



GP/NP Small Group education: RNZCGP College Conference 2019

# Gender Diversity

# Acknowledgements

This material was prepared by the Clinical Quality and Education team with help gratefully received from:

## Topic preparation team

- Susie Tarnay                      Small Group Leader, GP
- Jeanette Banks                  Small Group Leader, Practice Nurse
- Gemma Claridge                Small Group Leader, Community Pharmacist

## Others consulted

- Ester Vallero                    CALD Health Manager, Pegasus Health
- Ramai Lord                      Māori Health Project Manager, Pegasus Health
- Melody Tuliau                 Hauora Manager, Pegasus Health
- Maria Pasene                  Pacific Health Project Manager, Pegasus Health
- Paul Bridgford                Team Leader Analysis, Knowledge Management, Pegasus Health
- Ari Nicholson                 Educator – QTOPIA
- Sue Bagshaw                 Youth 298 Founder, and Director of Collaborative
- Rebecca Nicholls            GP, Pegasus project on transgender issues
- Jen Desrosiers                Lecturer, Department of Population Health, University of Otago

**We would also like to thank the community members of all ages and genders, who generously shared with us their lived experiences and knowledge**



This clinical resource was prepared by the Clinical Quality and Education Team, Pegasus Health. Any statement of preference made is a recommendation only. It is not intended to compel or unduly influence independent prescribing choices made by clinicians. References not listed are available on request. All clinical documents produced by Pegasus Health are dated with the date they were originally produced or updated, and reflect analysis of available evidence and practice that was current at that time. Any person accessing any clinical documents must exercise their own clinical judgment on the validity and applicability of the information in the current environment, and to the individual patient. The educational material developed for delivery at this education session remains the intellectual property of Pegasus Health. This material is not to be redelivered, on sold to any individual or organisation, or made publicly available on any website or in any publication, without written permission from Pegasus Health (Charitable) Ltd.

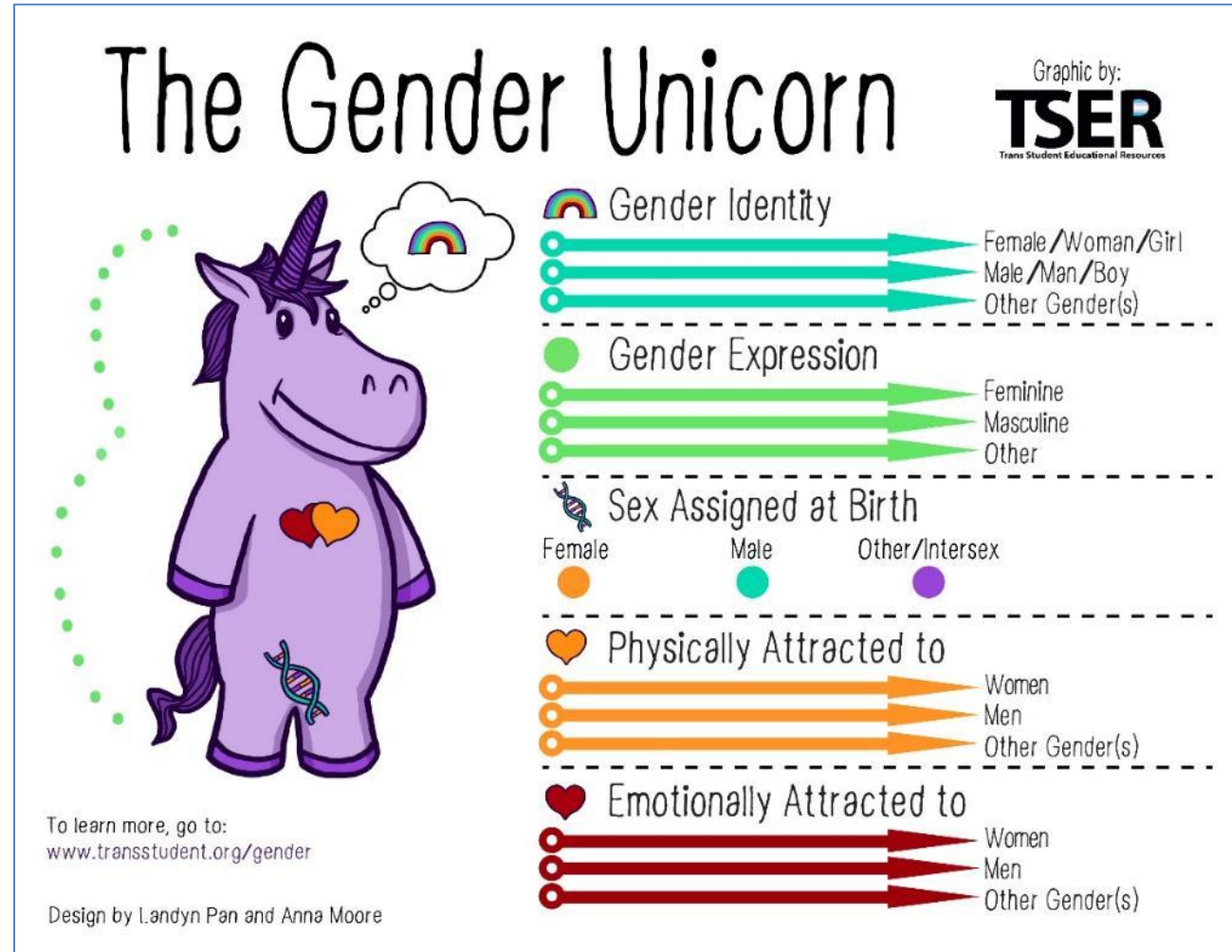
Pegasus Health (Charitable) Ltd April 2018

