

Trans ECHO – Basic Training

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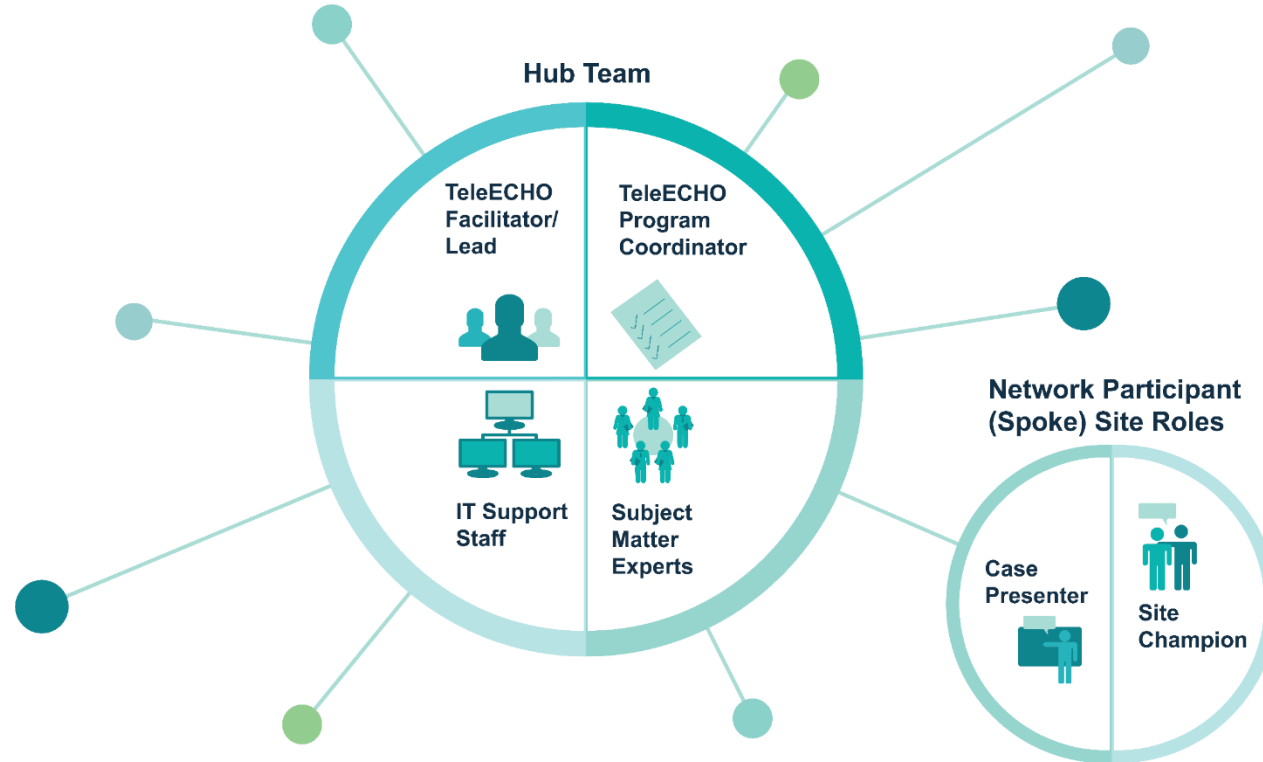
What is ECHO?

- Project ECHO (Extension for Community Healthcare Outcomes) is a guided-practice model that aims to increase workforce capacity by sharing knowledge. (virtual grand rounds)
- Using videoconferencing, the ECHO model forms a community of practice for the medical community by connecting a inter-professional specialist team (HUB) with healthcare providers (SPOKES/Community Partners)
- The ECHO model was created by Dr. Sanjeev Arora in 2003, to address underserved patients with Hepatitis C in New Mexico.

