

Welcome to UVM ECHO: Transgender Care in the Medical Home

Facilitators: Kathy Mariani, MD

Liz Cote

Skylar Wolfe (he/him/his)

Taylor Small (she/her/hers)

June 20, 2019

- RECORDING OF SESSION TO BEGIN



CME Disclosures

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No Relevant Disclosures

Planners:

- Elizabeth Cote
- Kathy Mariani, MD

Faculty:

Kathy Mariani, MD

Skylar Wolfe

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Agenda and Session Objectives

- What is ECHO?
 - Impact on care
 - Impact on providers
 - Format
- Review objectives and schedule of the Trans Echo series
- Presentation about Language and Trans Health
- Discuss first case
- Identify cases for subsequent sessions
- Elicit feedback



Introduction to ZOOM



- Mute microphone when not speaking
 - If using phone for audio, please mute computer
 - If using phone, *6 is used to mute/unmute
- Position webcam effectively (and please enable video)
- Test both audio & video
- Use “chat” function for:
 - Attendance—type name and organization of each participant upon entry to each teleECHO session
 - Technical issues
- We need your input!
 - Use “raise hand” feature; the ECHO team will call on you
 - Please speak clearly



Project ECHO

Project ECHO® is a lifelong learning and guided practice model that revolutionizes medical education and exponentially increases workforce capacity to provide best practice specialty care and reduce health disparities through its hub-and-spoke knowledge sharing networks



People need access to specialty care for complex conditions



Not enough specialists to treat everyone,



ECHO® trains primary care clinicians to provide specialty care services



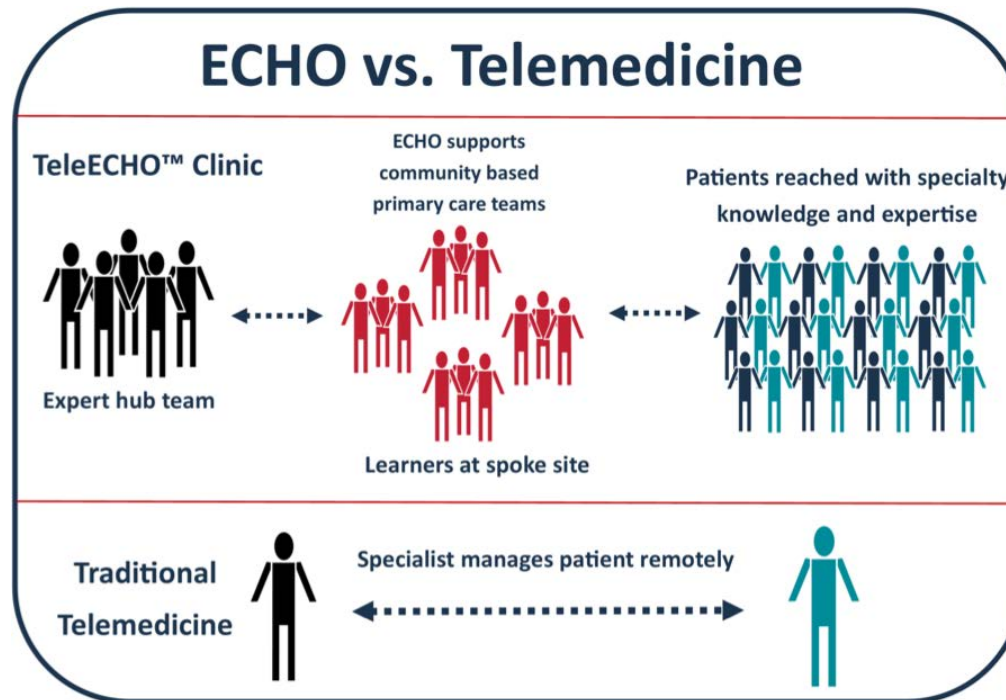
Patients get the right care, in the right place, at the right time.

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ECHO model is not ‘traditional telemedicine’.
Treating Physician retains responsibility for managing patient.

