

# Gender Care in the Inland Northwest

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# Learning Objectives

- ▶ Learn about several healthcare providers providing care for the LGBTQ+ community in Inland Northwest
- ▶ Interactive conversation panel with the audience to learn from each other and identify future goals for LGBTQ+ healthcare services/needs in our communities
- ▶ Describe the impact of health disparities and stigma in lesbian, gay, bisexual and transgender LGBTQ+ community when accessing health care services

# Who are we?

- ▶ Panel Introductions
- ▶ Audience Introductions
  - Name
  - Organization
  - What do you hope to learn or gain from the presentation today?



Image credit: <https://www.queerlapis.com/>



# Definitions

**Transgender:** Gender identity ≠ sex assigned at birth

**Cisgender:** Gender identity = sex assigned at birth

**Natal gender:** sex assigned at birth, AFAB/AMAB-  
Assigned female/male at birth

**Trans man aka transgender man aka FTM:** A person who identifies as a man but was assigned female at birth

**Trans woman aka transgender woman aka MTF:** A person who identifies as a woman but was assigned male at birth

**Gender Identity Disorder:** DSM diagnosis code used by many mental health professionals. When a strong cross gender identification, combined with a persistent discomfort with one's sex or sense of inappropriateness in the gender role of that sex, causes clinically significant distress.

**Gender Dysphoria:** distress and unease experienced if gender identity and sex are not completely congruent.

**Sex Reassignment (Gender Affirming):** the complete treatment procedure for those who want to adapt their bodies to the desired sex. SRS refers only to the surgical component of this.

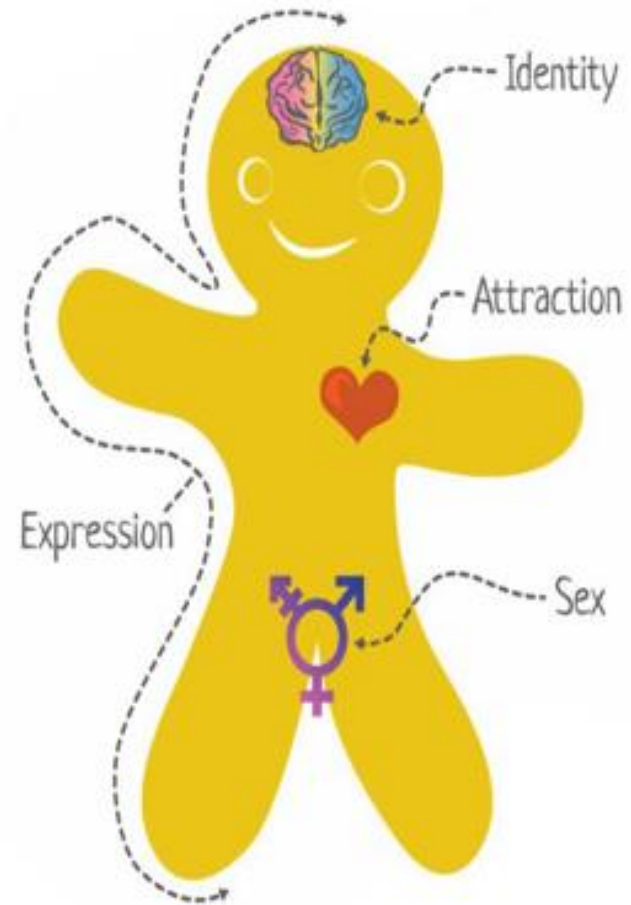
**TERMS TO AVOID:** Transsexual, a historical term for one who has completed "sex-change" treatment, Homosexual, Transgendered, sex change, the change

# GENDERBREAD PERSON

<https://www.youtube.com/watch?v=89Az3m-qJeU>

## The Genderbread Person

From [itspronouncedmetrosexual.com](http://itspronouncedmetrosexual.com)



# Stigma and Discrimination

- Daily stressors caused by stigma and discrimination can lead to adverse mental and physical health outcomes
- Internalized stigma can cause self-harm and unhealthy risk behaviors
- Fearing discrimination by health care providers affects access to care



# Healthy People 2020

- LGBTQ+ youth are:
  - 2 to 3 times more likely to attempt suicide
  - More likely to be homeless (20-40% of homeless youth are LGBTQ+)
  - At higher risk of HIV and STDs
- LGBTQ+ people smoke tobacco at much higher rates than the general population (30% vs 20%)
- LGBTQ+ people have higher rates of alcohol and drug use





# Healthy People 2020

- Gay and bisexual men and transgender women are at much higher risk of HIV and STDs, especially among communities of color
- Lesbians are less likely to access preventive services for cancer
- Transgender people experience very high rates of victimization and suicide attempts
- Older LGBT adults face additional barriers to health care because of isolation, fewer family supports, and a lack of social and support services



# Best Practices

## Assessing Your Starting Point

What is your TRANSGENDER INCLUSION story?