Scale and scope of ECHO



ECHO training model



ECHO session format

- Didactic Presentation by a content expert – **20-25 min**
- Breakout room discussions
- De-identified Patient Case(s) by a Community Participant
 - All teach all learn
 - Working together, the other Spokes and the Hub provide recommendations for the presenter

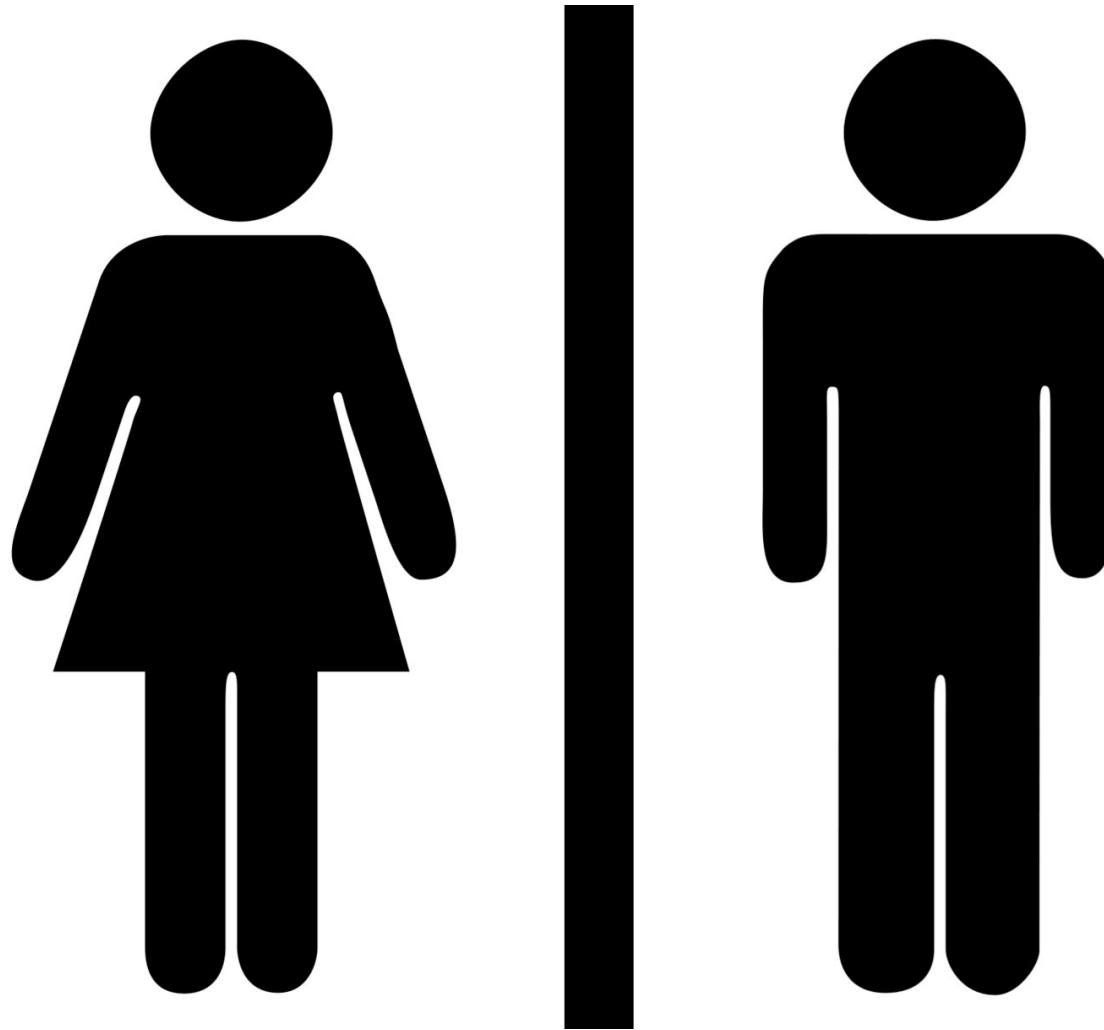
Case presentation format:

1. Presentation
2. Clarifying questions from spoke teams
3. Clarifying questions from hub team
4. Recommendations from community
5. Recommendations from the hub team

CME/CEU Information

This activity has been reviewed and is acceptable for up to 24.0 Prescribed credits by the American Academy of Family Physicians (2 credits per session). Participants should claim only the credit commensurate with the extent of their participation in this activity.

Physicians	AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.
Nurse Practitioners, Physician Assistants, Nurses, Medical Assistants	AAFP Prescribed credit is accepted by the following organizations. Please contact them directly about how participants should report the credit they earned. <ul style="list-style-type: none">• American Academy of Physician Assistants (AAPA)• National Commission on Certification of Physician Assistants (NCCPA)• American Nurses Credentialing Center (ANCC)• American Association of Nurse Practitioners (AANP)• American Academy of Nurse Practitioners Certification Program (AANPCP)• American Association of Medical Assistants (AAMA)
Other Health Professionals	Confirm equivalency of credits with relevant licensing body.