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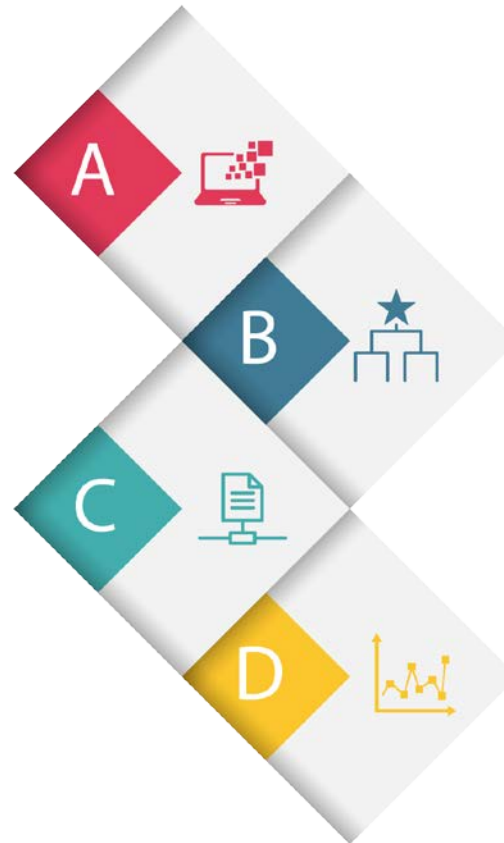
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ECHO Model

Amplification – Use
Technology
to leverage scarce resources

Case Based Learning
to master complexity



Share **B**est Practices
to reduce disparity

Web-based **D**atabase to
Monitor **O**utcomes



Is ECHO effective? (Scale 1-5)

- My participation in Project ECHO benefits patients under my care whom I co-manage with ECHO specialists. 4.45
- The patients under my care whom I co-manage with ECHO specialists receive best-practice care. 4.43
- My participation in Project ECHO benefits the patients under my care whom I do not co-manage with ECHO specialists. 4.19
- Through the Project ECHO telehealth clinics, I am learning best-practice care in chronic disease. 4.68
- I am connected with peers in the ECHO telehealth clinic whose opinion I respect for professional advice and consultation 4.55
- I am developing clinical expertise through participation in Project ECHO 4.48



Other ECHO outcomes

- Enhances professional satisfaction
- Decreases professional isolation
- “Benefits my clinic”
- Expands access to treatment for patients
- Helps address limited access to specialists





ECHO Hubs & Superhubs: United States

Hub Locations



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ECHO format

- Introductions
- Announcements
 - ZOOM etiquette
 - Review agenda
 - Follow-up
- Didactic (20-25 min)
- Case presentation
 - Spoke participant presents
 - Facilitator summarizes
- Clarifying questions
 - Participants – then hub
- Impression
- Recommendations
 - Participants – then hub
- Summary
 - Sent to presenter
- Closing Announcements
 - Submission of new cases
 - Completion of evaluations



Transgender Care in the Medical Home: Faculty

- Skylar Wolfe - he/him/his
- Taylor Small - she/her/hers
- Evan Eyler, MD, MPH
- Mara Iverson - she/her
- Erica Gibson, MD – she/her
- Theresa Emery, LSW – she/her
- Rachel Inker, MD - she/her
- Leo Kline, MSN, APRN – he/him
- Kym Boyman, MD
- Jamie Mehringer, MD
- Courtney Bowers, ND



Transgender Care in the Medical Home: Objectives

- Improve communication skills important to creating a gender affirming medical home
- Learn how to incorporate trans care with whole person care across the life span
- Develop expertise managing psychiatric issues related to care of transgender patients
- Identify resources for transgender youth, adults and families
- Understand integrative and naturopathic approaches to transgender care
- Develop confidence and competence counseling patients on options for surgical and medical transition