WHETHER YOU ARE TRANSGENDER, PERSONALLY INVESTED IN TRANSGENDER INCLUSION OR JUST HOPING TO BECOME MORE FLUENT AND VISIBLE IN YOUR SUPPORT FOR EQUALITY, ASSESSING YOUR OWN FEELINGS AND PREDISPOSITIONS ABOUT TRANSGENDER INCLUSION IS A CRITICAL FIRST STEP.

<https://www.hrc.org/resources/transgender-inclusion-start-the-conversation>

# Questions for your “personal audit”

- What is my transgender inclusion story? Why is it meaningful to me?
- When I think about transgender people, what is thought that comes to mind?
- Have I had any concrete experiences advocating for greater transgender awareness for myself or others in the workplace? My personal life? How did this go? How did it affect my own sense of possibility with regards to transgender inclusion?
- What messages do I hear in my community (family, friends, workplace, media, etc.) about transgender people? Do I agree or disagree?
- Do I feel comfortable talking about Transgender topics in work or social settings?
- How do I think I/one can show support for transgender individuals?

# Panel Discussion

- Share your current work
- Do you use your personal audit in your practice?
- Best practices you recommend for connecting to patients
- Lessons you have learned
- Tips for showing you or your organization understands stigma and discrimination for LGBTQ+ patients

# Kaiser Permanente



## Gender health program

Our gender health program strives to deliver quality gender-affirming care with dignity and sensitivity. We are proud to partner with our transgender and gender non-conforming patients and families to address their comprehensive health care needs.

Our teams include specialists in case management services, primary care, adolescent medicine, plastic surgery, obstetrics/gynecology, urology, mental health, and speech therapy.

# Planned Parenthood of Greater WA & North Idaho

Site	#Visits	# Patients	17-20	21-25	26-35	36-45	46+
Ellensburg Health Center	47	17	1	12	4	0	0
Indiana Health Center	306	84	17	27	24	6	9
Kennewick Health Center	147	53	15	19	13	4	2
Moses Lake Health Center	24	6	3	1	2	0	0
Pasco Health Center	96	40	15	16	6	1	2
Pullman Health Center	70	25	6	8	9	2	0
Sunnyside Health Center	6	3	1	2	0	0	0
Spokane Valley Health Center	169	51	12	16	16	5	2
Walla Walla Health Center	28	13	5	3	4	1	0
Wenatchee Health Center	27	10	3	3	1	0	3
Yakima Health Center	171	50	9	27	10	3	1
Total	1091	352	87	134	90	22	19

# CHAS

We welcome everyone. Always have, always will.

Providers specializing in Transgender care:

- Andera May, MD @ Perry Street Clinic
- Amanda Oropeza, MD @ Southgate Clinic
- Emily Colegate, MD @ Valley Clinic
- Joshua Kistner, DO @ Market Street Clinic
- Katherine Longinottie, ARNP @ Cheney Health Center
- Letitia McCully, PA-C @ Valley Clinic