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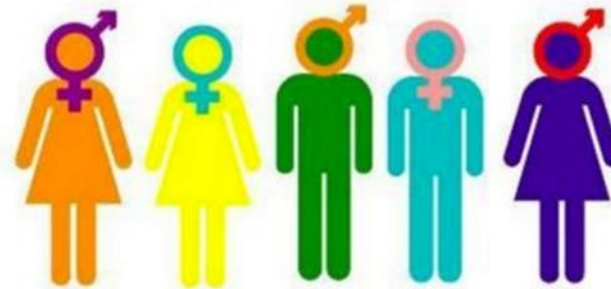
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Sex and Gender

Sex and gender core determinants of health

- Sex – biological differences
 - Anatomy, chromosomes, hormones, genes, etc.
 - Sex assigned at birth
- Gender – social and cultural distinctions
 - Multidimensional
 - Psychological, social, behavioral
 - Gender identity, gender expression, gender roles

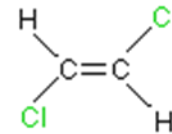


Gender Identity and Gender Expression

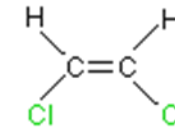
- Gender Identity
 - A person's internal sense of their gender (do I consider myself a man, woman, neither, both, or something else?)
- Gender Expression
 - How one presents themselves through their behavior, mannerisms, speech patterns, dress, hairstyles, etc

Terminology

- Trans: Gender identity is different than the assigned sex at birth
 - Alternate terminology
 - Trans vs cis
 - Trans vs Transgender vs Transsexual



trans-1,2-dichloroethene



cis-1,2-dichloroethene

- Trans woman, trans-feminine individual, a woman of trans experience, a woman with a trans history
- Trans man, trans-masculine individual, a man of trans experience, a man with a trans history
- Non-binary, genderqueer, gender diverse
 - AMAB = assigned male at birth
 - AFAB = assigned female at birth

THE GENDERFLUIDITY SPECTRUM



INSPIRED BY THEIR OWN THEORIES AND PRE-EXISTING MENTAL IMAGES REGARDING GENDERFLUIDITY AND THE "GENDER IDENTITY SPHERE", AS WELL AS BY A PRESENTATION FROM TRANSACTIVISTS *TRANSCENDING BORDERS*, SOME OF THE MINDS BEHIND *THE KALEIDOSCOPE PROJECT* CREATED *THE GENDERFLUIDITY SPECTRUM* - A VISUAL AID TO ASSIST WITH THE UNDERSTANDING OF GENDER AS A MULTIPLE-STEP SCALE BETWEEN THE TWO OFFICIAL BINARY SEXES (MALE AND FEMALE), RATHER THAN JUST AS TWO STATIC INDIVIDUAL GENDERS. THE CHART USES COLOUR, ART, AND WORDS TO SHOW GRADUAL PROGRESSION FROM 100% FEMALE IN SEX TO 100% MALE IN SEX, AS WELL AS MULTIPLE GENDERQUEER "STEPS" IN BETWEEN.

* PLEASE NOTE THAT THE COLOURS, ADJECTIVES, HAIR LENGTHS AND STYLES, CLOTHING STYLES, AND NAMES USED ON THE SPECTRUM ARE PURELY THERE TO HELP ASSIST WITH THE INTERPRETATION OF MULTIPLE STEPS BETWEEN TWO BINARY GENDERS BASED ON STEREOTYPICAL "GENDER ROLES" AND GENDER STYLES, -NOT- BASED ON FACT. THESE ARE NOT ACTUAL DESCRIPTIVE TERMS AND IMAGES OF HOW PERSONS WHO IDENTIFY WITH THAT POINT ON THE SCALE MUST BEHAVE.

With thanks to The Kaleidoscope Project for this graphic.

Representations of gender favor the experiences and identities of white or upper classes.

Non-binary people in particular are left out and mostly misunderstood or invisible.



