Perioperative Care of the Transgender Patient

POTENTIAL PROBLEMS

- Following gender confirmation surgery involving the urethra such as: vaginoplasty, phalloplasty or metiodoplasty 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 airway management.
- Breast binders have the potential to restrict respiratory function.

PHARMACOLOGICAL 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

- Laboratory testing should be based on the biological sex of the patient
- 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 in 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


TO CORRECT THE PROBLEM HEALTHCARE MUST

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 identities as their birth sex
GENDER -AFFIRMING SURGERY - Modification of the body to coincide with one’s gender identity (previously called sexual reassignment surgery)
GENDER TRANSITION - The process of accepting, recognizing and expressing one’s gender identity
TRANSSEXUAL - Sometimes used to describe a person who has 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
goer gender non-conforming 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

IN A SURVEY 41% OF TRANSGENDER PATIENTS REPORTED SOME FORM OF DISCRIMINATION WHEN ATTEMPTING TO RECEIVE HEALTH CARE

CREATE A TRANSGENDER-FRIENDLY ENVIRONMENT

Use caution in the terminology they use when caring for the transgender patient
Be aware of the potential for complications associated with previous surgeries and hormonal therapy