

Introduction to the Guides to Gender-affirming Care

A resource from the Canadian Queer
Medical Students Association, cqmsa.org



CQMSA
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As queer-identifying medical professionals within Canada, we understand how difficult it can be to navigate the various healthcare systems within the different territories and provinces, and how challenging it can be to get a clear answer for how to access and provide gender-affirming care. We have created this series of guides as a resource for Canadian healthcare providers to better understand gender-affirming care and the available resources where they practice. Within these guides, we will discuss the following topics for each of the Canadian provinces and territories:

1. What gender-affirming services are covered with the provincial insurance, and what are the requirements for accessing care?
2. Which clinics specialize/support gender-diverse care?
3. Are there any resources in your province/territory specific for 2SLGBTQ+ individuals? This may include social support groups, legal services, suicide prevention and counseling services, and further help navigating the health system in this specific region.

We hope this resource can act as a guide for you when working with gender-diverse patients. The CQMSA will do its best to update this manual as new policies are made; if you feel we are missing an important area of care or have not disclosed appropriate information for a province or territory, please let us know so we can improve our resources. Feedback can be sent to info@cqmsa.org, please use the subject line “Feedback on Pan-Canadian Gender Affirming Care.”

We thank you for your efforts in providing appropriate and informed care!

– *The Canadian Queer Medical Students Association (CQMSA)*

ADAPTING CLINIC CARE TO THOSE IN TRANSITION

Creating a safe and welcoming clinic environment

- <https://transcare.ucsf.edu/guidelines/clinic-environment>
- <http://www.phsa.ca/transcarebc/gender-basics-education/education-resources/support-tools>

Resources on language

- <https://www.rainbowhealthontario.ca/TransHealthGuide/intro-terms.html>
- <http://www.phsa.ca/transcarebc/gender-basics-education/education-resources/support-tools>

Why is trans care important?

- <https://www.rainbowhealthontario.ca/TransHealthGuide/intro-needforcare.html>

GUIDELINES FOR GENDER-AFFIRMING CARE

Primary care providers can provide many aspects of gender-affirming care. This includes initiating and maintaining hormone therapy as well as referring patients for gender-affirming surgery. A summary of resources available nationwide are listed below for primary care providers.

World Professional Association for Transgender Health (WPATH): <https://www.wpath.org/>

- Standard of Care document on their website outlines the therapeutic approaches, assessment requirements, hormone therapy, reproductive health, voice therapy, surgery and long-term preventive and primary care of trans and non-binary patients

Guidelines on gender-affirming care

- **Sherborne's Guidelines for Gender-Affirming Primary Care with Trans and Non-Binary Patients (Ontario guidelines):** <https://www.rainbowhealthontario.ca/product/4th-edition-sherbornes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/>
 - Framework for gender-affirming primary care
 - Hormone initiation including diagnosis, psychosocial support, physical exam, baseline investigations and coverage in Ontario
 - Feminizing hormone basics, monitoring, dose adjustments, and long-term care
 - Masculinizing hormone basics, monitoring, dose adjustments, and long-term care
- **Gender-affirming Care for Trans, Two-Spirit, and Gender Diverse Patients in BC: A Primary Care Toolkit:** <http://www.phsa.ca/transcarebc/Documents/HealthProf/Primary-Care-Toolkit.pdf>
 - Gender-affirming health care options, hormone readiness assessment
 - Testosterone-based hormone therapy, lab monitoring, managing side effects
 - Estrogen-based hormone therapy, lab monitoring, managing side effects
 - Surgical readiness assessment, overview of surgeries
 - Working with trans, Two-spirit and gender diverse youth

Guidelines on gender-affirming care (cont.)

- **UCSF's Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People (2016):** <https://transcare.ucsf.edu/guidelines>
 - Physical examination special considerations
 - Initiating hormone therapy, feminizing and masculinizing hormone therapy
 - Primary care issues overview including cardiovascular disease, diabetes mellitus, osteoporosis, HIV, STI, fertility options and cancer screening
- **American Family Physician's Caring for Transgender and Gender-Diverse Persons: What Clinicians Should Know (2018):** <https://www.aafp.org/afp/2018/1201/p645.html>
 - Recommendations on the care of transgender and gender-diverse persons including mental health, health maintenance, hormone therapy, surgical options
- **Endocrine Treatment of Gender-Dysphoria/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline (2017):** <https://pubmed.ncbi.nlm.nih.gov/28945902/>
 - Evaluation of youths and adults
 - Treatments of adolescents including guidelines on GnRH analogue use
 - Hormone therapy guidelines
 - Adverse outcome prevention and long-term care

General information on surgery

- **GRS Montreal surgical options**
 - <https://www.grsmontreal.com/en/surgeries/male-to-female-mtf-mtx.html>:
Information such as expected result, procedure, benefits, pre-operative and post-operative stay for each type of male-to-female surgeries (specific to the GRS Montreal facility)
 - <https://www.grsmontreal.com/en/surgeries/female-to-male-ftm-ftx.html>:
Information such as expected result, procedure, benefits, pre-operative and post-operative stay for each type of female-to-male surgeries (specific to the GRS Montreal facility)
- **Surgical options in Ontario**
 - <https://www.ontario.ca/page/gender-confirming-surgery>