Dealing with the 3 D's of Gender Care Development, Drama, Data

Pediatric Nurses: A Critical Resource in Caring for Transgender & Gender Diverse Pediatric & Adolescent Patients

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Disclosures

- Consultant: ConferMed, Planned Parenthood,
- Royalties: Up To Date, Springer
- All medications off label
- I am an optimist
- My slides may be dense- but meant to be used for later reference & resources



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Caring for gender diverse children & families is essential part of SPN mission & position

Address social determinants of health

- Target the improvement of structural interventions that address health care and socioeconomic disparities and social determinants of health.
- Eliminate unlawful discrimination or conduct that denies or limits a child's food and according to a participate in an expensit from health care consider or
- and equal access to participate in or benefit from health care services or activities because of decisions based on that child's protected status(es).

 Examine and effectively address biases that impact health care delivery; public health automos: the health professions worknows and learning environments:
- Create systems that empower children and the worknotice.
 Create systems that empower children and their families to make informed decisions about health maintenance and illness and injury prevention behavior within the context of their own attitudes healing and critiques.

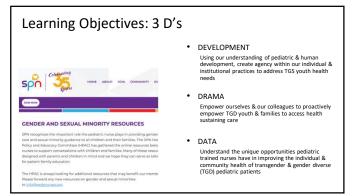
SON	SOCIETY OF PEDIATRIC NURSES
SPN Position Statement Access to Care	

riginal Author: Michaela Lewis, DNP, ARNP, CPNP-AC/PC, CPN, CPEN, CNE, CNE-

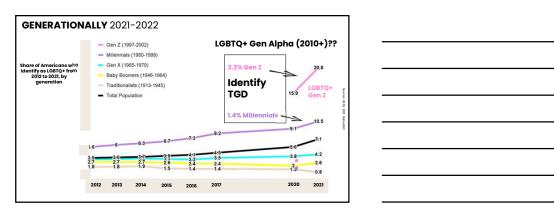
The Society of Pediatric Nurses (SPN) believes that all children deserve access to lifelong.

affordable, comprehensive, health care across all care delivery settings. Health care that is designed to meet the holistic needs of children and their families must also be timely, evidence based, and coordinated to ensure the provision of quality and equitable services.

Access to health care is defined as "the timely use of personal health services to achieve the best health outcomes" which includes access to health care coverage and timely services provided by a qualified and capable workforce (Agency for Healthcare Research and Quality (Asint) e.d.







Why Talk About Gender with Kids and Families?

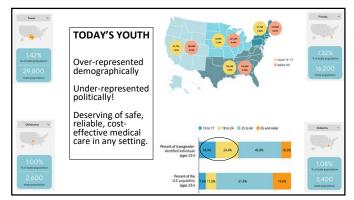
Universal and part of everyone's experience

- o Current cultural expectations are explicit
- Important skills and milestones for "growing up"
- $\,\circ\,$ Anticipatory guidance and future planning
- Provides language and framework for diverse experiences
- 。 Encourages openness and communication
- Models and promotes diversity



https://williamsinstitute.law.ucla.edu/subpopulations/transgender-pe**g**ple/

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Over & Under-Represented!

39.4% TGDY ages 13-17 (n= 123,600)

- Live in states passing bans on GAC
- 85% South
- · 40% in Midwest

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https://williamsinstitute.law.ucla.edu/wp-content/uploads/2024-Anti-Trans-Legislation-Apr-2024.pdf

https://www.hrc.org/resources/attacks-on-gender-affirming-care-b

Gender Identity Part of Human Growth & Identity



- What if we approached gender & sexuality as expected human experiences?
- What if we transformed our medical practice to reject pathologizing approaches, and relied more on understanding of human development?
- How is that particularly relevant to TGD children, adolescents, young adults?

age taken from The Gender Book, are publically available on the book's website, www.thegenderbook.com

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Pediatric Growth & Development



Children change & grow!

- Physical: height, weight, habitus
- Mental: how we think, process info, learn
- Emotional: how we feel, move through world
- Social: interactions & relationships w others

Puberty

- Time of rapid global & reproductive changes
- Changes begin to further "gender us" a significant part of "growing up"

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Developmental Paradigm



- Gender, sexuality universal, normal human development
- Variance expected in biology & human development
- Diversity not = deviance but celebrated

- Developmental
- Meet patient goals (nothing to "diagnose" or "treat")
- Provide support & resources
- Address, reduce minority stress
- Advocate, empower ALL children
- Model, elevate cultural expectations

Prenatal Gender Conversations

- How do we discuss prenatal assignment of gender/sex?
- How could we use earlier, more frequent discussions about gender (& sexuality) to help families understand the concepts of gender identity?
 - Newborn discussion
 - Early GU exams (ie imperforate hymen, clitoromegaly, other abnl) vs school age exams



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Awareness of Gender Identity

Awareness 1-3 years

Conscious physical differences between sexes

Labelling 2-4 years

Can label themselves as a girl or boy

Stability 4-6 yrs

Gender remains same over time

Constancy 6+

Is independent of external features



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Theories of Gender Development

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- Scientific currency
- Possibly helpful schema that organize concepts
- Provide "toe hold" into advancing
 understanding
- Potential ways to provide care

CONS

Science, theories, and study data should support not supplant

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Response to any parents' "WHY?"

