



Gender-Affirming Care within Newfoundland & Labrador

Building Sexual and Reproductive Health Leadership for Community and Service Providers

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Agenda



What we'll cover today...

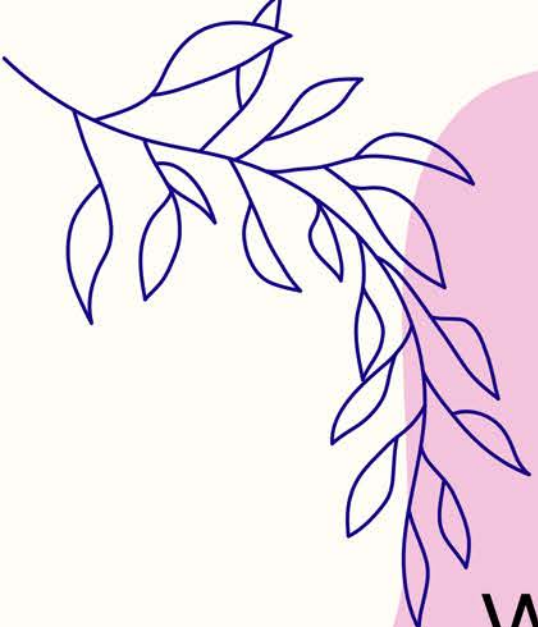
- Statement of Accountability & Land Acknowledgement
- What is gender-affirming care (GAC)
- How to access gender-affirming care
- What is the eligibility for provincial coverage
- Certified Surgical Readiness Assessors (SRA) in NL
- What is and is not covered under the provincial health plan
- Where provincially covered gender-affirming surgeries are completed
- Barriers to gender-affirming care
- Gender inclusive sexual & reproductive healthcare
- Local resources
- Peer support options
- Additional information
- Interested in Further Education?
- References

Statement of Accountability & Land Acknowledgement

The healthcare system as we know it today is the history of colonialism.

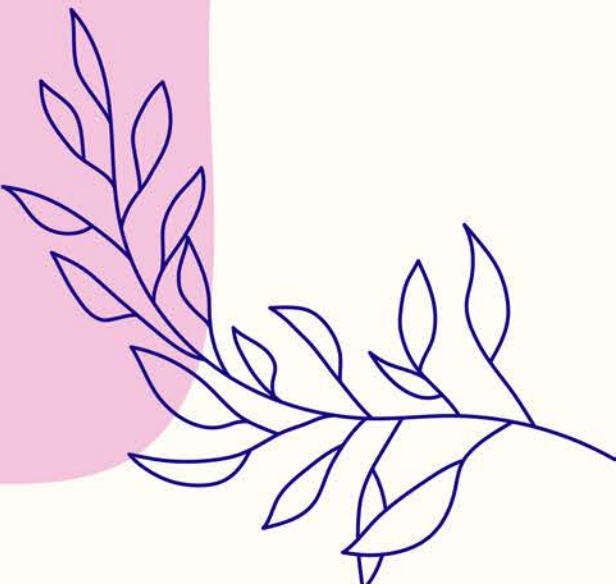
Gender-affirming healthcare is not immune to the impacts of colonialism and it works as part of the larger eurocentric system to privilege certain understandings of gender over others. Many Indigenous groups understand one's relationship to gender to come from spirit-based teaching. Many Indigenous communities honored and respected Two-spirit folks for who they are and it was not uncommon for Two-spirit folks to hold important roles within their community, such as protectors, Chiefs, medicine people, and more.

We share this information with you today to acknowledge and honour Indigenous worldviews that are not often centered in discussions on gender and healthcare due to historical and ongoing colonial violence.



We recognize that we are all living off the **stolen** ancestral lands of Indigenous peoples for thousands of years.

We understand that the island of Ktaqmkuk (Newfoundland) is the unceded territory of the Beothuk and the Mi'kmaq peoples, and Labrador is the ancestral homelands of the Innu of Nitassinan, the Inuit of Nunatsiavut, and the Inuit of NunatuKavut.



Defining what is...

Gender-Affirming Care (GAC)

Any item, procedure, or service (medical and non-medical) that aids in aligning an individual's body or physical presentation with their identified gender.



