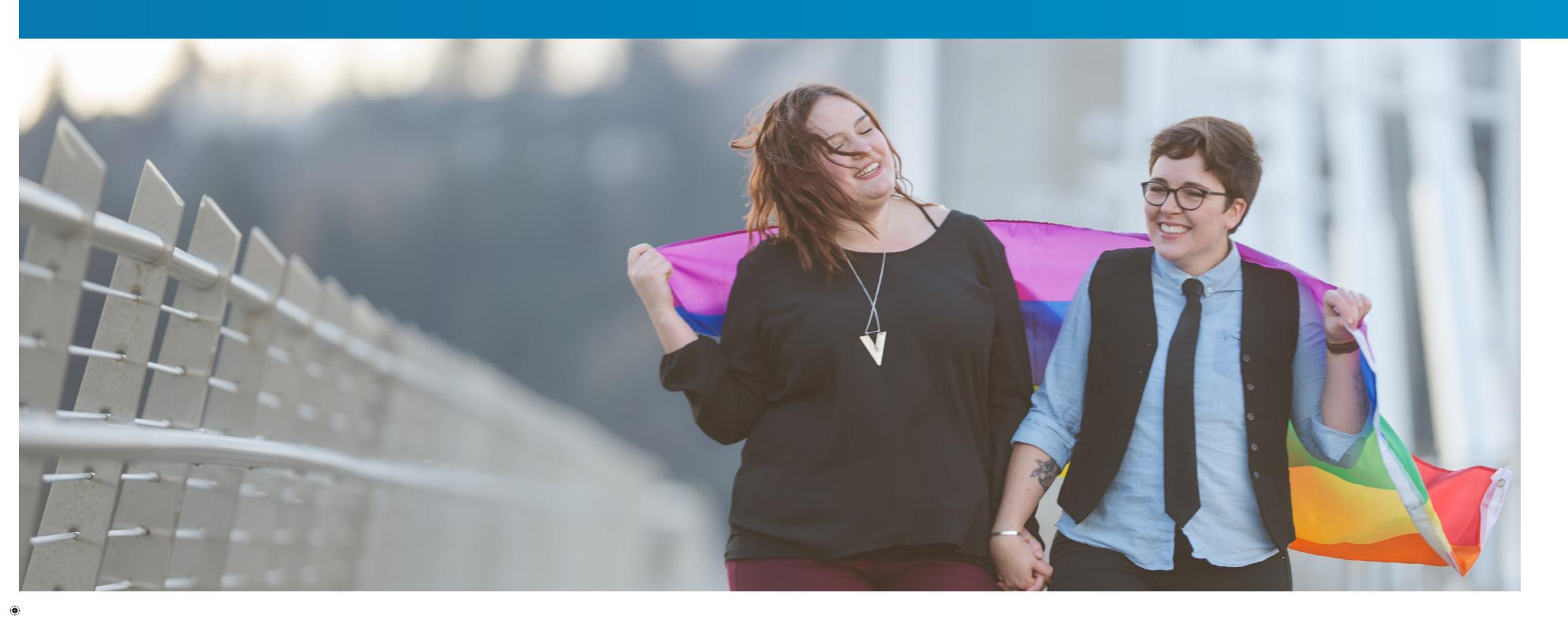


Improving Transgender Health Equity in Patient-Centered Medical Homes

Ruth Christiansen, P.A.-C., Ann Tseng, M.D.



The Problem

Transgender patients

- Significant social disadvantages
- Significant healthcare disparities
- Poorer health

Transgender patients social determinants of health

- Physical, emotional, sexual abuse
- 51 percent harassment at school -> 15 percent drop out
- 90 percent discrimination at work ->
 2x rate of uneployment
- Poverty
- 20 percent homeless

Transgender healthcare disparities - Increased risk of:

- Obesity
- Tobacco, alcohol, drug use
- 41 percent attempt suicide

The Goals

- Make a comfortable, supportive environment for my transgender patients
- Increase the number of transgender patients in my practice and in my clinic, Family Medicine at Gabriel Park
- Decrease health inequity

What We Learned

Learning how to help

- TransHealth Provider Event CME Conference
- Introduction to Transgender
 Experience and Care All clinic staff
 meeting, presented by Program
 Supervisor OHSU Transgender Health
 Program
- Health, Justice and Society Course
 Explored health care disparities particularly in transgender community

