

## Best Practice in Transgender Health: A Workshop for GP's, Health Care Providers, Trans Individuals and Parents 10<sup>th</sup> & 11<sup>th</sup> February 2018

This workshop is aimed at health care providers who wish to increase their skills, confidence and knowledge in transgender health care. The workshop takes a biopsychosocial approach to health service provision. It includes a stream for doctors who wish to learn how to prescribe hormones, and opportunity to discuss common prescribing issues in a panel format as well as an opportunity for parents and friends of trans individuals to explore the impacts of transgender health care.

### Biological aspects:

- How are hormone therapies best managed?
- What is involved in surgeries for trans people?

### Psychological aspects:

- How is gender dysphoria diagnosed?
- What are the psychological stresses experienced by trans people before, during and after their transition?
- How are these mental health needs managed?

### Social aspects:

- What does the community tell us of their experience?
- What are the barriers to transition in the community?
- What are the ongoing social determinants that impact upon trans health and wellbeing?
- How can we support trans people to transition in their community?

## 1. Transforming Practice

This session introduces participants to gender diversity, and addresses the following topics:

- Learning the alphabet: LGBTIQAP+ and other language
- The biological, psychological, social context of gender diversity
- How can health professionals engage with gender diverse clients?

## 2. Diagnosing Gender Dysphoria

This session explains how the diagnosis of gender dysphoria is made, and explores the relationship between mental health and gender dysphoria. It includes:

- The DSM V diagnostic criteria for gender dysphoria
- Important mental health conditions to be excluded
- The relationship between mental health and gender dysphoria
- How gender dysphoria may present over time
- How does transition affect mental health?

### **3. Supporting Trans People, Working Collaboratively**

This session explores the psychological needs of people undergoing gender transition, and the importance of working collaboratively. It includes:

- How can health professionals support people who are undergoing transition?
- How can we collaborate across professions to provide better care?
- What are the social and personal experiences of transition?
- What do people expect or seek from health professionals during their transition?

Working with families and friends

### **4. Models of Care and Getting Started**

This session discusses the models for the clinical management of gender dysphoria and the key role of the general practitioner as a care coordinator.

It includes the following topics:

- Standards of Care
- Consent model
- Controversies in the field
- Preparing the patient for hormone therapy
- Preparing the patient for surgery
- Ongoing psychological and social care
- Potential costs and navigating Medicare.
- Baseline assessments and ongoing monitoring
- The role of the GP

### **5. Testosterone, Contraception**

This session deals with androgen treatment to achieve masculinisation. It includes:

- How to commence, maintain and monitor testosterone therapy
- How to approach testosterone therapy
- How to approach contraception for the trans man

### **6. Anti-Androgens, Oestrogen, Progestogens and Assessing Risks of Hormones**

This session deals with prescribing feminizing hormones and anti-androgens, and includes:

- How to prescribe oestrogens safely and effectively
- The risks of oestrogen
- The medications used as antiandrogens
- The risks and benefits of testosterone blocking
- Monitoring the effectiveness and safety of anti-androgens
- Is there a role for progestogens?
- Pitfalls in hormone prescribing

## 7. Top Surgery

This session deals with one of the commonest surgeries offered to trans people – bilateral mastectomy, or top surgery.

- How is the surgery performed? Different techniques and how to determine which is most suitable
- What are the outcomes?
- How do health professionals approach clients who are interested in top surgery?
- What are the surgeon's requirements prior to surgery taking place?

## 8. Gender Reassignment Surgery – Vaginoplasty, Orchiectomy

This session explores MTF GRS. Topics include:

- What procedures are available?
- What are the risks, and what are the outcomes?
  - What are the costs?
- How do health professionals counsel clients who are interested in GRS?
  - What are common post-operative problems and how can GPs manage these?

## 9. Phalloplasty

This session deals with phalloplasty. It describes:

- The surgical procedures used in creating a penis
- The risks and benefits of the procedure
- How do health professionals respond to those requesting phalloplasty?
- What are the current costs involved?

## 10. Prescribers' Case Studies Panel

This session provides participants with an opportunity to ask speakers questions about the management of endocrine therapies.

## 11. Childhood Gender Variance

This session provides an introduction to childhood gender variance, and explores:

- How to respond to children with gender variance and their families?
- How is childhood gender dysphoria managed?
- Making an assessment
- Asperger's and ASD, and their relationship to Gender Variance
- Referral pathways and options
- Working with communities, schools and families to support the child

## 12. Pathways of Care for Children

This session will cover

- Diagnosis, referral pathways for gender variant children
- Advice for parents, how the multidisciplinary clinic at LCCH can assist these children
- Endocrine intervention and age at which this occurs

### **13. Exploring Legal Topics**

This session introduces the legal and bureaucratic landscape for trans people in Australia. It explores:

- Changing identity – the legal transition – name changes, gender changes
- Challenges for people who are transitioning – schools, universities, workplaces, toilets
- How to proceed when one parent is unsupportive
- The role of the health care provider in navigating this path.
- What does the future hold?

### **14. Parent's Forum: Q & A Exploring Aspects of the Health System**

This session gives participants an opportunity to put their questions to a panel of experts in the field of transgender health and seek the answers you need.

### **15. Trans Forum: Panel of transgender Individuals Exploring Access to the Health System**

This session gives participants an opportunity to put their questions to a panel of diverse trans people and hear firsthand personal stories of transition and integration.

### **16. Reproductive Health, Family-Building and Obstetric Care**

This session covers

- Options for preservation of fertility in transgender people
- Caring for the trans man during pregnancy

### **17. Hysterectomy; Preserving Fertility**

This session deals with hysterectomy and salpingo-oophorectomy in trans people. It explores the fertility issues affecting people on endocrine therapies. It includes discussion of:

- The role of hysterectomy
- What would be the requirements for a patient to be eligible for hysterectomy?
- The effect of hormones on fertility
- Strategies for retaining fertility

### **18. Voice Training**

This session introduces participants to the role of the speech pathologist in gender transition. It includes:

- An introduction to voice training
- The role of the voice in dysphoria and transition