APPENDIX F: PREVENTIVE CARE CHECKLIST FOR TRANSGENDER MEN

Prepared by: Dr. A. Bourns • Adapted from the Preventive Care Checklist Form © Dec 2010

For annual health assessments of Transgender Men, applying to patients who were born with female genitalia and have a gender identity that is male or on the masculine spectrum, who may or may not have accessed hormonal and/or surgical treatments for gender dysphoria.

Please note:

- Bold = transgender-specific considerations, see Explanation Sheet for detailed recommendations
- Unbolded items should be followed according to the original Preventive Care Checklist Form© and the Explanations for the Preventive Care Checklist Form© for cisgender women

IDENTIFYING DATA:		MEDICAL TRANSITION HISTORY:			
Name:			Testosterone:	Yes	No
Tel:			If Yes, Start Date:		
DOB:				Vac	No
			Chest Reconstruction: TAH	Yes Yes	No No
Age:			BSO	Yes	No No
Date of examination:			500	100	140
CURRENT CONCERNS:			LIFESTYLE/HABITS/PSY	CHOSOCIAL	<u>:</u>
			Diet:		
			Fat/Cholesterol		
			Fiber		
			Calcium		
			Sodium		
			Exercise:		
			Work/Education:		
			Income Below Poverty Le	vel:	Yes No
			Family:		
			Relationships:		
			Social Supports:		
			Smoking:		
			Alcohol:	Safe (Guidelines ≤10/week, ≤2/day
			Recreational Drugs:		_
			Sexual History:		
			Family Planning/Contrac		
			Name change/identificat	ion:	
MENTAL HEALTH: Screen for:			Sleep:		
Depression Anxiety	Positive Positive	Negative Negative	UPDATE CUMULATIVE PA	ATIENT PRO	FILE:
Suicidal Ideation	Positive	Negative Negative	Family History		 Medications
Persistent Gender Dyshoria	Positive	Negative	Hospitalizations/Surg	ieries	Allergies

FUNCTIONAL INQUIRY:			EDUCATION/COUNSELLING:		
HEENT:		Normal	BEHAVIOURAL		
CVS:		Normal	adverse nutritional habits		
Resp:		Normal	adequate calcium intake (1200 mg	-	+ supp)
Chest:		Normal	adequate vitamin D (1000 IU daily hormone adherence)	
GI:		Normal	regular, moderate physical activit	v	
GU/PV Bleeding:		Normal	avoid sun exposure, use protective	-	
Sexual Function:		Normal	safe sex practices/STI counseling		
MSK:		Normal	review potential for pregnancy/a for birth control	ssess nee	d
Neuro:			assess need for folic acid		
Derm:		Normal		1/50	
Constitutional Sx:		Normal	OBESITY - (BMI > 30) weight loss counselling	YES	NO
PHYSICAL EXAMINATION	<u>:</u>		screen for mental health contribut multidisciplinary approach	ors	
HR: BP:	RR:		SMOKING	YES	NO
Ht: Wt:	BMI:		smoking cessation	163	NO
Maiat Circumfarance			nicotine replacement therapy/other	drugs	
Waist Circumference:			dietary advice on fruits and green le	, ,	
Hip Circumference: Or: See EMR Vitals	Rallo:		referral to validated smoking cessa	tion progra	.m
Ur. See EINIK VITAIS			ALCOHOL & OTHER SUBSTANCES:	YES	NO
Eyes:			case finding for problematic substa		
Snellen sight card	R		counselling for problematic substar	ice use	
	L		ELDERLY	YES	NO
Ears:			cognitive assessment (if concerns)		
Whispered voice test	R		fall assessment (if history of falls)		
	L		ORAL HYGIENE		
Nose:			brushing/flossing teeth		
Neck/Thyroid:			fluoride (toothpaste/supplement) tooth scaling and prophylaxis		
CVS:			smoking cessation		
Resp:			-		
Chest:			PERSONAL SAFETY hearing protection		
Abdo:			noise control programs		
Ano-Rectum:			seat belts		
Pelvic:			injection safety (if on IM/SC horm	ones)	
Neuro:			PARENTS WITH CHILDREN	YES	NO
Derm:			poison control prevention		
MSK/Joints:			smoke detectors non-flammable sleepwear		
Extremities:			hot water thermostat settings (<54	°C)	

	<u>21-64 YEARS</u>	>65 YEARS		
LABS/INVESTIGATIONS:	Mammography (age >50-64 q2 yrs if no chest reconstruction) Hemoccult mutiphase (age 50-64 q2 yrs) OR sigmoidoscopy OR Colonoscopy Cervical cytology (q3 yrs age >21) GC/CT/Syphilis/HIV/HBV screen (high risk) Yearly trans bloodwork Fasting glucose and lipid profile CBC, ALT+/-AST, Free+Total Testosterone Bone Mineral Density if at risk	Mammography (age 65-71 q2 yrs if no chest reconstruction) Hemoccult mutiphase (age 65-74 q2 yrs) OR sigmoidoscopy OR Colonoscopy Cervical cytology (q 3yrs until age 70) GC/CT/Syphilis/HIV/HBV screen (high risk) Yearly trans bloodwork Fasting glucose and lipid profile CBC, AST+/-ALT, Free+Total Testosterone Bone Mineral Density Audioscope (or inquire/whispered voice test)		
IMMUNIZATIONS:	Tetanus vaccine q10yrs Meningococcal vaccine (high risk) Influenza vaccine q1yr Herpes zoster vaccine (age >60) Pneumococcal vaccine (high risk) Acellular pertussis vaccine Human papillomavirus vaccine (3 doses) (age 9-26, consider up to age 45) MMR vaccine (ensure 2 doses rec'd if born >1970) Rubella immunity Measles immunity Varicella vaccine (2 doses) Varicella immunity Hep A immunity Hep B immunity	Tetanus vaccine q10yrs Influenza vaccine q1yr Pneumococcal vaccine Acellular pertussis vaccine Herpes zoster vaccine Varicella vaccine (2 doses) Varicella immunity		

ASSESSMENT AND PLANS: