



Improving Transgender Health Equity in Patient-Centered Medical Homes

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

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

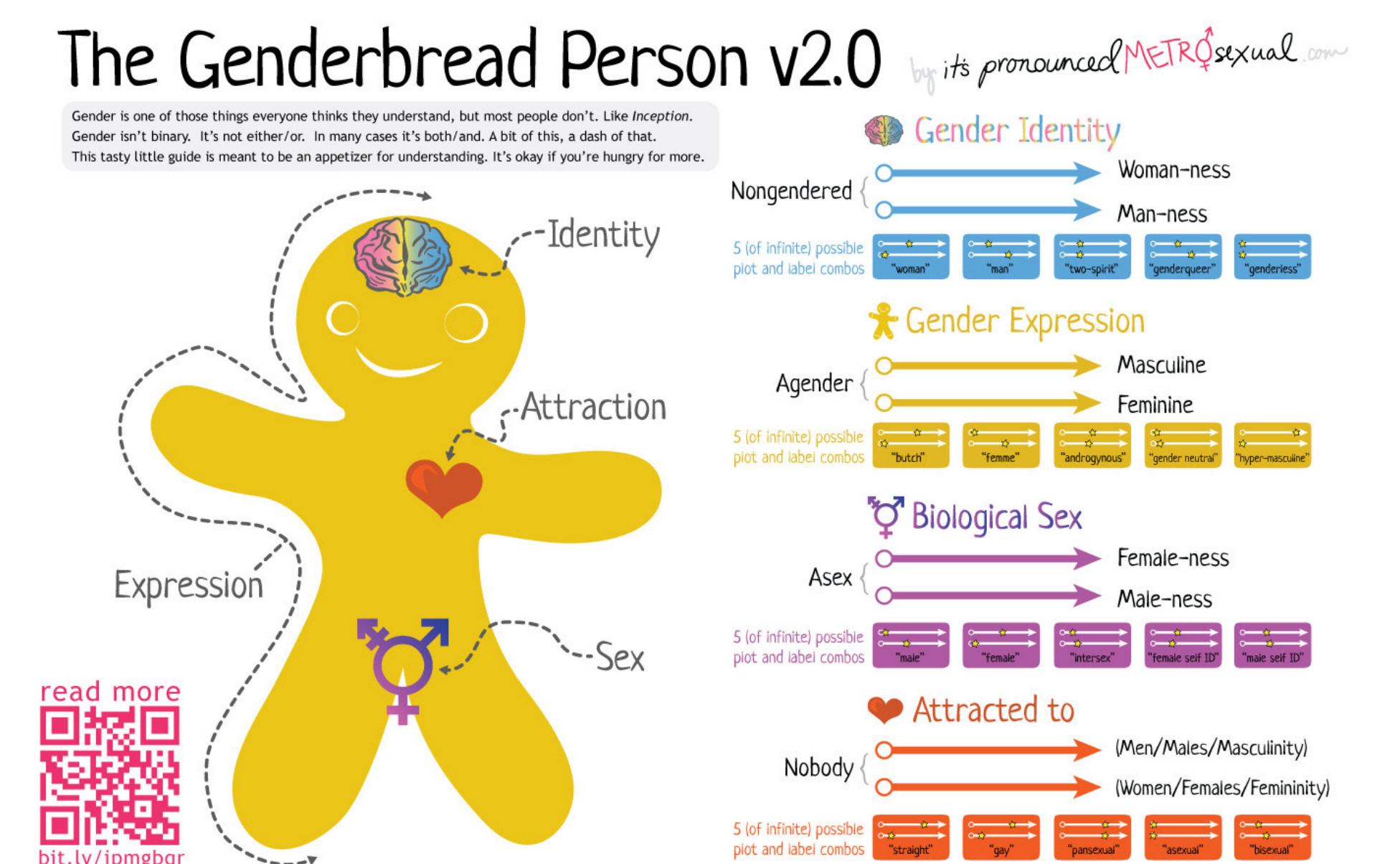
- Androgen exposure in utero
- Sex chromosome abnormalities
- Birth order
- Innate trait

