



Pride in family medicine: Gender affirming care

PANELISTS

Dr. Rahima Alani • Dr. Carrie Bernard

WITH

Dr. Stephanie Zhou • Dr. Nikki Bozinoff

Ontario College of
Family Physicians 

 Family & Community Medicine
UNIVERSITY OF TORONTO

June 26, 2024

Practising Well: Your Community of Practice

Please introduce yourself in the chat!



@OntarioCollege
#PractisingWell

Your Panelists: Disclosures

Dr. Rahima Alana

Relationships with financial sponsors (including honoraria):

- OCFP – Practising Well CoP Speaker
- Organon (previously Merck) – Honoraria (speaker/clinical trainer)
- Reya Health – Medical Advisor

Dr. Carrie Bernard

Relationships with financial sponsors (including honoraria):

- OCFP– Practising Well Scientific Planning Committee
- OCFP – Practising Well CoP Speaker
- University of Toronto – Stipend to supervise learners (students and residents) for the Department of Family and Community Medicine
- University of Toronto – Stipend for role in the Division of Mental Health and Addictions
- McMaster University –Stipend to supervise residents
- College of Family Physicians of Canada – Board Member

Disclosures

Dr. Nikki Bozinoff @NikkiBozinoff

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Implementation Group Member, CoP Speaker
- CAMH
- Department of Family and Community Medicine (University of Toronto)
- National Institute on Drug Abuse
- Womenmind
- CIHR
- Academic Health Sciences Alternate Payment Plan

Dr. Stephanie Zhou @stephanieyzhou

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Scientific Planning Committee
- Canadian Medical Association – Honoraria for practice management lectures
- Habitat for Humanity GTA – Board of Directors member
- Toronto Public Health – Board of Directors member

Disclosure of Financial Support

This program has received funding from the Ontario Ministry of Health and in-kind support from the Ontario College of Family Physicians and the Department of Family and Community Medicine, University of Toronto.

Potential for conflict(s) of interest:

N/A

Mitigating Potential Bias

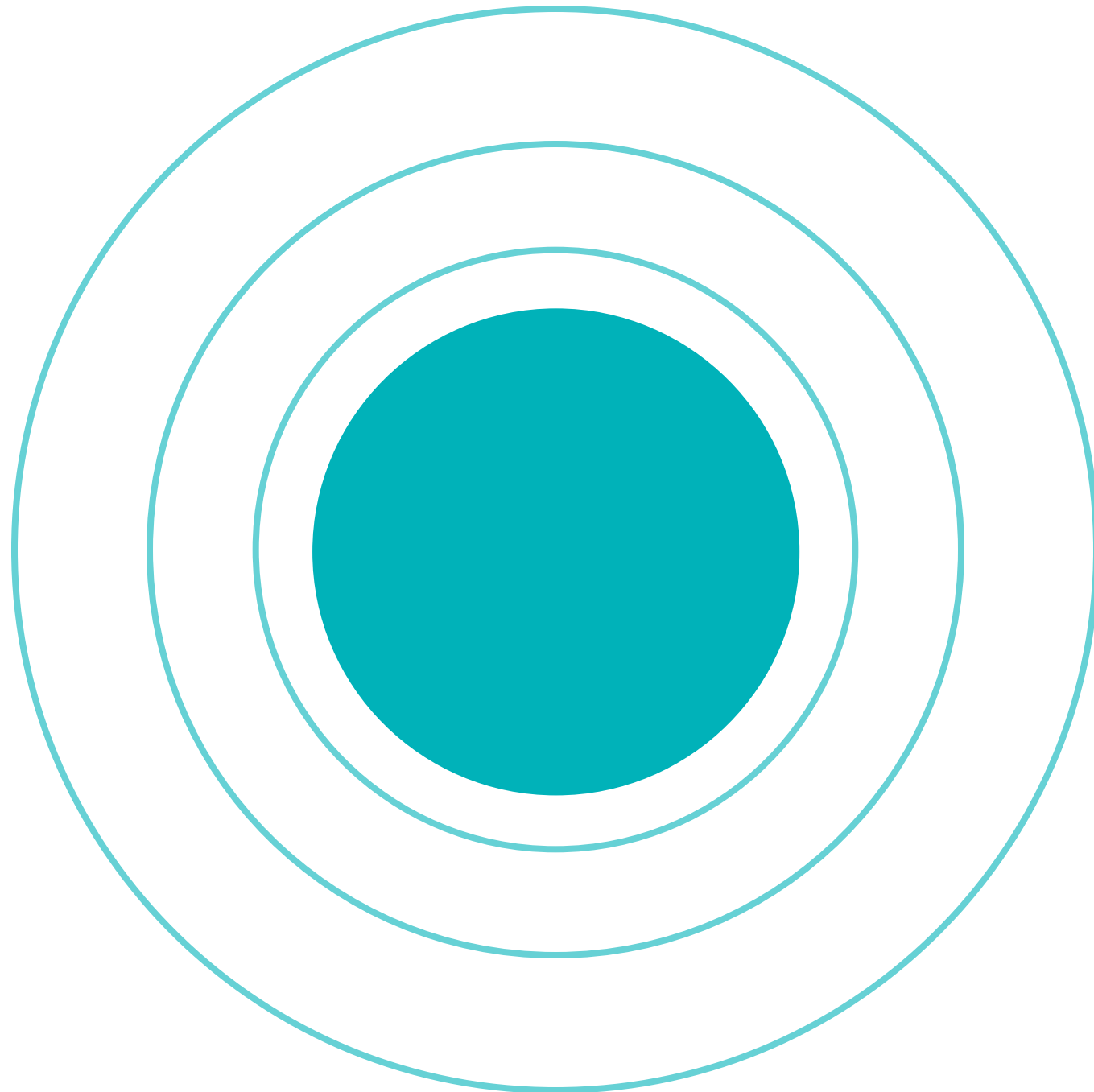
- The Scientific Planning Committee (SPC) has control over the choice of topics and speakers.
- Content has been developed according to the standards and expectations of the Mainpro+ certification program.
- The program content was reviewed by the SPC.