A better question to ask is 'How can I help my child?' Rather than 'why and what makes them GD?'

Gender Play



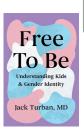
All pre-pubertal children play with gender expression & roles

- Passing interest or trying out gender-typical behaviors
- Interests related to other/opposite sex
- Few days, weeks, months, years

Behaviors and expression may be nonconforming, but children can still feel they are in right-gendered body

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Gender Diversity



Persistent Consistent Insistent

- Cross gender expression, role playing
- Wanting other gender body/parts
- Not liking one's gender & body (gender dysphoria)

Nonbinary Diverse Fluid

- Agender
- Nonbinary
- Refuses to ascribe to typical masculine or feminine assignments
- Can change, shift

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Gender framework- Evolving Perspectives Opportunity for Growing Knowledge, Experience, & Tolerance Developmental, Supports Diversity, Recognizes Body Autonomy, Integrates Intersectional identities, Resources, Safe spaces



Some persons may go through gonadal puberty, and later start GAH Others may block endogenous puberty with plan for GAH Allows for multidirectional change Respects individudal experience & body autonomy

Affirmation is according to the individual
Social –disclosed or not disclosed; Medical – GAH; Surgical - GAS

Reproductive Justice Framework: Intersectionality of Our Children's Health Care Rights Bodily autonomy Right to self determine Right for safe, healthy environment with opportunity to develop potential Responsibility for most marginalized REPRODUCTIVE JUSTICE

SisterSong 1997 ...

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Especially fitting for children & adolescents



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- te myths & misinformation
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- Dissociated from actual people
- Media
- Economic conflict of interest
- Mis-representation
 Fact checking rules seem changed
- Acceptance of opinion or absence of evidence as science or "real"
- Generate hysteria
- Political/social agendas
- · Othering social agenda
- Affecting upswing in legislation of medical care
- Laws make EBM care illegal, reducing
- · access to care
- National, state government fear mongering, discrimination

Adults **Bullying** Children Table 5 Qualitative themes for the impact of the proposed legislation on health care access

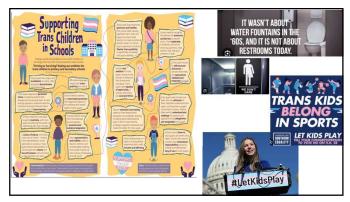
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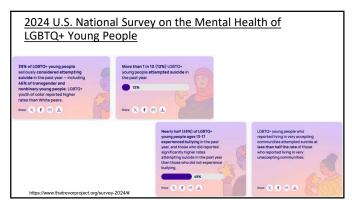
Bullying Children

- Strategic political agendas targeting most vulnerable
- Why do people with no trans– experience consider themselves expert?
- Why do people interfere with body autonomy & human rights?
- Why are we "ok" with politicians "othering" and hating on our children, our families?



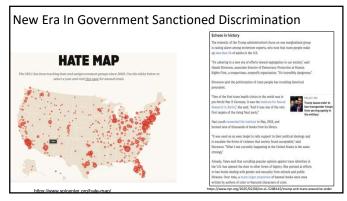
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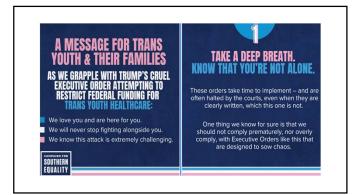








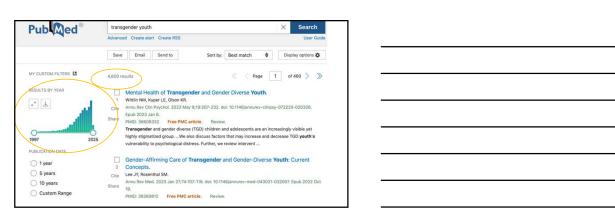












Understanding: What Really is Gender Affirmation?