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



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 unemployment
- 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

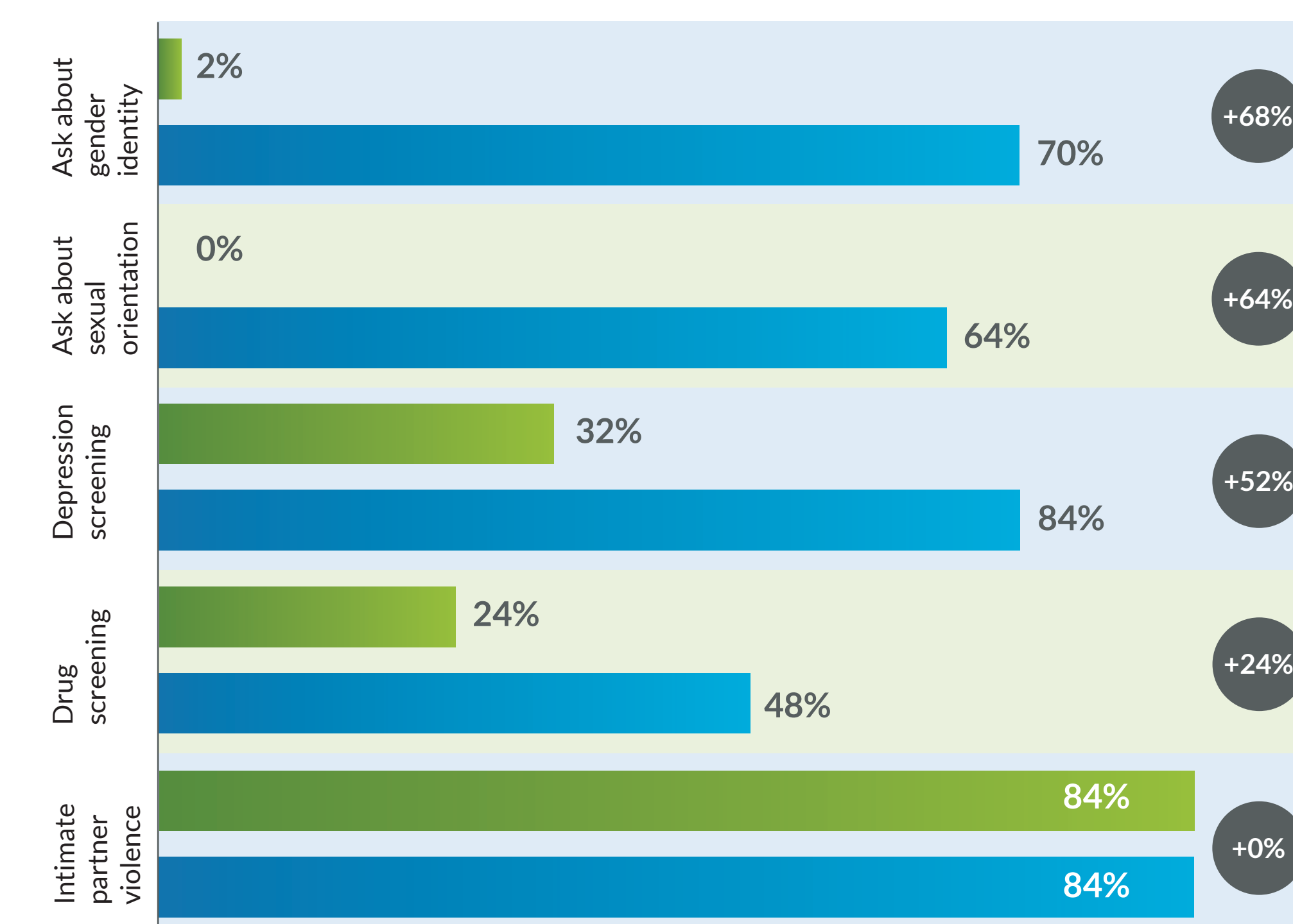


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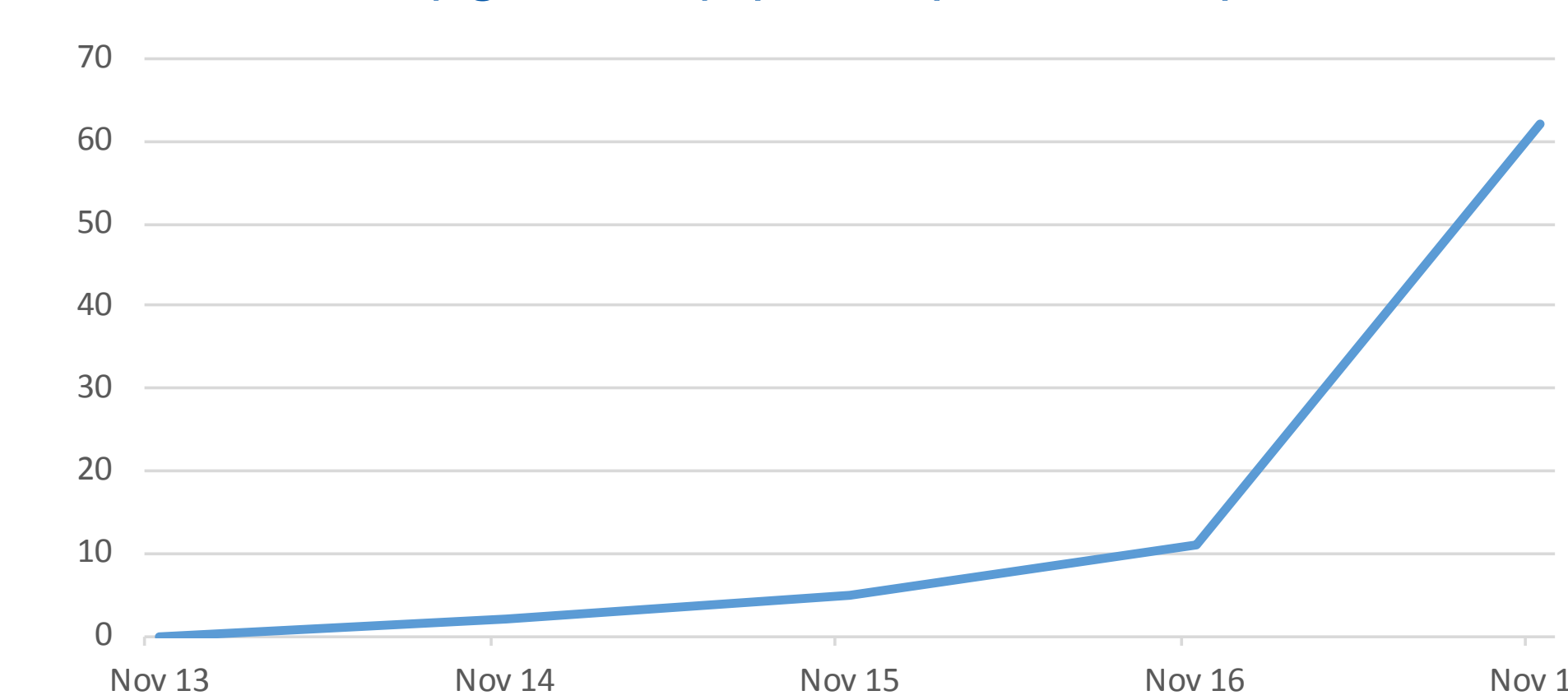
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Outcomes

