

PROVIDER ASSESSMENT OF SKILL SET FOR YOUTH WITH TRANSGENDER ADULTS

BY THE ENDOCRINE SOCIETY

ENDOCRINETRANSITIONS.ORG

BACKGROUND KNOWLEDGE

- Recount your medical history (ages and dates of any surgeries, and/or other medical treatments)
- Recount the names and doses of the medications you are taking
- Describe the need for periodic lab work to assess adequacy of hormone dosing
- If using transdermal (through the skin) or injections to administer medication, describe how to administer the medication
- Describe the possibility of skin transfer of transdermal hormones (testosterone or estrogen) to others, the consequences, and how to prevent transfer of medication to others

KNOWLEDGE OF YOUR MEDICAL CARE

- Know the name of your primary care physician and the contact information.
- Know the name of your endocrinologist and their contact information.
- Know the name of your other specialists and their contact information.
- Know how often you should be seen by your physicians.
- Know how frequently you should be monitored for the medical conditions for which you are at increased risk.
- Know the names of your medications and what they are for.
- Know how your medicines should be taken.
- Know what happens if they are not taken regularly.
- Know the potential side effects of hormones
- Know how to seek emergency medical attention

KNOWLEDGE OF INSURANCE COVERAGE AND MANAGING YOUR PRESCRIPTIONS

- Do you have health insurance?
- Can you be covered on your parent's insurance until you are 26?
- Can you get insurance through your college or work place?
- Know where you get your prescriptions filled and learn how to call for a renewal.

KNOWLEDGE OF WAYS TO STAY HEALTHY

- Try to maintain a healthy weight for your body and avoid obesity-related problems (regular exercise, learn about healthy eating).
- Have your blood pressure monitored, and if elevated, treated.
- Take your estrogen or testosterone as prescribed
- Have your hormones monitored on a regular basis
- If you are feeling sad or anxious don't hesitate to contact your primary care physician or mental health provider
- Exercise regularly (helps bone strength, heart health, weight, risk for diabetes, and mental health).

KNOWLEDGE OF SUPPORT/ADVOCACY GROUPS FOR INFORMATION

- World Professional Association for Transgender Health
Wpath.org