Some Examples of GAC

- Changing one's legal name and/or sex marker
- Access to items such as wigs, makeup, etc.
- Body contouring (breast augmentation, breast reduction, liposuction, mastectomy, etc.)
- Hair removal (waxing, electrolysis, etc.)
- Hormone replacement therapy (HRT)
- Speech therapy



How to...

Access GAC within the province

- 1 Connecting with a healthcare professional (family doctor, nurse practitioner, internist, etc.)
- 2 Referral to physician with trans and gender diverse health specialization



Accessing...

Hormone Replacement Therapy (HRT)



- Puberty blockers (gonadotropin-release hormone [GnRH] agonists)
- Testosterone
- Progestins
- Androgen blockers
- Estrogen
- Progesterone

Although all family doctors can technically prescribe HRT, in most cases they decline to prescribe HRT due to an identified lack of specialization or knowledge in the area.

Accessing...

Gender-Affirming Surgeries

In order to receive funding by the province's health insurance plan, all gender-affirming surgeries must first be pre-approved.

A prior approval package must be submitted to MCP, which includes:

- Patient Information Sheet (completed by patient)
- Clinical Eligibility for Transition-Related Surgery form (completed by physician or nurse practitioner)
- One or two Surgical Readiness Assessments (completed by a certified Surgical Readiness Assessor)
- One or two signed certification and recommendation from the Surgical Readiness Assessor



Accessing...

Gender-Affirming Surgeries

If approved by MCP, a referral and the MCP letter of approval is then submitted to the approved surgeon or facility. The facility or surgeon would then contact the individual to arrange a consultation.

**An individual is required to wait 6-
months following MCP's approval
before they are able to access surgery
with coverage.**



General Criteria for Approval

- Patient must receive approval from MCP prior to surgery
- Patient must be a resident of Newfoundland and Labrador
- Patient must have a valid MCP health care card
- The surgical facility/surgeon must be approved by MCP



Clinical Eligibility for Prior Approval

- Persistent, well-documented gender dysphoria
- Capacity to make fully informed decisions and to consent for treatment
- Reasonably well-controlled medical or mental health concerns, if present
- Aftercare/follow-up plan
- Patient is physically healthy
- Patient has realistic goals and expectations of surgery
- Patient has adequate support network
- Gender identity of individual has remained stable over time
- Patient has regular visits with a health care provider
- Patient is engaged in a responsible way with the assessment/treatment process

Criteria for MCP coverage are based on guidelines published by the World Professional Association for Transgender Health (WPATH)



Certified Surgical Readiness Assessors (SRA) in NL

**Dr. Mari-Lynne Sinnott
MD CCFP**

117 Ropewalk Lane
St. John's, NL

709-722-9165

dr.m.sinnott@gmail.com

Accepting new patients, wait time may be up to 3 months - folks are directed to email a copy of their MCP card to the email above and note their interest in being added to the waitlist

**Krista Benson, BN RN
Clinical Sexologist**

760 Topsail Road
St. John's, NL

709-777-3786

krista.benson@easternhealth.ca

Completes second surgical readiness assessment for genital surgeries, as is required by MCP

**Dr. Amy Pieroway
MD CCFP (COE)**

3 Herald Avenue
Corner Brook, NL

709-637-3900 ext. 235

**Accepting new patients,
wait time may be up
to 3 months**

What is Covered by Provincial Healthcare...

Upper body surgery (Top surgery)

- Breast augmentation (when there is breast aplasia after 12 continuous months of hormone therapy)
- Mastectomy with chest masculinization (excluding implants and liposuction, which are not covered)