Understanding transgender origins: Gender is different from assigned

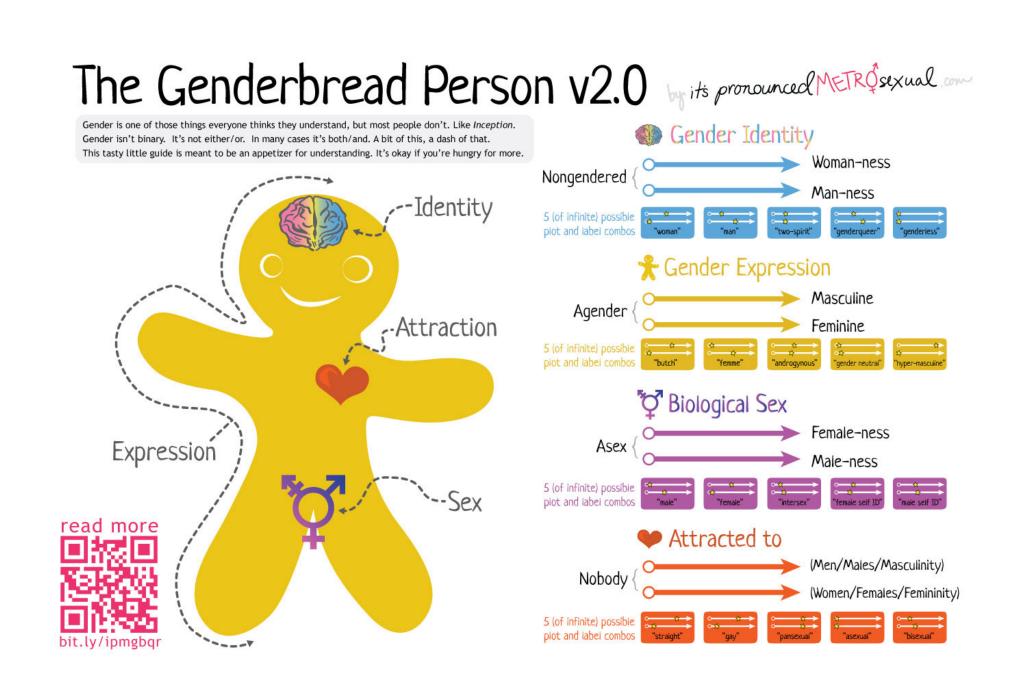
- Androgen exposure in utero
- Sex chromosome abnormalities
- Birth order
- Innate trait

Understanding transgender language

- Cisgender vs Transgender
- FTM (Female to Male) and MTF (Male to Female)
- Genderqueer
- Androgynous or gender neutral
- Transsexual
- Pronouns she / her; he / him; they / them; ze / zer

Understanding transgender related definitions

- Gender identity feeling
- Gender expression showing
- Biological sex chromosomes and anatomy
- Sexual orientation attraction



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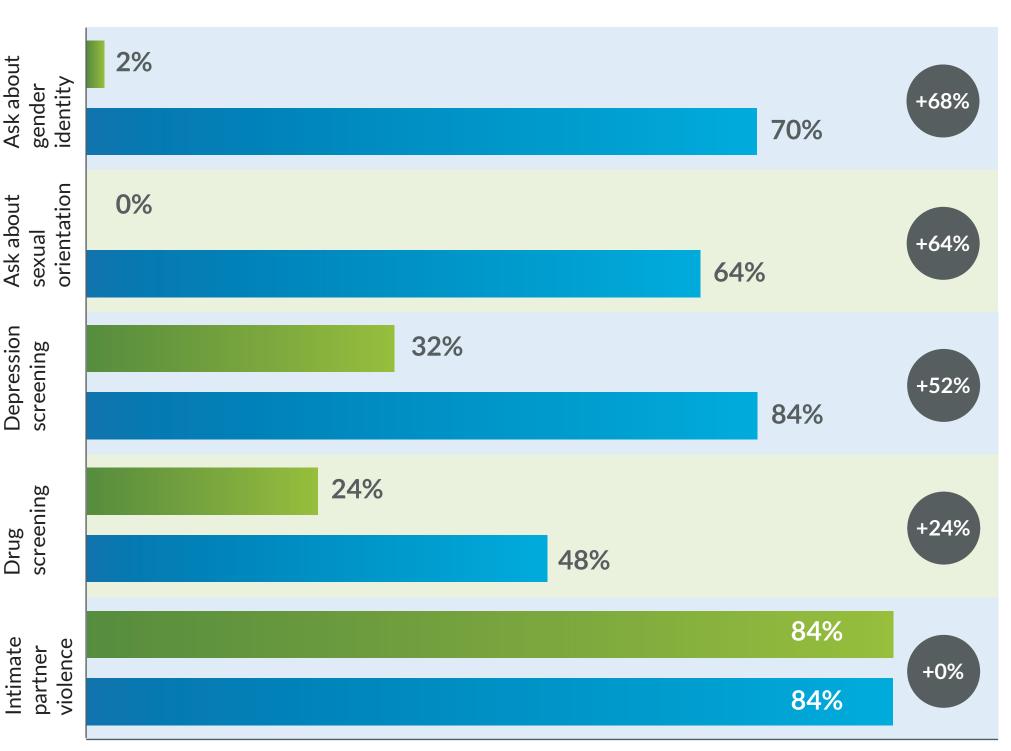
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Outcomes

Chart review of 50 new patient visits before and after transgender training



Transgender patient count

(as indicated by gender dysphoria present on problem list)



Actions

- Increase number of transgender patients by becoming connected with OHSU Transgender Team
- Ask every patient about gender identity and sexual orientation
- Increase depression, drug use, and intimate partner violence screening

Future Plans

- Improve new patient intake form to be more transgender-friendly and non-
- Share education learned at trans health provider conference with others -> resident lecture coming up in January
- Improve intimate partner violence screening



Summary

- Learn more about transgender experience - team up with community partners
- Ask about gender identity, pronoun use and sexual orientation to all patients
- Use non-binary terms on intake forms and provide gender-neutral bathrooms
- Screen everyone for depression, drug use, and intimate partner violence

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Bipolar (all types) Substance Abuse PTSD and Adjustment Disorders Anxiety and Panic Disorders Type 2 DM

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Diagnoses on problem lists

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