

Gender Affirming Reproductive Health Care in Primary Care Workshop

Facilitator's Guide

Overview

This presentation is designed to be both didactic and interactive. Use the slide deck provided to guide participants through the content and conversations. The notes within the slide deck contain the core contents of this workshop, as well as optional discussion points, videos, and resources. There are three additional case studies within the slide deck (and in a separate PDF document) that you can use with participants. These case studies are a core component of the workshop. You'll find a facilitator's case study guide with discussion points and a participant guide with blank sections for participants to take notes. The workshop should take two hours to complete. If you are interested in providing CE credit for this workshop and haven't contacted us already, please reach out to network@reproductiveaccess.org.

Workshop Pre and Post Tests

We recommend you send email invitations before the workshop to participants that include the link below to the short online pre-test. For anyone that has not yet completed the pre-test by the start of the workshop, begin the presentation by directing participants to the pre-test. Before participants leave, please have them complete the online post-test. Both are required to receive CE credit for participation in the workshop.

Pre-Test: <https://www.surveymonkey.com/r/GARHCPreTest>

Post-Test: <https://www.surveymonkey.com/r/GARHCPostTest>

Handouts

Please make sure participants have a copy of the [Case Studies Learner's Guide](#) and [Birth Control Across the Gender Spectrum](#).

Slide Deck

Workshop Learning Objectives

1. Describe the different clinical and non-clinical aspects of gender affirming care within primary care, with special attention to creating safe and inclusive spaces.
2. Explain how to take an appropriate patient-centered sexual history.
3. Describe core components of counseling and care provision relating to contraception, abortion, and fertility specific to care of transgender, non-binary, and gender diverse patients.

Terminology and Background Data

Slides 4-6 go over terminology and background data around gender, sex, sexuality, and the LGBTQI+ community. Slide 4 has comprehensive definitions of key terms around gender identity to understand. You may also play for your participants a 5 minute video from Innovating Education on Understanding Identity (click [link](#) on slide). Slide 6 highlights data from the 2015 Transgender Survey and discusses the barriers transpeople face when trying to access health care.

Creating Safe, Inclusive Spaces

Slides 7-12 discuss strategies and key points to remember to create safe and inclusive spaces. These slides talk about gender affirmation, ways to adjust the clinic environment, trauma informed care, establishing a relationship, and patient-centered techniques to alleviate discomfort or anxiety during physical exams. These discussion points apply to any patient, but are particularly important for gender diverse people. Slide 8 includes optional videos and discussion questions from Innovating Education on do's and don'ts of language and the impact of language.

Taking an Inclusive Sexual History

Slides 13 and 14 discuss questions to ask and strategies for taking a sexual history. Slide 13 highlights key points from the American Academy of Family Physicians (AAFP) and offers opportunities to critique or affirm AAFP key points. Slide 14 highlights recommendations for questions on taking an inclusive sexual history developed by RHAP and informed by several organizations. This slide also offers additional tips for talking about sex and opportunities to critique AAFP's recommended questions on taking a sexual history.

Contraception

Slides 15-16 discuss key points in providing contraceptive counseling and care to gender diverse patients. You have the option to walk through [Birth Control Across the Gender Spectrum](#) to offer more context and key counseling points on birth control options.

Fertility and Prenatal/Preconception Care

Slides 17-27 discuss key counseling points around fertility, family building options, preconception, and lactation, particularly for transpatients. Key points include that many transmen may desire pregnancy and can have children; ideally fertility and parenting desires should be discussed early in the process of transition; there is a range of counseling and services that can be offered to patients to make a joyful and supportive preconception and pregnancy experience.

Abortion

Slides 28 and 29 describes abortion care for gender diverse communities using two case study examples.

Case Studies

Slide 30-33 allows you to transition to case study discussions. There are 3 additional case studies on slides 31-33. You may use the PowerPoint to work through all case studies together, or break into small groups and ask participants to work through one case study and share back key counseling points with the larger group. You can use the facilitator's guide to add on to or clarify participants' counseling points.

Resources & Closing

Slide 34 and 35, share these resources with your participants as key places to go for more information, patient education, and clinician education on providing gender affirming care. This would be a good time to answer any lingering questions. You can also share your contact information and RHAP's contact information in case there are comments, questions, and concerns after the presentation. **Please fill in your phone number(s) and email address(es) on Slide 35.**

Once the presentation has come to a close, please make sure to have participants complete the workshop post-test: