

Resources on Providing Care to Transgender and Gender Diverse Persons

March 2023

Resource List for Accessing LGBTQ+ Healthcare in Manitoba: <https://rainbowresourcecentre.org/resources/health-resources>

Organization / Author Publication Year Title	Resource Type and Location	Description	Resource Length/Duration, Cost
Canadian Pharmacists Association (CPhA) June 2021 Updated Practice Tools to Help your LGBTQ2SQ+ Patients	Webinar, Posters and Guides Canada	To help pharmacy professionals better provide inclusive health care to the LGBTQ2SQ+ community, the following pharmacy resources are available here : <ul style="list-style-type: none"> • Smashing Stigma Poster (June 2021) • 10 Actions for an Inclusive Pharmacy Space (June 2021) • A Guide to LGBTQ2SQ-Friendly Language (June 2021) • Smashing Stigma: LGBTQ+ Engagement in Pharmacy Practice Webinar (August 2019) • Smashing Stigma Practice Tool: A guide to medications used by the LGBTQ2SQ+ population (October 2019) 	11 pages total Webinar = 1 hour Free of charge
Ontario Pharmacists Association (OPA) Available until June 2023 Providing LGBTQ+ Inclusive Care at Your Pharmacy	Online Course Canada	With a focus on patient interactions, pharmacy environments, policies and staff training, this accredited course prepares pharmacy professionals on how to better care for LGBTQ+ patients and their specific healthcare needs. This course consists of 4 modules, including an introduction to LGBTQ+ healthcare, creating a welcoming environment in the pharmacy, pharmacotherapy on	3 hours 15 mins (3.25 CEUs) \$100

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		HIV/AIDS and patient care management, as well as pharmacotherapy of transgender care.	
Indigenous Cultural Safety (ICS) Collaborative Learning Series Two Spirit and Indigiqueer cultural safety: Considerations for relational practice and policy	Webinar Canada	This webinar informs viewers of individual and collective efforts to ensure culturally safe access to healthcare, social services, and other social institutions, as well as methods to ensure community and ceremonial spaces and supports for Two Spirit and Indigiqueer peoples.	1 hour 48 mins Free of charge
Wabanaki Two Spirit Alliance Resources about Sexual Health and Two-Spirits	Website Canada	This website provides excellent resources on Two-Spirit and Indigenous sexual health, gender, sexuality, and sex. This resource list includes “Two-Spirit Archives” by the University of Winnipeg, as well as “Out Saskatoon”, which informs readers about Two-Spirit identities, history, and the impacts of colonization.	Length varies by resource Free of charge
Provincial Health Services Authority (PHSA) Trans Care BC Online Courses	Online Courses Canada	The “Intro to gender diversity” course introduces key terms and concepts, as well as basic strategies for creating welcoming and accessible gender-affirming services. The “Intro to gender diversity – expanded” course expands on the previous course by discussing barriers gender diverse people experience accessing services. This is designed for care and service providers and staff who engage directly with clients, patients, and their families.	Intro to gender diversity = 30 mins Intro to gender diversity – expanded = 1 hour Indigenous gender diversity = 3 hours Supporting gender creative children

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		<p>The “Indigenous gender diversity: Creating culturally relevant and gender-affirming services” course is for those who work in health and social service settings to increase their awareness, knowledge, and skills when improving service access for gender diverse Indigenous people.</p> <p>The “Supporting gender creative children and their families” course is for those who work with children and their families. It builds on key terms and concepts explored in the foundational course Intro to gender diversity and introduces information about gender development and affirmation along with strategies for supporting children and their families.</p>	<p>and their families = 90 mins</p> <p>Free of charge</p>
<p>Human Rights Campaign (HRC) Foundation and American Pharmacists Association (APhA) March 2021 Transgender and Gender Diverse Pharmacy Resource Guide</p>	<p>Resource Guide USA</p>	<p>This guide serves as an educational tool and a resource to pharmacy professionals on how to be inclusive to transgender, non-binary and gender-diverse patients. It describes 6 qualities of an inclusive pharmacy, including knowledge of key LGBTQ terms, inclusive communication, gender-related data management, visible symbols of support, staff training, and knowledgeable and patient-centered care. The guide also explains how pharmacies can implement these in practice. Several quick guides are available, which makes it accessible and easy for pharmacy professionals to use throughout the day.</p>	<p>19 pages Free of charge</p>