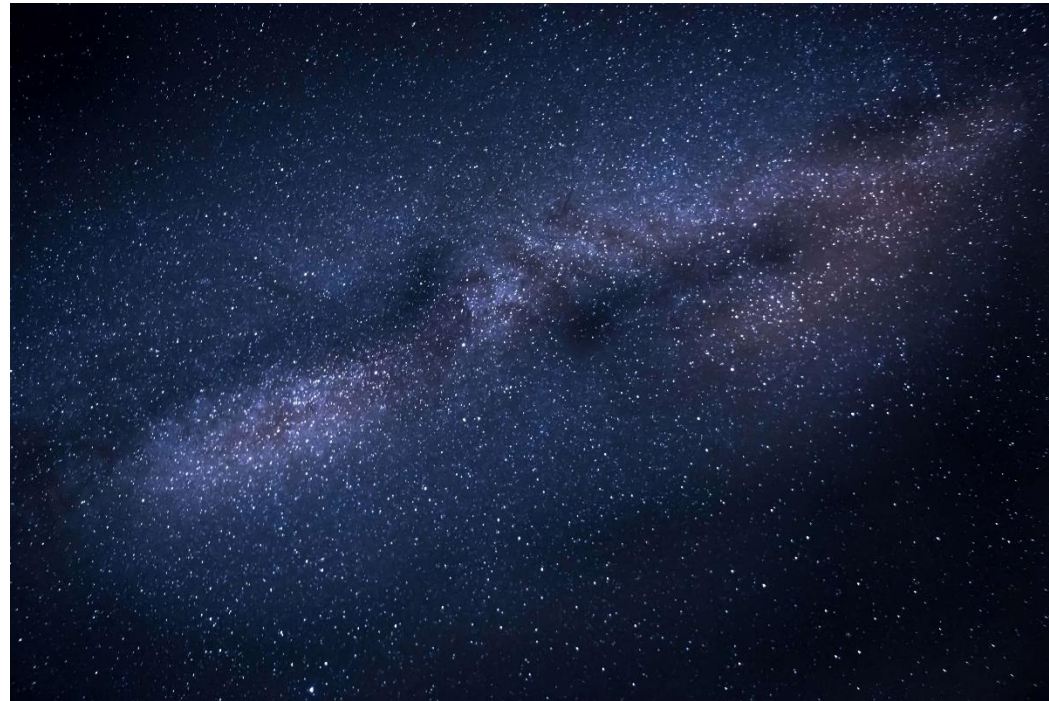
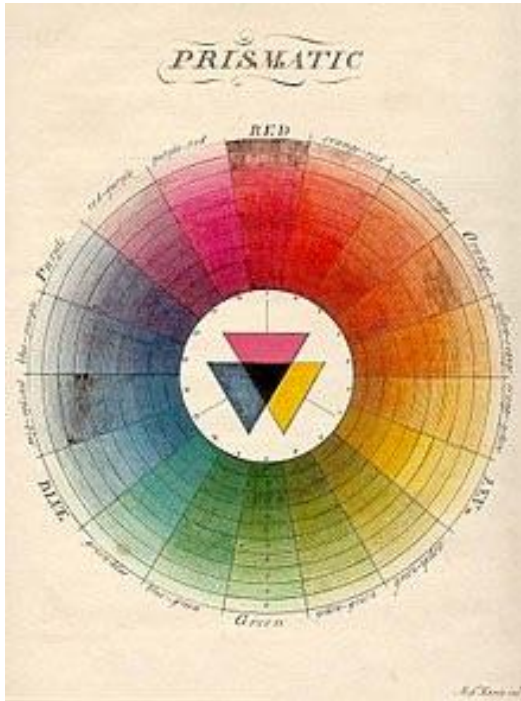
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