

TRANS AND CIS:

A conversation on caring for the LGBT+ Community

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How I became my true self

- Pronoun: She / Her / Hers
- Name: Kim
- Bisexual Trans Woman
- Parent and Grandma



How I became my true self

- Veteran
- Nurse
- Advocate
- Educator



How I became an ally

- Pronouns: She/her
- Name: Molly
- Cis, straight
- Elementary school
- Middle school



How I became an ally

- High school
 - <https://www.youtube.com/watch?v=TOsgy7CYnMI>
- Residency
- Faculty



“I told my parents I was gay. They kicked me out and said don’t come back until you aren’t gay. I never went back.”



What's your LGBT+ connection?

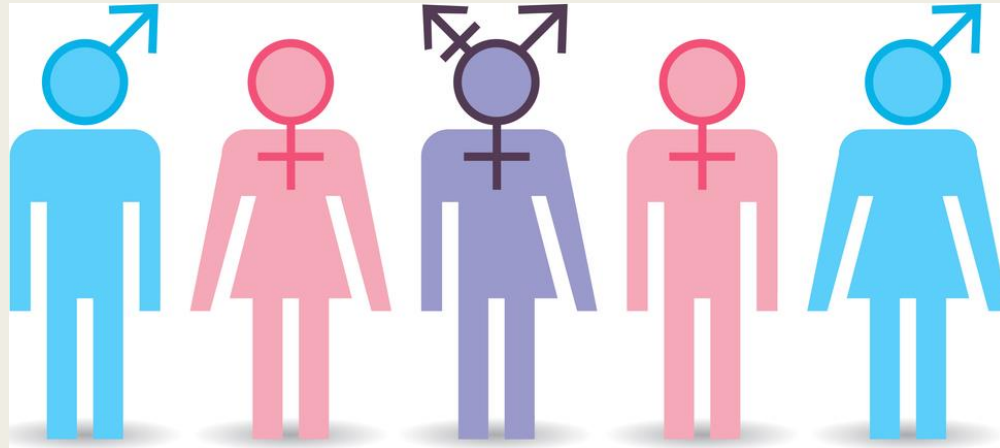
- Member
- Patients
- Family members
- Colleagues
- Friends
- Neighbors



Why does the connection matter?