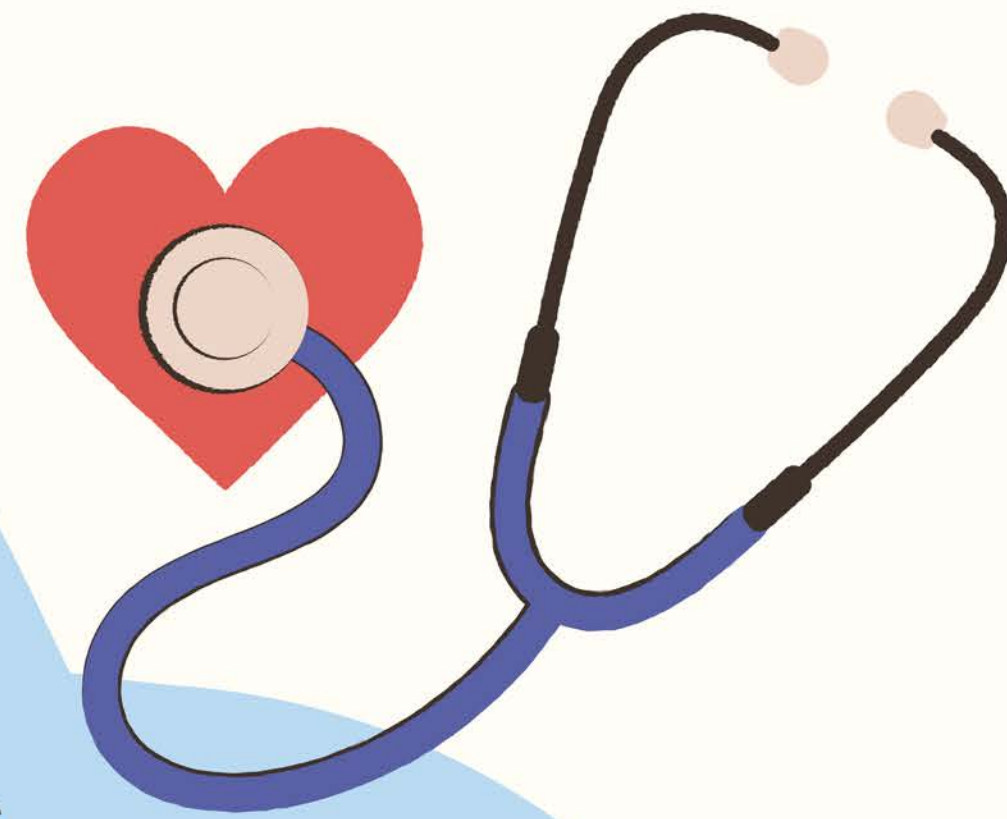
Genital surgery (Bottom surgery)

- Hysterectomy - removal of the uterus
- Orchiectomy - removal of the gonads (testes) and spermatic cord
- Salpingo-oophorectomy - removal of the fallopian tubes and ovaries

