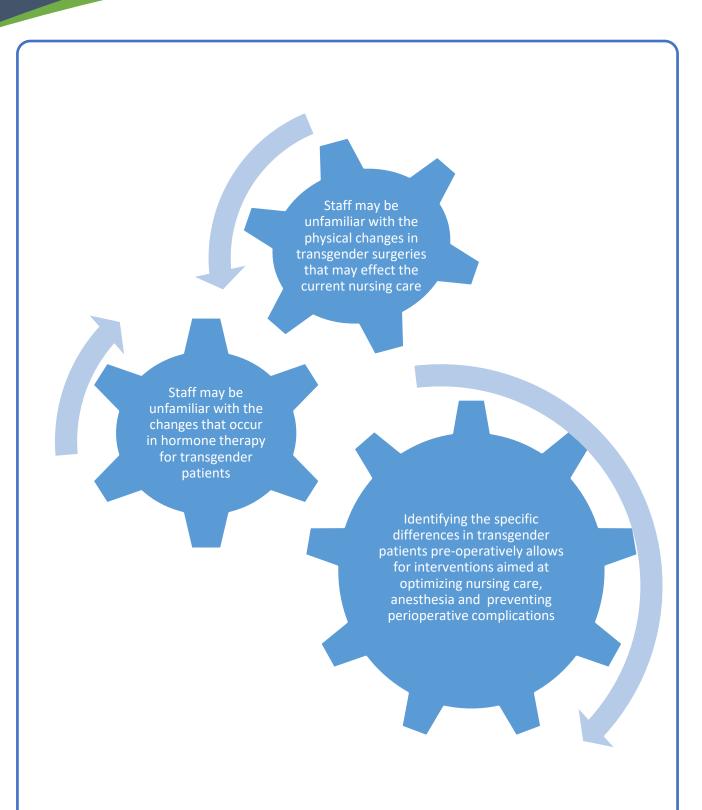
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# Perioperative Care of the Transgender Patient



•ALL PATIENTS SHOULD RECEIVE SAFE, **EFFECTIVE AND BEST PRACTICE HEALTH** 

**IN A SURVEY 41% TRANSGENDER PATIENTS REPORTED SOME** FORM OF

DISCRIMINATION WHEN ATTEMPTING TO RECEIVE HEALTH

CARE

• HEALTHCARE PROFESSIONALS NEED TO RECOGNIZE AND ELIMINATE BIAS **TOWARD TRANSGENDER PATIENTS** 

NURSES ARE REQUIRED TO CARE FOR THE ENTIRE PERSON WITH NO REGARD TO RACE, SEX, RELIGION, COLOR, ETHNICITY, SOCIOECONOMIC STATUS. AGE OR DISABILITY

•TRANSGENDER CARE IS A RELATIVELY NEW PATIENT POPULATION WITH LITTLE INFORMATION PROVIDED IN NURSING

IT IS IMPORTANT FOR NURSES TO UNDERSTAND THE DISTINCT DIFFERNCES IN CARE WHEN PREPARING A PERSON WHO HAS HAD SURGICAL ALTERATIONS OR IS ON THERAPY TO ALTER BIOLOGICAL CHARACTERISTICS FOR THE TRANSITION PROCESS

### **POTENTIAL PROBLEMS**

- FOLLOWING GENDER CONFIRMATION SURGERY INVOLVING THE URETHRA SUCH AS; VAGINOPLASTY, PHALLOPLASTY OR METIDOPLASTY THE LENGTHENING OF THE URETHRA MAY REQUIRE THE PLACEMENT OF A SMALLER URINARY CATHETER OR PLACEMENT BY A UROLOGIST.
- CHONDROPLASTY OR LARYNGOPLASTY TO MODIFY THE PITCH OF THE VOICE MAY CREATE VOCAL CORD DAMAGE, TRACHEAL STENOSIS OR DYSPHAGIA. THIS MAY INTERFERE WITH AIR WAY MANAGEMENT
- BREAST BINDERS HAVE THE POTENTIAL TO RESTRICT RESPIRATORY FUNCTION