Land Acknowledgement

We acknowledge that the lands on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognizes that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. The OCFP and DFCM respects that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to reflect on the territories you are calling in from as we commit ourselves to gaining knowledge; forging a new, culturally safe relationship; and contributing to reconciliation.



Pride in family medicine: Gender affirming care

You raised important questions we'll try to work through together today:

1. What can I do as a general practitioner with little time or training in this field?
2. How to assess starting gender supporting hormones in teens and adults?
3. How to diagnose eligibility for hormonal therapy? Navigating how to apply for surgery?
4. How to use respectful language when addressing patients?

And other questions you add in the Q&A box...





Pride in family medicine: Gender affirming care

Your Panelists

Dr. Carrie Bernard

Brampton, ON

Dr. Rahima Alani

Scarborough, ON

Creating a safe gender-affirming space for your patient

OCFP Practicing Well, Community of Practice

June 26, 2024

Why??????



Barriers to accessing gender-affirming health care

- 45% of trans and non-binary people had a past-year unmet health care need, compared to 4% of the general population (Trans Pulse, 2020)
- 12% of individuals avoided the ER because of fear of mistreatment in the past year (Trans PULSE Canada National Survey 2019)
- Nearly half of older youth (47%) and one third of younger youth (33%) had not received physical healthcare they needed at some point during the last year (Being Safe, Being Me: Canadian Trans Youth Health Survey, 2019)
- 50% of trans people have had to teach their medical providers about being trans (National Transgender Discrimination Survey, 2016)

