

Learning Objectives

After completion of the online curriculum, family medicine residents will achieve the following (unless otherwise noted, listed objectives will be measured by change in scores on pre- and post-test):

Foundational Concepts – Sara Wiener, LMSW

1. Gain awareness of major evidence-based guidelines used to care for transgender and nonbinary (TGNB) individuals.
2. Define essential terminology used to classify identities across the gender spectrum.
3. Appreciate the importance of using a person's pronouns.
4. List a variety of ways to create a safe and supportive health care environment for individuals of all gender identities.
5. Understand that differences in gender identity and expression are not pathological.
6. Recognize treatment practices that are unethical and/or problematic, such as treatment that attempts to change a person's gender identity to align with sex at birth.

Health Disparities and Lived Experiences – Sara Wiener, LMSW

7. Describe the ways that stigma affects the TGNB population and the documented positive impact of social support on the well-being of TGNB people.
8. Describe health disparities, including mental health disparities, among the TGNB population.
9. Identify the critical role of advocacy and current policy issues that affect TGNB individuals.
10. Demonstrate knowledge of appropriate documentation needed for name or sex change on official documents.

Behavioral Health – Sara Wiener, LMSW

11. Understand how and when to utilize mental health clinicians when caring for TGNB individuals.

Child and Adolescent Gender Care – Dan Shumer, MD

12. Demonstrate understanding of the fundamental tenets of gender-affirming hormone therapy for children and adolescents. Learners will be expected to demonstrate knowledge of the following components:
 - a. Standards of care for initiating therapy
 - b. Fundamental components of a gender history
 - c. Main forms of GnRH agonists ("puberty blockers"), possible side effects, and monitoring
 - d. Main forms of both masculinizing and feminizing hormone therapy, including how and when to initiate therapy, possible risks or side effects of therapy, indications for consultation of a sub-specialist including relative contraindications of hormone therapy, permanent and reversible changes associated with therapy, monitoring lab work after initiation, and when to expect physical change

Adult Gender-affirming Hormone Therapy – Julie Blaszczak, MD, MEHP

13. Demonstrate understanding of the fundamental tenets of gender-affirming hormone therapy for TGNB adults. Learners will be expected to demonstrate knowledge of the following components:
 - a. Standards of care for initiating hormone therapy, including the shared decision making model
 - b. Fundamental components of a gender history
 - c. Main forms of feminizing hormone therapy, including initiation and titration of estradiol and anti-androgens, monitoring lab work after initiation, possible risks or side effects of therapy, indications for consultation of a sub-specialist including relative contraindications of hormone therapy, permanent and reversible changes associated with therapy, and when to expect physical change
 - d. Main forms of masculinizing hormone therapy, including initiation and titration of testosterone, monitoring lab work after initiation, possible risks or side effects of therapy, indications for consultation of a sub-specialist including relative contraindications of hormone therapy, permanent and reversible changes associated with therapy, and when to expect physical change
 - e. Methods of inducing amenorrhea in transmasculine individuals as well as basic evaluation of persistent menses

Gender-affirming Surgery and Other Interventions – Julie Blaszczak, MD, MEHP

14. Briefly describe the various forms of gender-affirming surgeries available to TGNB individuals, including possible post-op complications.
15. Recognize other gender-affirming interventions including, but not limited to, hair removal and speech therapy.

Health Maintenance, Cancer Screening, and Reproductive Considerations – Anita Hernandez, MD

16. Demonstrate knowledge of the appropriate health maintenance and cancer screening required for TGNB individuals.
17. Understand reproductive considerations prior to and after starting gender-affirming hormone therapy, including contraceptive counseling.