

Gender-Affirming Care | A Road Map for Kootenay Boundary Primary Care Practitioners

This road map highlights key resources, care & referral pathways to support & empower practitioners within the provision of gender-affirming primary health care. Each patient's journey is unique & the best care happens when the team surrounding the patient is working together with a team-based approach. For clinical tools & resources - all in one place & at your fingertips - visit the KB gender-affirming care practitioner info hub at bit.ly/KB-GAC-infohub.

Provide supportive primary health care throughout the patient journey

Gender Identity & Coming Out

- Provide a welcoming & inclusive clinical environment. Use the name & pronouns your patient identifies with - not sure, just ask.
- Listen & explore your patient's gender identity, goals, & needs together.
- Provide information about gender-affirming care options, services & resources. Share the KB Patient Road Map booklet, printed copies are available for all clinics: bit.ly/KB-GAC-infohub.
- Generate referrals based on patient needs & goals. This may include supportive counselling.

Gender Expression & Social Transitioning

- Support plans for navigating transitioning & provide resources. Social transitioning resources, including ID & name change: bit.ly/phsa-st (link included within KB Patient Road Map Booklet).
- Help reduce barriers to accessing further/specialized gender-affirming health care by working with your patient to optimize medical & mental health.
- Be prepared & open to working with patient's families, partners & significant others within the health care journey if they choose.

Medical Transitioning: Hormone Therapy

- Provide hormone therapy information in preparation for informed consent discussions: bit.ly/phsa-hormone-therapy (link included within KB Patient Road Map booklet).
- Discuss the options, expected effects, timing & potential risks.
- Refer to providers trained to do hormone assessment as needed, or consult for guidance.
- Follow the World Professional Association for Transgender Health (WPATH)¹ protocols if initiating, titrating & monitoring hormone therapy: bit.ly/wpath-standards.

Medical Transitioning: Gender-Affirming Surgery

- Be familiar with the WPATH¹ criteria for surgical intervention bit.ly/wpath-standards.
- Support your patient to make informed choices & navigate their surgical options: bit.ly/phsa-surgery-considerations (link included within KB Patient Road Map booklet).
- Refer patient to a qualified surgical readiness assessor for their assessment. Refer patient for surgery as indicated, provide post-op care & liaise with surgeons.

Practitioner Resources:

**Gender-Affirming Care
KB Practitioner Info Hub**
bit.ly/KB-GAC-infohub

**Trans Care BC
Health Navigation Team**
Practitioner Support: 1-866-599-1514

**Trans Care BC
Clinical Mentorship Calls**
Thursdays 12:10-1:00 pm via Zoom
bit.ly/phsa-cm-call

Consult Options:

Dr. Lauren Galbraith
Kootenay Boundary Physician
250-352-2230
Hormone Readiness & Surgical Assessor

Provincial RACE Line
1-877-696-2131 | raceconnect.ca
Request Transgender Health Option

**BC Children's Hospital
Gender Clinic**
604-875-2345, ext. 6550
Email: bcchgenderclinic@cw.bc.ca

¹World Professional Association for Transgender Health, *Standards of Care for the Health of Transgender and Gender Diverse People, Version 8*

Adults Age 17+ Gender-Affirming Care & Referral Pathways

Each patient's journey is unique. This flow chart is intended to provide a helpful guide, rather than to indicate a linear step-by-step process.

Primary Care Provider | Initial Visit & Primary Care Throughout Health Care Journey

Visit the KB Gender-Affirming Care Practitioner Info Hub for clinical tools & resources - all in one place & at your fingertips: bit.ly/KB-GAC-infohub.
Share the KB Patient Road Map with your patients - order copies for your clinics via the info hub web page. If no referrals are needed, continue supportive primary care.

Hormone Readiness Assessment (HRA)

Most Primary Care Providers are well qualified to assess readiness for Hormone Therapy. Access consultation support as needed, (see consult options page 1). In most cases assessment by a psychologist or psychiatrist is not required, however Primary Care Providers should assess both mental & physical health as part of the HRA. Refer to Dr. Lauren Galbraith or other specialists when needed. HRAs may also be completed by qualified Mental Health Clinicians.

