



MWH: Transgender Care for Pharmacists

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Code	MWH
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Learning Outcomes

- Understand and define relevant transgender terms
- Understand and describe the key health challenges in the transgender population
- Understand key obstacles to care for this population
- Understand how to interact appropriately with transgender patients and apply good practice in your role
- Understand the role of the pharmacist in the care of transgender patients



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TRANSGENDER DAY OF REMEMBRANCE

NOV
20TH

Today, we remember and honor transgender people around the world whose lives have been lost to anti-transgender violence.



Transgender Pride Flag



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Myths about Transgender Patients for All Healthcare Professionals

- **Statement #1:** Transgender people are mentally ill.
- **Statement #2:** Sexual orientation is linked to gender identity.
- **Statement #3:** All trans people want to transition
- **Statement #4:** Transgender people face few barriers aside from the public bathroom laws



Figures from St Vincents/St Columcille (2015)

- 246 patients, Nationwide
- 188 Male to Female
- 58 FTM
- 109 based in Leinster, 63 Munster
- Mean age 35.5 (MTF 38.9, FTM 30.7)
- 55 have been/are married, 43 have children
- 70 have taken hormonal treatment prior to attending service



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Learning Outcome:

- Understand and define relevant transgender terms

Understanding Terms

- **Biological sex** – *noun* : a medical term used to refer to the *chromosomal, hormonal and anatomical* characteristics that are used to classify an individual as female or male or intersex.
- Often referred to as simply “sex,” “physical sex,” “anatomical sex,” or specifically as “sex assigned at birth.”
- Often seen as a binary but as there are many combinations of chromosomes, hormones, and primary/secondary sex characteristics, it’s more accurate to view this as a spectrum (which is more inclusive of intersex people as well as trans*-identified people). Is commonly conflated with gender.

Cisgender /“siss-jendur”/

- – **adj. : a person whose sex assigned at birth and gender identity align** (e.g., someone who was assigned male at birth and identifies as a man). A simple way to think about it is if a person is not transgender, they are cisgender. The word cisgender can also be shortened to “cis.”
- “Cis” is a latin prefix that means “on the same side [as]” or “on this side [of].”

Gender expression

- – *noun : the external display of one’s gender, through a combination of dress, demeanor, social behavior, and other factors, generally made sense of on scales of masculinity and femininity.*
- Also referred to as “gender presentation.”



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Gender identity

- ***noun : the internal perception of an one's gender, and how they label themselves***, based on how much they align or don't align with what they understand their options for gender to be.
- Common identity labels include man, woman, genderqueer, trans*, and more.
- Often confused with biological sex, or sex assigned at birth.
- Not sexual identity!

Genderqueer

- – *adj. : 1 a gender identity label often used by people who do not identify with the* binary of man/woman; **2 an umbrella term for many gender non-conforming or non-binary identities** (e.g., agender, bigender, genderfluid).
- May combine aspects man and woman and other identities (bigender, pangender); not having a gender or identifying with a gender (genderless, agender); moving between genders (genderfluid); third gender or other-gendered; includes those who do not place a name to their gender having an overlap of, or blurred lines between, gender identity and sexual and romantic orientation.

Heteronormativity

- – *noun : the assumption, in individuals and/or in institutions, that everyone is heterosexual and that heterosexuality is superior to all other sexualities.*
- Leads to invisibility and stigmatizing of other sexualities: *when learning a woman is married, asking her what her husband's name is.*
- Heteronormativity also leads us to assume that only masculine men and feminine women are straight.

Intersex

- – *adj. : term for a combination of chromosomes, gonads, hormones, internal sex organs, and* genitals that differs from the two expected patterns of male or female.
- Formerly known as hermaphrodite (or hermaphroditic), but **these terms are now outdated and derogatory.**
- Often seen as a problematic condition when babies or young children are identified as intersex, it was for a long term considered an “emergency” and something that doctors moved to “fix” right away in a newborn child.

Trans*/transgender

- – *adj.* : **1 An umbrella term covering a range of identities that transgress socially** defined gender norms. **2 A person who lives as a member of a gender other than that assigned at birth based on anatomical sex.**
- Trans with an asterisk is often used in written forms (not spoken) to indicate that you are referring to the larger group nature of the term, and specifically including non-binary identities, as well as transgender men (transmen) and transgender women (transwomen).