2019-2020 PROGRAM SCHEDULE

DATES (All Thursdays, 12pm to 1pm)	SESSION	DIDACTIC TOPICS (in addition to case review)
June 20, 2019	TeleECHO Session #1	<ul style="list-style-type: none"> • Orientation to Project ECHO • Trans Care: Language Matters
July 18, 2019	TeleECHO Session #2	<ul style="list-style-type: none"> • Mental Health and Trans Care
August 15, 2019	TeleECHO Session #3	<ul style="list-style-type: none"> • Social Affirmation
September 19, 2019	TeleECHO Session #4	<ul style="list-style-type: none"> • Caring for Gender Dysphoric Youth and their Families
October 17, 2019	TeleECHO Session #5	<ul style="list-style-type: none"> • Medical Affirmation: Hormone Therapy Basics
November 21, 2019	TeleECHO Session #6	<ul style="list-style-type: none"> • Surgical Gender Affirmation
December 19, 2019	TeleECHO Session #7	<ul style="list-style-type: none"> • Puberty and Adolescent Trans Care
January 16, 2020	TeleECHO Session #8	<ul style="list-style-type: none"> • Integrative and Preventative Trans Care





Trans Care: Language Matters

UVM Echo: Transgender Care in the Medical Home

Taylor Small (she/her/hers), Director of Health and Wellness
Skylar Wolfe (he/him/his), Director of SafeSpace Anti-Violence Program



Pride Center of Vermont

- Drop-in Resource Center
- Community Social Events
- Peer-led Support Groups
- LGBTQ Disability Network

Health & Wellness Program

- MPowerment Project
- HIV Testing & PrEP/PEP
- Tobacco Cessation
- Cancer Screenings

