

### **Lavender Bracelet Initiative**

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**Abstract Background Information:** Despite growing public awareness of the diversity of gender identity, transgender, nonbinary, and gender-expansive (TGE) individuals continue to face widespread stigmatization and discrimination, particularly in healthcare settings. Being addressed with incorrect pronouns or names that do not align with their identity can result in feelings of invalidation and marginalization. This fear of discrimination often causes transgender individuals to avoid seeking medical care. Conversely, positive health outcomes are consistently linked to gender-affirming and supportive providers and support systems.

**Objectives of Project:** Using a patient's preferred name can foster inclusion for transgender individuals in their own healthcare and the healthcare system, which has historically marginalized them. This simple but meaningful gesture of respect can help restore their self-esteem and sense of identity. The aim of this project was to improve the patient experience for our outpatient population receiving gender-affirming surgery.

**Process of Implementation:** In the pre-operative area, transgender patients who have not legally changed their name are offered a lavender sheet of paper outlining our initiative, along with a lavender ID band where they can write their preferred name and pronouns. This allows the care team to address the patient according to their preferences. Participation is completely voluntary; if the patient agrees to wear the lavender ID band, the PACU nurse will ask them five questions on the back of the form after surgery. These questions will evaluate whether the patient felt that their experience was inclusive and positive.

**Statement of Successful Practice:** Since this initiative twelve patients elected to wear the lavender bracelets. The results of the post questionnaires all were overwhelmingly positive. The theme was grateful for affirmation and an experience that minimized fear and anxiety.

**Implications for Advancing the Practice of Perianesthesia Nursing:** Providing gender-affirming care begins with the initial interaction in a healthcare setting. In the perioperative area, having visual reminders for all providers and consistently using the patient's preferred name and pronouns helps establish trust within the healthcare team. By fostering an environment where transgender patients feel safe and respected, we can optimize care, improve outcomes, and reduce instances of discrimination and marginalization.