# Setting the scene

“In the end, we will remember not the words of our enemies, but the silence of our friends”

Martin Luther King Jr

# Setting the scene – the Gender Unicorn™



# Gender diversity

- NZ Youth 2000 and NZ Attitudes & Values surveys
  - 1.2% of people are transgender
    - Equates to 18 patients in a 1500 patient practice
  - Additional 2.4% are uncertain

# What are the health challenges for gender diverse people?

- Access to healthcare remains problematic
- Exposed to prejudice, stigma, transphobia, violence, discrimination
- Health issues:
  - General health
  - Screening – or lack of
  - Mental health

# Words are important

- Think about asking (and how to ask):
  - What is your sex at birth?
  - What is your gender identity?
  - What are your pronouns?
- Asking new patients
- Asking established patients

*“A little bit of respect would go a long way”*

Joanne, community member

# Sam – 48yo

- Presents with symptoms of UTI
- This is Sam's 4<sup>th</sup> UTI in the past year



# Sam - today

- Treating today's problem – UTI
- The future?
- Ongoing support?

# Other possible presentations

- Non binary
- Might present with a UTI from tucking
- If younger, may need to address fertility
- Other health issues
  - e.g. buying hormones over the internet?
- Future ill health & End Of Life plans?

## Jo – age 7

- Sex assigned at birth – male
- Always identified as female
- Family supportive and are requesting help
  - Jo is distressed when has to do “boy” things
  - Grandparents thought it would be “a phase”

**How am I going to handle this consultation?**

# Jo - background

- Happy at school
- Good friends
- Sporty
- Family support is vital to enable Jo to do well in the future
  - it is a *lack* of support that causes distress

## Jo – 4 years later (age 11)

- Still strongly identifying as female
- Starting to get early signs of puberty

**Next steps?**

**Did we see this coming?**

# Use of puberty blockers



Photo: Suzanne Kreiter,  
Boston Globe 2011  
[www.boston.com](http://www.boston.com)

# Adult hormone treatment

- Usually starts at 18y if puberty blockers have been used
- Some patients may start when older if they present when older
- Adult referral to Endocrinology after psychological assessment
- Ongoing monitoring needed
- Communication and teamwork important
  - helps avoid patient distress

# Is your waiting area welcoming?



gender queer pansexual  
 intersex queer  
 asexual ia  
 trans

What do you know about sexuality and gender?

lesbian fa'afafine  
 gay curious

leiti questioning  
 bi

**GENDER**

**SEXUALITY**

takatāpui

Support your nangatahi

**GRAB OUR QUEER & TRANS\* 101 COMIC!**  
 THE I'M LOCAL PROJECT AIMS TO HELP QUEER & GENDER DIVERSE YOUTH FEEL VALUED, RECOGNISED & SUPPORTED IN THEIR LOCAL COMMUNITIES.  
[WWW.IMLOCAL.CO.NZ](http://WWW.IMLOCAL.CO.NZ)

GAY, LESBIAN, BISEXUAL, TRANS, INTERSEX QUESTIONING?

**0800 OUTLINE  
 0800 688 5463**

**YOUR CONFIDENTIAL HELPLINE**

**OUTLINE NZ-0** INFORMATION SUPPORT COUNSELLING REFERRAL TRAINING

**TRANS PEOPLE ARE BORN FREE AND EQUAL IN DIGNITY AND RIGHTS**

mahu transsexual whakawahine  
 fakaleiti akava'ine  
 tangata ira tane transgender  
 hinehua takatāpui boi vaka sa lewa lewa  
 om two-spirit fa'afafine  
 hinehi rae rae queen cross-dresser  
 genderqueer man mtf

ftm

For information, resources and human rights enquiries and complaints  
 0800 496877 hrc.co.nz infoline@hrc.co.nz

Human Rights Commission

**TAKATĀPUI**  
 Part of the Whānau  
 By Elizabeth Kerokere

IT'S OK TO BE WHO YOU ARE.

**It's about Mana**

Family Planning  
[familyplanning.org.nz](http://familyplanning.org.nz)  
 0800 4636 5463  
[facebook.com/familyplanningnz](https://www.facebook.com/familyplanningnz)

**Condoms**

\$5 with a prescription from Family Planning or your doctor

When used correctly they are 98% effective at preventing pregnancy

Condoms protect against pregnancy & STIs

**Confidential • Non Judgemental**  
**Free appointments for under 22s at Family Planning**

Family Planning  
[familyplanning.org.nz](http://familyplanning.org.nz)  
 0800 Info Line  
 0800 4636 5463  
[facebook.com/familyplanningnz](https://www.facebook.com/familyplanningnz)



# How we can help - generally

- Practice – environment, website
- Staff – training, expectations
- Us - awareness
- Other supports

# Take home messages

- Sex and gender are not the same thing
- Words are important
- Gender diverse people face health access issues
- How to be culturally aware?
- Doing nothing can be harmful
- Have discussions with your practice and pharmacy team about what changes you might make