SafeSpace Anti-Violence Program

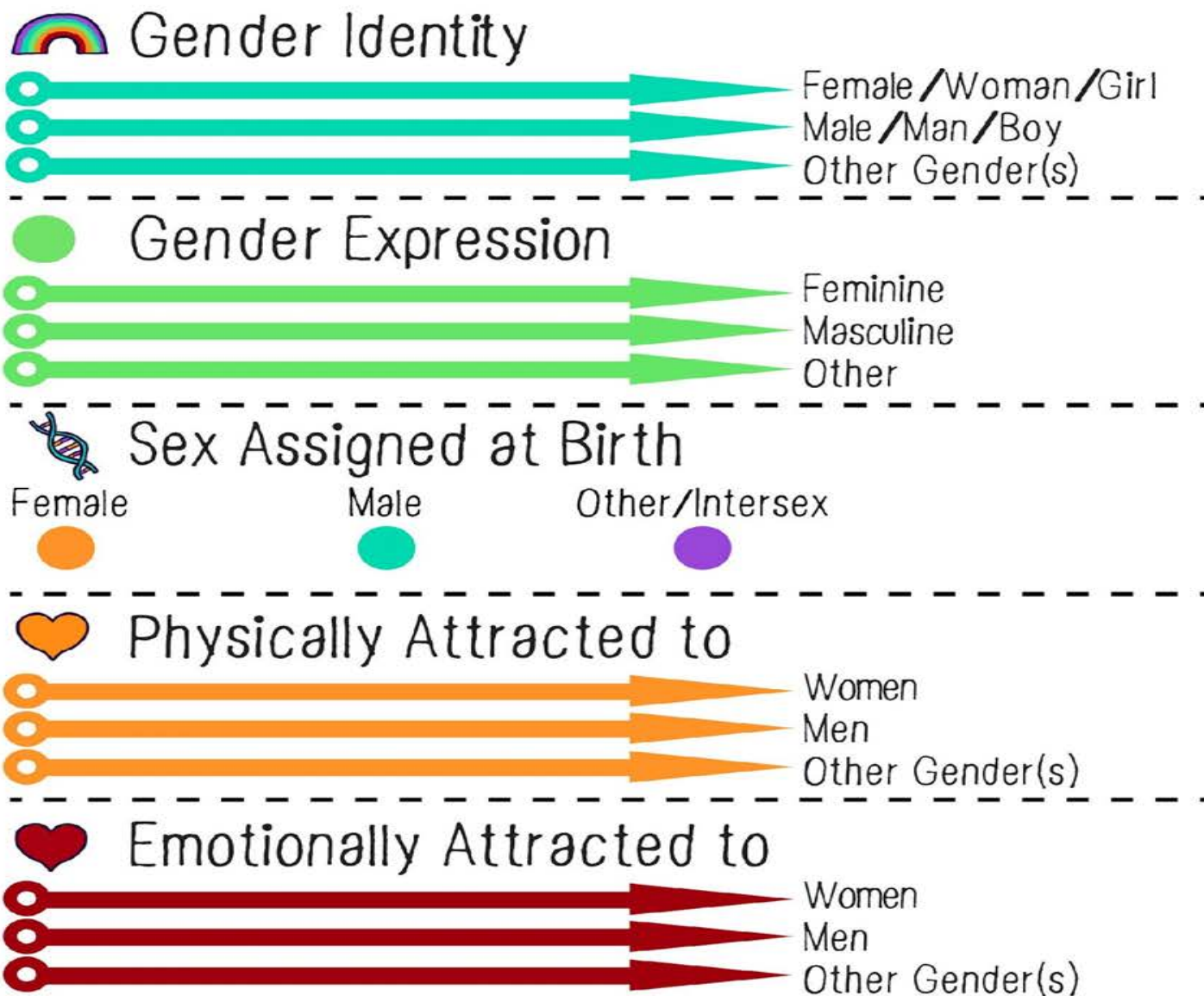
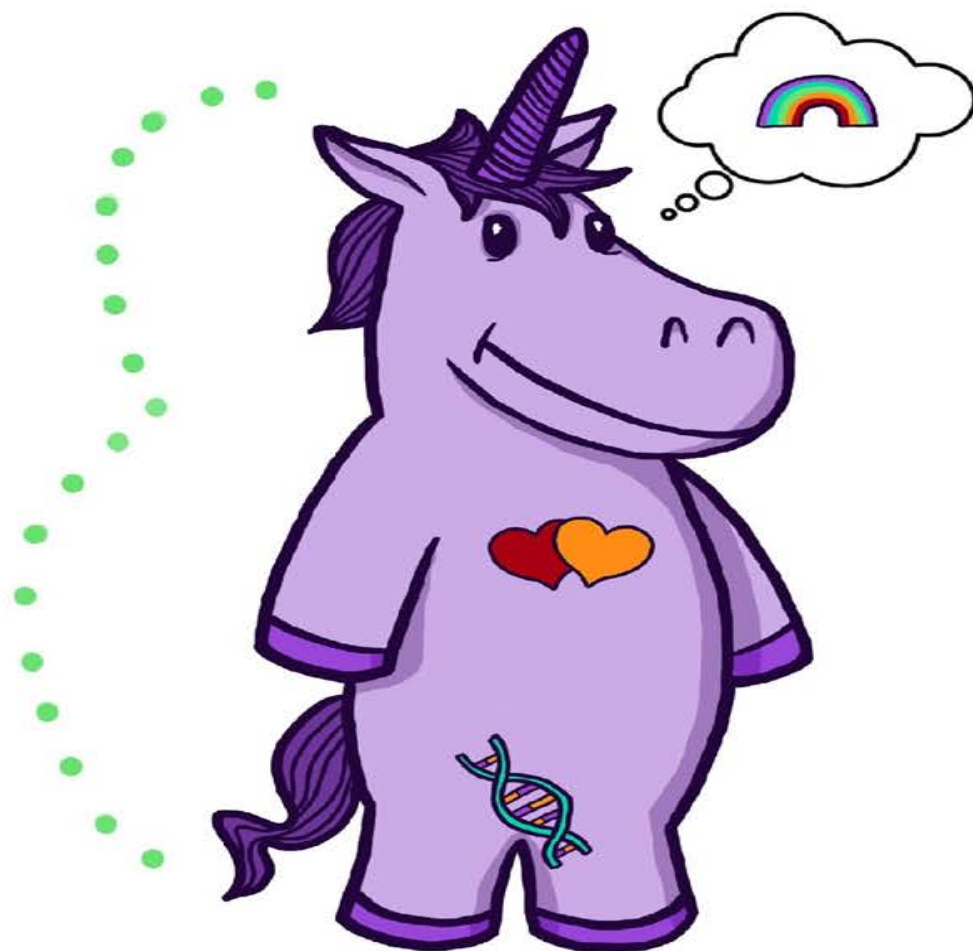
- Supporting Survivors of Violence
- Emotional Support, Advocacy & Referrals

Impact Versus Intent

Why is this so important when we are talking about language?

