



ASPIRE

NEWSLETTER SERIES ON

RECOMMENDATIONS FOR PROVIDING CARE TO

LGBTQ+ PATIENTS AND FAMILIES

ISSUE 5

Providing Transgender & Non-binary (TNB)-Affirming Care

Tips for how to best support transgender & non-binary patients:

- ☐ Support and affirm transgender and non-binary adolescents
For example, use patients' affirmed names and pronouns
- ☐ Use TNB-affirming language for brief interventions
For example, say: "Some transgender and non-binary clients experience unique stressors, or might struggle with gender dysphoria, which may result in using alcohol or other substances" (affirming), instead of "I assume you have been drinking more because of the stress you experience each day as a transgender person" (non-affirming)
- ☐ Actively engage with members of the TNB community
For example, invite TNB individuals to participate on patient advisory boards (if your practice has one); hire TNB people into positions at the clinic

Students who are transgender or non-binary report **significantly** poorer health status, lower rates of preventive health checkups, and more visits to the nurse's office than their cisgender (non-transgender) peers. [1]

Tip: Provide education and referral for the process of gender transition and about avoiding the pitfalls of using treatments that were not prescribed by a licensed physician.

"I would be kind of like proud that they're actually recognizing and accepting transgender males and females because a lot of hospitals, as well as public places, they choose not to so I think it's important that they're starting somewhere." [2]

For more information and resources, access the AAP clinical guidelines: <https://www.aap.org/en/patient-care/lgbtq-health-and-wellness>

SOURCES

[1] Rider GN, McMorris BJ, Gower AL, Coleman E, Eisenberg ME. Health and Care Utilization of Transgender and Gender Nonconforming Youth: A Population-Based Study. *Pediatrics*. 2018 Mar;141(3):e20171683. doi: 10.1542/peds.2017-1683.

[2] Guss, C. E., Eiduson, R., Khan, A., Dumont, O., Forman, S. F., & Gordon, A. R. (2020). "It'd Be Great to Have the Options There": A Mixed-Methods Study of Gender Identity Questions on Clinic Forms in a Primary Care Setting. *Journal of Adolescent Health*, 67(4), 590-596. <https://doi.org/10.1016/j.jadohealth.2020.03.030>