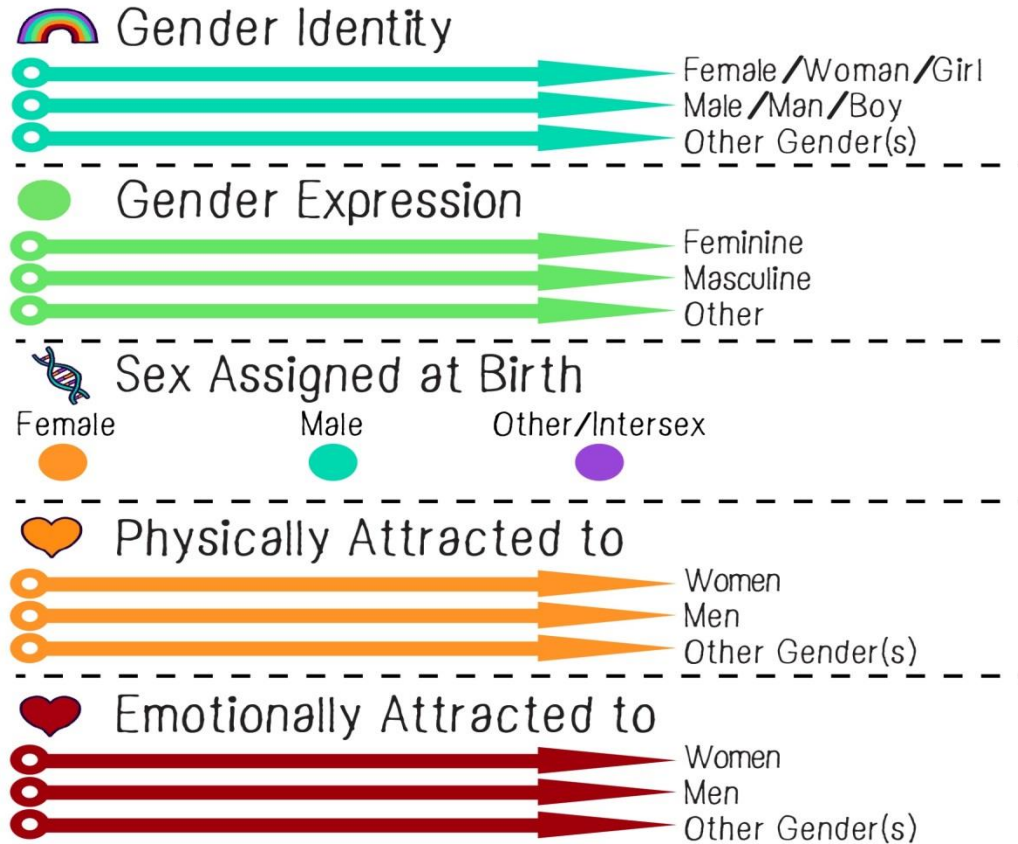
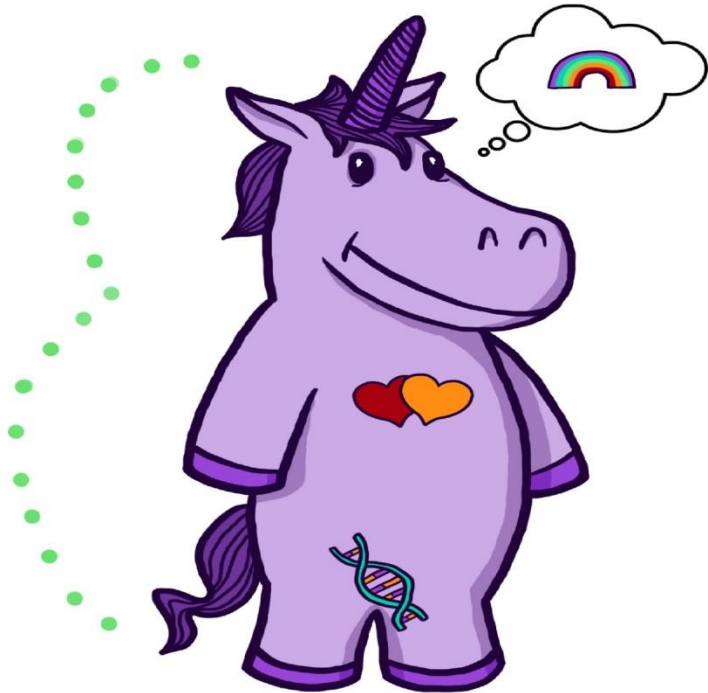


Sexual orientation vs gender identity



The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources

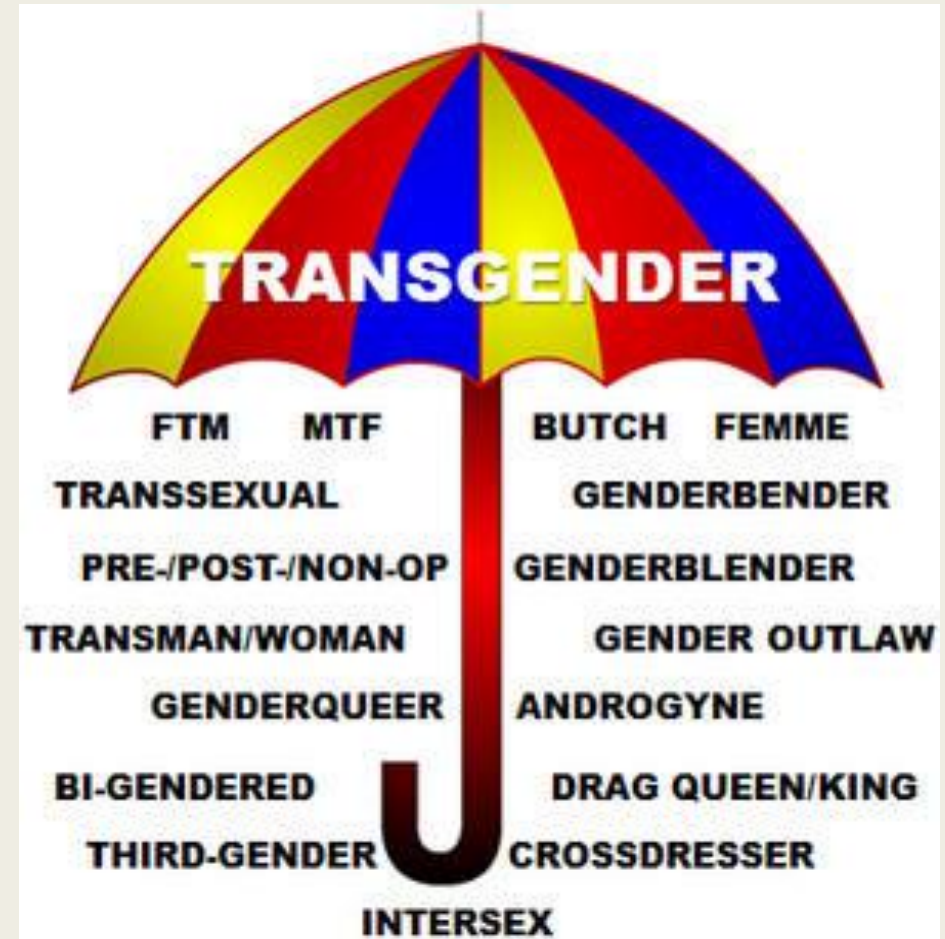


To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Tuned into the terms

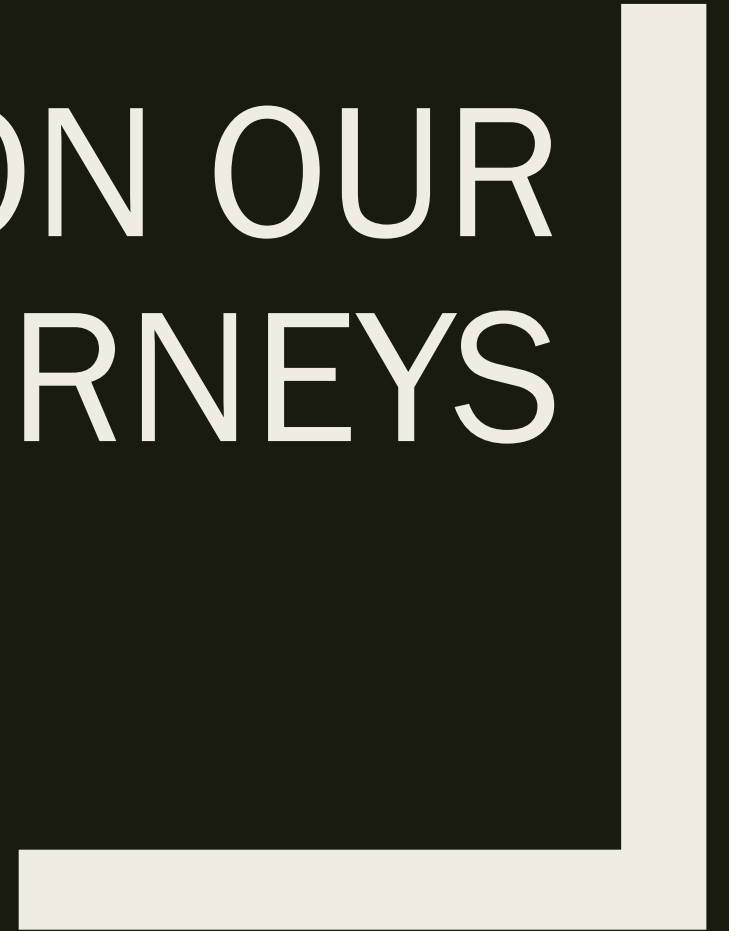
- Cis
- Trans
 - *FTM*
 - *MTF*
- Gender fluid
- Gender queer
- Gender non conforming
- Non binary



Tuned into the terms

- Asexual
- Aromantic
- Bicurious
- Pansexual
- Polyamorous
- Skoliosexual
- LGBT+
- GSM
- TGNC