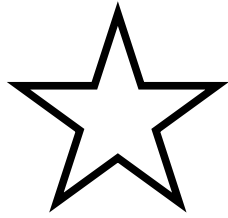
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- Trans people can be straight, gay, bisexual, queer, or any other sexual orientation.
- Because sexuality labels (e.g., gay, straight, bi) are generally based on the relationships between the person's gender and the genders they are attracted to, trans* sexuality can be defined in a couple of ways.
- Some people may choose to self-identify as straight, gay, bi, lesbian, or pansexual (or others, using their gender identity as a basis), or they might describe their sexuality using other-focused terms like gynosexual, androsexual, or skoliosexual (*see full list for definitions for these terms.)

* Resources: <http://thesafezoneproject.com/>

Transsexual

- – a term used to describe a subset of transgender individuals who have transitioned to the opposite sex, often but not always through a combination of hormonal therapy and sexual reassignment therapy



Ally /“al-lie”/

- – *noun* : a (typically straight and/or cisgender) person who ***supports and respects*** members of the LGBTQ community.
- People who are active allies who take action in support and respect.
- “Coming out” as an ally is when you reveal (or take an action that reveals) your support of the LGBTQ community. Being an active supporter can, at times, be stigmatizing, though it is not usually recognized, many allies go through a “coming out process” of their own.

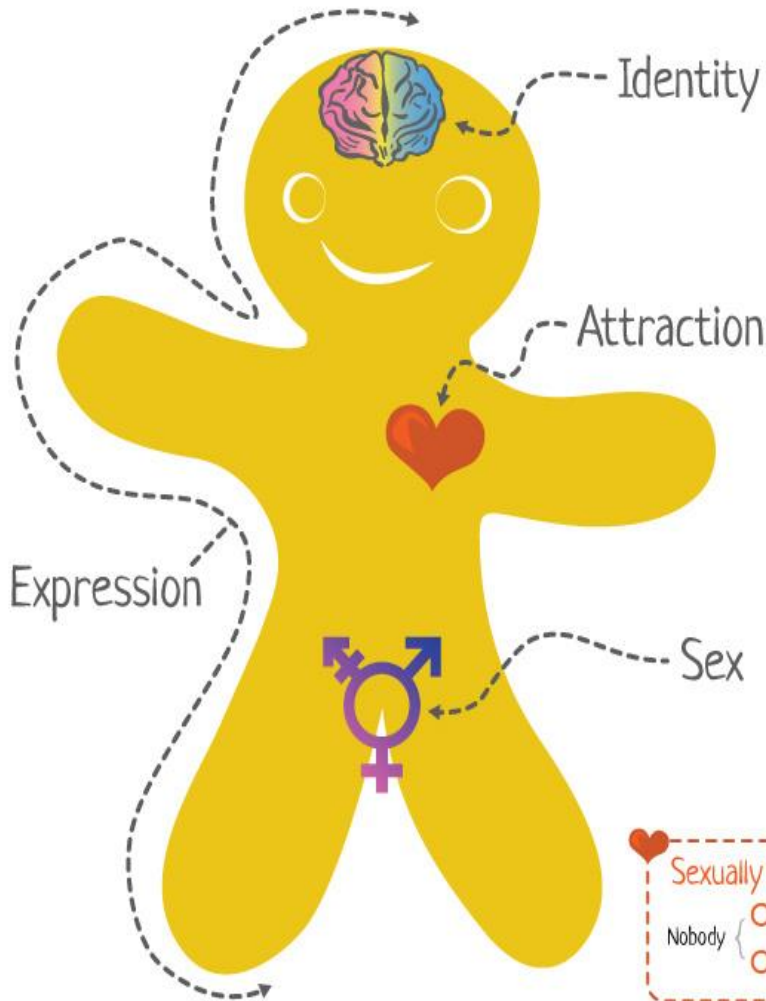
The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.

Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

4 (of infinite) possible plot and label combos



Gender Identity

Indicates a lack of what's on the right.

Woman-ness

Man-ness

How you, in your head, define your gender; based on how much you align (or don't align) with what you understand to be the options for gender.