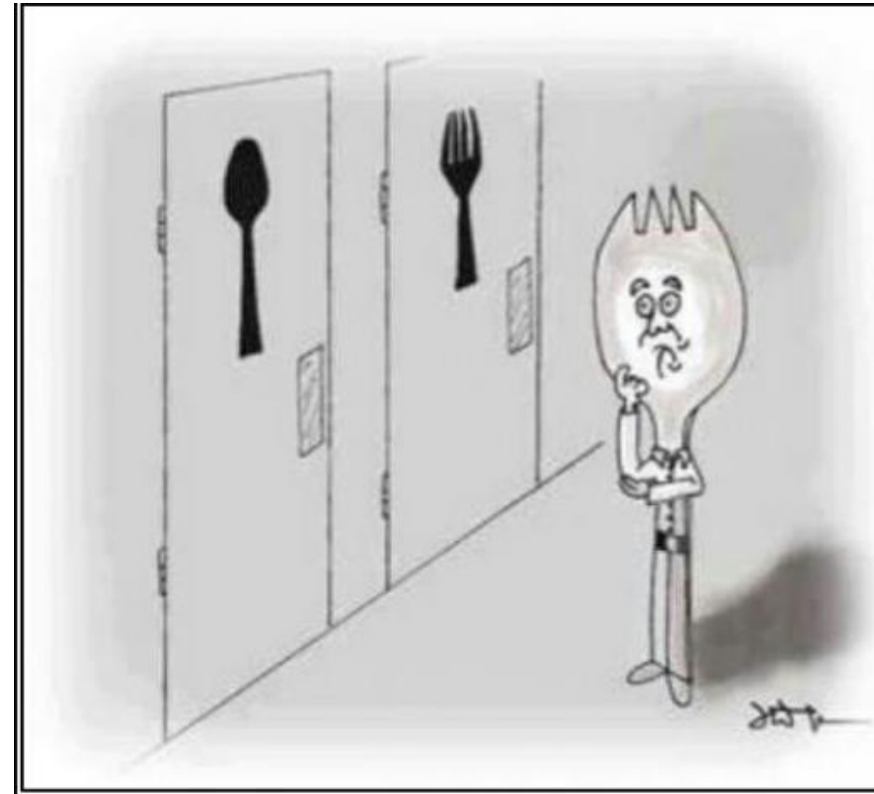
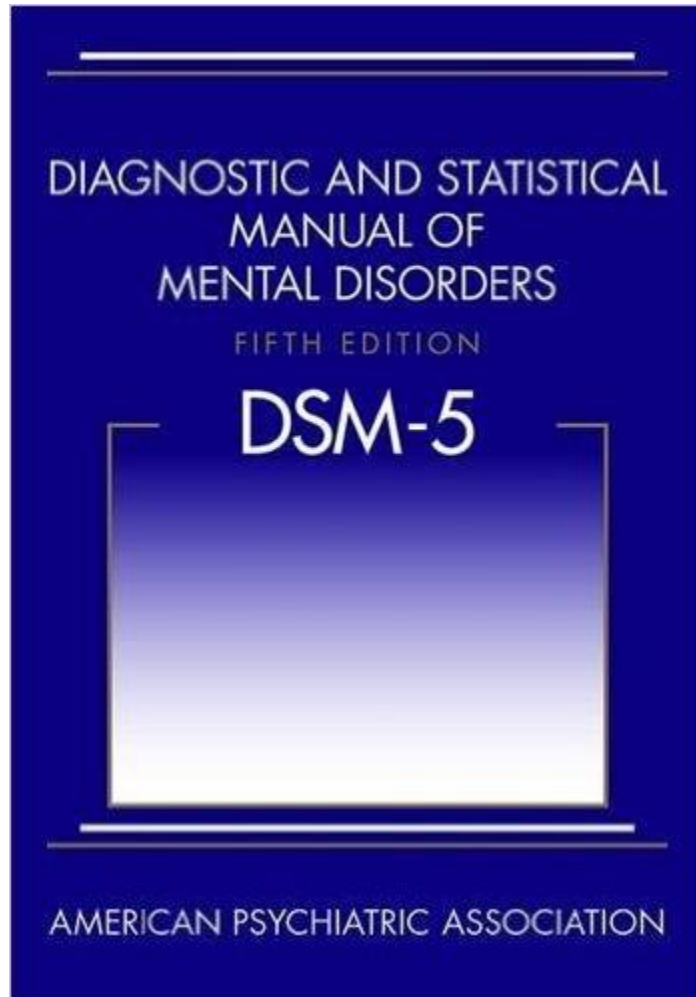
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Gender Diversity

