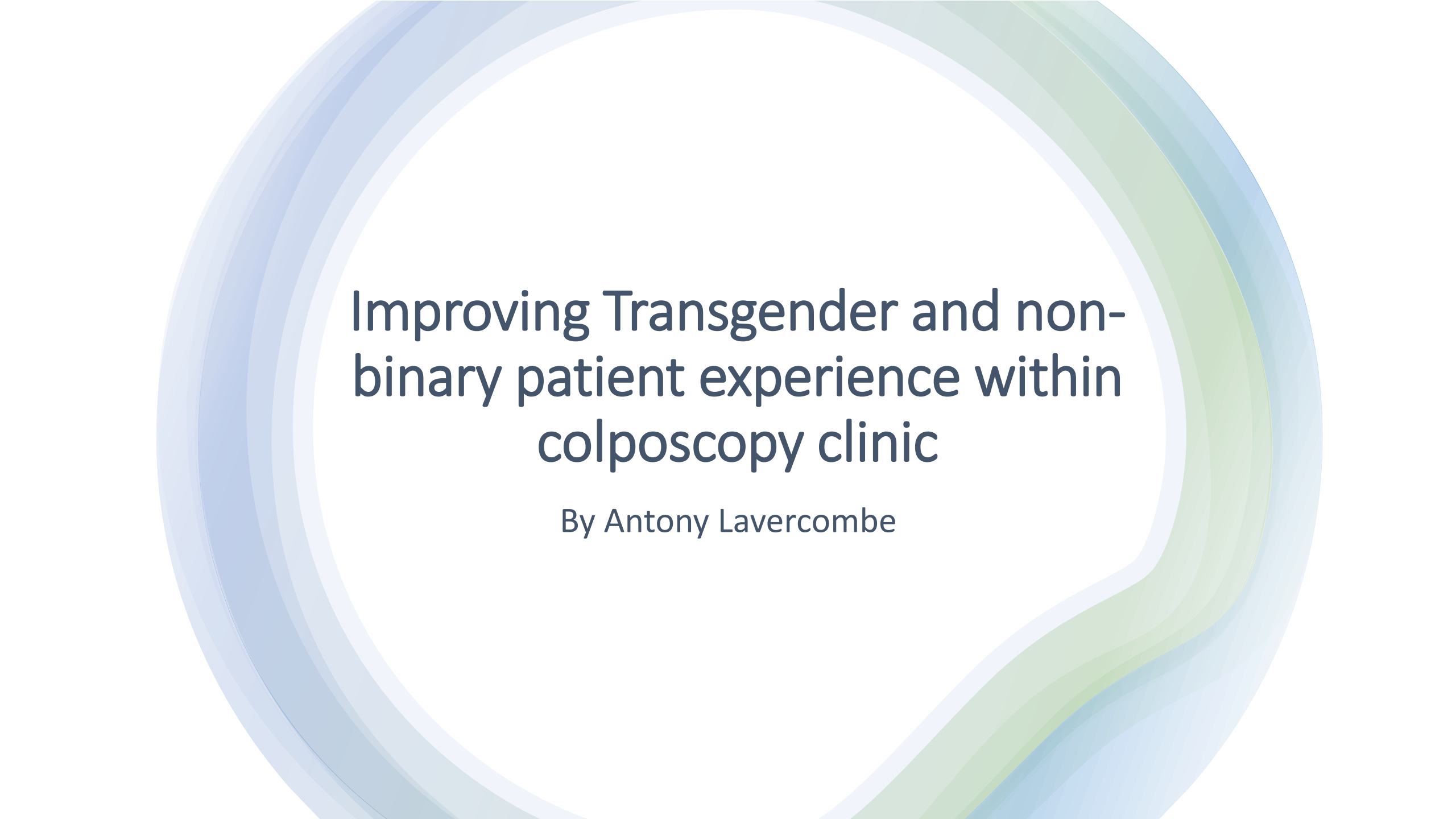


½ million people in the UK
identify as a gender different
from their biological sex



Improving Transgender and non-binary patient experience within colposcopy clinic

By Antony Lavercombe



Content

- Terminology
- Case inspiration
- Introduction to topic / background
- RCOG recommendations
- Applying these recommendations to
 - Invitation to colposcopy
 - Reception
 - Health care staff interactions
 - Procedure
 - Patient information leaflets
- Questions and comments

