

Gender Dysphoria and Occupational Therapy

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BACKGROUND

UMC has started offering gender-affirming surgeries to support the transgender populations. Post-surgical precautions entail adaptations and modifications of daily living tasks, routines, and habits addressed by an Occupational Therapist (OT). As this is a niche and emerging practice area, the UBC-Occupational Therapy (UBC-OT) has identified the need to streamline OT services, provide consistency of care among clinicians, and address these challenges to increase knowledge for quality improvement and establish best practices.

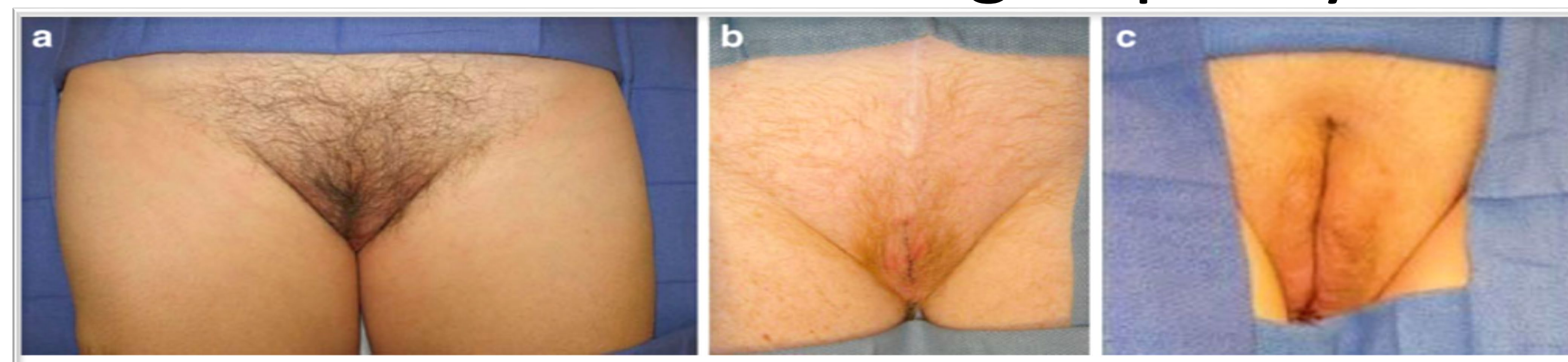
PURPOSE

Identify opportunities to support client-centered care to facilitate occupational performance issues of transitioning and gender dysphoria.

METHODS

The UBC-OT consulted with Dr. John Brosious, plastic surgeon, to establish appropriate treatment guidelines and discuss appropriate OT interventions and recommendations while adhering to post-surgical precautions. After obtaining the information and finalizing the proposal, a team-focused training was conducted to introduce the program. Lastly, collaboration with nursing and other rehabilitation disciplines were established to ensure continuity of care.

Penile Inversion Vaginoplasty



Activities of Daily Living



Toileting
Using a Bedside commode

Adaptive equipment
Lower body dressing/toilet hygiene



Reacher
Long-handled mirror

Bed and Functional mobility



IMPLICATIONS

Increase education to healthcare providers regarding best practices when working with transgender patients. Improve participation and foster occupational justice and equity.

RECOMMENDATIONS

1. Follow up on patient care experiences and feedback upon discharge.
2. Develop community outreach programs for transitioned and non-transitioned patients at the systems level.
3. Improve cultural competency and training amongst nursing and rehab disciplines.
4. Compile resources to improve referral pathways for patients and families.

REFERENCES

Eckstrand, K., & Ehrenfeld, J. M. (2016). *Lesbian, Gay, Bisexual, and Transgender Healthcare*. Springer International Publishing AG.