chemical exposure
- Number of siblings
- Klinefelter's syndrome



APPROACH: Theoretical Framework



Theory Application at Point of Care

- Leininger Model: A person definition of health, illness, and self-care behaviors express in particular worldviews that are the result of each individual's personal life experiences.
- Caring is the essence of nursing.
- Theory addresses universal and culture specific care patterns. This provides a framework for APN to examine the dynamic interplay of the many factors affecting the delivery of health related care.
- Encourages Cultural congruent care by means of nursing assessment, decision making, and interventions that preserve, accommodate, negotiate or re-structure life-ways in order to achieve best outcomes and healthier life-ways.

Professional Implications

- AANP: Standards of Practice for Nurse Practitioners: Development of a treatment plan: The nurse practitioner, together with the patient and family, establishes an evidence-based, mutually acceptable, cost-awareness plan of care that maximizes health potential.
- ANA Standard of Practice #8: Culturally Congruent Practice, describes nursing care that is in agreement with the preferred values, beliefs, worldview, and practices of the healthcare consumer



WPATH

- World Professional Association for Transgender Health

Diagnosis

- F64.9- Gender Identity disorder (Gender Dysphoria)

Diagnostics

- Current Recommendation: Psychological evaluation.
- Karyotyping may be offered to patients who would like it but this is controversial.

Pharmacological Therapies

Dual Therapy

estrogen plus androgen suppressor

Antandrogen therapies

- spironolactone, CPA.
- GnRH agonist therapy
- **Estrogen**
- **Finasteride**



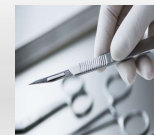
Non-pharmacological Options

- Electrolysis or laser hair removal
- Voice classes: Specialized phoniatric center
- Support groups
- Therapy



Surgical Options

- Bilateral orchiectomy
- Gonadectomy
- Penectomy
- Vaginoplasty
- Breast augmentation
- Adam's apple reduction
- Rhinoplasty
- Facial reconstruction



Informed Consent for HRT

- Results and speed vary by person
- Permanent changes vs non-permanent
- Changes in genitalia
- Redistribution of fat
- Skin changes
- Hair changes
- Changes in muscle mass
- Realistic expectations
- Risks for infertility and mood swings

Education/Teaching

- Diagnosis
- Expectations
- Medical and mental health treatment options
- Risks and benefits (fertility- freezing eggs, spermbank)
- Ask about self-medication past and present

Laboratory Studies

- Testosterone: Goal: <55 ng/dL
- Serum estradiol : Goal: <200-300
- CMP for Potassium, electrolytes, kidney function, and liver function
- Annual lipid screening
- Some advocates for serum prolactin

NPs as Advocates and Policy Writers

- What can we do:
- Aim to provide culturally competent services to all populations
- Obtain adequate training an competency to meet the needs of our clients
- Participate in policy advocacy by writing to State senators, State representatives, and Congressional legislators
- Lead or participate in workplace, local, State, or National initiatives that integrate services for LGBTQ consumers