

## Trans health transcript

**Narrator:** All patients should be listened, to treated with respect and given good person-centered care. And the fear of being misgendered treated disrespectfully or even discriminated against has prevented many trans people from accessing health care. So here are some top tips to help make your practice more inclusive and please do consider sharing them with everyone in your practice setting.

### 1. Ask don't assume

Ask about someone's gender identity if you're unsure, please don't try to guess or just assume. Remember that not all trans patients will be transitioning from male to female or from female to male some will be transitioning from an assigned gender to being non-binary and always ask about which hospital ward your patient would prefer to be on.

### 2. Language matters

Use your patient's preferred name, title, gender and pronouns like he/ she or they when talking to them and avoid labels like boyfriend or girlfriend when talking about your patient's partner or partners and just say partner.

### 3. Confidentiality and record keeping

Respect your patients confidentiality and don't inappropriately disclose any information about their trans status or gender history either directly or indirectly. And if a patient asks for their medical records to be updated with their new name and gender you can do this you don't need to wait for a new NHS number or birth certificate you can just make the change.

### 4. Not everything's about gender

If your patient comes to see you about a broken elbow for example then their gender or gender identity just isn't relevant, it isn't relevant for a lot of patient health concerns and this can be a form of diagnostic overshadowing so take care not to mistakenly assume that a patient's health concern is related to their transition or to transition-related health care because then you may end up missing the real cause.

### 5. Look out for mental health difficulties

Remember that being transgender is not a symptom of mental ill-health but trans people are at risk disproportionately from mental health problems. Many trans people feel isolated, feel as if they're being silenced or are genuinely discriminated against and many trans people will experience depression at some point in their lives.