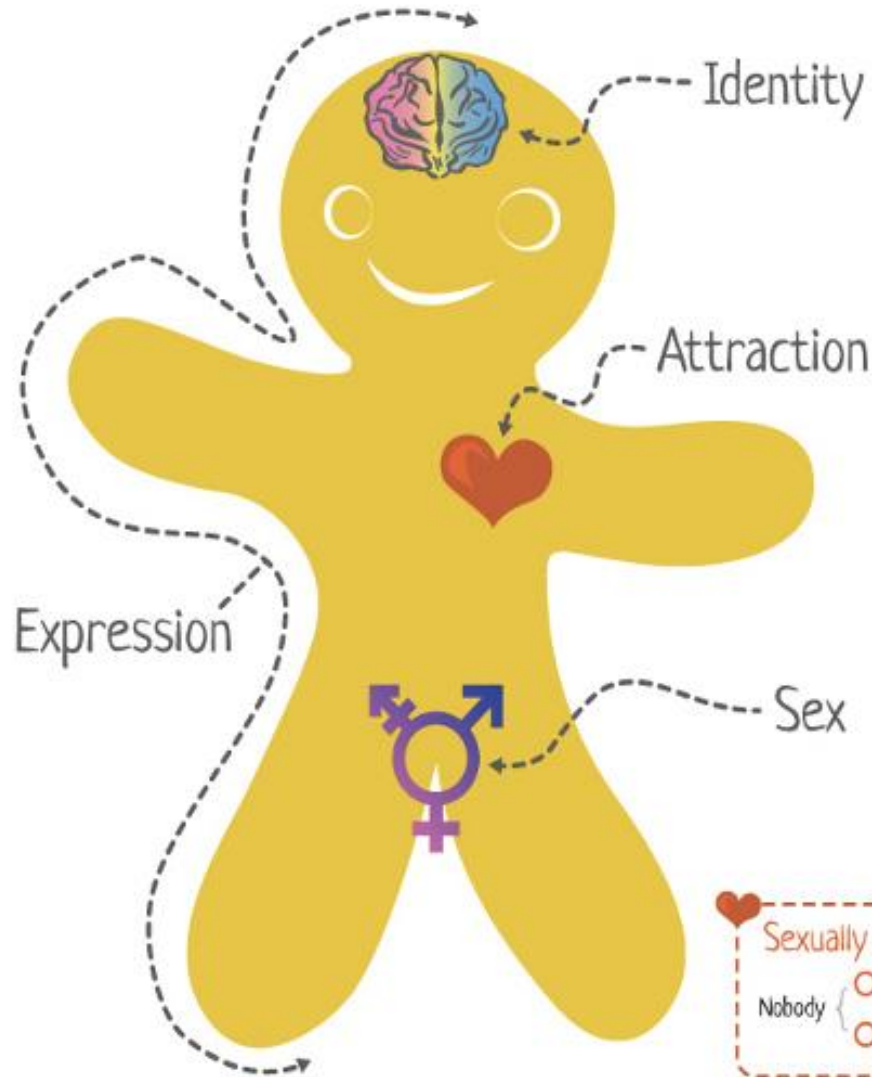
Learning the language: Definitions

- **Cis:** Having a non-trans gender identity.
- **Trans:** Trans refers to a state of incongruence of one's gender identity with the gender assigned at birth.
- **Non-binary:** Umbrella term for anyone who does not identify with static, binary gender identities.
- **Two-Spirit:** An umbrella term describing the diversity of gender expressions and sexual orientations present in traditional belief systems held by North American First Nations persons
- **AFAB:** Assigned Female at Birth
- **AMAB:** Assigned Male at Birth
- **Gender Dysphoria:** May refer specifically to the DSM-5 diagnosis and/or to the experience of distress associated with having one's current gender presentation misaligned with their internal gender identity
- **Gender Incongruence:** May refer specifically to the WHO ICD-11 diagnosis and/or to the experience of having one's internal identity misaligned with their sex assigned at birth.

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)

Making your space “safe”

Safe Language

- “My pronouns are she and her today. If that changes, I will tell you”
- “What pronouns are you using today? If that changes, please let me know”
- “What is your authentic name? Where is it safe to use it?”
 - i.e. waiting room, when I leave a message, etc.
- Misgendering:
- Apologize, correct error and move on...
- Avoid gender-based assumptions; the gender binary
- Avoid heterosexist assumptions
- If in doubt, use gender neutral language

Safe Language

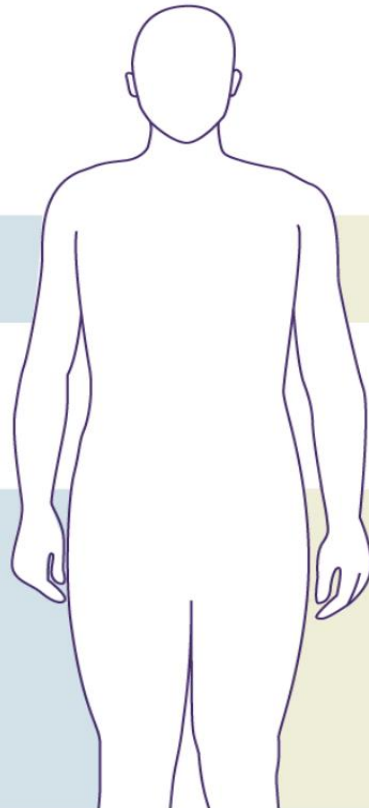
Body Parts and Language

GENDERED TERMS

These terms may be uncomfortable or distressing for trans men to hear.

Breasts

Vulva
Vagina
Uterus, Ovaries
Pap smear
Bra, Panties
Period, Menstruation



LESS GENDERED TERMS

Try your best to use neutral and inclusive terminology to avoid patient discomfort. If you are unsure, ask what terms your client prefers.

