Title:
Improving the Healthcare Experience for the Transgender Population

Amy Daly, MBA, BSN
School of Nursing, The University of Texas at Austin, Austin, TX, USA

Session Title:
Enhancing Educator, Clinician, and Parental Competence Regarding LGBTQIA+ Adolescent Health Through Clinical Research and Practice

Keywords:
Healthcare disparities, Healthcare provider education and Transgender

References:


Abstract Summary:
Participants can expect to learn about the experiences of transgender young adults in the healthcare environment. The session will include a discussion of how case studies containing transgender specific content were constructed for use in healthcare education to decrease healthcare disparities experienced by the transgender population.
Content Outline:
I. Background
   A. Transgender healthcare inequity
   B. Lack of healthcare provider educational content in healthcare curriculum
   C. Healthcare providers contribute to access barriers
II. Objective
   A. Assess the experiences of young adult transgender people about their experiences in the healthcare environment
   B. Use participants’ experiences to develop case studies for use in healthcare provider education
III. Methods
   A. Transgender young adults interviewed
   B. Experiences of "good" and "bad" healthcare recorded
   C. Findings analyzed using qualitative analysis
   D. Organized using casuistry framework
   E. Case studies constructed from findings
IV. Findings
   A. Severe anxiety about accessing healthcare environment
   B. Healthcare provider insensitivity
   C. Safety and validation in gender inclusive spaces
V. Conclusion
   A. Lack of healthcare education contributes to healthcare access barriers
   B. Barriers cause delays in care and health disparities
   C. Include transgender specific content in healthcare education to decrease healthcare access barriers

Topic Selection:
Enhancing Educator, Clinician, and Parental Competence Regarding LGBTQIA+ Adolescent Health Through Clinical Research and Practice (25526)

Abstract Text:

Purpose: The primary objective of this project was to assess the experiences of young adult transgender people between the ages of 19-25 about their experiences in the healthcare environment. The experiences provide the basis for development of case studies delivered electronically for use in healthcare provider education. These case studies are intended for use as supplementary material to existing healthcare curriculum.

Methods: Members of the young adult transgender community in the Southwestern United States were interviewed regarding their experiences in the healthcare system. The interviews were recorded and field notes taken to record both “good” and “bad” healthcare experiences. The transcripts were analyzed using qualitative analysis and used to construct relevant case studies. The major content themes were organized using a casuistry framework to construct relevant case studies for use in healthcare
education. These case studies provide a preliminary basis for amelioration of environmental healthcare barriers for transgender people.

**Results:** Findings of transcribed interviews (n=10) reveal common themes of severe anxiety about accessing the healthcare environment, insensitivity of healthcare providers, and shame about requesting gender affirming care in mainstream healthcare environments. The transcribed interviews revealed common themes of feelings of safety, validation, and normalcy when seeking care in gender inclusive healthcare spaces. All of the participants expressed that positive healthcare experiences contributed to positive feelings about their gender identity.

**Conclusion:** Transgender healthcare inequity is a multifaceted issue with lack of cultural sensitivity at the core of many healthcare access barriers. Lack of healthcare education contributes to access barriers by using heteronormative language, performing inadequate assessments, and perpetuating unwelcoming healthcare environments. The barriers created contribute to delays in care, which may result in untreated or undertreated chronic conditions which are treated earlier and better in the cisgender (non-transgender) community. Including transgender specific content in healthcare provider education will help decrease the barriers to healthcare experienced by the transgender population.