AAP Policy Statement 2018

In a gender-affirmative care model (GACM), pediatric providers offer deve ppropriate care that is oriented toward understanding and appreciating the youth's gender experience. A strong, nonjudgmental partnership with youth and their families can facilitate exploration of complicated emotions and gender-diverse expression while allowing questions and concerns to be raised in a supportive environment.² In a

- where anowing questions and contents to the rate in a supportive reinvolument—in a GACM, the following messages are converged:

 transgender identities and diverse gender expressions do not constitute a mental disorder;

 variations in gender identity and expression are normal aspects of human diversity, and bhave definitions of gender do not always reflect emerging gender identities;

 gender identity evolves as an interplay of biology, development, socialization, and culture; and
- if a mental health issue exists, it most often stems from stigma and negative experiences rather than being intrinsic to the child.^{22,23}

AAP Board August 2023

The AAP Board of Directors voted to reaffirm the 2018 AAP policy statement on gender-affirming care and for pediatricians based on a systematic review of the

An updated policy statement, plus companion clinical and technical reports, will reflect data and research on ender-affirming care since the original policy was eleased and offer updated guidance. The board cognized the value of additional detail with five more rears of experience since the 2018 policy statement wa

the board's concerns about restrictions to access to nealth care with bans on gender-affirming care in more

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Actual Affirmation Processes

- Open accepting safe space
- Listening carefully
- Developing greater expression & understanding over time
- Supporting parents & families
- Offering menu of options for care
- Reassessing & opportunities for maturation, growth, change
- Loving a child as "is"

VS Politics & Media

- · Clinics with agendas
- · Children being forced, coerced
- At first visit, children undergo "sex change," "castration"
- · Parents not involved, not supportive
- · All pediatric gender care is irreversible, unchangeable
- Most children "change their minds" & are harmed
- · A child's (family's) experience discounted

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How to Improve Outcomes: Cultural & Systemic Countering Minority Stress Minority Invisibility, lack of models ver self esteem, internalized bias Developmental Pro-diversity Early identification Resources, connection, Resiliency Appreciation for diversity Identity congruent with anatomy/physiology Puberty in gender identified Living safely in identified Mental health Social opportunities & connectedness gender Education & financial equity



Lifetime Suicide Attempts for Highly Rejected LGBT Young People (One or more trees)

Ryan CJ; 2010, 2009

N=245 LGBT Retrospective assess family accepting behaviors in response to gender & sexual minority status

Predicts improved

- Self esteem
- Social support
- General health status

Protects against

- Depression
- Substance use
- Suicidality

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TransYouth Project

(2016) 73 children, ages 3-12

Rates depression (50.1) and anxiety (54.2) No higher than 2 control groups

Siblings & cis age- and gender-matched children (2017) 116 TGD children, 122 controls (72 sibs),

Rates depression and self worth same Slight higher anxiety

NIH Patient Reported Outcome Measurement Information System

Large-scale (>150 children) longitudinal study transgender children, 25 states

Rates depression, anxiety significantly lower than TGD children (and adults) in previous studies

Olson KR, Durwood L, DeMeules M, et al. Mental Health of Transgender Children Who Are Supported in Their Identities. Pediatrics. 2016;137(3):e20153223

Dunwood L, McLaughlin KA, Oslon KR. Mental Health and Self-Worth in Socially Transitioned Transgender Youth. J Am Acad Child Adolesc Psych. 2017 Feb;56(2):116-123.

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TGD Student Health... Risks & Resiliency

- •Student Survey 9th and 11th graders, n=81,885
- TGD youth n=2,168 (2.7%)
- Risk behaviors significantly higher among TGD than cis
- Emotional distress, bullying significantly more common among birth-assigned females than males

Protective factors

- Family connectedness
- Student-teacher relationships
- Feel safe in community

Health Risk Behavior	TGD Youth	Cis Youth
Alcohol use	23%	17%
No condom at last sex	51%	38%
No birth control at last sex	41%	25%
Depressive symptoms	58%	21%
Self-harm past year	54%	14%
Suicidal Ideation	61%	20%
Physical bullying	25%	12%
Relational bullying	52%	32%
Prejudice-based reason: gender	35%	5%
Prejudice-based reason: gender expression	47%	15%

Eisenberg, Gower, McMorris, Rider, Shea and Coleman. J Adolesc Heatt

Chen 2023 NEJM

TGDY research consortium effects of initiating GAH

- N= 315 12-20 years (16±1.9)
 - TM 190 (60.3%)
 W 185 (58.7%)

 - Previous pubertal suppression 25 (7.9%)

Appearance congruence assoc with

- · Positive affect, life satisfaction increase
- Depression and anxiety symptoms decrease

Most common adverse event suicidal ideation (11 [3.5%]); death by suicide 2 participants

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Affirmation Benefits

- 1. Early identification, support, access to care benefits >> potential risks

 - Russell 2018 using asserted name, pronoun
 Turban 2020 access to blockers
 Chen 2023 NEJM- improved psychological health w GAH
- 1. Parent & family acceptance

 - Ryan 2009 Olson K 2016,2017
- 2. Role of professionals



For many TGD youth Nothing medical, surgical, or irreversible needed!