Chest

External Pelvic Area
Genital Opening, Frontal Pelvic Opening, Internal Canals
Internal Organs
Cancer screening
Underwear
Bleeding

Safe Language

LGBTQ Inclusive Language In The Workplace



Ladies and gentlemen, guys and gals

Maternity and paternity leave

Husband, wife, boyfriend, girlfriend

"What are your preferred pronouns?"

Ms., Mr., or Mrs.

Mailman, chairman, policeman

Sexual preference



Colleagues, team, people

Parental leave, parental time off

Partner, spouse

"What pronouns do you use?"

People's first names, non-gender
specific titles like Mx or M

Mail clerk, chairperson, police officer

Sexual orientation

Creating a gender-diverse positive environment

- Gender neutral bathrooms
- Pride flags or other 2SLGBTQ+ posters
- Create and display a gender diversity policy statement
 - <https://www.ontariomidwives.ca/diversity-equity-inclusion>
- Consider requesting training for you and your staff and team to increase internal capacity to provide trans-affirming and trans-inclusive care
 - <https://www.rainbowhealthontario.ca/trans-health-connection/>



Now that it's safe, what can YOU
do?

Primary care...do what you do best!

- Remember, trans and gender diverse patients most often seek medical care for non-gender identity issues
 - You do not have to talk about gender issues if patient comes for URI, MSK injury etc.
- Gender identity issues may play important role in mental health concerns
 - This population has significantly higher proportion of mental health issues, especially if unable to access gender-affirming care or has lack of support in their gender journey
- Preventative care:
 - For cis patients; screen for organs present
 - For trans patients: screen for organs present

If you want to learn more

- Access resources through Rainbow Health
- Review the Sherborne Health Centre Interactive Trans Health Guide
- Join the Ontario wide mentorship calls
- Realize that you already prescribe hormones every day...you can manage the follow up prescriptions if you are not yet ready to start a new prescription



Your Panelists

Dr. Carrie Bernard

Brampton, ON

Dr. Rahima Alani

Scarborough, ON

Pride in family medicine: Gender affirming care

WHY THIS TOPIC IS IMPORTANT (TO ME)

- **One in 300 people in Canada** aged 15 and older are **transgender or non-binary**.¹
- Among Canadian transgender youth, **77%** had a primary care provider and yet **47%** reported a **past-year unmet health need**.²
- In a Canadian study of transgender adolescents, **65%** reported **suicidal ideation** in the past year (5x the rate of their cisgender peers); **trans youth 19-25 have 16x the risk of a suicide attempt** in the past year.³

HOW CAN WE SUPPORT OUR PATIENTS?