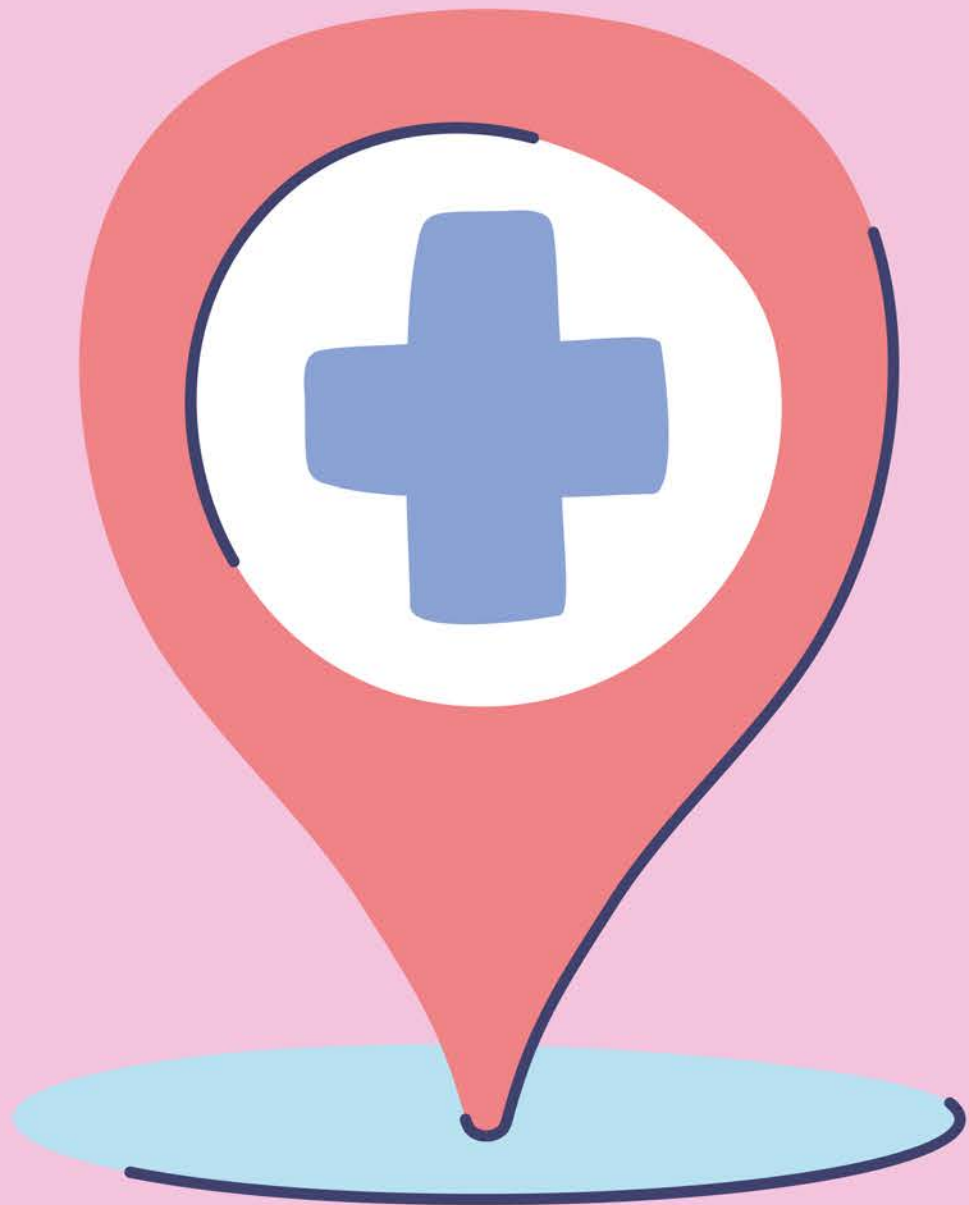


Genital reconstruction

- Vaginoplasty
 - Penectomy - surgery to remove part or all of the penis
 - Labiaplasty - surgery to reduce the size of the labia (minora and majora)
 - Clitoroplasty - reduce the external part of the clitoris
- Metoidioplasty - use of local tissue to create a smaller phallus
- Phalloplasty
 - Urethroplasty - surgery to repair the urethra
 - Scrotoplasty - surgery that repairs or creates a scrotum
 - Vaginectomy - removal of all or part of the vagina
 - Insertion of testicular and approved penile implants



What is **Not** Covered by Provincial Healthcare...



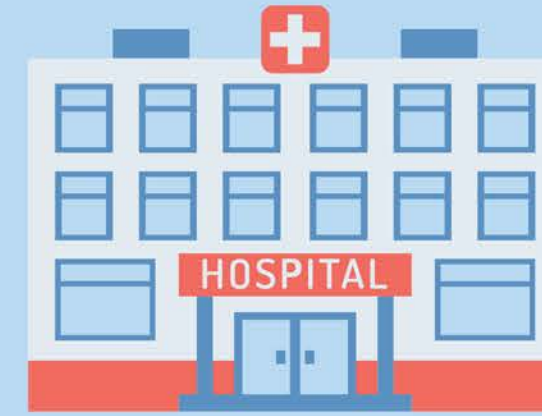
- Facial surgery (feminization & masculinization)
- Body contouring (liposuction, fat transfer, shoulder reduction, etc.)
- Tracheal shave
- Hair removal or transplant (electrolysis, laser hair removal, transplant)
- Voice training
- Vocal surgery (laryngeal lengthening and shortening)
- Non-flat top surgery
- Travel, accommodations, and transportation