REFLECTIONS ON OUR JOURNEYS

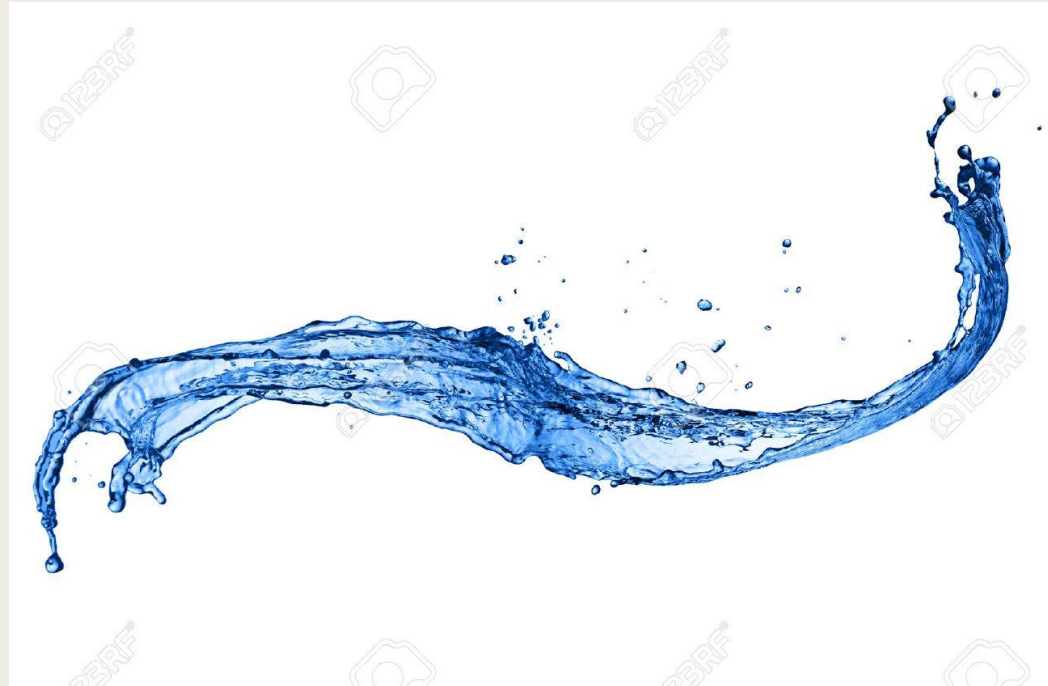


Why am I female?

How does it/would it feel to be misgendered?

How does it/would it feel to be called by the wrong name?

Fluidity



Gender journey

- Coming out
- Social transition
- Physical transition
 - *Hormones*
 - *Standards of Care: WPATH, CPGs from the Endocrine Society*
 - *Gender confirmation Surgery*
- Real Life experience: living full time as your true gender



My first interaction with a doctor after
my transition

My first non binary patient

“I don’t have any LGBT+ patients on my panel.”



By the numbers



- Reliable data is difficult to obtain
- Kinsley institute
 - *10% of male population and 5-6% of the female population are exclusively gay and lesbian*
- Transgender
 - *Psych literature estimates 1%*
 - *~25,000 US citizens have undergone sex reassignment surgery*
 - *~60,000 consider themselves candidates for the surgery*
- Little national level health data exists
 - *2010 Census, first to count same sex couples identifying themselves as spouses*

INTERACTIONS



Why have LGBT+ patients historically underutilized, avoided, and delayed medical care?

Is it important to be “out” in the medical setting?

Avoiding stereotypes



How do you ask personal questions without probing?

- These questions are **ROUTINE**
- Explain **WHY**
- *Reassurance of CONFIDENTIALITY*
- Respect a desire to withhold answers to sensitive questions
 - *Offer to discuss another time*
- Honest answers may come with normalizing behavior

Look for small cues

- Tattoos
- Bracelets
- Jewelry
- Stickers
- Pins
- Badges

How do you ask about gender dysphoria?

Peds in Review, March 2016, Lopez, Ximena, et al.

Examples of Gender Nonconforming Behavior And Preferences

Gender identity different from the sex assigned at birth

Persistence of gender identity different from the sex assigned at birth

Gender nonconforming behavior

Evaluation of source of distress

Examples of Suggested Questions and Phrasing

Some young people feel that they were born in the wrong body; have you ever felt like that?

For how long have you felt that you were a girl/boy?

What kind of toys would you like to play with?

Do you prefer to wear girls' or boys' underwear?

What do you (and what would you like to) wear when you swim?

Who are your favorite fantasy characters?

What do you (and what would you like to) dress up as at Halloween?

Which character from the TV shows or movies do you admire?