- how they identify
at home, school,
work, socially

**SOCIAL
TRANSITION**

- gender-affirming
hormones

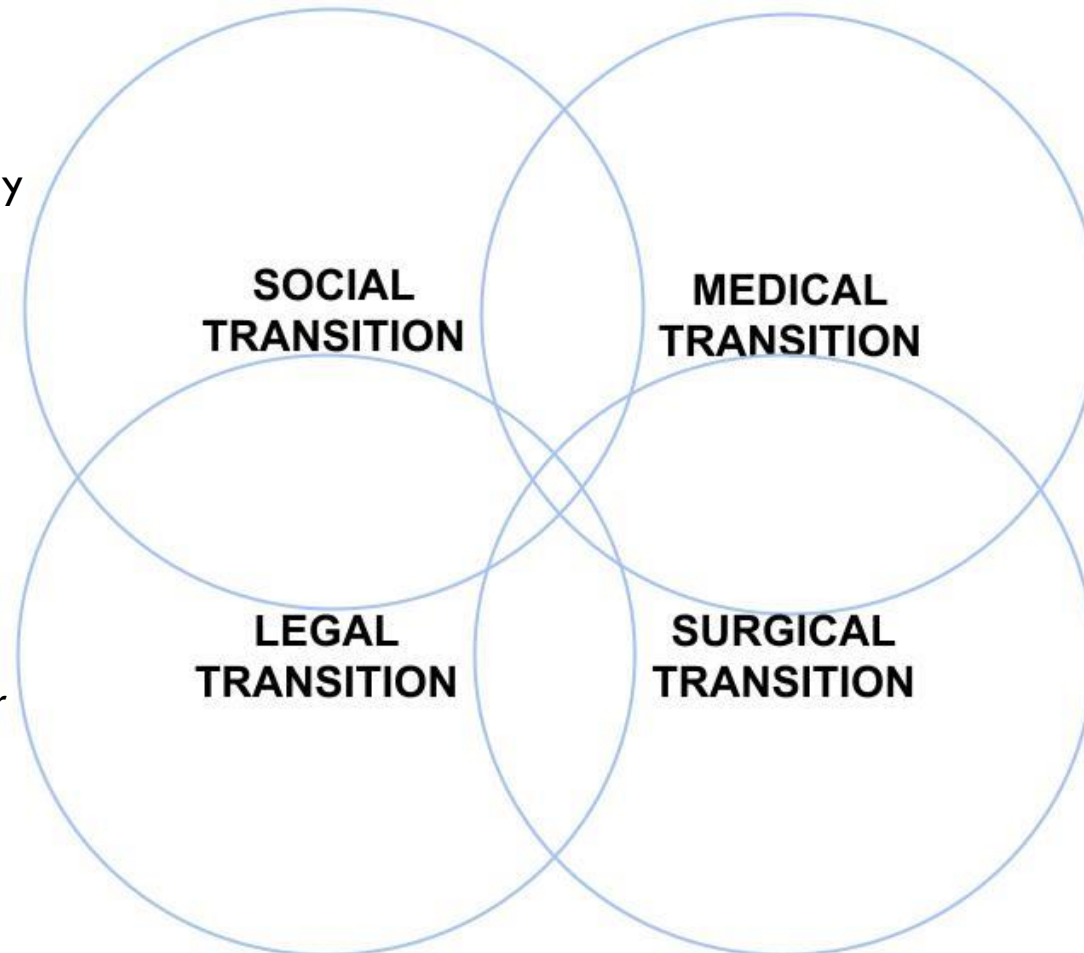
**MEDICAL
TRANSITION**

- changing legal
name and gender
markers on ID

**LEGAL
TRANSITION**

- gender-affirming
surgeries

**SURGICAL
TRANSITION**



TRAINING + RESOURCES

UPCOMING COURSES

For more information on upcoming courses or to register, visit

learn.rainbowhealthontario.ca

Click here to register



Always Available: 2SLGBTQ Foundations Course in English and French ✓

Always Available: 2SLGBTQ Older Adults and Inclusive Care ✓

June 5, July 10: Removing the Barriers: Making your Organization 2SLGBTQ friendly ✓

June 10: Trans 101 – Adults and Older Adults ✓

TRAINING + RESOURCES



June 12: Transition-related Hormone Therapy in Primary Health Care



June 18, July 24: 2SLGBTQ Trauma Informed Care



June 19: Trans 101 – Transitioning



July 15, July 18: 2SLGBTQ Emotional and Mental Health *NEW*



July 4: Masculinizing Surgeries: Post-Operative Complications in Primary Health Care



Vaginoplasty: Post-Operative Complications in Primary Health Care



Transition-related Surgeries: Planning, Referral, and Care



TRAINING + RESOURCES

4th edition: sherbourne's guidelines for gender-affirming primary care with trans and non-binary patients

<https://www.rainbowhealthontario.ca/product/4th-edition-sherbournes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/>