Terminology

Gender	“The attitudes, feelings and behaviours linked to the experience and expression of one’s biological sex.”
Sex	“Birth classification, generally as male and female, based on gender-specific anatomy”
Gender dysphoria	“Discomfort or distress connected with one’s own gender incongruence (social, physical or both.)”
Gender identity	The persons experience of oneself as a boy or man, girl or woman, as a mix of the two, as neither, or as a gender beyond man or woman. Some individuals (particularly in cultures which accept the idea of genders beyond man and woman) identify as members of “third genders” or use indigenous gender labels.”
Transgender man	“ A person assigned female who identifies as a man or in a similar term”
Transgender female	“ A person assigned male who identifies as a woman or in a similar term”
Nonbinary identities	“ A person whos gender identity does not meet conventional expectations of gender in a binary form (E.G male / female). Gender identity can be fluid, identifying with aspects of either gender or neither.

Reference : 1. Unger CAa. Comprehensive care of the transgender patient.



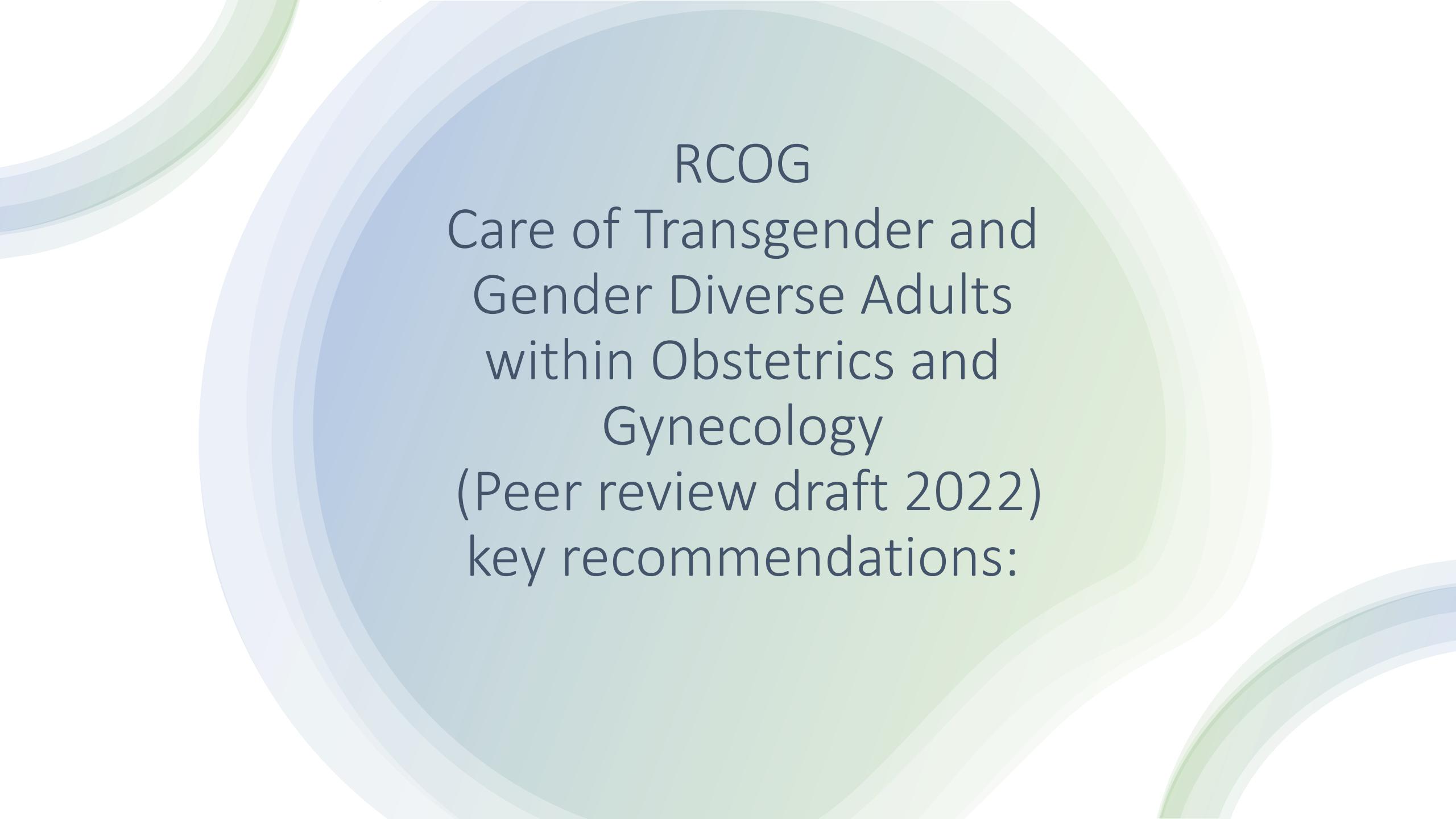
Case inspiration

- Transgender man within colposcopy clinic – referred after smear
- Patient experience:
 - waiting room
 - gender/ body dysphoria
 - psychological and physical discomfort throughout procedure




