

Primary Care Resource Guide

(Version 4.1 - 2024)

For Providers and Gender-Diverse Clients

Resources available here:

<http://bit.ly/ab1care>

or:



Additional Support Provided By



Briefing

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

Clinical Support

- 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

- Use billing code 08.19G, 08.19CV
- 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