Labels: "woman", "man", "two-spirit", "genderqueer"

Gender Expression

Feminine

Masculine

The ways you present gender; through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.

Labels: "butch", "femme", "androgynous", "gender neutral"

Biological Sex

Female-ness

Male-ness

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Labels: "male", "female", "intersex", "MtF Female"

Sexually Attracted to

Nobody

(Women/Females/Femininity)

(Men/Males/Masculinity)

Romantically Attracted to

Nobody

(Women/Females/Femininity)

(Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>



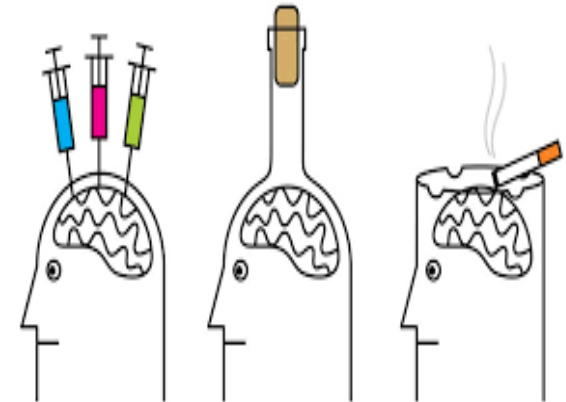
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Learning Outcome:

- Understand and describe the key health challenges in the transgender population

Health-related Behaviours

- Problematic to ascertain due to lack of data – also gender identity questions often not asked in surveys
- However, LGBT community have demonstrated higher levels of
 - smoking,
 - alcohol and drug use
 - and obesity
 - when compared to the general population





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LGBTQ Mental Health

Mental Health

Heightened risk of psychological distress (2.5 times) due to their experiences of stigmatisation, marginalisation and discrimination

- Higher levels of deliberate self-harm
- Suicidal ideation and parasuicide
- Depression, anxiety and drug dependence
- Loneliness and depression significant issues, particularly in more rural areas
- Family rejection compounds this

Mental Health Service Experiences in Ireland

- 69% had at least one negative experience at a Mental Health service:
 - 26% had been discouraged from exploring their gender.
 - 9% had been belittled or ridiculed for having a trans history or being trans.
 - 19% had been told that they weren't really trans.
 - 22% said the provider used the wrong name or pronoun by mistake.
 - 14% said the provider used the wrong name or pronoun on purpose.

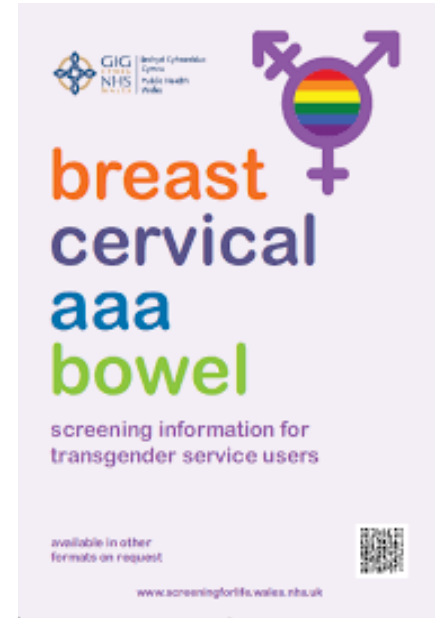
Sexual Health

- Likely to encounter questions about sexual health from patients – but not necessarily
- Broadly speaking, LGBT patients are at higher risk for STIs and HIV and are more likely to forego preventive care
- Never make assumptions
 - level of risk determined by current anatomy and sexual behaviours



Health Screening

- **Transgender people need preventive health screenings.**
- Standard preventive health screenings are generally recommended for the body parts a patient has regardless of that patient's gender identity, including breast, cervical, and prostate cancer screenings.





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Learning Outcome:

- Understand key obstacles to care for transgender people



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Marginalization and abuse increase health risks for transgender people.

- Transgender people face high rates of social and economic marginalization, as well as high rates of physical and sexual abuse.
- Transgender and gender nonconforming youth are particularly at risk for sexual abuse and for engaging in commercial or survival sex.⁷



<https://transequality.org/issues/resources/transgender-sexual-and-reproductive-health-unmet-needs-and-barriers-to-care>



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Transgender people lack access to relevant health information.

