Session Details

Session #: 107  
Title: Providing Transgender-Affirming Primary Care  
Speaker: Allison Fox, MSN, FNP and Margot Presley, DNP-S, FNP-C, MN, RN-BC, BA  
Date: Thursday, October 13  
Time: 11:30am-12:45pm  
CE Contact Hours: 1.25  
Pharm Hours: 0.75

Session Description

According to the 2011 National Survey on Transgender Discrimination, it is reported that in Oregon 22% of transgender people were refused medical care due to their gender identity and 33% postponed medical care when they were sick or injured. In January 2015, Oregon Health Plan included coverage for transition related services for transgender people, reducing barriers to health care. Although medical insurance now covers transition-related care, there is a significant knowledge gap within health professions and patients struggle to find providers who are competent in providing this care. Those charged with providing care are often uncertain of the strategies and needs of this special population. This presentation will deliver recommendations and best-practice materials on areas including hormone initiation, monitoring, and maintenance. It will also offer guidance on providing on-going care to transgender and gender-nonconforming patients in their primary care practices. It will describe ways to elicit gender transition histories, current anatomy, and considerations for selecting appropriate preventive health screening. It will also briefly review surgical referrals and pediatric and adolescent referrals. From attending this workshop, attendees will acquire the skills needed to be transgender-affirming in their provision of care and gain confidence in monitoring transgender health from early adulthood through the lifespan.

Learning Objectives

Upon completion of this session, the learner will be able to:

1. Explain the landscape of care for transgender patients in Oregon, how to respectfully engage with trans patients, and the philosophy of providing medical transition care.
2. Describe the best practices in initiating and monitoring hormone therapy.
3. Evaluate health maintenance & lifespan considerations for transgender patients.
4. Review appropriate referral options for adolescent and surgical care.

Disclosures

Conflict of Interest for Presenter:

- The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.