

Family Physicians Providing Gender-Affirming Care to Transgender Individuals:

Training Opportunities Identified in a Survey of Peers

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Background

- There is a lack of evidence on the most effective ways to train providers in gender-affirming healthcare in order to prepare them for clinical work.

Objective

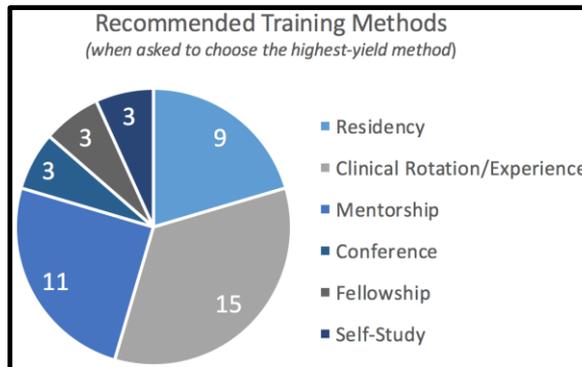
- The aim of this study was to explore the motivations of and training opportunities experienced by healthcare professionals with expertise in caring for transgender/ gender non-conforming (abbreviated as TGNC) individuals, and to identify which training methods were most beneficial.

Methods

- A voluntary cross-sectional electronic survey was distributed to a multidisciplinary group of clinicians who self-identified as being experienced in providing gender-affirming care.
- Responses were entered directly into an online database for analysis. Identifying information was not gathered, ensuring anonymity of responses.

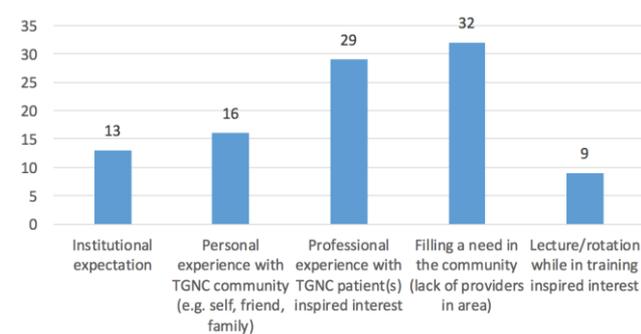
Results

- Of 473 respondents, 42 (9%) were family physicians. 40 providers (95%) reported prescribing hormones for TGNC patients.
- Most were self-taught in gender-affirming care (60%). A minority reported training during residency (24%), many of whom indicated that the training was minimal.
- 22 respondents (52%) reported having learned to provide gender-affirming care through mentorship, and 16 of those (73%) thought mentorship had been the most helpful of the learning opportunities that had been available to them.



Results

Motivations for Providing Gender-Affirming Care



Conclusions

- Our results suggest that exposure to principles of gender-affirming care during family medicine residency and clinical opportunities to provide this care with experienced supervision would equip physicians with the motivation and necessary skills to enter the TGNC care workforce after graduation.
- Further research would help clarify the optimal timing for this training.