

BOOKLET FOR FAMILY DOCTORS AND COMMUNICABLE DISEASES PROFESSIONALS



**Supporting wellbeing and integration
of transgender patients**

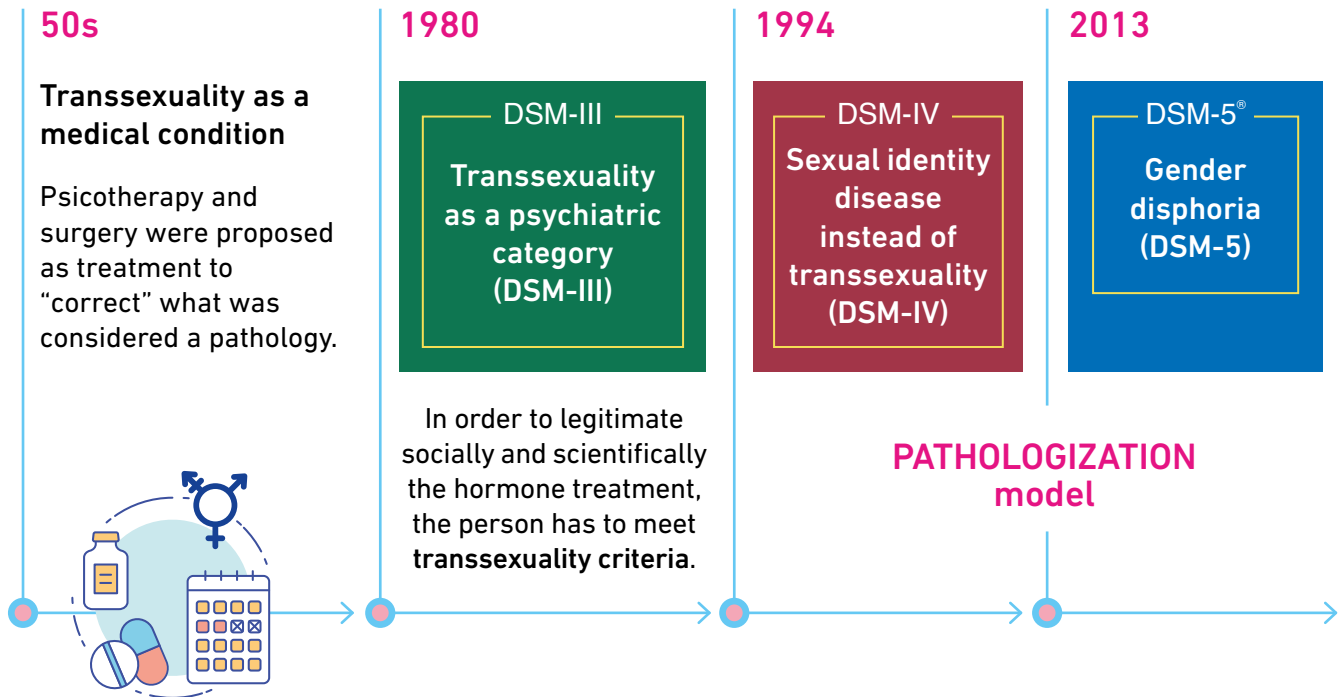


This project was funded by the European Union's Rights,
Equality and Citizenship Programme (2014-2020).



A LITTLE HISTORY

THE ROAD TO DEPATHOLOGIZATION



DEPATHOLOGIZATION MODEL
Eliminate psychiatric diagnosis and replace it for an
INFORMED CONSENT

Garaizabal, C., Mas, J., Almirall, R., Vega, S. (2015). Informe de model d'acompanyament i assistència a persones Trans a la ciutat de Barcelona. Ajuntament de Barcelona: Barcelona.

FAQS

by family doctors and communicable diseases professionals

Should I have a special treatment with trans people? Do I have to treat them differently?

Absolutely not. Medical assistance should follow the same steps and should have the same objectives than usual: ask about the medical needs of the person and recommend a treatment if necessary.

Can I ask trans people about their transition?