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National LGBTQIA+ Health Education Center National LGBTQIA+ Health Education Center Learning Resources	Website USA	<p>This website has online webinars, learning modules, and publications. Online webinars and modules include topics such as “Innovations in HIV care for Two-Spirit and LGBTQIA+ Native people”, “Health at the Intersection of Body Image, Identity, and Development: LGBTQIA+ Children and Youth”, and “Foundations of LGBTQIA+ Health, Part 2: For Clinicians”.</p> <p>Examples of relevant publications include “Understanding the Health Needs of LGBT People”, “Medical Care of Trans and Gender Diverse Adults Publication” and “Health Care Considerations for Two Spirit and LGBTQIA+ Indigenous Communities”.</p>	Duration/length varies by resource. All resources are free of charge.
Klein DA et al. December 2018 Caring for Transgender and Gender-Diverse Persons: What Clinicians Should Know	Research Article (Review) USA	<p>This review indicates that training staff in culturally sensitive terminology and transgender topics (e.g., use of chosen name and pronouns), creating welcoming and affirming clinical environments, and assessing personal biases may facilitate improved patient interactions. Pharmacy professionals can focus on “Table 1: Transgender-Friendly Concepts for Clinicians” and “Table 2: Monitoring of Patients Receiving Gender-Affirming Hormone Therapy”.</p>	14 pages Free of charge
Redfern, JS et al. April 2019	Research Article (Review)	<p>This review focuses on the health issues of transgender persons and the pharmacist's role in promoting health, identifying barriers to health care, and providing health</p>	13 pages Free of charge

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The Evolving Role of Pharmacists in Transgender Health Care	USA	care resources for these individuals. Their responsibilities in transgender health include appropriate laboratory monitoring, complex pharmacotherapeutic challenges, and providing unbiased gender-affirming interactions.	
Abrams LM et al. June 2022 The importance of providing gender-affirming care in pharmacy practice	Research Article (Commentary) USA	This commentary examines the gaps in pharmacy practice and research with regards to the needs of transgender and gender diverse (TGD) individuals and looks at other health fields for potential solutions that can be adapted by the pharmacy profession. It examines the social pressures, bias, and discrimination that TGD individuals face, then explains how pharmacy education can train future pharmacists to provide inclusive care to TGD individuals, and how interprofessional education and continuing education can enhance the quality of care provided to these individuals.	6 pages Free of charge
World Professional Association for Transgender Health (WPATH) 2022 Standards of Care (SOC) for the Health of Transsexual, Transgender, and Gender Nonconforming People	Standards of Care International	The SOC provides clinical guidance for health professionals to assist transsexual, transgender, and gender nonconforming individuals with safe and effective ways to achieve lasting personal comfort with their gendered selves to maximize their health, psychological well-being, and self-fulfillment. This assistance may include primary care, mental health services (e.g., assessment, counseling, psychotherapy), and hormonal and surgical treatments.	260 pages Free of charge
Rainbow Health Ontario Sherbourne Health	Guidelines	These guidelines incorporate recently available evidence in both general primary care and trans health. The 2019	134 pages Free of charge

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2019 Guidelines for Gender-Affirming Primary Care with Trans and Non-Binary Patients	Ontario, Canada	version features expansions on various topics including unique considerations for older trans patients, expanded discussion of considerations for non-binary patients, and an expanded discussion of fertility considerations for trans people.	