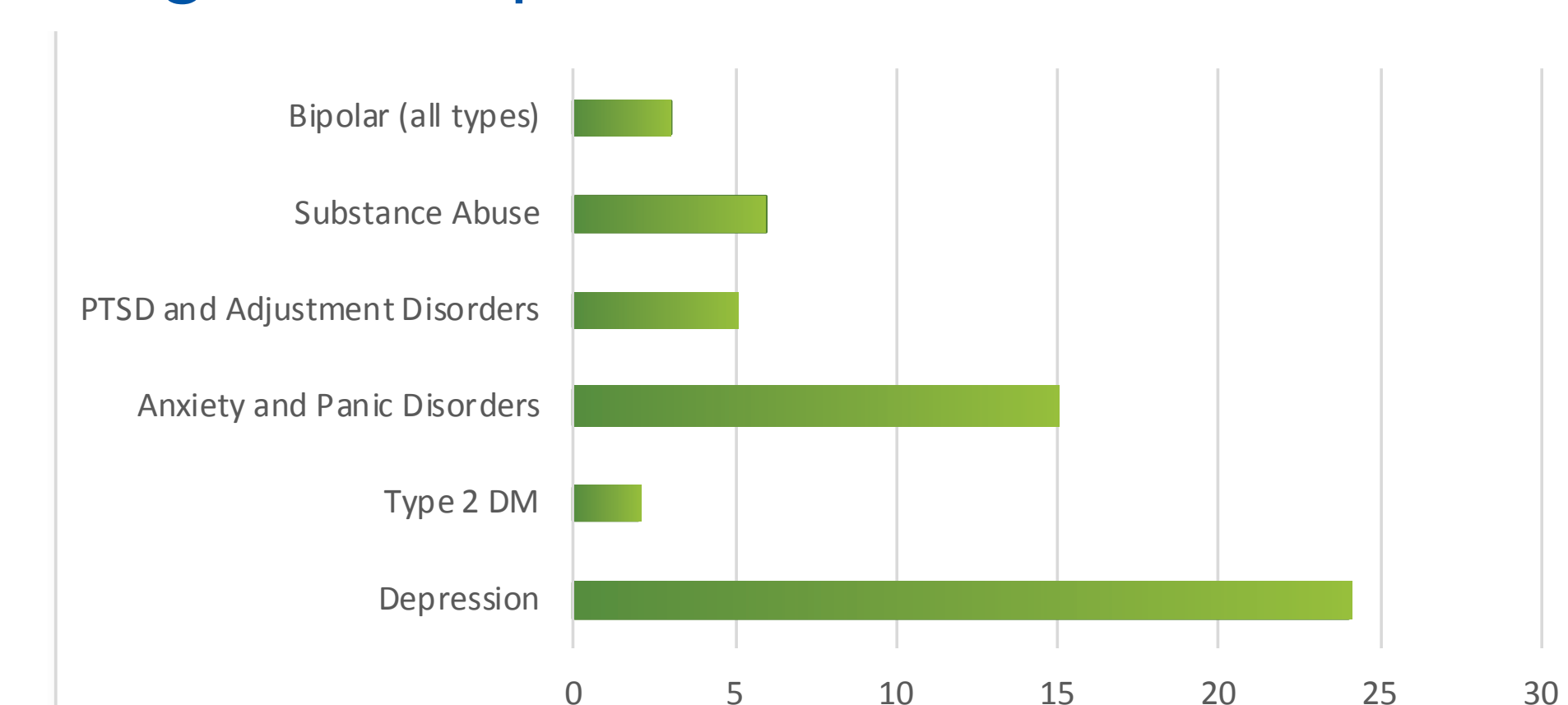
Chart review of 50 new patient visits before and after transgender training



Transgender patient count
(as indicated by gender dysphoria present on problem list)



Diagnoses on problem lists



Future Plans

- Improve new patient intake form to be more transgender-friendly and non-binary
- 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

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