Improving Transgender Health Equity in Patient-Centered Medical Homes

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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

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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Outcomes

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

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

Diagnoses on problem lists

References

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