Where Provincially Covered Gender-Affirming Surgeries are Completed



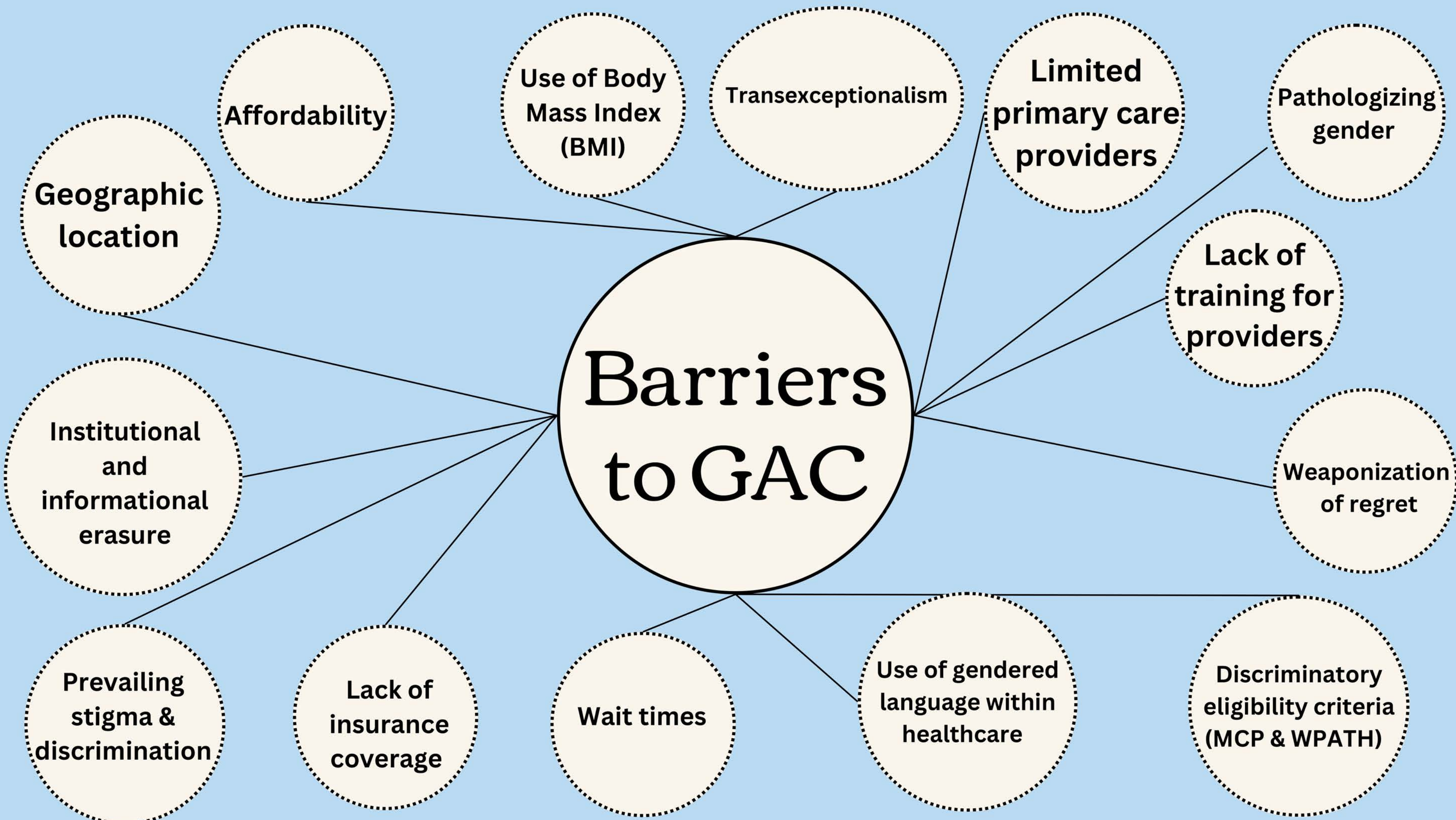
Upper Body Surgery

Dool Plastic Surgery
80 Main Street, Suite 600A
Moncton, NB
506-382-3665



Genital & Upper Body Surgery

GrS Montreal
999 de Salaberry
Montreal, QB
514-288-2097



Gender Inclusive Sexual & Reproductive Healthcare

Inclusive intake form(s)

Ensuring the physical space is affirming & accessible

Train all clinic staff (clinicians, admin, etc.) on gender inclusivity and trans & gender diverse health needs

Use of chosen name and pronouns

Use of anatomy-based terms opposed to gendered terminology

Use of an "organ inventory" document to ensure appropriate health screenings are received