Introduction


- Transgender and non-binary people can be seen throughout history.(1)
- 2018 the Government Equalities Office around 200,000 – 500,000 transgender people within the UK
- Transgender men are at a higher risk of cervical malignancy (**find the evidence for this**)
- Potential issues with calling for scanning if medical records changed to male gender
- RCOG currently working on guidelines for the care of transgender patients within O&G



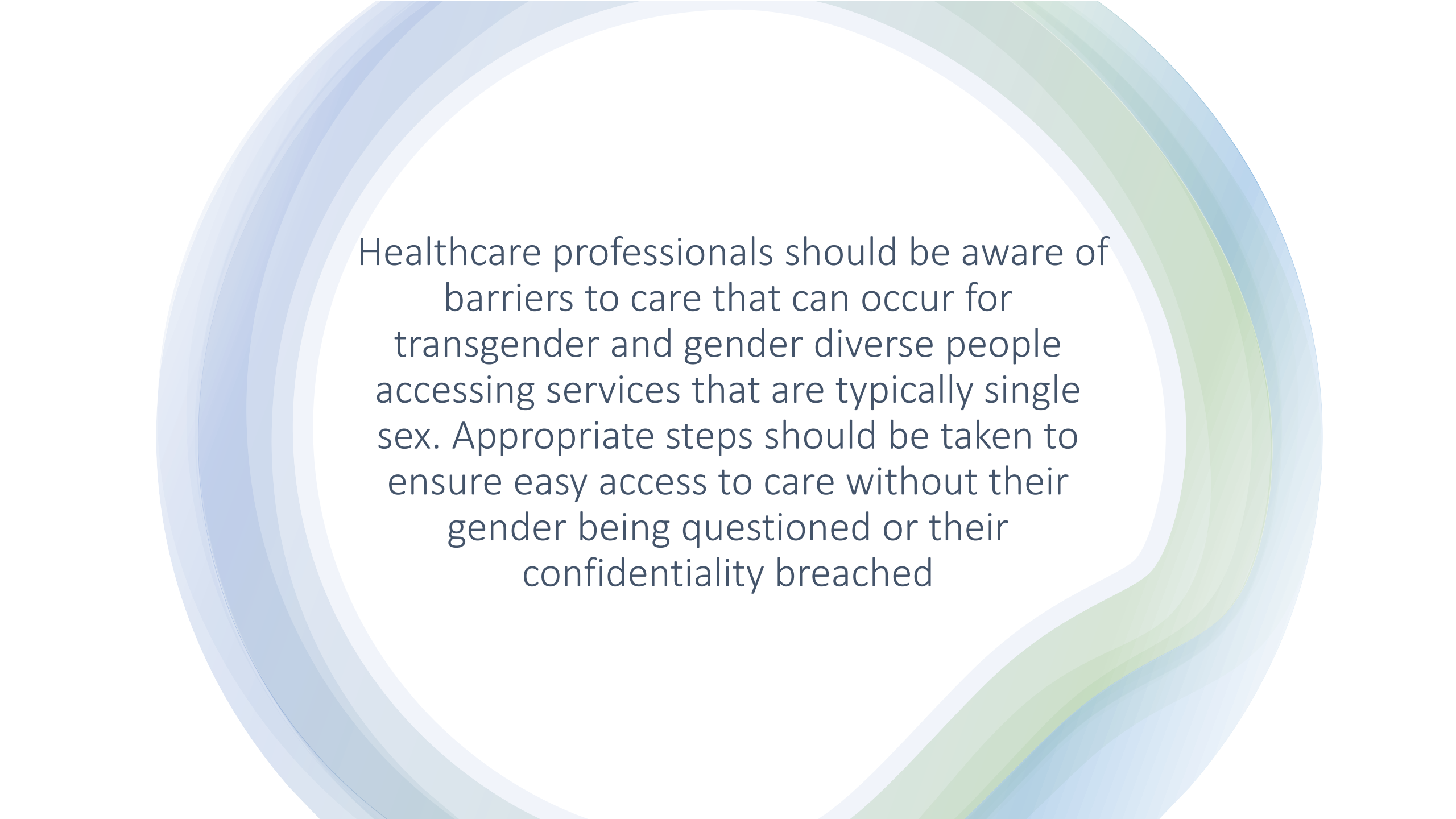
RCOG
Care of Transgender and
Gender Diverse Adults
within Obstetrics and
Gynecology
(Peer review draft 2022)
key recommendations:



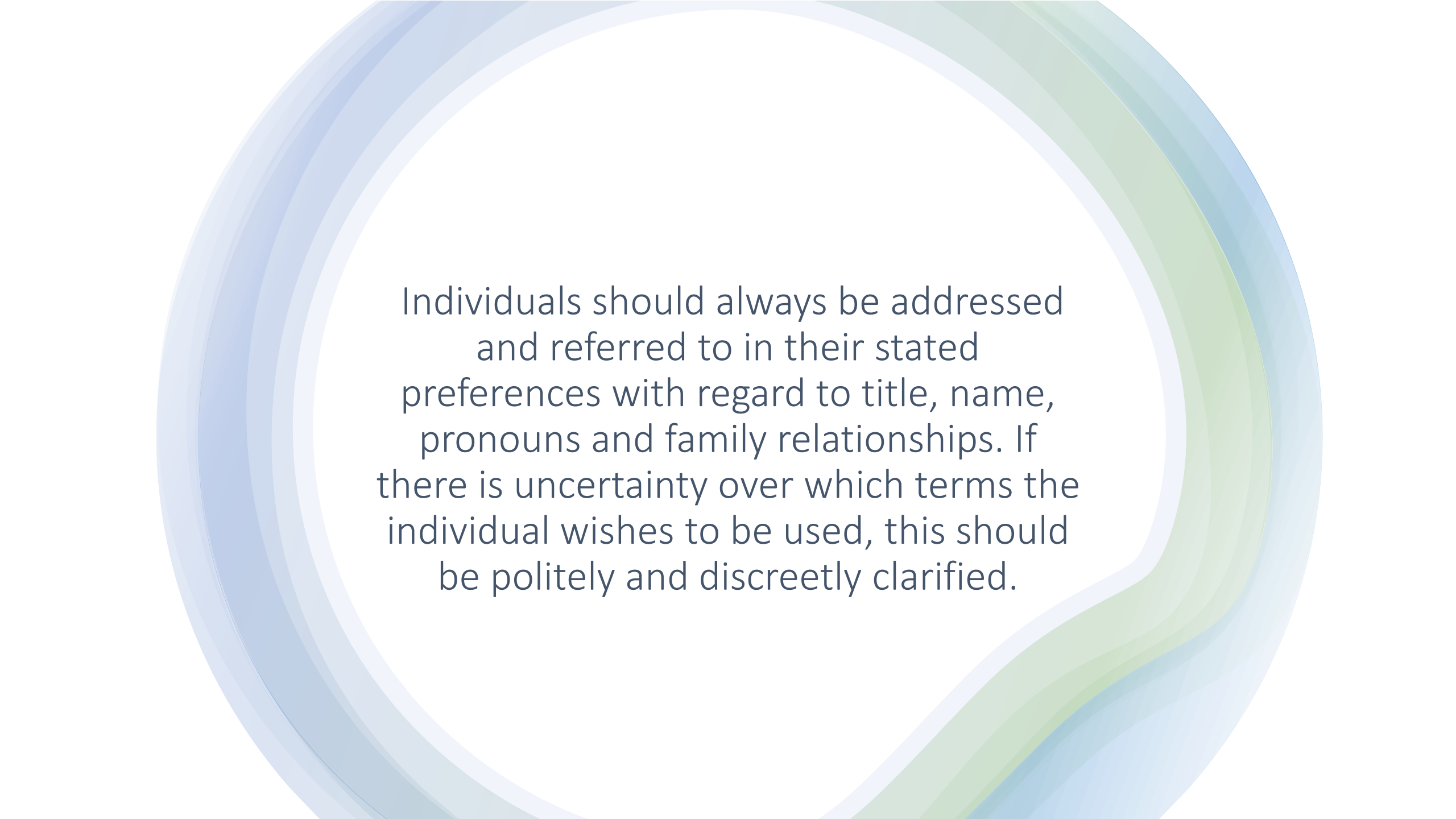
Gender diverse people should be offered health screening in accordance with national public health policies and clinical guidelines.



