

TGNC HANDOUT

for Transgender and
Gender Non-Conforming individuals
navigating healthcare settings

No one should have to deal with discrimination or transphobia in healthcare settings or anywhere else.

Medical providers and their support staff can and should seek education to offer services that are sensitive to the needs of TGNC people.

Although it is not your job, you are welcome to tear off the bottom of this page and hand it to your provider to help them get started!

Here are some ideas that might help TGNC individuals feel more comfortable during medical visits.

These are merely suggestions for you to consider. Not all of these will apply to every person or situation. Only you can decide what may be helpful for you!

Feeling anxious is normal during medical exams, particularly when you're unsure if a provider is trans-informed. Having self-soothing strategies in place beforehand can be helpful in alleviating potential anxiety in the moment.

Bring a supportive friend/partner/family member who can advocate on your behalf if needed.

—Discuss in advance if/when and how you wish for this person to speak for you.

—They can accompany you into exam room or wait in the waiting room.

Request a support staff be present during exam.

Request a medical provider and/or support staff of a specific gender with which you are most comfortable.

Ask medical provider to describe procedures (and reasons for procedures) before and/or during the procedure.

MORE IDEAS CONTINUED
ON BACK

TEAR OFF THIS BOTTOM PORTION FOR YOUR PROVIDER!

Tips for Medical Providers: How to be an ally for trans and gender non-conforming people

SEE OTHER SIDE FOR TIPS ►►

Ideas to increase comfort during medical visits, continued

Ask medical provider not to describe procedures to you.

Ask that portions of exam which you find uncomfortable be completed as quickly as possible.

Ask to talk about something besides the procedure during the procedure for distraction.

Ask for silence.

Ask to play music of your choice.

In advance, ask whether a mild anti-anxiety medication may be appropriate for procedures that cause severe distress.

Ask about creative options for increasing your comfort during invasive procedures like pap tests and prostate exams, such as alternative body positioning, different sizes of instruments, and/or choices of lubricants.

Ask to remain clothed to the degree possible during the exam.

Ask for privacy to put clothes back on immediately following procedures for which you must disrobe.

Before procedures are conducted, discuss aftercare, including alleviating physical pain and symptoms, as well as caring for your emotional wellbeing.

When accepting referrals, inquire whether the providers are trans-informed.

Remember! You are free to decline, delay, pause or stop a procedure at any time.

You have the right to switch to a new medical provider with whom you are more comfortable.

If you feel that your rights have been violated, you may:

- Ask to speak with management about what happened
- File a formal complaint, and/or
- Seek local legal resources that specialize in LGBT rights to assist you

More ideas

The TGNC Card is a collaboration between the Q Card (www.qcardproject.com) and The Trans Masculine Sexual Health Collaborative (www.transmaschealth.org), a program of The Fenway Institute (fenwayhealth.org/the-fenway-institute) in Boston. In 2012, Genya Shimkin developed the Q Card to create a simple communication tool that could improve healthcare for queer youth.

The Trans Masculine Sexual Health Collaborative team noticed the need for a similar tool to assist trans and gender non-conforming people of all ages during healthcare visits. We would like to thank everyone, across the gender spectrum and the nation, who contributed to the development of the TGNC Card.

TEAR OFF THIS BOTTOM PORTION FOR YOUR PROVIDER!

Medical providers can be important allies for trans and gender non-conforming people by:

- Asking for consent before each step of a procedure. Check-in with your patient, as much as possible, place the control in your patient's hands.
 - Not asking invasive questions or performing procedures irrelevant to the visit.
 - Educating yourself about transgender health and health disparities.
 - Avoiding assumptions about gender identity, language, partners, and behaviors by asking open-ended questions.
 - Speaking openly and without judgment about gender, health, sexuality, and mental health.
 - Learning about healthcare issues for transgender patients. Here are some resources:
transhealth.ucsf.edu www.radremedy.org
www.lgbthealtheducation.org www.wpath.org
fenwayhealth.org/transhealthproject-health.org/transline
www.genderspectrum.org/resources/medical-2
- Other resources for healthcare providers:
-
-
-