



Lavender Bracelet Initiative

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Background Information

Despite growing awareness of gender diversity, transgender, nonbinary, and gender-expansive (TGE) individuals still face widespread discrimination, especially in healthcare. Incorrect pronouns or names can lead to feelings of invalidation, causing many to avoid care. In contrast, gender-affirming providers and support systems are linked to better health outcomes

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

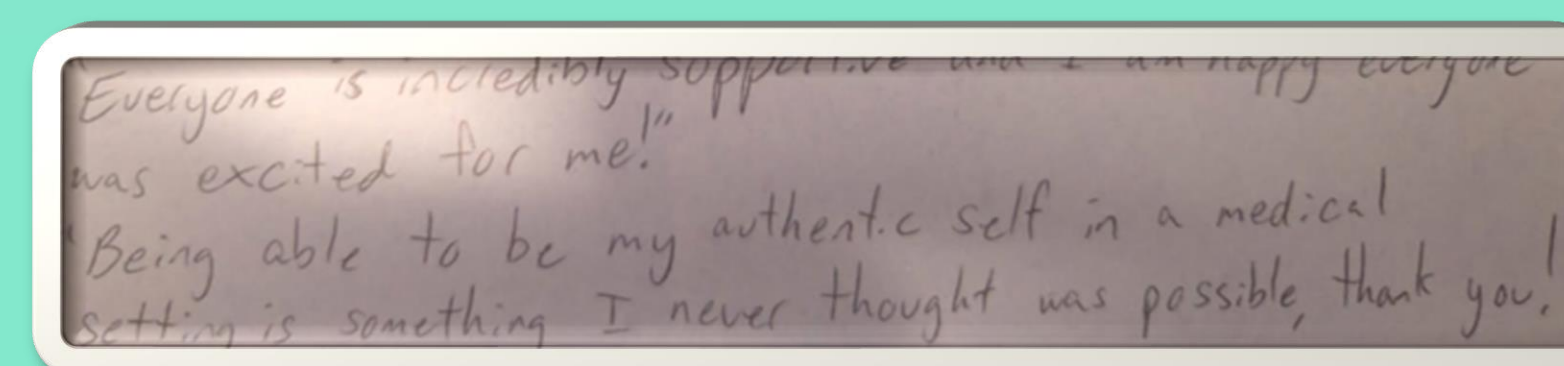
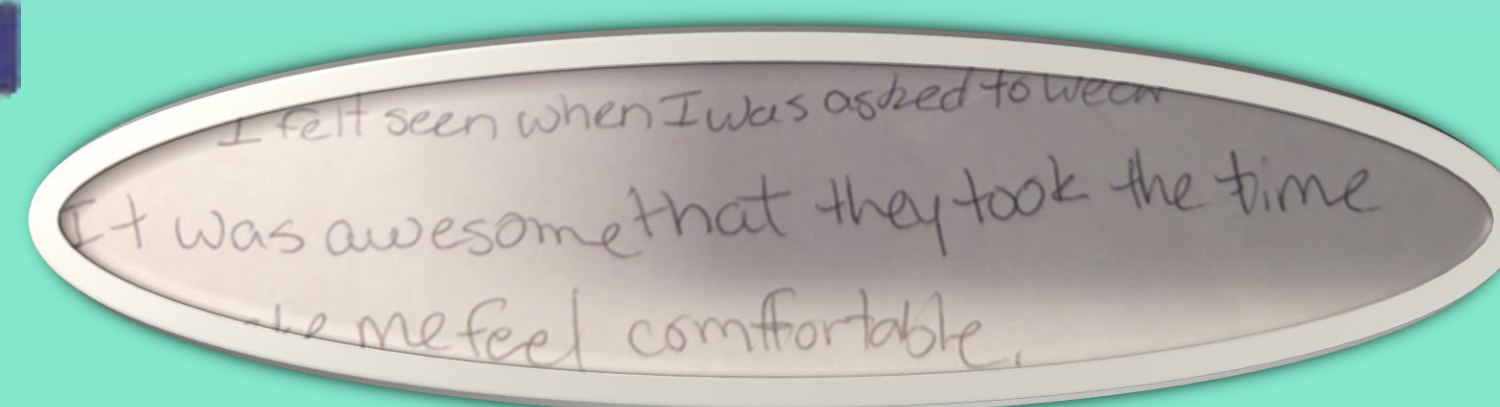