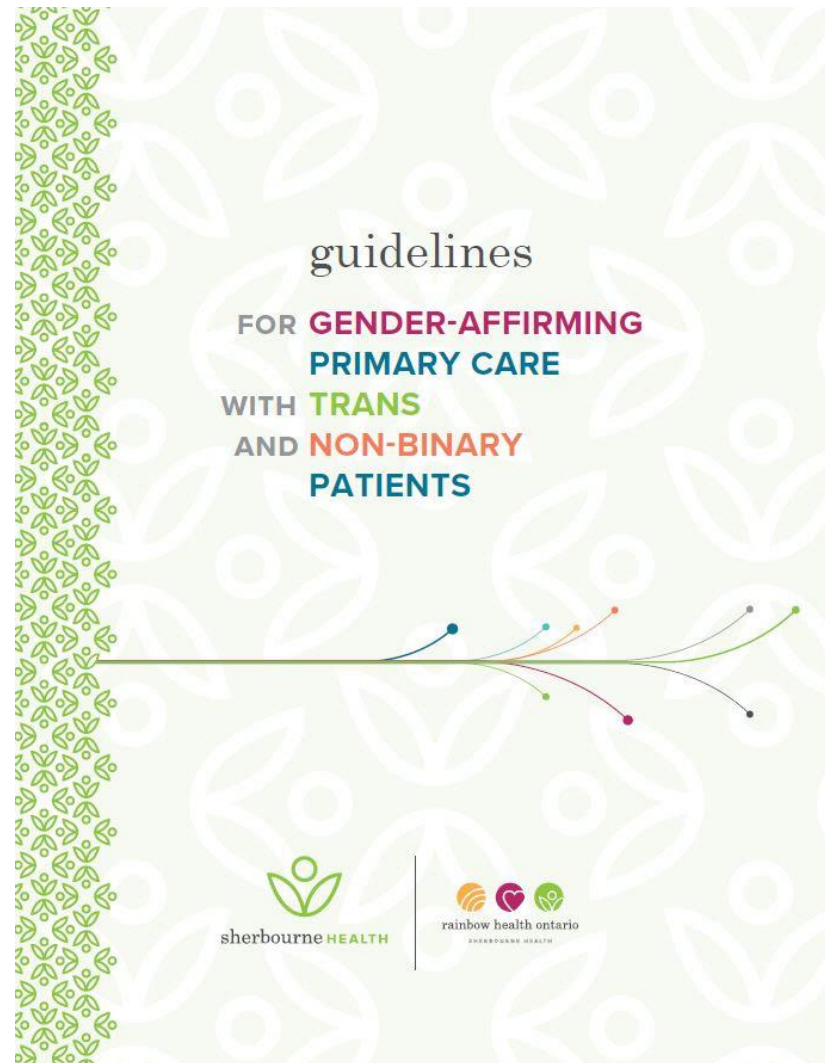


Table of Contents

Possible questions to explore gender identity and expression

Gender-affirming hormone therapy visits 3

Discontinuation of hormone therapy 28
 Referrals and advocacy in support of 28

With transition-
) 30
 f-determined, based
 wledge 32
 ication and 33
 34

None therapy 37
 38
 42
 e course 43
 46
 r older 47
 stments 48
 ation with 52
 nitigation and 55
 62
 62

Hormone therapy 65
 65
 for older 68
 i 68
 ljustments 69
 tigation with 71
 : mitigation and 76
 ire 76
 82
 83

Table 6 Recommended bloodwork for monitoring feminizing hormone therapy

In this table, smaller and lighter grey "x"s indicate parameters that are measured under particular circumstances

Test	Baseline	4–6 weeks	3 months	6 months	12 months ^a	Yearly	According to guidelines for cis patients, or provider discretion	Months
								Months
CBC ^a	X		x	x	X	x		Months
ALT/AST ^b	X		x	x	X	x	X	Months
Creatinine/lytes ^c	X	x	x	x	x	x		Months
Hba1c or fasting glucose	X				X		X	Months
Lipid profile	X				X		X	Months
Total testosterone	X		X	X	X	X		Months, low
Estradiol	X		X	X	X	X		Months
Prolactin ^d	X				x	x	x	Months
Other	Hep B, C							Months

Consider: HIV, syphilis and other STI screening as indicated, frequency depending on risk

or Hba1c, lipid profile, +/-Cr, lytes^d

trans patients with sperm 27
 Sexuality 27

Feedback 86
 Acknowledgements 87

Table 2 Options

4th gen non

Spirolol (oral)

Cyprote (oral)

<http://4thgenand>

- * Rarely Use cl
- * Price : reprint Prices

Note: For pe

TRAINING + RESOURCES

4th edition: sherbourne's guidelines for gender-affirming primary care with trans and non-binary patients

<https://www.rainbowhealthontario.ca/product/4th-edition-sherbournes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/>

APPENDIX P:

Template Letter in Support of an Application For Change of Sex Designation on an Ontario Birth Registration

Note: •The letter must be from a **physician, psychologist, or psychological associate** authorized to practice in Canada and must be on the medical professional or clinic's letterhead providing an address and phone number
•Patient must submit an original (not photocopy) signed in blue ink by the provider.

Date: _____

To: SERVICE ONTARIO, THE OFFICE OF THE REGISTRAR GENERAL

Re: Application by (_____) for a change in gender designation on their birth registration.
name of patient

I am a practicing member in good standing with the _____,
specify the appropriate regulatory body

License No: _____

I have provided medical/psychological support and treatment to the applicant, (_____)
name of patient as shown on the birth registration

who is requesting a change in gender designation from _____ to _____.

I confirm that the applicant's gender identity does not accord with the gender designation on the applicant's birth registration and I am of the opinion that the change of gender designation on the birth registration is appropriate.

