

# Primary Care Resource Guide

(Version 4 - 2024)

## For Providers and Gender-Diverse Clients

Resources available here:

<http://bit.ly/ab1care>

or:



**TESA** [tesaonline.org](http://tesaonline.org)  
Trans Equality Society of Alberta

**twi**  
TRANS WELLNESS INITIATIVE

Additional Support Provided By

 **cbrc**  
Community-Based Research Centre

## Briefing

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- An estimated 1 in 200 are trans
- Using chosen name and pronouns, making surgical referrals, as well as prescribing testosterone, estrogens, and progestogens (HRT) is within the scope of primary health care
- Transition-related care and gender-affirming care both significantly reduce risk of suicide

## Clinical Support

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- Netcare eReferral Advice Request:
  - Family Medicine>Transgender Care
- Specialist Link Tele-advice - Transgender Care
  - 403-910-2551 or *specialistlink.ca*
- Alethea Medical eConsults - Free Membership
  - *aletheamedical.com* -Transgender Health
- Rainbow Health Ontario. (2023). *Guidelines for Gender-Affirming Primary Health Care with Trans and Non-Binary Patients.*
- Trans Care BC (2023). *Primary Care Toolkit*
- World Professional Association for Transgender Health. (2022). *Standards of Care Version 8*
- TOP Clinical Practice Guidelines. (2019). *Transgender Health*

## First Steps

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- Use billing code 08.19G, 08.19GZ
- Document timeline and need for medical and/or surgical transition
- Obtain baseline levels, including sex hormones as per guidelines
- Discuss expectations of HRT
  - Use informed consent