



## Four CFPC Accredited Clinical Sessions

(2.5 Mainpro-M1 Credits)

### **Introduction to Lesbian, Gay, Bisexual and Trans Health for Clinical Providers**

**Presenter:** *Devan Nambiar, Education and Training Coordinator, Rainbow Health Ontario*

This workshop will lay the foundation for clinical providers working with LGBT patients by examining the social impacts of membership in groups that have historically been highly stigmatized and the barriers that still exist for LGBT patients. This lively and interactive session will engage clinical providers through reflective exercises, evidence based information, and case scenarios.

**Objectives:**

1. Participants will reflect on their knowledge, values and attitudes regarding LGBT people to examine their assumptions and biases.
2. Participants will learn the difference between sexual orientation and gender identity, appropriate language and definitions, and how to talk openly with patients in order to provide optimum care.
3. Participants will explore societal barriers and gaps in the health care system itself that lead to poorer outcomes for LGBT people. They will learn how to make their clinical environment and their own practice more inclusive and welcoming

(2.5 Mainpro-M1 Credits)

### **Providing Culturally and Clinically Competent Health Care for Lesbian, Gay, Bisexual and Trans Patients**

**Presenter:** *Devan Nambiar, Education and Training Coordinator, Rainbow Health Ontario, Toronto*

This workshop will provide an overview of the health issues that are more common among LGBT patients and the reasons behind these disparities. Health issues that are specific to LGBT people will also be reviewed. Evidence based information, case studies and checklists will assist providers in becoming confident and knowledgeable in their clinical practice.

**Objectives:**

1. Participants will examine the impact of discrimination and stigma on the health of LGBT patients.
2. Participants will know and understand a range of health disparities related to LGBT communities.
3. Participants will be able to demonstrate increased cultural and clinical competence in their practice with LGBT patients.

(2.5 Mainpro-M1 Credits)

**The Joy of Gender: Understanding Trans Experience and Providing Respectful Primary Health Care**

**Presenter:** *Hershel T. Russell, MA, MEd, Independent Psychotherapist, Consultant and Educator, Toronto*

The Joy of Gender is a lively and thought-provoking workshop that prepares those who are new to this topic to understand and embrace the care of trans people as family practice patients. The first half of the workshop presents transgender experience as an ordinary aspect of human diversity rather than merely a medical diagnosis. The spectrum of gender presentation and gender identity will be discussed and illustrated with a beautifully illustrated slide show and commentary. Participants will gain an appreciation of the historical and cross-cultural contexts of trans people's lives as well as current international efforts by trans communities as they reach for visibility, human rights, and access to health care on their own terms.

The second half of the workshop will focus on the physician's and nurse's role in providing general and transition-related health care to trans patients. Few providers have received training in this area and many are unsure how to address trans patients or how to provide respectful, appropriate services. In fact, the family practice team can offer excellent care to trans patients including general primary health care, psychosocial support and even the assessment and management of hormone therapy for transition. Hershel's warm and inviting style enables participants to engage with challenging ideas, examine their own assumptions, and develop confidence and skill in meeting the needs of this under-served community. In addition to the slide show, this workshop will offer interactive exercises, discussions and case scenarios.

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**Providing Transgender Care in a Family Practice Setting**

**Presenter:** Ed Kucharski, MD, CCFP, Family Physician, Sherbourne Health Centre, Toronto

This workshop will give the participants an introduction to providing specialized primary care to trans clients. Specifically, we will look at starting hormones for gender transition from the evaluation stage to prescribing an initial regimen. The workshop will use a combination of didactic teaching, case studies and group discussion.

**Objectives:**

1. Participants will gain knowledge around diagnosis and evaluation of transsexual and transgender clients.
2. Participants will explore the rationale behind various hormone regimens and gain understanding around their benefits and risks.
3. Participants will gain comfort in providing primary care to trans clients.

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