

DISCLOSURES

This activity is jointly provided by Northwest Portland Area Indian Health Board and Cardea Services

Cardea Services is approved as a provider of continuing nursing professional development by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the California Medical Association (CMA) through the joint providership of Cardea and Northwest Portland Area Indian Health Board. Cardea is accredited by the CMA to provide continuing medical education for physicians.

Cardea designates this live web-based training for a maximum of 1 *AMA PRA Category 1 Credit(s)*TM. Physicians should claim credit commensurate with the extent of their participation in the activity.



DISCLOSURES

COMPLETING THIS ACTIVITY

Upon successful completion of this activity 1 contact hour will be awarded

Successful completion of this continuing education activity includes the following:

- Attending the entire CE activity;
- Completing the online evaluation;
- Submitting an online CE request.

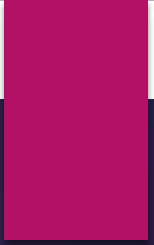
Your certificate will be sent via email

If you have any questions about this CE activity, contact Michelle Daugherty at mdaugherty@cardeaservices.org or (206) 447-9538



Disclosures

None of the planners or presenters of this CE activity have any relevant financial relationships with any commercial entities pertaining to this activity.



Gender Identity Development Over the Lifespan

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Visibility



Jazz Jennings



Raffi Freedman Gurspan



Caitlyn Jenner

Laverne Cox



Asia Kate Dillon



Kye Allums



Aydin Dowling



Gender: Social Construct

- ▶ We are all impacted by gender binary socialization and stereotyping.
- How this has affected your view of yourself in the world?
- How have gender role behavior or expectations shifted for you in your lifetime?
- Have you been liberated from these constraints?
- How has your own gender expression changed over time?



Image credit: www.thebakerorange.com

Developmental Considerations

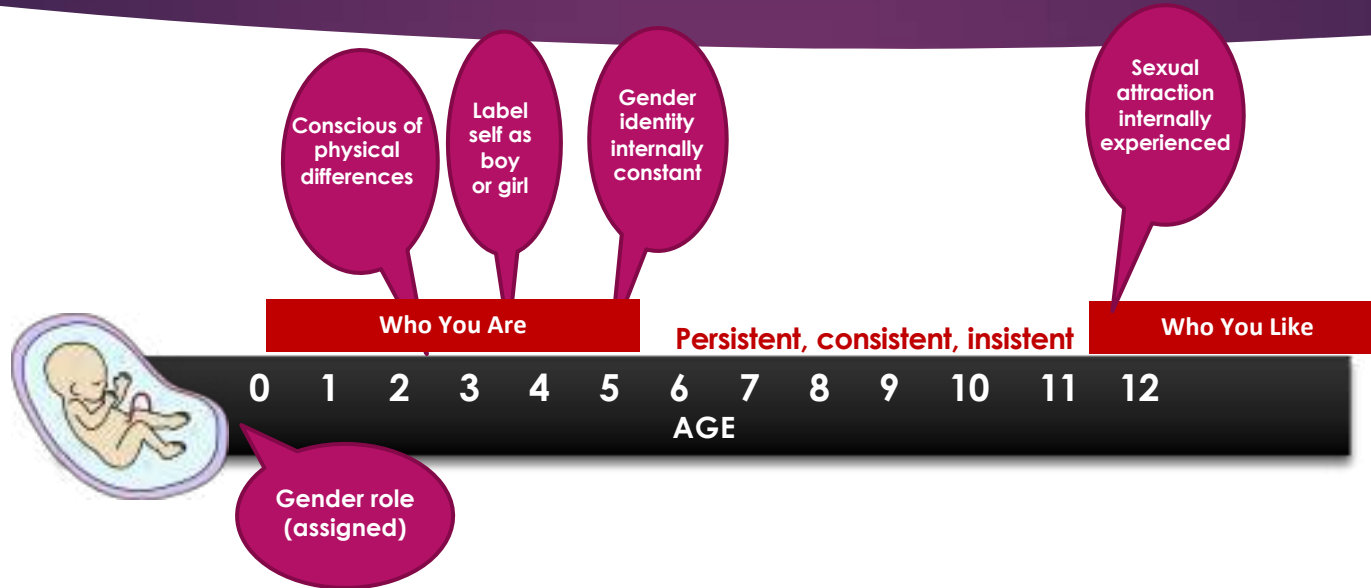
- Individually tailor gender affirmation strategies based on developmental stage, capacity, support, and motivations of the individual
- Research substantiates even pre-pubertal children can assert and know their gender as clearly and as consistently as their developmentally equivalent cisgender peers
- Children, youth, and adults who are supported are more likely to experience better physical and mental health

Gender Affirming Approach

- ▶ **Affirm** child's gender identity at that moment
 - ▶ Appreciate possibility that identity may change
- ▶ **Understanding** the motivations
- ▶ Thoughtfully **taking child's lead** & allowing child to explore gender identity
- ▶ Assisting child in **navigating wide repertoire** of interests & behaviors
- ▶ Decision to recommend early gender transition should prioritize child's psychological well-being

Edwards-Leeper et al. *Psych Sex Orient and Gender Diversity*, 2016

When is gender identity established?



- Everyone experiences gender identity & gender expression
- No two people experience their gender identity/expression the same

Gender affirming care for youth: Psychological outcomes

PEDIATRICS[®]

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

Article

Pubertal Suppression for Transgender Youth and Risk of Suicidal Ideation

Jack L. Turban, Dana King, Jeremi M. Carswell and Alex S. Keuroghlian

Pediatrics February 2020, 145 (2) e20191725; DOI: <https://doi-org.liboff.ohsu.edu/10.1542/peds.2019-1725>

- ▶ Data extracted from **2015 US Transgender Survey**
- ▶ Cross-sectional survey of 20,619 transgender adults 18-36
 - ▶ Self-reported history of pubertal suppression
 - ▶ Multivariable logistic regression
- ▶ 2.5% received pubertal suppression
 - ▶ Adjustment for demographic variables & family support
 - ▶ **Lower odds of lifetime suicidal ideation** (adjusted OR = 0.3; 95% confidence interval = 0.2–0.6).

Puberty Suppression in Adolescents With Gender Identity Disorder: A Prospective Follow-Up Study

THE JOURNAL OF
Sexual Medicine



Annelou L.C. de Vries, MD,* Thomas D. Steensma, MSc,† Theo A.H. Doreleijers, MD, PhD,* and Peggy T. Cohen-Kettenis, PhD†

- ▶ Amsterdam gender identity clinic, 2003-2009
 - ▶ 70 adolescents with gender dysphoria
 - ▶ pubertal suppression before cross-sex hormones
 - ▶ psychological functioning before & after treatment
- ▶ After pubertal suppression
 - ▶ ↓ behavioral & emotional problems, general functioning improved, feelings of anger & anxiety remained stable

Understand Shifting Relational Identities/Dynamics - youth

Identity exploration and disclosure can include:

- Children/adolescents knowing more than their parents about identity and transition
- Impact parents comfort with who takes the lead
- Confounding issues related to sexual orientation
- Parental and peer discomfort in social transition
- Strained relationships with extended family members
- Accelerated intimacy and support in unexpected places



Transition Age Youth

- ▶ Facilitate transition of care to adult providers when developmentally appropriate
- ▶ Address the 18 y.o. “cut off” from families who stated they will not continue to support their young adult after 18
- ▶ Understand what care provision and support look like if young adults are moving out of the area for school, military training, etc.

Transition Age Youth

- ▶ “Gap year” between high school and employment/higher education to address transition goals:
 - ▶ alignment with surgeon wait times
 - ▶ coordination of legal transition and updating school records
- ▶ Help navigate complex insurance arrangements (i.e. needing to apply for Medicaid independently, double coverage where one plan has an exclusion)



Image credit: unsplash.com/photos

Understand Shifting Relational Identities/Dynamics - adults

Identity exploration and disclosure can:

- Impact existing familial relationships and language used
- Impact partner(s)' previous sexual identity and one's own
 - Potential shift from a romantic relationship to platonic
 - Potential dissolution of relationship



Reduction of dysphoria can create shifts in who someone is attracted to/partners with:

- Discovery of new sexuality and function of body when one is comfortable in their skin
- Real or perceived impact of hormone therapy on libido

Gender Identity in Older Adulthood

- ▶ Late disclosures motivated by feeling up against a clock or finally having the freedom to explore identity
- ▶ Grief can be present around not accepting oneself earlier, not being eligible for some transition-related care, and related to losing loved ones
- ▶ Isolation
- ▶ Having to go “back in the closet” if needing to go into assisted living, nursing home, or moving in with family
- ▶ Opportunities for connection to younger generations