- Sexual health education for youth and adults rarely addresses transgender people's bodies and identities.
- For example, transgender men who have sex with men report a lack of adequate information about their sexual health at rates as high as 93.8%.¹¹



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Healthcare professionals often lack appropriate clinical knowledge.

- While treating transgender patients does not require special expertise, providers often lack basic knowledge about transgender people and their health needs.
- In a nationwide survey (US), 50% of transgender people reported having to teach a health care provider about providing appropriate care.¹²



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Many providers still turn transgender patients away

- In national surveys, 19% to 27% of transgender people report being turned away by health care providers who refused to provide care for them.¹³
- Outright refusals of care occur across all types of providers, including providers of sexual and reproductive health care.

Transgender Care in Ireland (2009)

- **Key issues:**
- Isolation, fear, stigma, physical violence and family rejection contributing to depression, anxiety, self-harm, suicide, substance misuse.
- Multiple discrimination', for example where the Transsexual person also identifies as LGB, has a disability, or is an ethnic minority.
- Absence of a designated gender specialist to coordinate delivery of national Transsexual health services.

Transgender Care in Ireland

- Limited provision of psychological support services for transsexual person's family members and significant others.
- Limited availability of essential health services – surgeons, post-operative care, endocrinologists, psychiatrists and therapists.
- Prohibitive cost of gender reassignment treatment such as laser hair removal/electrolysis.



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Learning Outcome:

- Understand how to interact appropriately with transgender patients and apply good practice in your role



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Good practice in the care of Transgender patients

- Avoid using gender terms when addressing patients – in person or on the phone
- Ask and use patients' chosen/preferred names / pronouns
- Where name on system/medical record does not match script you can ask 'Could your chart be under a different name?' – then cross check by looking at date of birth and address
- Offer to conduct consultations in private areas if appropriate
- Apologise for mistakes – 'I apologise for using the wrong pronoun. I did not mean to disrespect you.'
- Practice making these language changes with a friend



http://www.lgbthealtheducation.org/wp-content/uploads/13-017_TransBestPracticesforFrontlineStaff_v6_02-19-13_FINAL.pdf

Transgender-Affirming Workplace

- Stay relaxed and make eye contact
- Avoid unnecessary questions
 - What do I know? What do I need to know?
 - How can I ask for the information I need to know in a sensitive way?
- Do not gossip or joke about transgender people
- Continue to use the patient's preferred name and pronoun, even when they are not present
- Create an environment of accountability





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Learning Outcome:

- Understand the role of the pharmacist in the care of transgender patients



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Speaking from the Margins

Trans Mental Health and Wellbeing in Ireland

(Mc Neill, et, al 2013)



- 60% had at least one negative experience at a Gender Identity Clinic
- 69% had at least one negative experience at a mental health service.
- 74% had at least one negative experience at a general health service.
- 38% of clinicians stated they did not know enough about a certain type of trans related health care to provide it.

School of Pharmacy Core Competencies



- **Communicator:** Learn the (in)appropriate terms to enable affirmative communication
- **Professional:** Consider 'coming out' as an ally
- **Health advocate:** Encourage your patients, where appropriate, to engage in healthy behaviours and care-taking
Exercise, diet, smoking
- **Leader:** Ensure your workplace is a transgender affirmative place to work and interact with



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Good morning, I am your pharmacist...



I AM ~~GAY~~.
I AM ~~STRAIGHT~~.
I AM ~~LESBIAN~~.
I AM ~~BISEXUAL~~.
I AM ~~TRANSGENDERED~~.
I AM HUMAN.

Tessssssssssxssssssxxxxxxt

Resources and Recommended Reading

- Transgender Equality Network Ireland – www.teni.ie
- www.gendered.ie
- http://www.hse.ie/eng/services/Publications/topics/Sexual/LGBT_Health.pdf
- <https://www.idstewardship.com/myths-transgender-persons-things-healthcare-professionals-know/>
- http://www.lgbthealtheducation.org/wp-content/uploads/13-017_TransBestPracticesforFrontlineStaff_v6_02-19-13_FINAL.pdf