

Using eConsults to Support Transgender Care

Introduction

eConsults can be used to:

- ✓ Provide primary care providers with timely access to specialist advice, reducing the need for in-person referrals and accelerating diagnosis and treatment plans.
- ✓ Eliminate unnecessary face-to-face specialist visits, which can lead to significant healthcare cost savings and reduced patient wait times.
- ✓ Facilitate multidisciplinary collaboration, allowing for comprehensive patient management through shared insights and expertise across various medical disciplines.

RubiconMD offers specialty support across the transgender care journey:



Psychiatry to support timely access to mental health professionals experienced in gender dysphoria, ensuring proper psychological evaluations and personalized therapy sessions, as well as affirmation support throughout the transition journey, even for those in remote or underserved areas.



Endocrine to facilitate the initiation, monitoring, and adjustment of hormone replacement therapies (HRT) for transgender individuals. This real-time collaboration ensures optimal dosing and management, addressing side effects or concerns promptly and tailoring treatments to individual needs.



Surgical to support pre-surgical assessments, discuss potential surgical interventions and understand the expected outcomes and risks. Post-operative eConsults can monitor recovery, address complications, and provide guidance to ensure optimal healing and results without frequent in-person visits.



Ensure the specialist has information to support care delivery

When submitting an eConsult, be sure to include critical information:

1. Identifying Information

- Preferred pronouns: Essential for validating a patient's identity
- Age: Crucial for tailoring age-specific recommendations
- Gender identity: Specify gender identity and gender assigned at birth

2. Transition Status

- Current stage: Detail the social, medical, or surgical stages
- Interventions: List past, current, or planned hormone therapies, surgeries, or treatments

3. Comprehensive Medical History

- Co-morbid conditions: Highlight conditions like cardiovascular diseases, bone health, mental health, or hormone-sensitive tumors (e.g.; prostate, breast)
- Intersex history details: If known, include specifics like congenital adrenal hyperplasia or androgen insensitivity syndrome
- Previous surgeries: Include gender-affirming surgeries or surgeries related to the concern
- Tobacco use: Specify the usage and duration
- History of thrombosis: State any history of DVT (Deep Vein Thrombosis) or PE (Pulmonary Embolism)

4. Medication and Hormone History

- Current medications: Highlight any that might interact with hormone therapy
- Past hormone use: duration, type, & dosage

5. Reproductive, Sexual Health, and Fertility

- Fertility desires: State any wishes to preserve the option for biological children
- Sexual and reproductive history: Include previous Pap smears, menstrual history, sexual history, etc.

6. Lab Results and Tests

- Recent/relevant results: Emphasize tests related to hormone levels, liver, kidney function, and other concerns

For Transgender Females:

- Baseline: CMP (Comprehensive Metabolic Panel), CBC (Complete Blood Count), Lipids, fasting blood glucose, or hemoglobin A1c
- Follow-up: CMP, CBC, Estradiol, Total testosterone + SHBG

For Transgender Males

- Baseline: CMP, CBC, Lipids, fasting blood glucose, or hemoglobin A1c
- Follow-up: CMP, CBC, total testosterone + SHBG midway between injections or at least 2 hours after patch/gel application

7. Mental Health and Support

- Mental health status: current & past challenges
- Support systems: Elaborate on family, social support, therapy, or counseling

8. Targeted Physical Exam Findings

- Pertinent findings: Highlight those related to the specific concern or surgical site
- Gender-confirming approach: Approach the physical exam in a manner consistent with the patient's gender identity
- Cancer screening: Indicate any organ-specific screenings performed, such as cervical cancer screenings for transgender men

9. Developmental and Growth

- Developmental history: Especially important for pediatric and adolescent patients, outline growth parameters or developmental stages

10. Specific Concern or Question

- Reason for eConsult: Clearly outline the main issue or inquiry



Transgender Care Use Cases

HORMONE THERAPY

Hormone Therapy Initiation

25-year old transgender woman wishes to begin feminizing hormone therapy. She has no known allergies or medical contraindications.

What's the recommended initiation regimen and monitoring process?

Hormone Therapy and Other Medications

35-year old transgender woman with epilepsy is interested in feminizing hormone therapy.

How might hormones interact with antiepileptic drugs?

Hormone Therapy and Cardiovascular Risk

38-year old transgender woman on estrogen therapy has elevated blood pressure.

How should her cardiovascular risk be assessed and managed?

SURGERY

Surgical Decision Making

24-year old transgender woman is unsure about undergoing tracheal shave surgery.

How can the risks and benefits be discussed to assist in her decision-making?

Post-operative Care

32-year old transgender man post-mastectomy has localized swelling and discomfort at the surgical site.

How should post-operative care be managed to reduce complications?

Post-gender Confirmation Surgery Care

30-year old transgender woman post-vaginoplasty experiences mild pain during dilation exercises.

What interventions can ensure a pain-free dilation process?

Pregnancy and Hormone Therapy

36-year old transgender man, who stopped testosterone therapy a year ago, is currently 20 weeks pregnant.

How should his antenatal care be managed considering his gender history?

Non-binary Care

21-year old non-binary individual wishes to undergo low-dose masculinizing hormone therapy.

What considerations should be taken into account?

Post-surgical Sensation Concern

33-year old transgender woman post-vaginoplasty is concerned about the lack of sensation.

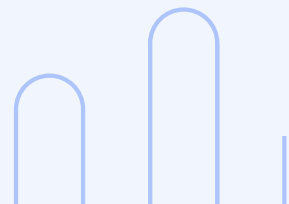
How can sensation be evaluated and what interventions might assist?

Surgical Complications

27-year old transgender man post-phalloplasty has urinary complications.

What steps should be taken to address this?

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Transgender Care Use Cases (continued)

MENTAL HEALTH

Mental Health

26-year old transgender man reports feelings of isolation and anxiety since his transition.

How can integrated mental health support improve his well-being?

Mental Health and Transitioning

19-year old transgender man experiences heightened depression since starting hormone therapy.

How can mental health be integrated into the transitioning process?

REPRODUCTIVE HEALTH

Reproductive Health Screenings

45-year old transgender man has never undergone a Pap smear.

How should cervical cancer screening be approached in this population?

Fertility Concerns

22-year old transgender man is considering hormone therapy but is concerned about future fertility.

What options should be discussed to preserve fertility?

COMORBIDITIES AND RELATED TREATMENTS

Cancer Risk

50-year old transgender man with a family history of breast cancer is concerned about his risk.

How should screenings and risk assessments be approached?

Bone Health

40-year old transgender man on testosterone for 10 years presents with a fracture after a minor fall.

How should bone health be monitored and managed in transgender individuals on long-term hormone therapy?

Elderly Care

65-year old transgender woman with a history of cardiovascular diseases wishes to continue her hormone regimen.

How should her care be managed considering her age and comorbidities?

Voice Training

28-year old transgender woman seeks to modify her voice to a higher pitch.

Would speech therapy be effective, and what are the alternatives?