Hormone Administration & Maintenance

Hormone Therapy can be initiated & maintained by Primary Care Physicians, & NPs in some cases. Complex cases may require enhanced qualifications, & referral to an Endocrinologist. Access a reference guide at bit.ly/phsa-endocrine.

Continuing Primary Care

Referral to Surgical Readiness Assessment (SRA)

SRAs for publicly-funded procedures are only done by qualified providers & may need one or two assessments, depending on the type of surgery. Referral Options: Dr. Lauren Galbraith, 250-352-2230 | Refer to Trans Care BC bit.ly/phsa-medforms

Referral to Gender-Affirming Surgery* (by the Primary Care Provider)

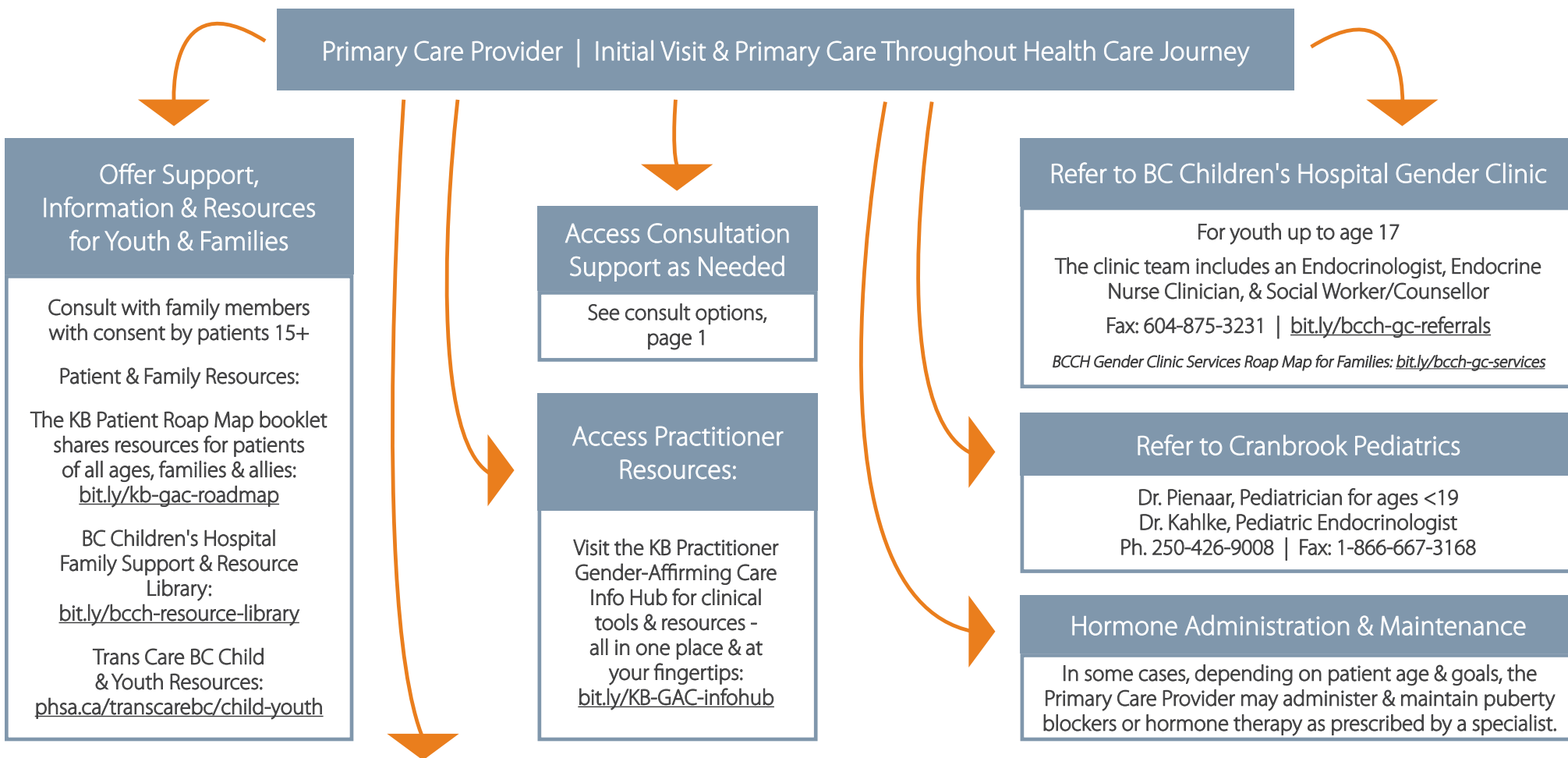
Including Chest Surgery, Gonadectomy, Genital Reconstruction. Access surgery referral info & options at bit.ly/phsa-medforms. *Hormone Therapy required for some procedures. Surgeons refer to post-op care. Home & Community Service Centres also offer support & post-op wound care by SP, GP, NP & self-referral as needed: 1-800-707-8550.

Continuing Primary Care

Youth Pathways | Age of Access for Services & Programs Vary

Each patient's journey is unique. This flow chart is intended to provide a helpful guide, rather than to indicate a linear step-by-step process.

WPATH Standards of Care recommend that a trans-competent mental health professional assess transgender and gender questioning children/youth prior to consideration of medical treatment (puberty blockers/affirming hormones) by the Pediatric Endocrinologist. This professional can be a Psychiatrist, Psychologist, Adolescent Medicine specialist, Pediatrician, Social Worker, Physician, Nurse Practitioner or other specialist with relevant expertise.



Continue Primary Care throughout the health care journey. Support as needed when no specialised gender-affirming referral is recommended. Primary Care Providers will have a continued role in the care of their patient during specialised care.

Practitioner Resources | At-A-Glance

Team-Based Clinical Tools & Resources to Support & Empower You Within the Provision of Gender-Affirming Primary Care

Gender-Affirming Care Road Map for KB Patients & Families

Share this resource with your patients & their loved ones as a tool to support their journey. Explore the Road Map & order copies at:

bit.ly/KB-GAC-infohub

Primary Care Toolkit Trans Care BC

Information on gender-affirming care options & tools to assist with initiating &/or maintaining hormone therapy, & more.

bit.ly/phsa-toolkit

Clinical Mentorship Calls Trans Care BC

Join a call to learn & get your questions answered. Thursdays 12:10-1:00 pm via Zoom.

bit.ly/phsa-cm-call

Health Care Navigation Team Trans Care BC

Call with questions, for resource information, & general support: 1-866-599-1514. The team is here to support patients & practitioners.

bit.ly/phsa-navigate

CME-Accredited Practitioner Training Trans Care BC

Explore learning opportunities to advance practitioner skills in gender-affirming primary care.

bit.ly/phsa-gac-training

Social & Medical Transitioning Info Trans Care BC

Access up-to-date resources to support your patients – including ID & name change, hormone therapy, surgery information, & more.

bit.ly/phsa-materials

ANKORS Trans Connect

A health & community program supporting transgender, non-binary, two-spirit, intersex, & gender diverse people in the Kootenays. Trans Connect offers community education, one-to-one support, groups, & more.

ankorstransconnect.com

BC Children's Hospital Gender Clinic

The team works in partnership with community & hospital mental health professionals (Psychiatrists & Psychologists) & the BC Transgender Clinical Care Group.

bit.ly/BCCH-genderclinic

Rainbow Health Ontario

Access practitioner learning modules, including youth-focussed courses such as Trans 101: Children & Youth, & Puberty Suppression.

learn.rainbowhealthontario.ca

Pathways BC

Check out Pathways for additional clinical & community resources, (login required).

bit.ly/pathwaysbc-gac

KB Gender-Affirming Care Practitioner Info Hub

Clinical tools & resources - all in one place & at your fingertips!

bit.ly/KB-GAC-infohub



This resource has been created through the Kootenay Boundary Shared Care Gender-Affirming Care Project, a collaborative initiative that brings together local physicians, transgender advocates, allied organizations & practitioners to help strengthen gender-affirming care in our region.

