

Dear Doctor,

Thank you for taking the time to read through this letter!

I am glad you are interested in hearing more about trans care. I am 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.

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

This online tool has put together information to help support gender affirming primary care.

<https://www.rainbowhealthontario.ca/TransHealthGuide/>

Sherbourne Health also provides a 6 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.

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/lgbt2sq-health/trans-care-mentorship-call/>

3. eConsult

eConsult is a secure web-based tool, hosted on OTNHub, that allows physicians or nurse practitioners timely access to specialist advice for all patients and often eliminates the need for an in-person specialist visit. Gender-affirming care advice is available on eConsult from a number of specialists across the province.

How to Submit an eConsult to a Transgender specialist or specialty group:

- Search 'Transgender' in the OTNHub Directory to view a list of physicians who provide gender-affirming care eConsult advice and use the Request eConsult icon in the top right corner of the specialist's listing.
- After clicking 'Request an eConsult' in your dashboard, choose 'BASE Managed Specialty' and then 'Transgender', or,
- Consult with local trans specialists Dr. Ellen Clarke or Dr. Robert Kerr by searching 'HNHB Regional Transgender Group' in the OTNHub Directory and use the Request eConsult icon in the top right corner of the group's listing, or,
- Search Dr. Ellen Clarke or Dr. Robert Kerr and send an eConsult directly.

Physicians and nurse practitioners can bill OHIP using fee code K738 (\$16 per eConsult) and specialists are compensated directly by the eConsult Centre of Excellence.

Specialists must answer eConsults within 7 days but our median response time in Hamilton is less than a day!

Please reach out if you have any further questions!

Sincerely,

Sarina Sarraf

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Resource Coordinator

Positive Space Network afl. Reach Out Centre For Kids