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Common Language

Trans Man? Trans Woman?:

- Trans - *Descriptor/Adjective*
- Man/Woman - *Noun; how they identify themselves*

Non-binary

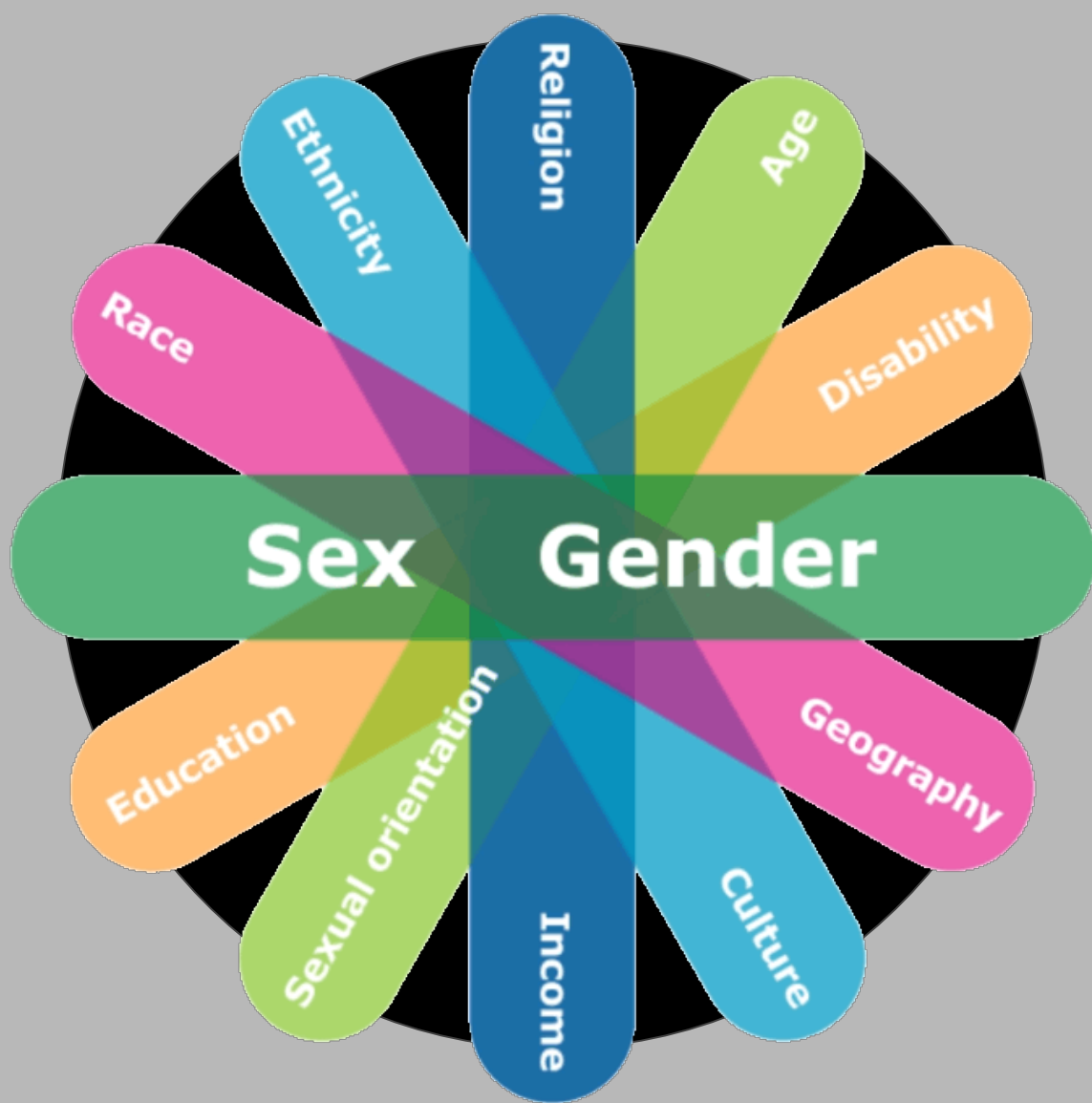
Genderqueer / Gender Fluid / Gender Non-Conforming