Examples of Anatomy-based Terminology

Try	Instead of
Upper body	Breast / Chest
Erogenous or erectile tissue / External genitals / Genitals	Penis
Erogenous or erectile tissue	Clitoris
External genital area	Vulva
Opening of the genitals	Introitus / Opening of the Vagina
Internal genitals / Genitals	Vagina
External gonads	Testes / Testicles
Internal gonads	Ovaries
Internal reproductive organs	Female reproductive organs

Table pulled from "Gender Inclusive Language: Clinical Settings with New Clients" resource by Trans Care BC

Try	Example	Instead of
Person with _____ People with _____ Anyone with _____	If a person with a <u>prostate</u> has urinary symptoms, they should speak with their doctor.	man with... males with... male-bodied people...
Person who has _____ People who have _____ Anyone who has _____	We recommend that anyone who has a <u>cervix</u> consider having a pap test according to the recommended guidelines.	woman who has... females who have... female-bodied people...
_____ may occur _____ can begin You may experience _____	<u>Pregnancy</u> may occur without contraception. <u>Hair loss</u> can begin at any age after puberty. You may experience <u>cramps</u> as a side effect.	women may become... male pattern balding... women may experience...

Table pulled from "Gender Inclusive Language: Clinical Settings with New Clients" resource by Trans Care BC



Try	Instead of
Assigned female / Assigned male	Biological female / Biological male
Cisgender	Not trans / Normal / Real
Phenotypical development	Natural / Normal development
Common	Regular / Correct / Right
Hair loss	Male pattern balding
Sexual health screening / Internal exam / Cervical screening	Pelvic exam / Well woman exam
Looks healthy	Looks normal
Thinning of the internal genitalia tissue	Vaginal atrophy
Monthly bleeding	Period / Menses
Physical arousal / Hardening or stiffening of erectile tissue	Erection
External condom / Internal condom	Male condom / Female condom
Receptive IC / Insertive IC (IC = Intercourse)	Vaginal sex
Pregnant person	Pregnant woman
Parenthood	Motherhood / Fatherhood
Chestfeeding (for non-binary & transmasculine people)	Breastfeeding



Table pulled from "Gender Inclusive Language: Clinical Settings with New Clients" resource by Trans Care BC

Gender Inclusive Sexual & Reproductive Healthcare

Some unique considerations...



- Impact of HRT and gender-affirming surgery on sexual desire & function
- Medication for the cessation of menstruation
- Contraception information
 - HRT should not be used as a form of contraception
- Pregnancy for trans and gender diverse folks
- Impact of HRT and gender-affirming surgery on reproductive functioning
- Experiences with gynecologic pain, disease, etc.

Local Resources

Harm Reduction Clinic

Eastern Health

50 Mundy Pond Road

St. John's, NL

709-777-1761

Walk-in clinic Monday - Friday 1-4pm or book an appointment

Key Features:

- Trans friendly sexually transmitted and blood borne infection testing on spot
- Blood work for folks on hormones
- Pap testing for anyone with a cervix
- Vaccines for HepB, HPV, and Mpox
- Treatment for Hep C
- Vein maintenance for folks who use substances
- Insert IUDs and nexplanon
- Supplies for injecting hormones
- Injection/use training

Accessibility Considerations:

- Masks required
- Accessible parking
- Wide entrances
- Ramps available



Local Resources

Pediatric & Adolescent Gynecology Clinic Janeway Children's Hospital - Eastern Health

300 Prince Phillip Drive
St. John's, NL

Key Features:

- New clinic with a doctor (Dr. Maria Kielly) who specializes in adolescent gynecology and is trans-friendly
- Doctor also sees adult gynecology patients and obstetrical patients
- Assists with menstrual suppression
- Supports folks with planning for/doing gender hysterectomies
- Provides assistance with vaginoplasty concerns
- Unable to offer hormone starts yet but hoping to add this in the future



Accessibility Considerations:

- Accessible parking
- Wheelchair accessible



Local Resources



Sexual Health Clinic Planned Parenthood NL

47 St. Clare Avenue
St. John's, NL
709-579-1009 or 1-877-666-9847
By appointment only

Key Features:

