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Gender Affirming Care for People with HIV Creating a Safe and Welcoming Environment

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Disclosures

No conflicts of interest or relationship to disclose

There are no FDA-approved medications for gender affirming care

Data Considerations

Data in this presentation offer a limited perspective of how systemic, social, and economic factors impact health. We recognize that racism, not race, creates and perpetuates health disparities.



To Learn More:

<https://www.cdc.gov/minorityhealth/racism-disparities>

PrEP use among transgender patients

PrEP use among transgender patients

- In a study of 1608 transgender women in 2019-2020...
 - PrEP awareness was common among HIV negative transgender women (92%) and PrEP use was less common (32%)
 - These findings were similar to those observed among MSM with 90% PrEP awareness and 35% PrEP use
- Barriers include medical mistrust due to experiences of transphobia, lack of trans-inclusive PrEP marketing, and a concern about drug interactions between hormones and PrEP

US Transgender Survey

2015 US Transgender Survey

Psychological distress and suicide

- 39% experienced serious psychological distress compared with only 5% of the US population
- 40% have attempted suicide in their lifetime, nearly 9x the rate of the US population (4.6%)
- 7% attempted suicide in the past year, nearly 12x the rate of the US population (0.6%)

Income and employment status

- Unemployment rate is 15%, 3x higher than the US unemployment rate (5%)
- 29% were living in poverty, more than twice the rate of the US population (12%)

2015 USTS Transgender Survey

Health insurance and health care

- One in four (25%) respondents experienced a problem in the past year with their insurance related to being transgender
- One third (33%) of those who saw a health care provider in the past year reported having at least one negative experience related to being transgender

Housing, homelessness, and shelter access

- Nearly one quarter (23%) of respondents experienced some form of housing discrimination in the past year
- Nearly one third (30%) of respondents have experienced homelessness at some point in their lives
- Respondents were nearly four times less likely to own a home (16%) compared to the US population (63%)

2015 USTS Transgender Survey

Sex work and other underground economy

- One in five (20%) have participated in the underground economy for income at some point in their lives
- Nearly nine out of ten (86%) reported being harassed, attacked, sexually assaulted, or mistreated in some other way by police
- More than three quarters (77%) have experienced intimate partner violence and 72% have been sexually assaulted

• Police interactions and prison

- Police frequently assumed that respondents—particularly transgender women of color— were sex workers
- More than half (57%) of respondents said they would feel uncomfortable asking the police for help if they needed it
- Respondents were over five times more likely to be sexually assaulted by facility staff than the U.S. population in jails and prisons, and over nine times more likely to be sexually assaulted by other inmates

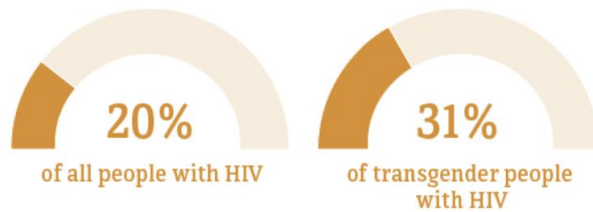
2015 USTS Transgender Survey

Experiences in restroom

- Nearly one in ten (9%) respondents reported that someone denied them access to a restroom in the past year
- More than half (59%) of respondents avoided using a public restroom in the past year because they were afraid of confrontations or other problems they might experience

HIV and transgender people

Medical appointments



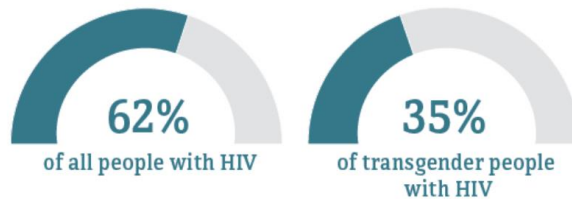
Missed at least 1 appointment in the last 12 months

Depression and anxiety



Experienced symptoms of depression and anxiety in the last 12 months

Medication adherence



Reported taking all of their doses of HIV medicine in the last 30 days

Homelessness



Reported homelessness in the past 12 months

Creating a safe and welcoming environment

Physical Space

- **Nondiscrimination policies:** include sexual orientation and gender identity/expression, publicly display and/or distribute these policies
- **Waiting areas:** should include transgender-themed posters, artwork, pamphlets, magazines, etc. to indicate a commitment to serving the transgender community
- **Bathroom:** Offer single-stall gender-neutral bathrooms

Clinical and nonclinical staff

- **Staff training** - In addition to healthcare providers, front desk staff, nursing staff, lab and x-ray staff, etc. are often on the front lines of patient care. Training on transgender health issues should be provided to all clinic staff and providers and should be integrated into the standard hiring and onboarding process for all employees.

- **Cultural humility** is a concept through which individuals recognize that their own experiences or identities may not project onto the experiences or identities of others. Each patient should be approached as an individual with no preconceptions.
- **Use the right language:** Providers should be aware of basic terminology used by the trans community. Avoid outdated terms. Use gender inclusive language.

Gender inclusive terms

Try	Instead of
Upper body	Chest/Breast
Opening of genitals/Front hole	Introitus/Vaginal opening
External gonads	Testicles
Internal gonads	Ovaries
Monthly bleeding	Menses/Periods
Pregnant person	Pregnant woman

- Use preferred name and pronouns.

Pronouns-- A How To Guide

Subject: ___¹___ laughed at the notion of a gender binary.

Object: They tried to convince ___²___ that asexuality does not exist.

Possessive: ___³___ favorite color is unknown.

Possessive Pronoun: The pronoun card is ___⁴___.

Reflexive: ___¹___ think(s) highly of ___⁵___.

The pronoun list on the reverse is not an exhaustive list. It is good practice to ask which pronouns a person uses.

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1	2	3	4	5
(f)ae	(f)aer	(f)aer	(f)aers	(f)aerself
e/ey	em	eir	eirs	eirself
he	him	his	his	himself
per	per	pers	pers	perself
she	her	her	hers	herself
they	them	their	theirs	themself
ve	ver	vis	vis	verself
xe	xem	xyr	xyrs	xemself
ze/zie	hir	hir	hirs	hirself

Note: the top line is meant to indicate two separate – but similarly spelled – sets of pronouns. They are ae/aer/aers and fae/faer/faers.

- **Trauma-informed physical assessment**
- **Community Engagement**
- **Create and maintain a list of LGBT-welcoming referrals for services you do not provide**
- **Gender Identity Data (SOGI)**

UCSF Gender Affirming Health Program, Department of Family and Community Medicine, University of California San Francisco. Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People; 2nd edition. Deutsch MB, ed. June 2016. Available at transcare.ucsf.edu/guidelines.

Gender Inclusive Language Clinical settings with new clients

http://www.phsa.ca/transcarebc/Documents/HealthProf/Gender_Inclusive_Language_Clinical.pdf

Questions?

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