

Dear Doctor,

We are glad you are interested in hearing more about trans care. We're attaching a number of resources here.

Providing your patients with this care yourself will start them on their journey with so much more comfort and continuity. Most family doctors find that providing trans care is extremely rewarding, and once they have had a couple patients, they quickly become comfortable with the process.

Keep in mind that a psychiatry referral is rarely needed for patients to move forward for gender transitioning. If you know your patient well, they do not have a psychotic disorder and they are not acutely suicidal then you can move forward with the initial counselling, blood work and exam with no concerns. Ensuring capacity to provide informed consent is extremely important and that is outlined in the protocol (currently this is our standard of care in Ontario).

1. Guidelines and Protocols for Comprehensive Primary Care for Trans Clients

This 30 page guideline is available online and has all the forms and consent forms that you need.
<http://sherbourne.on.ca/wp-content/uploads/2014/02/Guidelines-and-Protocols-for-Comprehensive-Primary-Care-for-Trans-Clients-2015.pdf>

The 30 page protocol is very readable, but a Sherbourne Health also provides a 7 page quick reference guide at https://www.rainbowhealthontario.ca/TransHealthGuide/pdf/QRG_full_2020.pdf

Even this shorter version really has everything you need for both feminizing and masculinizing hormone therapy. There are check-lists for criteria to meet diagnosis, guides to assess readiness and supports, guides for blood work monitoring and links to the surgeries that are covered by OHIP.

In the appendices of the 30-page protocol you will find the consent and EAP forms that you will need. They also have templates for letters supporting gender designation change on ID. These forms are even more easily accessible on this web page through Rainbow Health Ontario:
<https://www.rainbowhealthontario.ca/TransHealthGuide/resources.html>

2. Mentoring

Every 1st and 3rd Wednesday from 12:00pm-1:00pm is a Q&A call-in with staff from the Sherbourne Health Centre known as the trans care mentorship call.

Register at <https://www.rainbowhealthontario.ca/trans-health/#form>

3. eConsult

OTN's eConsult has a local trans expert as a consultant. Dr. Ellen Clarke works at Stonechurch Family Health Centre and if you have any questions, you can easily submit them to her (or other experts on the system under the *transgender health* category) via eConsult for a very quick answer. A benefit of this system is that it's something you can bill for (K738a).

4. Hamilton Trans Health Coalition

Hamilton Trans Health Coalition is a group of interdisciplinary health care professionals and trans, gender-diverse and non-binary people who are working to increase the capacity for trans care in Hamilton. Anyone interested in trans care can either become a member who attends the monthly meetings, or a member who receives email meeting notes and shared resources. HTHC is currently composed of over 75 members and includes family physicians, nurse practitioners, nurses, pediatricians, psychiatrists, counsellors, trans advocates and peer supporters. It has become an informal email forum, where members can put a question out to other members and often be provided with immediate answers from others in the city. There are family doctors on this coalition who are more than happy to serve as mentors in this capacity as well: Dr. Ellen Clarke, Dr. Siobhan Callaghan, Dr. Rob Kerr and others. <http://hamiltontranshealth.ca>

The contact for this coalition is Cole Gately info@hamiltontranshealth.ca.

5. Patient Resources

SAGE (Support Around Gender Experience) Youth Group: <mailto:ywcintake@stjosham.on.ca>

Trans Peer Support Group (for adults): transpeers@gmail.com

Kyle's Place: <https://www.facebook.com/Kyles.place19>

(including TransForm Pop-Up Shop and the Brody Brown Name Change Fund)

TransParent Hamilton-Niagara: <https://www.facebook.com/TransParentHamiltonNiagara>

I hope you find these resources helpful. Please keep this letter for future reference.

Sincerely,

Dr. Jill Wiwcharuk, Dr. Siobhan Callaghan, and the coalition's family physicians
Hamilton Trans Health Coalition
info@hamiltontranshealth.ca