

Transgender Care Guidelines and Resources

Christiana Care Health System is committed to providing the highest quality of care to all of our patients and families including transgender patients.

“Transgender” is an umbrella term used to describe people whose gender identity (one’s inner sense of being male or female or gender non-conforming) differs from their assigned or presumed sex at birth.

Gender Expression: refers to external cues that one uses to represent or communicate one’s gender to others, such as behavior, clothing, hairstyles, activities, voice, mannerisms or body characteristics.

To **“transition”** means to undergo a process by which a person changes their physical sex characteristics and/or gender expression to match their inner sense of being male or female. A person may refer to themselves as **“in transition”** when asked about their gender. The process may include a name change, a change in pronouns, and a change in social gender expression through things such as hair, clothing and restroom use. It may or may not include hormones and surgery.

Transgender people may avoid seeking health care because of fear of mistreatment or negative past experiences. Because of this, health care providers must take an active role in ensuring that all patients, including our transgender patients, feel welcomed and cared for.

GUIDELINES FOR PROVIDING BEST PRACTICE PATIENT–FAMILY–CENTERED CARE

- Remember that transgender patients are generally admitted to hospitals and seek out primary health care for the same types of care as other patients. Although transgender patients may also enter hospitals for transition-related health care services, we do not assume they have surgically or hormonally altered their body.
- We are each responsible for using professional language and demeanor at all times.
- Ask the patient what name they prefer and what pronoun they use. The preferred name of the patient may not match a patient’s legal name. For safe patient identification, any two of the following may be used for this purpose: patient’s name, date of birth, medical record number, financial number (FIN), a valid driver’s license, social security number, picture identification, address, telephone number or assigned account number.
(Policy – Patient Identification)
- Allow patients access to bathrooms according to a person’s gender identity.*
- Refer to policy “Admissions – Transgender Patient” for information on rooming.
- Complete medically necessary questionnaires and exams within your scope of practice.
- Educate yourself on the specific health care needs of transgender people as it relates to your professional or clinical role. See resources that follow.
- Gender identity as well as the sexual orientation of a patient is private patient information. Sharing this information should be on a “need to know” basis in order to protect the patient’s privacy.

*Delaware Gender Identity Non-Discrimination Act (SB 97 – 2013)

RESOURCE GUIDE, REVISED SEPTEMBER 2017

Transgender Resources

IOM, The Health of Lesbian, Gay, Bisexual, and Transgender People: Building a Foundation for Better Understanding

<http://www.nationalacademies.org/hmd/Reports/2011/The-Health-of-Lesbian-Gay-Bisexual-and-Transgender-People.aspx>

Healthy People 2020

<http://healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=25>

Center of Excellence for Transgender Health

<http://transhealth.ucsf.edu/>

The Report of the 2015 U.S. Transgender Survey

<http://www.ustranssurvey.org/>

Mazzoni Center Trans Care

<https://www.mazzonicenter.org/health-care/trans-care>

Pathfinder: A guide to Lesbian, Gay, Bisexual & Transgender Health Christiana Care Medical Libraries

<https://www.christianacare.org/documents/Pathfinders/LGBT-Health-Library-Pathfinder.pdf>

Lambda Legal publication on transgender-affirming hospital policies

http://www.lambdalegal.org/sites/default/files/publications/downloads/hospital-policies-2016_5-26-16.pdf

Clinical Guidelines

World Professional Association for Transgender Health Standards of Care (SOC) for the Health of Transsexual, Transgender, and Gender Nonconforming People, 7th version

http://www.wpath.org/site_page.cfm?pk_association_webpage_menu=1351&pk_association_webpage=3926

Center of Excellence for Transgender Health, UCSF Primary Care Protocol for Transgender Patient Care

<http://transhealth.ucsf.edu/trans?page=protocol-00-00>

Endocrine Society's Clinical Guidelines Treatment of Transsexual Persons

<http://press.endocrine.org/doi/abs/10.1210/jc.2009-0345>

For further assistance please contact