Gender identity is often described as being on a linear spectrum, but perhaps more accurately as a color wheel or constellation

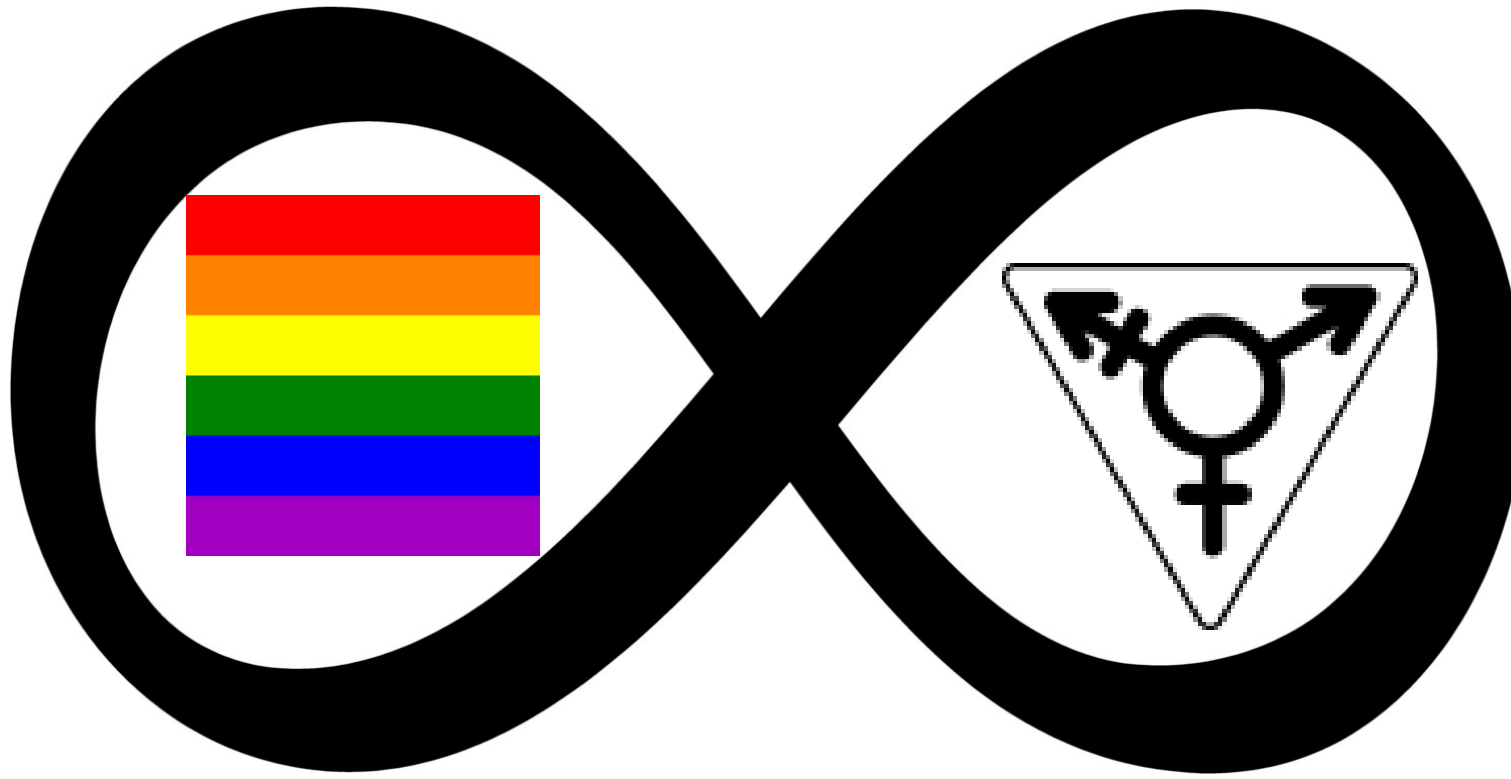


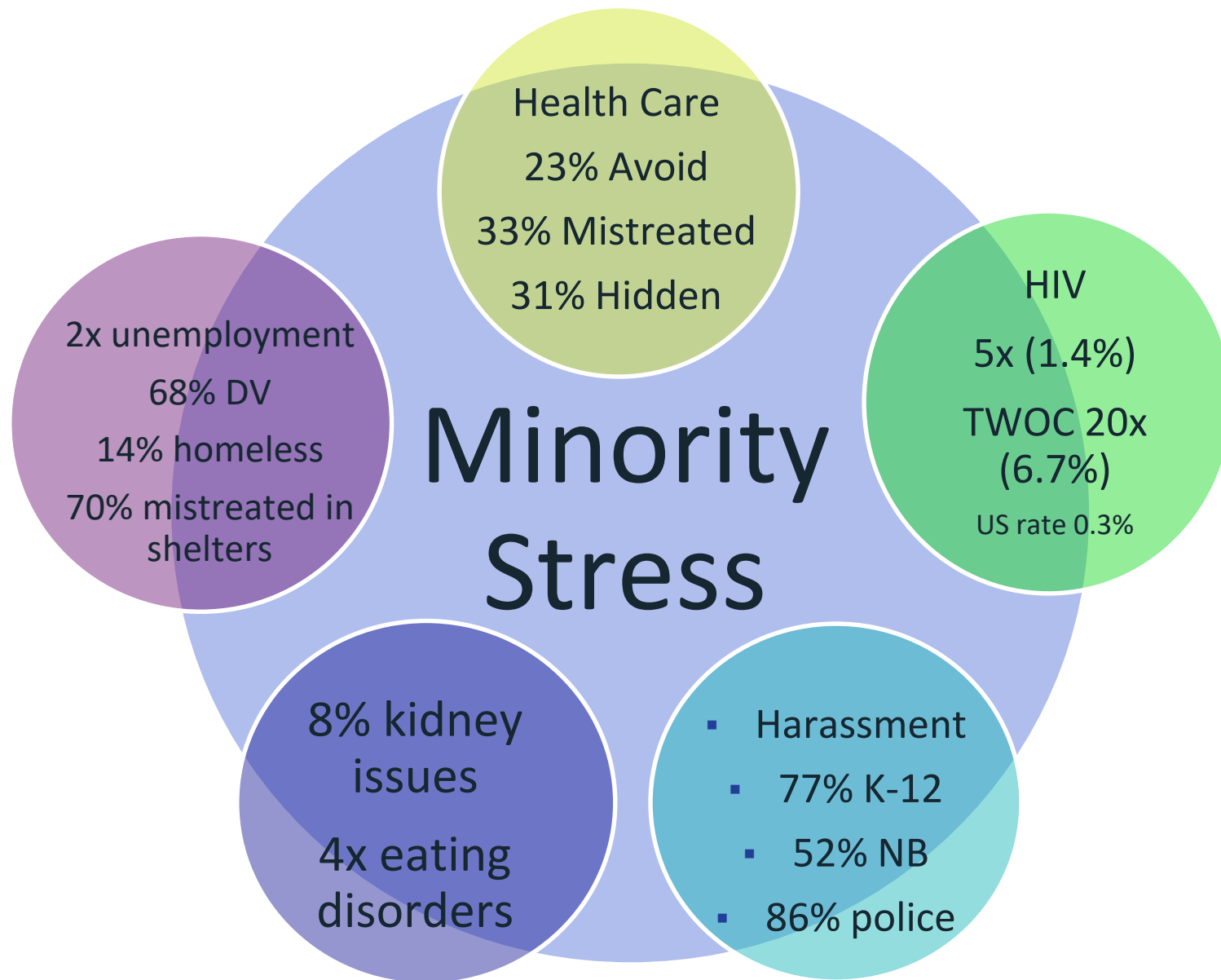


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Bandini et al, 2013; Clements-Nolle et al, 2006; Diemer et al, 2015; James et al, 2016; Vocks et al, 2009

The Adult Transgender Suicide Attempt Rate in the United States is **40%** (USA 4.6%)



James, et al, 2016.

Suicide Prevention Resource Center (SPRC) at Education Development Center, Inc. (EDC), 2008.

Office of Applied Studies, Substance Abuse and Mental Health Services Administration (SAMHSA). *The OAS Report*, 34, 2006.

Trans People of Color Report Higher Rates of Discrimination



<http://www.ustranssurvey.org/reports>

How do we approach care?



I saw the angel in the marble and carved until I set him free.

~ *Michelangelo*



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GENDER NEUTRAL LANGUAGE

Use this	Instead of this
Genitals	Vulva, vagina, penis, testicles
External area, external pelvic area, outside	Vulva
Genital opening, front pelvic opening	Vaginal opening
Internal canal, inside	Vagina
Organs, organs you retain	Uterus, ovaries, cervix
Chest	Breasts
Bleeding	Period, menstruation



No one “right” way to affirm or “arrive at” one’s gender expression

- ✓ Social – manners of expression, name, pronouns
- ✓ Medical – hormones – surgeries
- ✓ Legal – documentation changes

- ✓ Private
- ✓ Part-time
- ✓ Full-time



Thank you



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