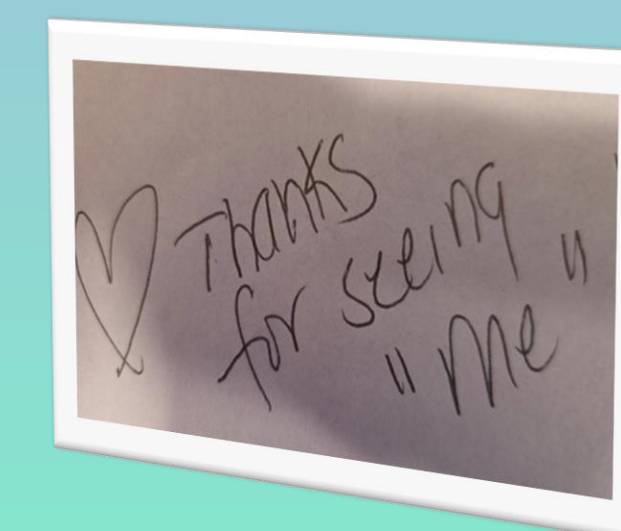
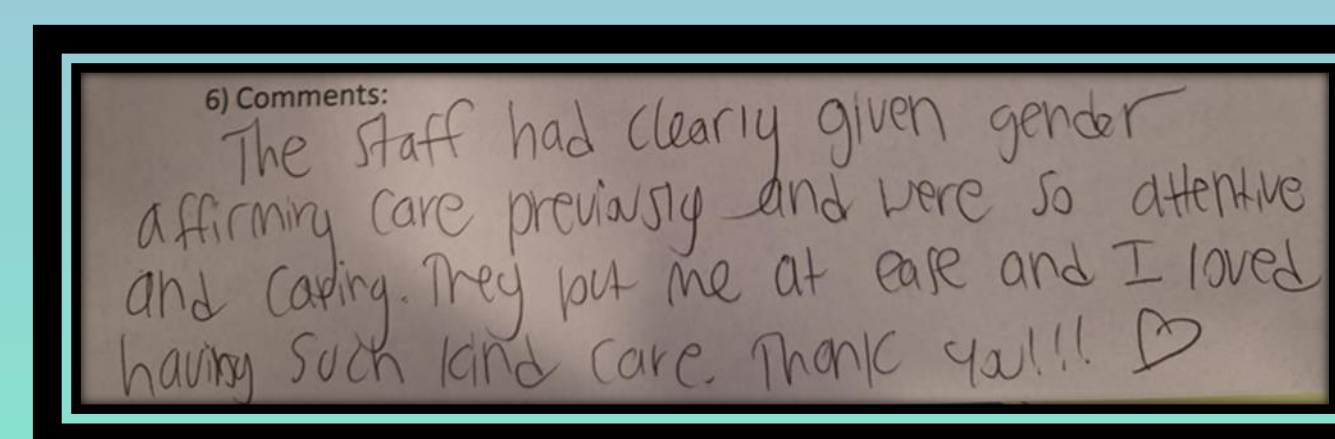
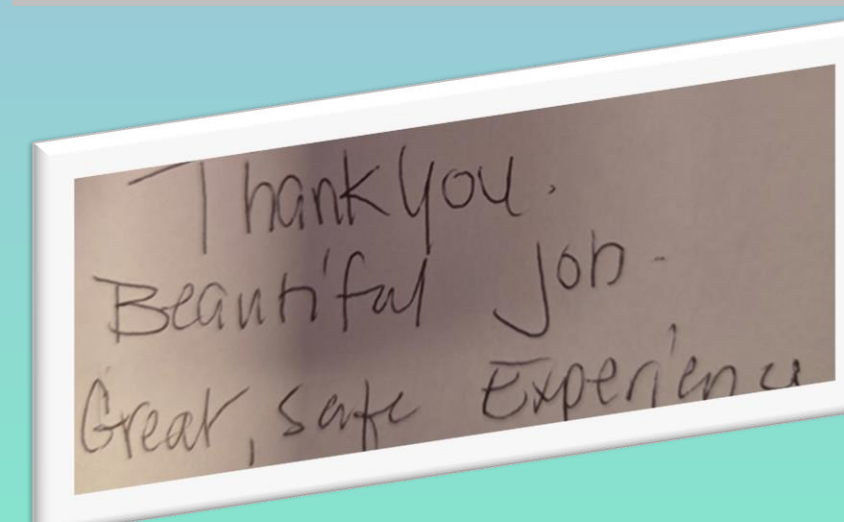
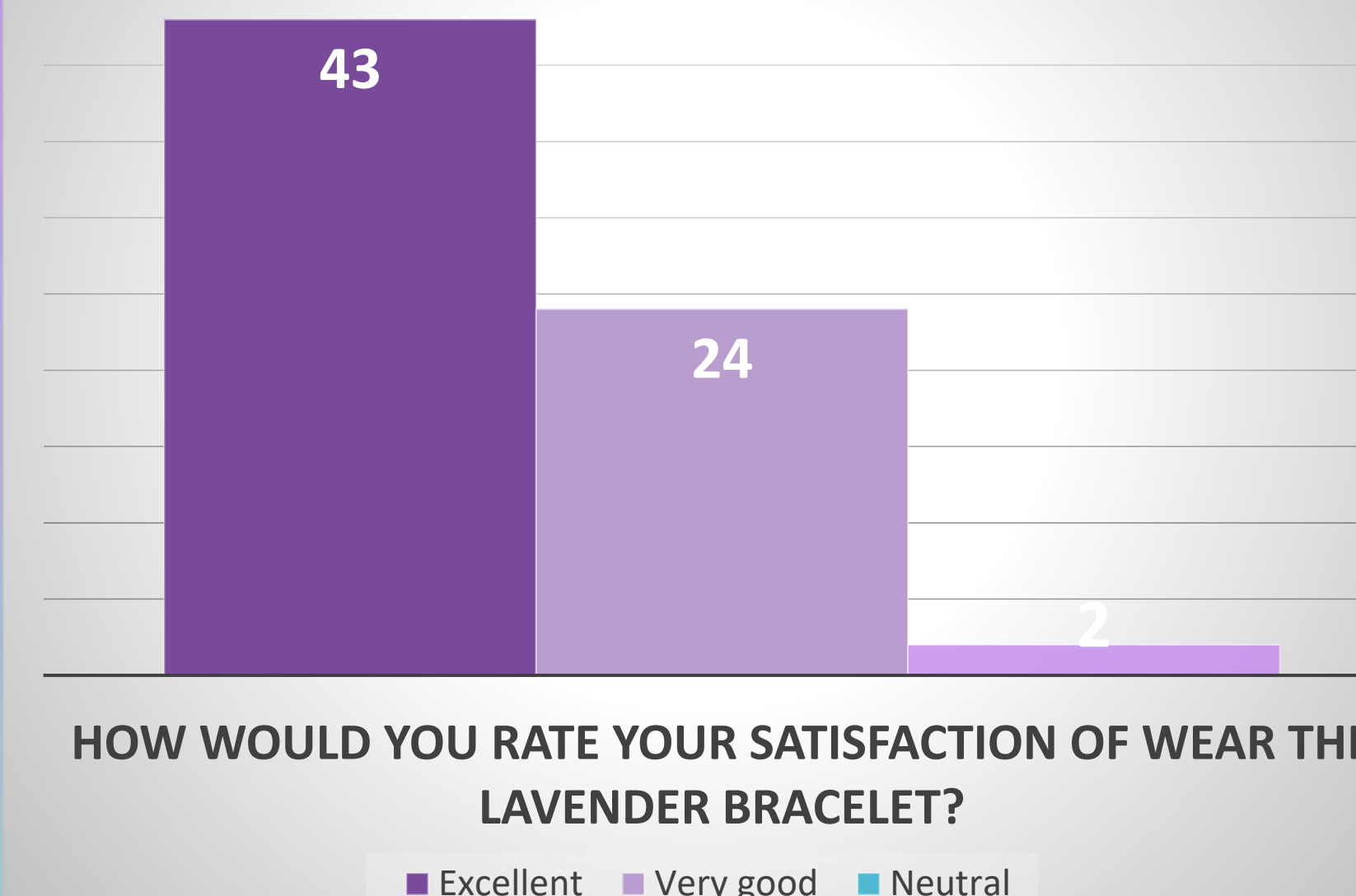
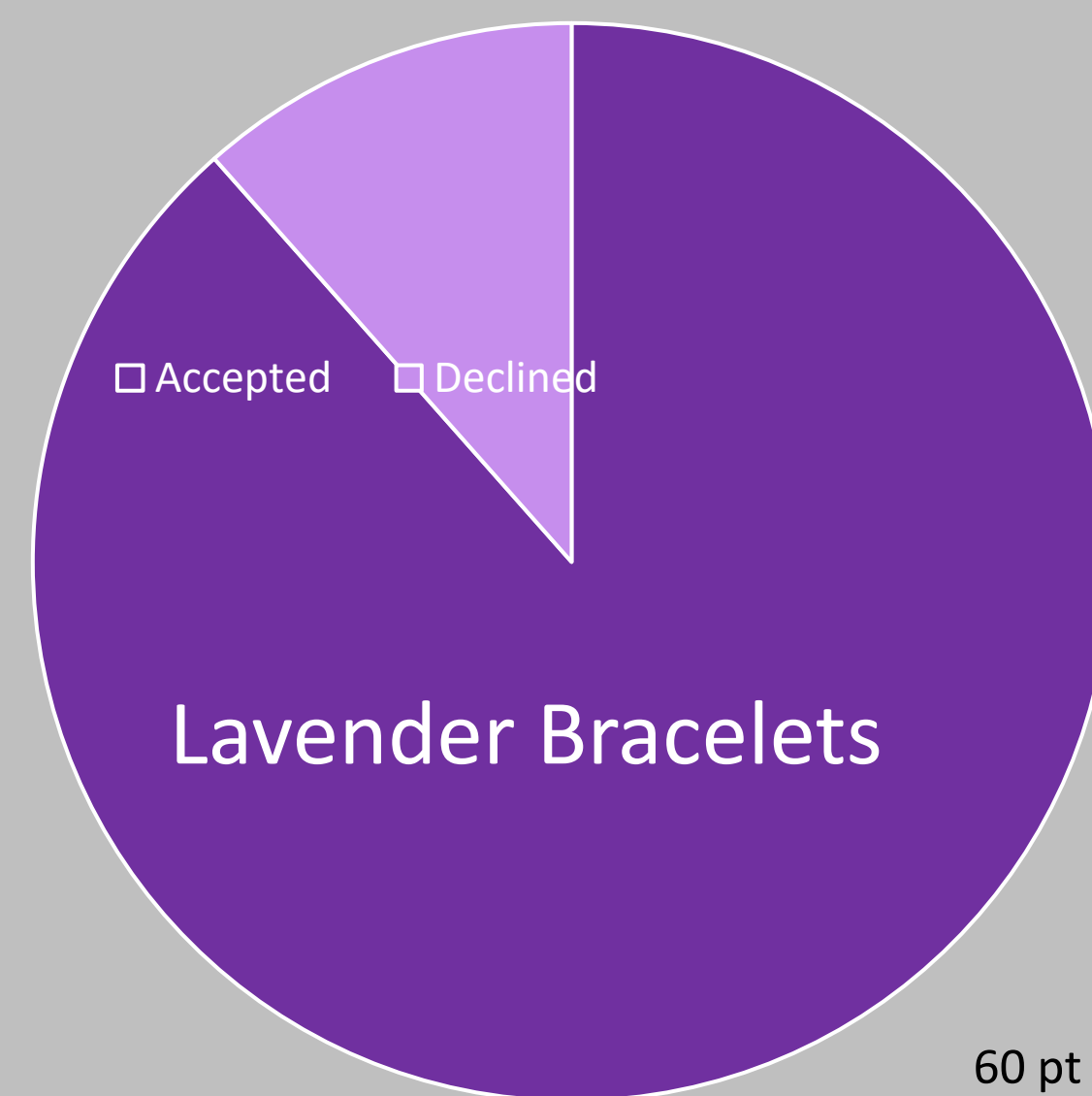
In the pre-operative area, transgender patients without a legal name change are given a lavender sheet and ID band to write their preferred name and pronouns. Participation is voluntary. If they agree, the PACU nurse will ask five questions after surgery to assess their experience's inclusivity and positivity.

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 Nursing Practice

Gender-affirming care starts with the first interaction. In the perioperative area, using patients' preferred name and pronouns and having visual reminders for providers helps build trust, creating a safe, respectful environment that improves care and outcomes while reducing discrimination.



A Shout Out in Lavender—A Patient Empowerment Initiative

Welcome to BIDMC and the day of your gender affirming surgery. We realize that your journey to get to today may have been a difficult one. Please know you are safe, and we are so glad you are here. As your day begins you will be required to wear a white ID band. This band will display your legal name as well as any preferred name you choose. It will NOT however contain the pronouns with which you identify. For this reason, we would like to offer you the opportunity to wear an additional band which is lavender in color. This band will contain the name and pronouns you identify with so that all staff may honor your choices. Choosing to wear the lavender band is completely voluntary. It is our hope however that this gesture on our behalf will make your hospital stay easier and more empowering. We "see" you and sincerely congratulate you on the next phase of your journey.

Nursing

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