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

University of Vermont (UVM) Office of Continuing Medical and Interprofessional Education (CMIE) is approved as a provider of Continuing Medical Education (CME) by the ACCME. UVM designates this educational activity for a maximum of 1.0 AMA PRA Category 1 Credits. Participants should claim only the credit commensurate with the extent of their participation in the activity.

Interest Disclosures:

• As an organization accredited by the ACCME to sponsor continuing medical education activities, UVMCMIE is required to disclose any real or apparent conflicts of interest (COI) that any speakers may have related to the content of their presentations.
No Relevant Disclosures

Planners:
- Elizabeth Cote
- Kathy Mariani, MD

Faculty:
- Kathy Mariani, MD
- Skylar Wolfe
- Taylor Small
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® 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.

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

Copyright © ECHO Institute
ECHO Model

A. Amplification – Use Technology to leverage scarce resources

B. Share Best Practices to reduce disparity

C. Case Based Learning to master complexity

D. Web-based Database to Monitor Outcomes
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 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
<table>
<thead>
<tr>
<th>DATES</th>
<th>SESSION</th>
<th>DIDACTIC TOPICS (in addition to case review)</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 20, 2019</td>
<td>TeleECHO Session #1</td>
<td>• Orientation to Project ECHO</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Trans Care: Language Matters</td>
</tr>
<tr>
<td>July 18, 2019</td>
<td>TeleECHO Session #2</td>
<td>• Mental Health and Trans Care</td>
</tr>
<tr>
<td>August 15, 2019</td>
<td>TeleECHO Session #3</td>
<td>• Social Affirmation</td>
</tr>
<tr>
<td>September 19, 2019</td>
<td>TeleECHO Session #4</td>
<td>• Caring for Gender Dysphoric Youth and their Families</td>
</tr>
<tr>
<td>October 17, 2019</td>
<td>TeleECHO Session #5</td>
<td>• Medical Affirmation: Hormone Therapy Basics</td>
</tr>
<tr>
<td>November 21, 2019</td>
<td>TeleECHO Session #6</td>
<td>• Surgical Gender Affirmation</td>
</tr>
<tr>
<td>December 19, 2019</td>
<td>TeleECHO Session #7</td>
<td>• Puberty and Adolescent Trans Care</td>
</tr>
<tr>
<td>January 16, 2020</td>
<td>TeleECHO Session #8</td>
<td>• Integrative and Preventative Trans Care</td>
</tr>
</tbody>
</table>
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

Gender Identity:
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression:
- Feminine
- Masculine
- Other

Sex Assigned at Birth:
- Female
- Male
- Other/Intersex

Physically Attracted to:
- Women
- Men
- Other Gender(s)

Emotionally Attracted to:
- Women
- Men
- Other Gender(s)

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

<table>
<thead>
<tr>
<th>SHE</th>
<th>HE</th>
<th>THEY</th>
<th>NAME</th>
<th>_____ sing(s) well.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Her</td>
<td>Him</td>
<td>Them</td>
<td>Jamie</td>
<td>Give ____ the flowers.</td>
</tr>
<tr>
<td>Her</td>
<td>His</td>
<td>Their</td>
<td>Jamie’s</td>
<td>Is that ____ coat?</td>
</tr>
<tr>
<td>Hers</td>
<td>His</td>
<td>Their</td>
<td>Jamie’s</td>
<td>The class is __________.</td>
</tr>
<tr>
<td>Herself</td>
<td>Himself</td>
<td>Themselves</td>
<td>Cyd will do it __________.</td>
<td></td>
</tr>
</tbody>
</table>
What is 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
  ➢ Transexual → 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
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/uvmmmed

• Please contact us with any questions, concerns, or suggestions
  • Katherine.Mariani@uvmhealth.org
  • Elizabeth.Cote@uvm.edu
  • ahec@uvm.edu