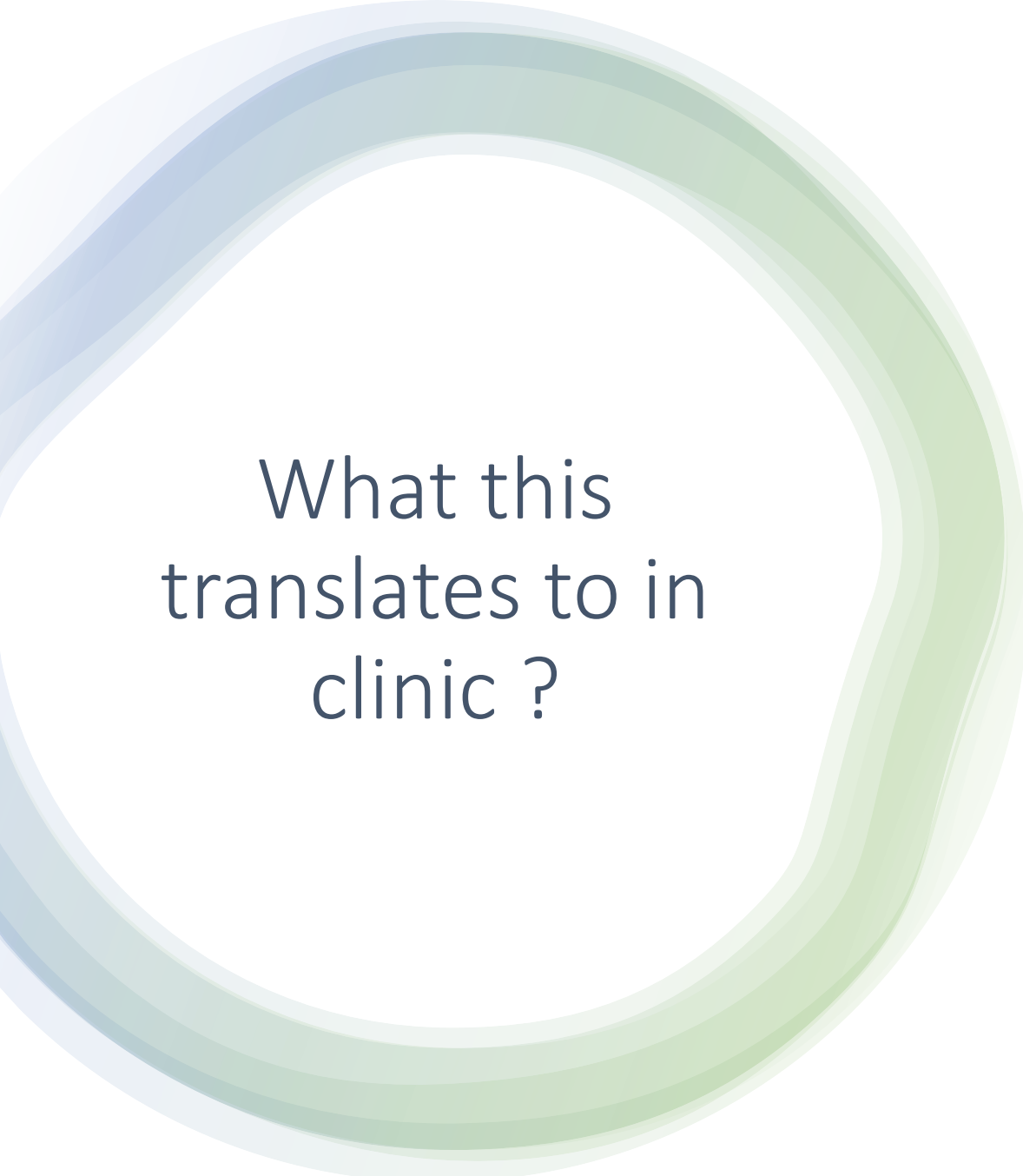
Healthcare professionals providing care to gender diverse people should be aware of broader contextual factors that may affect individual wellbeing and health outcomes.