Yours truly,


signature and name of provider

TRAINING + RESOURCES

4th edition: sherbourne's guidelines for gender-affirming primary care with trans and non-binary patients

<https://www.rainbowhealthontario.ca/product/4th-edition-sherbournes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/>

APPENDIX N: Sample Request for an Unlisted Drug Product, Testosterone Enanthate (Delatestryl)

 **Ontario** Ministry of Health and Long-Term Care Exceptional Access Program Branch
6700 Yonge Street 3rd floor Toronto ON M2M 4K5

**Request for an Unlisted Drug Product
Exceptional Access Program (EAP)**

Please fax completed form and/or any additional relevant information to 416 327-7526 or toll-free 1 866 811-8908; or send to Exceptional Access Program Branch (EAPB), 3rd floor, 5700 Yonge Street, Toronto ON M2M 4K5. For copies of this and other EAP forms, please visit http://www.health.gov.on.ca/english/public/forms/form_menus/edb_fm.html

The Ministry of Health and Long-Term Care (the "ministry") considers requests for coverage of drug products not listed in the Ontario Drug Benefit Formulary under Section 16 of the Ontario Drug Benefit Act. This form is intended to facilitate requests for drugs under the Exceptional Access Program. The ministry may request additional documentation to support the request.
Please ensure that all appropriate information for each section is provided to avoid delays.

Section 1 – Prescriber Information			Section 2 – Patient Information		
First name sample	Initial	Last name	First name sample	Initial	Last name
Mailing Address Street no. Street name			Health Number		
City		Postal code			
Fax no. ()		Telephone no. ()	Date of birth (yyyy/mm/dd)		
<input type="checkbox"/> New request			<input type="checkbox"/> Renewal of existing EAP approval (specify EAP#) _____		

Section 3 – Drug Requested	
Requested drug product Testosterone Enanthate (Delatestryl)	DIN 00029246
Strength / Dosage form 200 mg/mL	Frequency of administration weekly, may require adjustment
Expected start date	Duration of therapy indefinite

Section 4 – Diagnosis and Reason for Use
Diagnosis for which the drug is requested:
Gender Dysphoria

Reason for use over formulary alternatives:
No alternative on formulary, needs EAP for both Testosterone Enanthate and Testosterone Cypionate, due to risk of backorder
If the patient is currently taking the requested product, please provide start date & objective evidence of its efficacy.
If applicable: improved mental health and psychosocial function.

Section 5 – Current and / or Previous Medications			
a) Please provide details of alternatives (listed drugs and/or non-drug therapy) tried for this condition:			
Name of drug (indicate if currently or previously taken)	Dosage	Approximate timeframe of therapy	Reason(s) why formulary alternatives are not appropriate
N/A	<input type="checkbox"/> current <input type="checkbox"/> previous		
	<input type="checkbox"/> current <input type="checkbox"/> previous		
	<input type="checkbox"/> current <input type="checkbox"/> previous		
	<input type="checkbox"/> current <input type="checkbox"/> previous		
	<input type="checkbox"/> current <input type="checkbox"/> previous		

b) Provide patient's concomitant drug therapies for other conditions:

Section 6 – Clinical Information
Please provide relevant medical data (e.g. culture and sensitivity reports, serum drug levels, laboratory results):
Patient is transgender and meets criteria for hormone therapy

The information on this form is collected under the authority of the Personal Health Information Protection Act, 2004, S.O. 2004, c.3, Sched. A (PHIPA) and Section 13 of the Ontario Drug Benefit Act, R.S.O. 1990, c.10 and will be used in accordance with PHIPA, as set out in the Ministry of Health and Long-Term Care "Statement of Information Practices" which may be accessed at www.health.gov.on.ca. If you have any questions about the collection or use of this information, call the Ontario Drug Benefit (ODB) Help Desk at 1 800 966-8641 or contact the Director, Exceptional Access Program Branch (EAPB), Ministry of Health and Long-Term Care, 3rd floor, 5700 Yonge St., Toronto ON M2M 4K5.

Prescriber signature (mandatory)	CPSO number	Date
----------------------------------	-------------	------

4486-67 (2/09/04) © Queen's Printer for Ontario, 2009

TRAINING + RESOURCES

Other resources:

- World Professional Association for Transgender Health (WPATH), www.wpath.org
- Canadian Professional Association for Transgender Health (CPATH), www.cpath.ca
- UCSF Centre of Excellence for Transgender Health, www.transhealth.ucsf.edu
- Trans Care BC, <http://www.phsa.ca/transcarebc>

- Rainbow Health Ontario - Trans Health Mentorship call (<https://www.rainbowhealthontario.ca/trans-health/#mentorship>)
- E-consult services: Ontario Telemedicine Network (OTN) <https://otnhub.ca>

REFERRALS: WHERE TO REFER



I am a... ▾

Search RHO 🔍

Advanced search

About Us ▾

2SLGBTQ Health ▾

Education & Training ▾

Research & P...