PRONOUNS

Common:

- She/Her/Hers
- He/Him/His
- They/Them/Theirs
- Name Only

SHE	HE	THEY	NAME	_____ sing(s) well.
Her	Him	Them	Jamie	Give _____ the flowers.
Her	His	Their	Jamie's	Is that _____ coat?
Hers	His	Theirs	Jamie's	The class is _____.
Herself	Himself	Themselves		Cyd will do it _____.



MINORITY STRESS

What is it?

MINORITY STRESS THEORY

Stigma, prejudice, and discrimination create a hostile and stressful social environment that causes mental health problems

- **Experience of prejudice events**
- **Expectations of rejection**
- **Hiding and concealing**
- **Internalized homophobia or transphobia**
- **Ameliorative coping processes**



INCLUSIVE LANGUAGE

Language Themes:

- ❖ Movement from sex based language → Gender based for Transgender Identities
 - ~~Transsexual~~ → Transgender
 - ~~Sex Change~~ → Gender Affirming Care
- ❖ Avoid terminology related to histories of medicalizing identities
 - ~~Homosexual~~
 - ~~Transvestite~~
 - ~~Gender Identity Disorder~~
- ❖ Please don't add → ~~-ING, -ISM, -IZE, -ED, -S, -'s ...~~ to Transgender

WORDS TO WATCH OUT FOR:

Why? What could you say instead (if anything)?

- ~~Choice~~
- ~~Lifestyle~~
- ~~Preference~~
 - ~~Real or is really (a) [name, gender, etc.]~~
 - ~~Actual or actually~~
 - ~~Born as _____~~
 - ~~I could/couldn't tell~~

Language Mirroring

Mirroring, or reflecting the language that clients use for themselves, is KEY.

- **Documentation**
- **Dialogue with other Staff**



Thank You For Having Us!

Upcoming UVM LGBTQ+ Best Practice Trainings

PrideCenterVT.org



WHAT'S UP?
MONTHLY eNEWSLETTER
January 2019

802.860.7812

Cases/HIPAA

- Names
- Address
- DOB
- Phone/Fax #
- Email address
- Social Security #
- Medical Record #



Case Presentation

The discussion and materials included in this conference are confidential and privileged pursuant to 26VSA Section 1441-1443. This material is intended for use in improving patient care. It is privileged and strictly confidential and is to be used only for the evaluation and improvement of patient care.



- RECORDING TO BE STOPPED



Case # 1

34 year old trans woman who has fully transitioned and has remained on the same regiment for years.

My question: How and when to decrease medications after full transition?

- **Patient Preferred Pronouns:** she/her
- **Gender Identity:** Female
- **Birth Gender:** male
- **Surgical Affirmation:** Orchiectomy, Breast Augmentation
- **Medical Affirmation:** Estrogen, Progesterone, Finasteride, Retin A
- **Other transition treatments:** Electrolysis
- **Symptoms:** Satisfied with transition

Conclusion

- Volunteers to present cases (this is key to the Project ECHO model)
 - Use the case template form posted at www.vtahec.org
 - Return completed case forms to Katherine.Mariani@uvmhealth.org
- Please complete evaluation survey after each session
- Claim your CME at www.highmarksce.com/uvmmed
- Please contact us with any questions, concerns, or suggestions
 - Katherine.Mariani@uvmhealth.org
 - Elizabeth.Cote@uvm.edu
 - ahec@uvm.edu