Healthcare professionals should be aware of barriers to care that can occur for transgender and gender diverse people accessing services that are typically single sex. Appropriate steps should be taken to ensure easy access to care without their gender being questioned or their confidentiality breached



Individuals should always be addressed and referred to in their stated preferences with regard to title, name, pronouns and family relationships. If there is uncertainty over which terms the individual wishes to be used, this should be politely and discreetly clarified.



What this
translates to in
clinic ?

Health care staff providing care to gender diverse people should:


- Ensure gender diverse patients are offered screening inline with national guidelines
- Be aware of barriers to care that can occur in gender diverse people and take steps to ensure easy access to care
- Be aware of the factors that may affect individual wellbeing and health outcomes.
- Address patients with their preferred title, name, pronouns and, if there is uncertainty, ask politely and discreetly to clarify



Other relevant recommendations

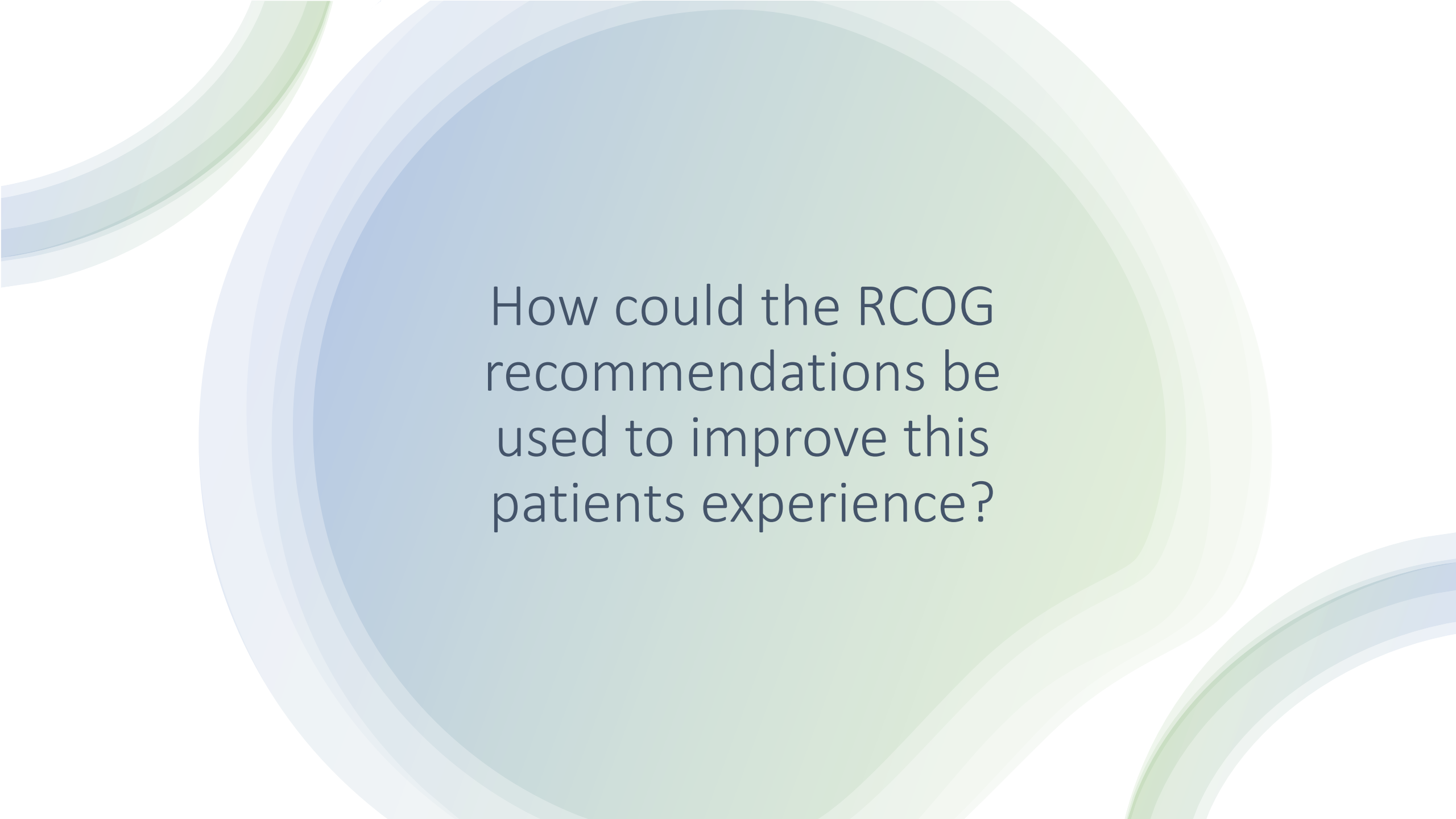
1. Health care professionals should :