## PHARMOCOLOGICAL COMPLICATIONS

#### HORMONE THERAPY

ESTROGEN, TESTOSTERONE, TESTOSTERONE BLOCKING

- CAN INTERFERE WITH SEX-BASED LABORATORY RESULTS
- INCREASED RISK OF VENOUS THROMBOEMBOLISM
- POTENTIAL FOR INCREASED CARDIOVASCULAR RISK
- POTENTIAL FOR LIVER DYSFUNCTION
- CHANGES IN LIPID LEVELS
- POTENTIAL FOR BREAST OR ENDOMETRIAL CANCER OR AN EXACERBATION IN BREAST CANCER
- DEPRESSION/MOOD SWINGS
- **MIGRAINES**
- DECREASED INSULIN SENSITIVITY

#### LABORATORY TESTING

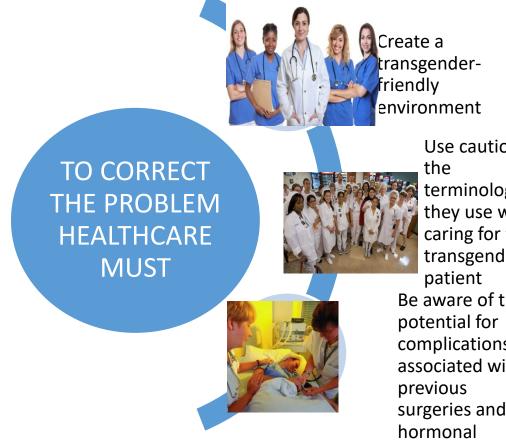
- LABRATORY TESTING SHOULD BE BASED ON THE BIOLOGICAL SEX OF THE PATENT
- PSA FOR TRANSGENDER FEMALES
- HCG FOR TRANSGENDER MALES
- HORMONE THERAPY CAN ALTER LAB RESULTS
  - ESTROGEN AND TESTOSTERONE CAN ALTER HEMATOCRIT AND CREATININE READINGS
  - ALTHOUGH NO CHANGES ARE SEEN ION TOTAL CHOLESTEROL TRIGLYCERIDE LEVELS CAN BE **INCREASED**
  - PSA MAY BE DECREASED IN TRANSGENDER WOMEN
  - AST/ALT MAY BE DECREASED IN TRANSGENDER WOMEN AND INCREASED IN TRANSGENDER MEN

#### **REFERENCES**

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Use caution in

caring for the transgender Be aware of the potential for complications associated with

## **APPROPRIATE TERMINOLOGY**

SEX, MALE OR FEMALE - SEX ASSIGNED AT BIRTH RELATED TO EXTERNAL ANATOMY

**GENDER** – A SOCIAL CONSTRUCT TO CLASSIFY A PERSON AS MALE, FEMALE OR somewhere ALONG THE **SPECTRUM** 

**CISGENDER**-AN INDIVIDUAL WHOSE GENDER **IDENTIFIES AS THEIR BIRTH SEX** 

**GENDER –AFFIRMING SURGERY-** MODIFICATION OF THE BODY TO COINCIDE WITH ONE'S GENDER IDENTITY (PREVIOUSLY CALLED SEXUAL REASSIGNMENT SURGRY

**GENDER TRANSITION-** THE PROCESS OF ACCEPTING. REGOGNIZING AND EXPRESSING ONE'S GENDER **IDENTITY** 

TRANSSEXUAL- SOMETIMES USED TO DESCRIBE A PERSON WHO HJAS TRANSITIONED USING A MEDICAL APPROACH. ONLY USE IF THE PERSON IDENTIFIES AS **SUCH** 

**INTERSEX-** A TERM TO DESCRIBE AN ANOMALY OF THE SEX CHROMOSOMES, PEOPLE MAY BE BORN WITH BOTH MALE AND FEMALE GENITALIA

**GENDER FLUID-** GENDER VARIES FROM DAY TO DAY GENDER NON-CONORMING OR GENDER QUEER-GENDER EXPRESSION IS DIFFERENT FROM WHAT SOCIETY EXPECTS

#### TERMS TO AVOID

- **SEX CHANGE** TERM TO EMPHASIZE THE ROLE OF SURGERY IN THE TRANSITION PROCESS, THEY ARE NOT CHANGING SEX ONLY CLARIFYING THEIR **IDENTITY**
- **HERMAPHRODITE-** A DEROGATORY TERM TO REFER TO AN INTERSEXED PERSON
- TRANSVESTITE- A DEROGATORY TERM USED TO DESCRIBE AN INDIVIDUAL WHO WEARS CLOTHING ASSOCIATED WITH A DIFFERENT SEX