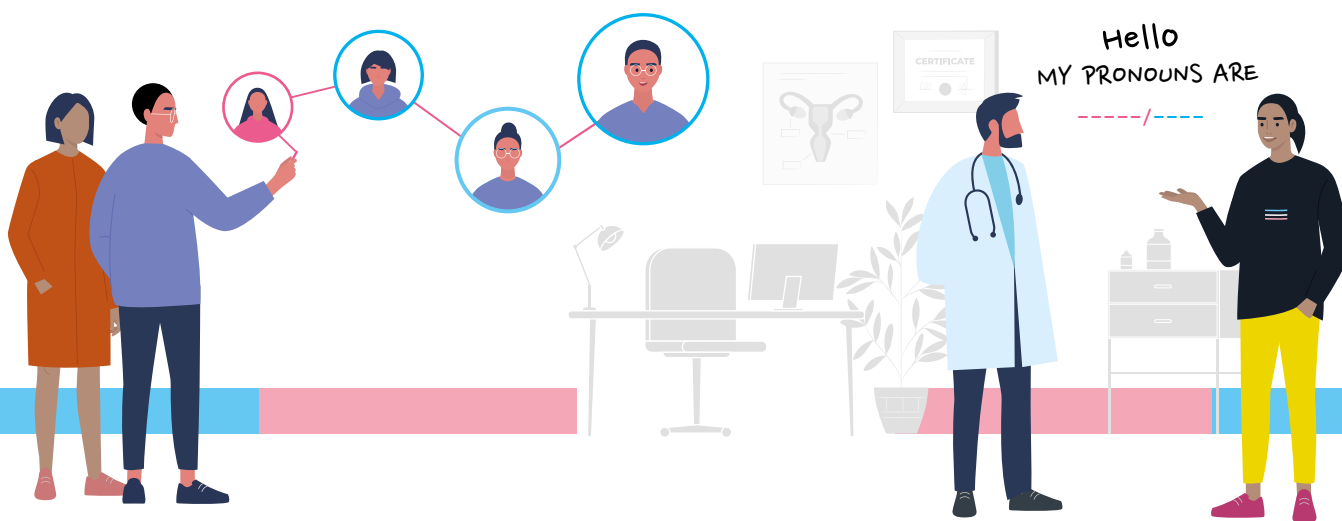
The process of transition is extremely private and not a topic for conversation. Ask yourself if you need to know this information.

Is it related to the medical issue under examination?

If your answer is NO, then there is no need for further comments. If your answer is YES, then the conversation will naturally occur.

Can I address him/her as a trans person or should I use other words?

Address the person by their name and corresponding pronouns. If you are unsure, ask how the person wants to be referred. Use the preferred pronouns and name. For example, you can say "My name is Anne and my pronouns are she/her. What are your name and pronouns?"



How to deal with the situation when gender and name do not match? *(For example, when you call for John -so you expect a man to stand up- and Marie is standing up).*

As a general rule, it is helpful not to assume gender identity based on looks or legal name. Try to write down on the clinical history the preference in order to inform the following professional who is going to visit the person.

What about biological conditions, such as menstruation? How do I have to manage this situation when a trans man/boy has problems with that?

Help sensitively. Focus on the problem or medical need. It is important to support without insisting on and reminding the person of being “biologically” a woman.

BE AWARE!

The doctor-patient relationship always implies a power imbalance because the patient is in need of medical help, and you are in a position to provide that help.

An attitude of care and respect is always a good choice.



FAQS'

by pediatricians

Some families come to the pediatricians looking for advice for their trans children. What should I do?

Parents want to be listened to and supported. **As a pediatrician you can help by delivering the family information on local specialized centers that provide gender-sensitive support.** Stay updated on these resources. If the family and/or the child ask about the hormone treatment, it is highly recommended to derivate them to the TRANS reference unit in your region: they are specialized on the transition and they will provide truthful information.


Does the child have to go through a hormone treatment?

The doubts expressed by a child about his/her gender condition do not necessary imply identifying as a trans person. Other possibilities are: identifying oneself as non-binary, or genderqueer or even other more personal choices. Informing the family about these concepts without recommending is usually helpful.

Do I have to treat trans and intersex children differently?

Pediatric assistance is expected to serve children and their families in relation to their medical needs. Listen respectfully to the demands of the family and don't force the person and their parents into surgeries.



A young child with light brown hair is climbing a red rope. The child is wearing a long-sleeved sweater with horizontal rainbow stripes (red, orange, yellow, green, blue, purple) and a matching rainbow tutu. The child has rainbow face paint on their cheeks. The background is a blurred outdoor setting with trees and a building.

Pediatricians may be the first contact of families who have questions.

It is important to be knowledgeable about the resources in the community that can provide specialized information.

NETWORK OF DERIVATIONS

in case the person asks for further information

HEALTH-RELATED

In some cases, intersex and transgender persons may **WANT INFORMATION** on:



Hormone therapy



Surgery



Psychotherapy



Any other concerns related to transition

So first, listen to their questions and needs. If the person wants to start the transition, derivate to the reference unit of your Country. They will be best informed on the local network of gender-sensitive professionals who can help.

ADMINISTRATIVE: SANITARY CARD

It is recommended that healthcare professionals know the process required to make the name change in the sanitary card of your region. In some countries, the trans person who wants to make the name change only needs to be registered in the region but not necessary has to have the name changed in the Identity card.



Basic definitions

Gender identity

A person's interpretation and categorization of their own gender, finding a comfortable definition of oneself, expressed through interactions with other people.

Sexual orientation

Term used to refer to physical and emotional attraction to people of the same and / or opposite sex, as well as a lack of interest or sexual attraction (asexuality).



Lesbian

Woman who is emotionally and/or sexually attracted to other women.



Gay

Man who is emotionally and/or sexually attracted to other men.



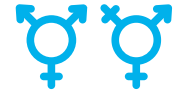
Transgender

Someone whose gender identity is incongruous with the sex they were assigned at birth. The terms 'trans' and 'transgender' are used exclusively as adjectives.



Cisgender

A person whose gender identity aligns with the sex they were assigned at birth – e.g., a person who was assigned male at birth, was raised as a man and considers himself a man.