1. Avoid asking personal information about an individual's gender where this is not relevant
2. Ensure that gender-diverse individuals understand the purpose of questions that are asked and examinations that are performed.
3. If potentially sensitive information is necessary ensure questions are asked clearly and directly, to avoid making assumptions
4. Receive information neutrally and non-judgementally.
5. seek the individual's consent before recording, storing or sharing information about gender history.
6. Records of name, gender and title should be updated promptly on request of the individual.



A further
recommendation
to consider

- Gender diverse people should be allocated in-patient accommodation in line with their gender presentation, unless there is a significant reason (e.g. the individual care needs that cannot safely be provided in other settings). If there is a reason to depart from this, this should be discussed and agreed with the individual.



How could the RCOG
recommendations be
used to improve this
patients experience?



Contact points for this patient

- Invitation to colposcopy clinic
- Reception
- Waiting room
- Health care staff interactions
- Procedure
- Patient information leaflets

Invitations for colposcopy

10/08/2022

Please ask for: The Colposcopy Secretary.

NHS No:

Ref:



Blackpool Teaching Hospitals

NHS Foundation Trust
Blackpool Victoria Hospital
Whinney Heys Road
Blackpool
01253 855334
FY3 8NR

Dear M

Further to your recent smear test, I am pleased to confirm your appointment for a Colposcopy procedure.

This appointment will be held in the Colposcopy Department at Blackpool Fylde and Wyre Hospitals NHS Foundation Trust, Whinney Heys Road:

on: Monday, 15 AUGUST 2022, at 15:20.

Please report to WOMEN & CHILDRENS UNIT, AREA 8.

If you need to change the agreed appointment or wish to attend an alternative Hospital's Colposcopy Department, please contact me on the telephone number below. We can give consideration to which dates might better suit you and I will try to agree your preferred alternative.

When you attend the unit it would be helpful if you could advise us of the first day of your last period (if applicable) However if you have a period when your appointment is due, depending on the reason for your referral, the procedure may not be able to take place. Please contact us as soon as possible so we can discuss this in more detail and decide whether or not your appointment needs to be rescheduled.

If you are pregnant please contact the clinic before attending for your appointment.

Do not arrive more than 10 minutes before your appointment time.

Bring with you a list of all your current medication including contraceptive pill / devices and any Hormone Replacement Therapy.

We operate a one-stop clinic, the duration of your stay is usually no more than one hour, although this could, at times, vary.

If you should have any worries or queries you would like to discuss in respect of this referral to the department, please **contact your own General Practitioner and not the department**

Blackpool Teaching Hospitals is a Centre of Clinical and Research Excellence providing quality up to date care. We are actively involved in undertaking research to improve treatment of our patients. A member of the healthcare team may discuss current clinical trials with you.

Yours sincerely,
Colposcopy Department Secretary



Chairman: Pease Butler
Chief Executive: Wendy Swift

Potential addition

- If you wish to inform us of your preferred name , title or pronouns please contact us on XXXXXX or alternatively speak a member of staff at your appointment and we can add this to your records to help improve our service for you.



Reception and waiting areas

- Possible changes :
- change to the waiting room set up
- Additions of posters
- Additions of cards/ form to identify preferences

Staff awareness

- How to approach the subject of gender identity
- Barriers to care for gender diverse people
- Additional needs
- Support for staff



Procedure

- Increased psychological stress
- Increased physical pain



Patient information leaflets

- Colposcopy explained
- Cold coagulation colposcopy
- Colposcopy and the cervical treatments
- Having a loop diathermy treatment

Cold coagulation is a procedure to treat women with an abnormality on their cervix. We will perform colposcopy whilst a woman is having her period.

Everyone heals differently and some women may experience discharge for longer than others. Some women will have an abnormality

some women may prefer not to have abnormal cells through the treated probe. It is only suitable for some women and the doctor or nurse caring for you will have to discuss this with you. In some areas, women who have an abnormality

A loop diathermy is used to treat women with an abnormality on their cervix (neck of the womb). It involves taking a biopsy of the

It is so common that most women who have ever had sex get it.