# INITIAL PROVIDER VISIT

Length: 40- 60 minutes

Discuss expectations at outset

No hormones at first visit, may take at least 2-3 visits

Obtain hx, order baseline labs and given them consents

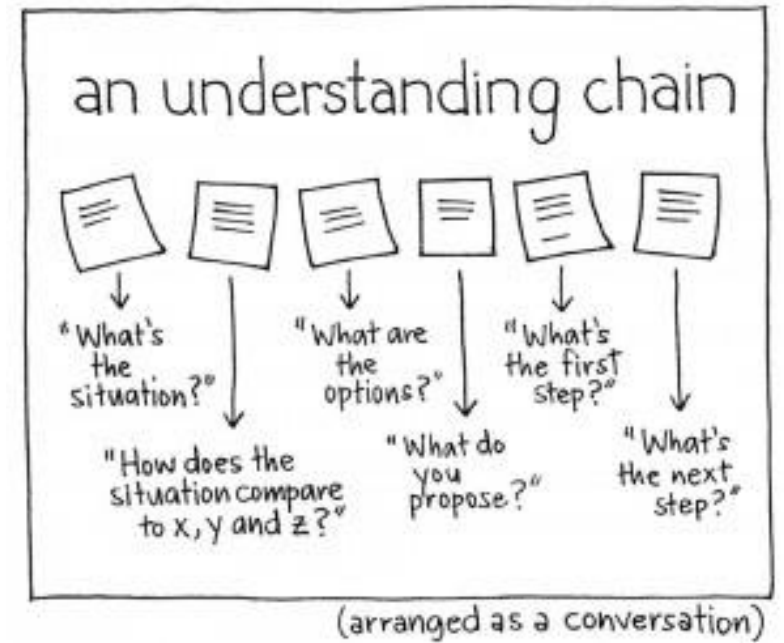
## INITIAL VISIT INTAKE SUGGESTIONS

- Inquire About Preferred Pronoun And Current Gender Identity
- Gender History: “Tell Me Your Gender Identity Story”
- Current Medical Issues: PMHx, PSHx, PFHx, meds, etc.
- Social History: hx substance and tobacco use, etoh use, black market meds/supplements. Ask about social support!
- Mental Health History: hx of depression, anxiety, suicide attempts, etc.
- Sexual History: gender(s) of partner(s)
- Have you had anal, genital, or oral sex?
  - Do you give, receive or both?
- How many partners in the past six months?
- Do you use condoms ... never, some, most, all of the time?
- Any symptoms of STIs?
  - Note appropriate screening if needed

## INITIAL VISIT: UNDERSTANDING WHAT THE PATIENT WANTS

“What are your goals for your treatment/transition?”

- Cross dressing
- Hormone therapy- a little bit or more?
- Fertility desires- now and future-important to discuss
- Surgeries
- Some but not all



# What can you do?

## Be OUTSPOKEN . . .

- ▶ Speak out in support of LGBTQ+ people and LGBTQ+ rights
- ▶ Support LGBTQ+ people who experience discrimination
- ▶ Think about how you use gendered language
- ▶ Learn about policies affecting transgender people

## Be a CHANGE AGENT. . .

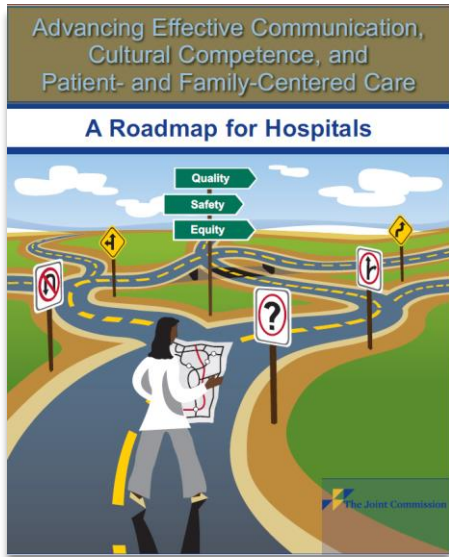
- ▶ Call your elected officials
- ▶ Work to pass laws
- ▶ Work with schools
- ▶ Change the curriculum
- ▶ Work with homeless shelters
- ▶ Work with healthcare and behavioral health service providers
- ▶ Work with suicide prevention, HIV prevention and treatment, alcohol and drug abuse treatment, and anti-smoking programs
- ▶ Work with police departments
- ▶ Work with jail and prison systems

# Audience Participation

WHAT ARE NEXT STEPS?

WHAT ELSE DO YOU NEED IN  
YOUR TOOLBOX?

# Online Resources



The Joint Commission

[https://www.jointcommission.org/roadmap\\_for\\_hospitals/](https://www.jointcommission.org/roadmap_for_hospitals/)



[www.lgbthealtheducation.org](http://www.lgbthealtheducation.org)



Lesbian, Gay, Bisexual, and Transgender Health

<https://www.cdc.gov/lgbthealth/>