Bisexual

Person who is emotionally and/or sexually attracted to people of both sexes.



Intersex

A general term used for a variety of conditions in which a person is born with biological attributes that do not fit the specific definitions of female or male.



Non-binary or genderqueer

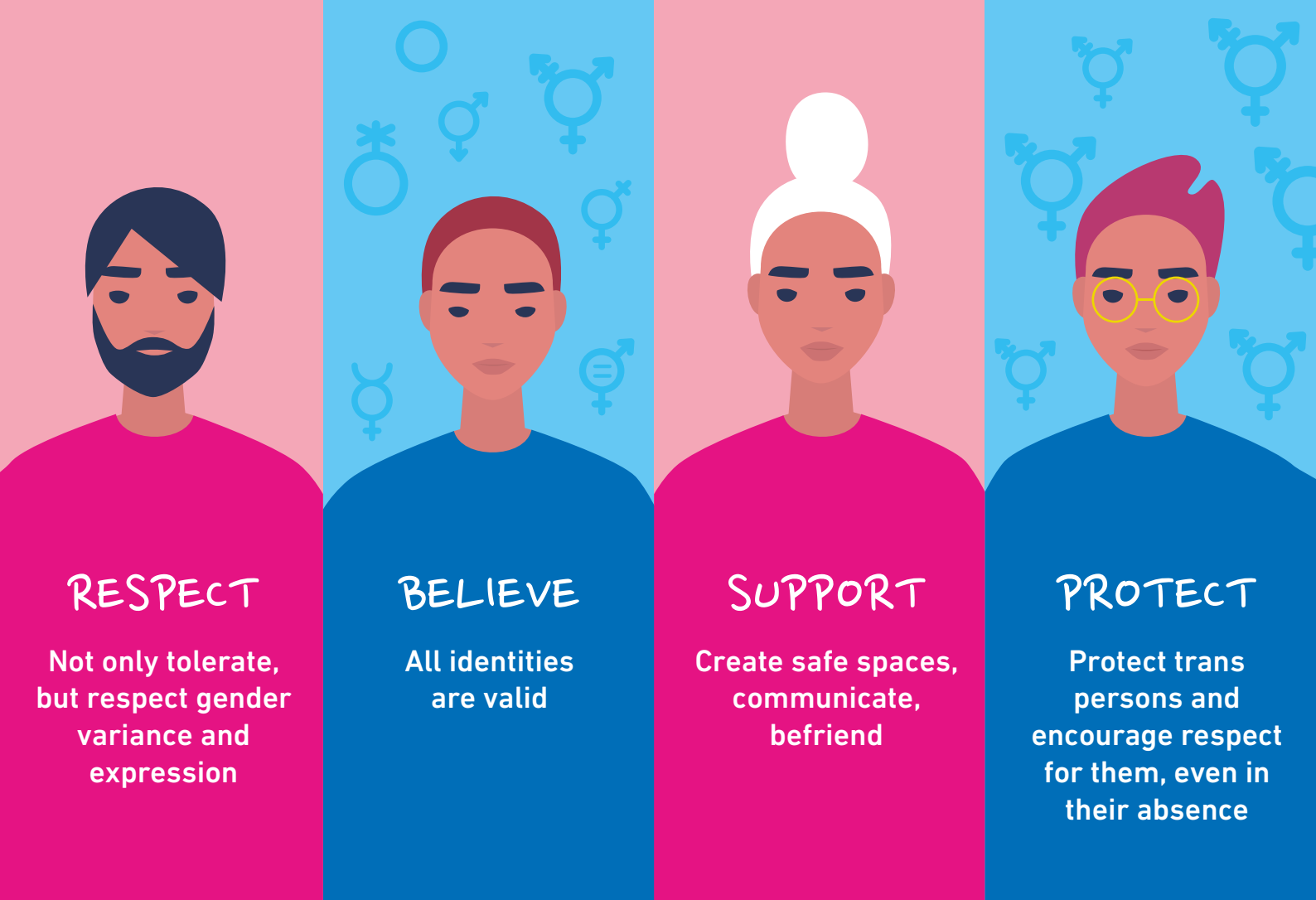
Those whose internal sense of gender falls outside the gender binary (feminine/masculine). Non-binary people are extremely diverse in terms of their identities and may be fluid or fixed in terms of their gender.



LOCAL RESOURCES MAP

Supporting wellbeing and integration of transgender people in healthcare environments require that the professionals are knowledgeable of the local resources including specific medical assistance and community and social support.

For more information on these resources, please visit our Local Resources Map for the partner countries at <https://www.projectswitch.eu/>



RESPECT

Not only tolerate,
but respect gender
variance and
expression

BELIEVE

All identities
are valid

SUPPORT

Create safe spaces,
communicate,
befriend

PROTECT

Protect trans
persons and
encourage respect
for them, even in
their absence



The content of this deliverable represents the views of the author only and is his/her sole responsibility.
The European Commission does not accept any responsibility for use that may be made of the information it contains.

Project number 881635 – SWITCH- REC-AG-2019 / REC-RDAP-GBV-AG-2019