

**Transgender Health in Primary Care: An Educational Resident Activity**

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**Background**

According to the U.S Transgender Survey, 0.58% of U.S. adults identify as transgender. This survey reveals that 75% of these individuals seek gender affirming medical care. Medical providers with adequate knowledge of gender affirming therapy may initiate it under the informed consent model. Sadly, 50% of U.S. transgender patients report having to teach medical providers. Many recall negative experiences in healthcare. As a result, 28% of transgender individuals avoid health care facilities when sick and injured. This study seeks to assess physician comfort and knowledge of transgender health care needs in the primary care setting before and after an educational activity.

**Methods**

Rutgers NJSM Internal Medicine residents participated in a presentation on transgender healthcare according to WPATH and Endocrine Society standards. Residents participated in a survey before and after the presentation. Aspects of physician comfort level and knowledge of care standards for transgender patients were assessed via true/false and Likert scale questions.

**Results**

Prior to presentation, 48% of residents believed that transgender patients required a letter from a mental health professional before initiating gender-affirming therapy. This number was reduced to 10% after the presentation. 23% of residents were unaware that USPSTF guidelines are the current standard for healthcare maintenance of trans patients pre-presentation. Afterwards, 100% understood that USPTF guidelines applied to transgender patients. Confidence in counseling patients on the risks and benefits of gender affirming therapy resulted in a modest increase after the activity: 58% of residents reported having zero confidence pre-presentation. No one reported this post-presentation. On average, the residents recorded confidence at 1.7/5 pre-survey and 3.3/5 post survey.

**Conclusion**

An educational resident activity was noted to increase awareness of the guidelines for transgender healthcare maintenance standards. There was also an increase in resident confidence when counseling patients about risks and benefits of gender affirming care.