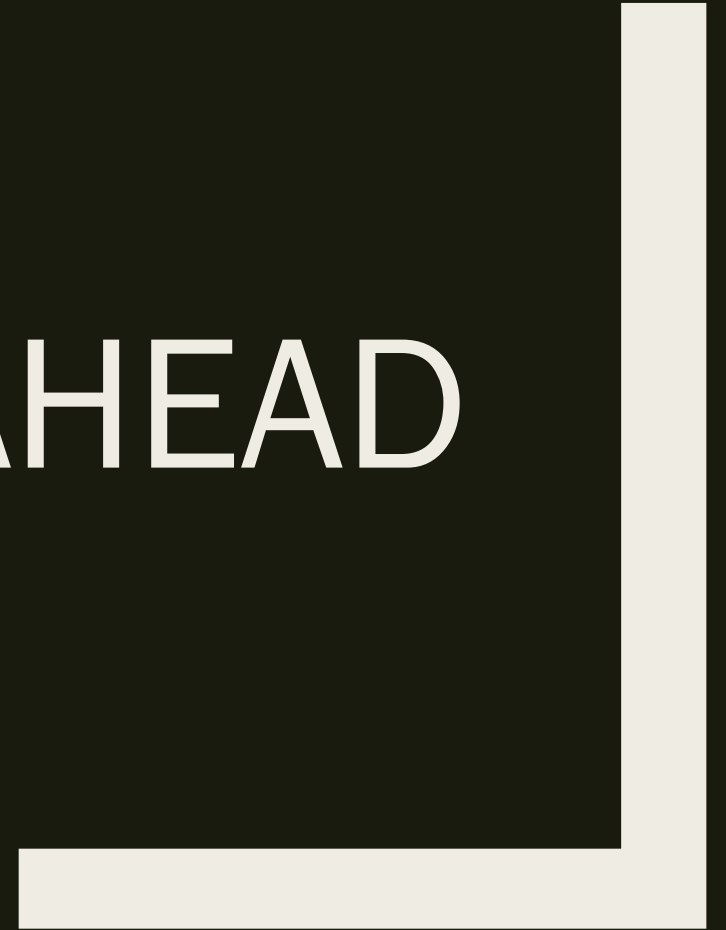
What kinds of thoughts make you feel sad?

What do you think about your body?

How do you examine a trans patient?

- Avoided use of terms like “breasts” or “vagina”
- Unsure if patient is wearing a bra so did not mention this with directions
- Give non binary patients time to develop trust before these exams
- May be very anxiety producing
- Many dissociate from the anatomical birth parts

LOOKING AHEAD



How can we make the medical environment more welcoming and inclusive?

How can we support LGBT+ students, residents, staff, faculty?

Ally is a verb

Can we add this to the curriculum?

LGBTQ+ RESOURCES



Resource medley

- Sex education
- Family support
- Legal support
- Job searches
- College searches

Urgent Help

- Trevor Lifeline
 - *1-866-4-U-Trevor*
 - *Call is free and won't appear on a phone bill*
- Trans Lifeline
 - *1-877-565-8860*
- Crisis Text line
 - *741741*

National support groups

- PFLAG
 - *Broadened it's mission to include Bisexual and Trans*
- GLSEN
 - *Focused on improving the school environment for LGBT+ students*
- Lambda Legal
 - *Full recognition of civil rights for LGBT+ people*
- Human Right Campaign
- GLAAD
 - *More positive/accurate messages/depictions of LGBT+ people in the media*



Local resources

- Des Moines Pride Center
 - <http://www.dsmpridecenter.com/>
- PFLAG in Des Moines
 - <http://www.pflagcr.com/>
- One Iowa
 - <http://www.oneiowa.org/Organization>
- Transformations
 - <https://www.facebook.com/transformationsiowa/>
- Project HIM
 - <http://www.projecthim.org/>

Inclusive parenting



LGBT+ multidisciplinary clinic

- Endocrinology
- Psychology
- Social Work
- Nursing
- Primary care
- Plastic surgery

The logo for TRU ALLIANCE features the word "TRU" in blue, followed by "ALLIANCE" in a rainbow color palette: red, orange, yellow, green, blue, purple, brown, and black.

TRU ALLIANCE

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Straight for Equality, 10 things you can do to be an ALLY in healthcare

- 1. Get the facts
- 2. Learn the laws
- 3. Use the right words
- 4. Ask the right questions
- 5. Include the partner/spouse
- 6. Post the policy
- 7. Watch out for “junk” science
- 8. Train your co-workers
- 9. Come out as an ally
- 10. Pass it on