What is needed:

- Safe & accepting home
- 2. Unconditional love & support
- 3. Ability to explore, live authentically



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Important Points to Remember

Response to reports of "there are no studies"

- o Yes, there will be no RCT
- Not ethical
- Given strength of historical & current studies

Number of studies that demonstrate benefits & positive health outcomes of

- ignoring gender dysphoria
 rejecting children with gender or sex minoritized identities
- minoritized identities
 on not acknowledging an individual's unique
 experience
 odismissing the value of a person's authentic
 identity have provided benefit to youth or
 adults

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4th D for Pediatric Nursing

- Dedication
- · Diversity, Equity, Inclusion
- Determination
- Delivering care

Doing the right thing by & for our kids!



Pediatric Nursing Opportunities



- What is gender affirmative care? How does nursing practice support this?
- What tips & tools help me clinically provide affirmative patient/family centered care?
- What can do I do as a leader & advocate in my health care system?
- Why am I an important change maker?

We recommend defining families as broadly as possible so that partners, children, and even friends who have no legal status are included in accordance with patients' wishes.





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What About Your Check In & SOGI Data?



Avoid these terms	Replace with
Mother/Father	Parent/Guardia n
Husband/Wife	Spouse/Partner (s)
Marital Status	Relationship Status
Family History	Blood Relatives
Nursing Mother	Currently Nursing
Female Only/Male Only	Allow patients to choose not applicable.

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Diversity Affirming Materials













Starting the Visit

- Wear your own name, pronoun badge
 - You can start the conversation by introducing yourself using your pronouns, for example, "Hi, my name is José, and I use the pronouns she/her/hers."
 - "Which pronouns do you use?"
- Ask patients & parents, name & pronoun

 - IN patients & parents, fiame & pronoun

 You can also say, "I ask everybody this question" or "I don't
 make any assumptions about the pronouns people use;
 which pronouns would you like me to use for you?"

 For younger patients, you might say something like, "Do
 you want others to use words like 'she' when they are
 talking about you? Or words like 'he'? Or 'they'? Or
 something else?"



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Talking about gender does not have to be "scary"

All children (all people!) wellness discussion

Developmental stages

Opportunity improving child/family communication & support

Teaches, models pro-diversity

Diverse or nonconforming gender expression

Concerns/problems with Mood, behavior, social





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Respect Growing Maturity & Understanding

- Privacy, confidentialitySafe space

 - Understand importance of this privilege Safety, health, wellbeing shared focus
- · Pause- leave time & space for response
- · Opening a door to discuss sensitive topics





Confidence that TGD Care is Safe, Effective, Life Saving

Discrimination & hate \longrightarrow minority stress

Gender Affirmative Care

- Being authentic healthier than hiding, invisibility, rejection
- Resources resilience & positive health outcomes
- Physical & psychosocial safety in being "read" appropriately & not mis-gendered





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To Affirm or Not Affirm, There is No Question

Reconfirmed over time....

OlsonKR 2016, deVries AL 2014, Steensma TD 2013, deVries AL 2012, Spack NP 2012, deVries AL 2011, Steensma TD 2011, Steensma TD 2013, Malpas J 2011, Teurk CM 2012, Bussey K 2011, DeVries 2010, Wallien MS 2008, Drummon 2008, Zucker 2005, Green 1987, Davenport 1986

- Olsen 2016,17
- TGDY supported early social affirmation depression=peers, lower anxiety rates
- Russell 2018
 Benefit using asserted name, pronoun
- Turban 2020
 Long term protective benefits want & have access to blockers for suicidal ideation
- Chen 2023
 GAH benefits

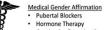


Social Gender Affirmation

- · Preferred Name
- · Preferred Pronoun

Psychological Gender Affirmation Felt Gender is Respected and Validated Resist Internalized Stigma and Transphot







Gender Confirmation Surgery

<u>Legal Gender Affirmation</u>
• Legal Name Change
• Legal Gender Marker Change

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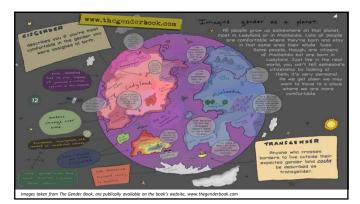


Opportunities to be a role model, every day Every interaction with patients, work, family, community

Conclusions & To Do's

- 1. TGD kids are out there and they/families want need support & resources
- 2. Affirmative is medicine 101 = listen to & respect patient
- 3. Youth with resources "do" better
- 4. Supported & supportive families "do" better
- 5. We can "do" better by them using a developmental approach
- 6. Conversations, curiosity, communication across the pediatric lifespan (as well as adults!) is pro-active, models pro-diversity

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