Cold coagulation may also be performed on women who have delicate soft cells on their cervix which bleed easily when touched

A cervical screening test is offered regularly to all women to prevent cancer

most women who are infected with HPV do not develop cancer.

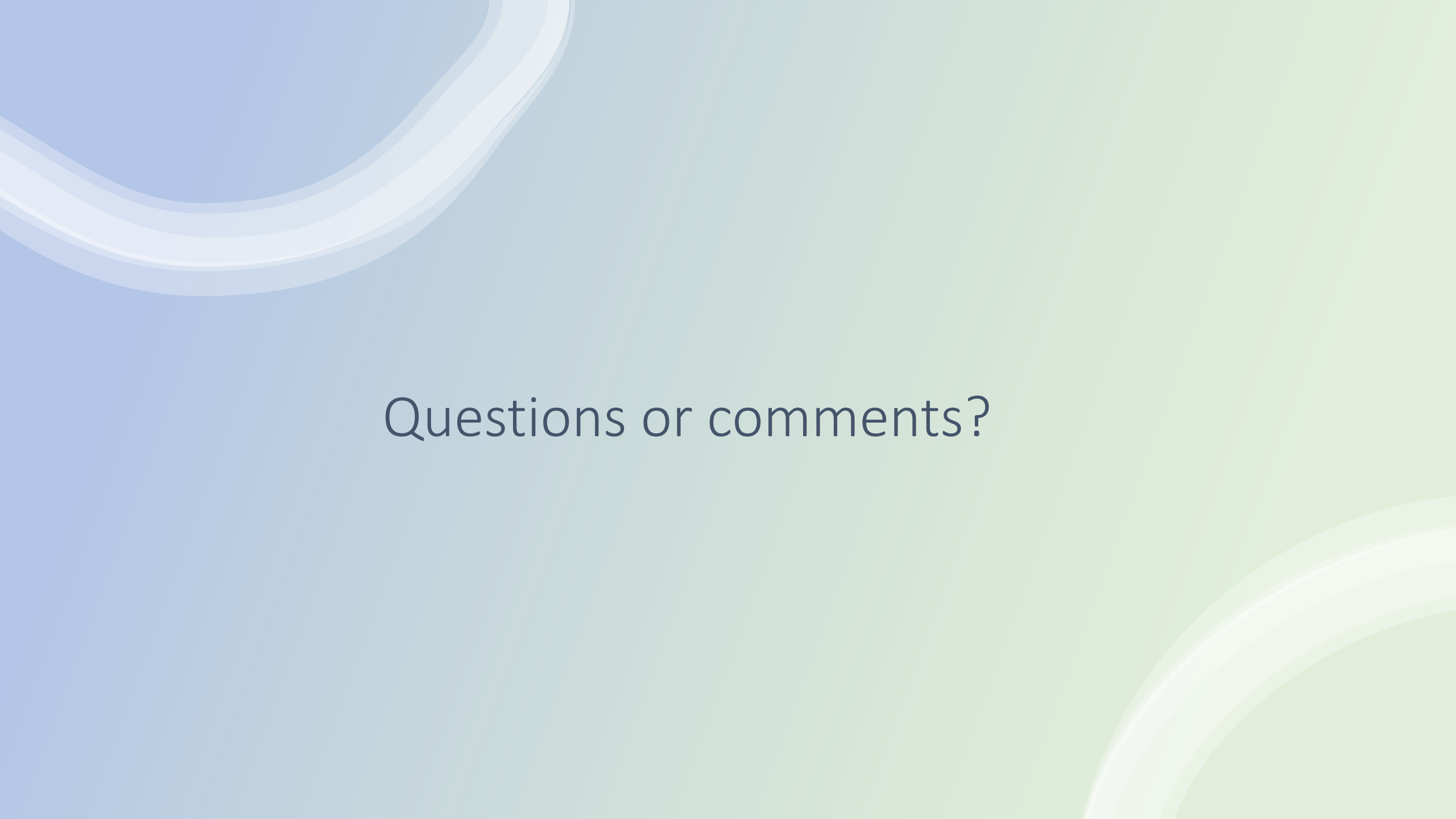
(these women do not necessarily have an abnormality on their cervix).

About 1 cervical screening test in 20 is abnormal. Abnormal changes in the cells are found in some of these women.



Summary

- Case
- Terminology and background information around gender diversity
- Ways to discuss preferred titles , names and pronouns
- Possible ways to improve patient experience for gender diverse patients



Questions or comments?

References :