Home / 2SLGBTQ Health / Service Provider Directory

service provider directory

This directory is designed to help you find health and social service providers who have expressed a commitment to providing competent and welcoming care to 2SLGBTQ people in Ontario.

Please note this directory is for information purposes only. RHO is not able to screen the service providers listed in this directory and we cannot make any guarantees about the quality of their services. By using the RHO Provider Directory you agree to our [Terms of Use](#).

<https://www.rainbowhealthontario.ca/lgbt2sq-health/service-provider-directory/>

Map List Refine listings by keyword, city, or region 🔍 Exact Phrase Search Use my location to find listings Advanced search ▾

Healthcare Service Provider Type ▾ Other Service Provider Type ▾

Expertise With ▾ Language ▾

- RHO training completed
- Can provide transition related surgery assessments for top or bottom surgeries
- Can provide secondary assessments for transition-related bottom surgeries
- Accessibility Features Available

Reset Filters



APPLYING FOR MOH COVERED GENDER AFFIRMING SURGERY

- Ontario funds two types of surgeries: chest (top) and genital (bottom)
- To qualify for funding:
 - be assessed and recommended for surgery by either one or two healthcare providers
 - have a referral for surgery completed and submitted to the MOHLTC
 - have the surgery approved by the Ministry of Health and Long-Term Care **before** the surgery takes place
- <https://forms.mgcs.gov.on.ca/en/dataset/5041-77>

Resources

Tools



Links to resources shared today will be sent to participants following the session.

Tools and Resources

Resource	Type	Link
Rainbow Health Ontario – Trans Mentorship Call	Resource	Trans Health Knowledge Base Rainbow Health Ontario
World Professional Association for Transgender Health	Resource	WPATH World Professional Association for Transgender Health
UCSF Centre of Excellence for Transgender Health	Resource	Gender Affirming Health Program (ucsf.edu)
Canadian Professional Association for Transgender Health	Resource	cpath.ca/en/
Trans Care BC	Resource	Home Trans Care BC
E-consult services: Ontario Telemedicine Network (OTN)	Resource	Home Page - OTNhub

Resources

Education



Links to resources shared today will be sent to participants following the session.

Practising Well CoP – Self Learning Program

The Practising Well CoP is now certified for self learning credits!

Earn **1-credit-per-hour** for reviewing the recording and resources from **past CoP sessions**. The self learning program is certified for up to 50 Mainpro+ credits.



**Learn More and
Participate**

Peer Connect

Enabling you to connect, share and learn from your fellow family physicians.



Mentorship Program - Connect with a Peer Guide!

An opportunity to partner with another family physician, **one-to-one or in a small group**, for support as you **explore clinical complexity and increase your confidence** caring for patients with mental health challenges, substance use, and chronic pain. A focus can be on your well-being as you engage in this challenging work.



[Peer Connect](#)



practisingwell@ocfp.on.ca

Resources

Supports



Resources

Supports



OMA Physician Health Program
<https://php.oma.org>

Centre for Addiction and Mental Health
Health Care Provider (HCP) Resource
Site
<http://www.camh.ca/covid19hcw>

CMA Wellness Hub
<https://www.cma.ca/physician-wellness-hub>

Support for you and those you care about.



- PARO 24/7 Helpline for Residents, Family Members, Medical Students
- 1-866-HELP-DOC



- <https://www.ontario.ca/#support-health-care-worker>
 - Self-led / With peers / Talk to a clinician
- [Ontario Shores Centre for Mental Health Sciences, Whitby](#)
- [St. Joseph's Healthcare, Hamilton](#)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, Penetanguishene](#)
- [Centre for Addictions and Mental Health \(CAMH\), Toronto](#)



- ECHO Coping with COVID
 - for health providers (educational credits)
 - Fridays 2-3pm EST
- <https://camh.echoontario.ca/echo-coping-with-covid/>

Upcoming Community of Practice

Preventing burnout: Boundary setting strategies for family doctors
with Dr. Rupa Patel and Dr. Mary Rowland

DATE CHANGE



July 31, 2024
8:00am – 9:00am

Register Now

practisingwell@ocfp.on.ca



This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 12 credits.