- Refill HRT for folks on stable dose
- Discuss GAC options
- Birth control option counselling including IUD consults & insertions
- Family planning
- Pap testing
- Breast exams
- Screening & treatment of sexually transmitted infections
- Testicular exams
- Pregnancy tests



Accessibility Considerations:

- Wide ramp at main entrance
- Wheelchair accessible bathroom and clinic rooms
- Bariatric exam bed

Local Resources

Safe Works Access Program (SWAP)

Aids Committee of Newfoundland & Labrador

47 Janeway Place

Pleasantville, NL

(call) 709-757-7927 or (text) 709-765-7927

Walk-in Monday - Friday 9am-4pm

Key Features:

- Delivery of supplies to St. John's & surrounding areas on Mondays and Thursday 7pm-10pm
- HRT & steroid supplies (1cc & 3cc barrels and various needle tip sizes)
- Sharps containers & disposal
- Safer sex supplies (condoms [external & internal], lube, dental dams, pregnancy tests)
- Naloxone kits & training
- Injection & inhalation supplies
- Snorting kits
- Drug test strips



Accessibility Considerations:

- Accessible parking
- **Mail delivery of supplies to anywhere in NL free of charge**
- Satellite sites around town

SWAP Satellite Sites



Harm Reduction Clinic (Eastern Health)

- 50 Mundy Pond Road; Monday to Friday 10am-4pm

Thrive CYN

- 807 Water Street; Monday to Thursday 10am to 4pm; Thursday 5pm to 8pm; Friday 12:30pm to 4pm

Choices for Youth

- Carter's Hill Place; Monday to Friday 8:30am to 4:30pm

The Gathering Place

- 172 Military Road; Daily from 9am to 3pm

Shoppers Drug Mart (brown bags/injection kits only)

- 250 LeMarchant Road; Daily from 9am to 10pm
- 155 Torbay Road, Daily from 9am to 10pm
- 88 CBS Highway, Daily from 9am to 10pm

Sobeys (brown bag/injection kits only)

- 470 Topsail Road; Daily 8am to 10pm

SRx Pharmacy

- 193 LeMarchant Road; Monday to Friday from 9am to 5pm

St. John's Women's Centre

- 170 Cashin Avenue; Outdoor mailbox accessible 24/7

Local Resources



SRx Pharmacy

193 LeMarchant Road
St. John's, NL
709-753-3858

Key Features:

- Queer allied staff who strive to stay up to date & competent in queer physical and mental health
- Dispense HRT with prescription
- Injection/use training for HRT
- Free point of care testing of HIV/HCV/Syphilis
- Assistance with applications for medication coverage
- Emergency contraceptives & vaccines
- Harm reduction supplies (SWAP partnership)
- Dispense Sublocade with valid prescription*



Accessibility Considerations:

- Accessible parking
- Elevator
- Small & inclusive atmosphere to help reduce social/emotional anxiety
- Experience working with folks who experience injection anxiety and sensory heightened awareness (ability to adjust lighting, radio, appointment timing, etc.)

Peer Support Options

PFLAG St. John's NL

- Chapter meetings every third Thursday of the month - 7:30pm to 9:30pm
- 1-888-530-6777 ext. 575
- pflagnl@gmail.com or stjohns@pflagcanada.ca
- www.facebook.com/pflagnl/

PFLAG Windsor

- 1-888-530-6777 ext. 584
- grandfallswindsornl@pflagcanada.ca
- www.facebook.com/pflaggfww/

YWCA St. John's LGBTQIA+ Newcomer Peer Support Group Meetings

- April 13th, May 11th, and June 8th from 6pm to 7:30pm at 291 Water Street, Suite 302
- Register by contacting kimberly@ywcastjohns.ca, call or text 709-769-6649, or complete the online registration form
- www.ywcastjohns.com/2slgbtqia

Trans Support NL

- Peer support groups in Eastern, Central, and Western NL (Support groups for parents, gender creative kids, trans youth, trans adults, and a Two spirit group)
- www.tsnl.org



Planned Parenthood 2SLGBTQIA Warm Line

- Call or text 1-866-230-8041
- 6pm to 10pm Monday, Wednesday, Saturday & Sunday
- 1pm to 3pm AND 6pm to 10pm Tuesday & Thursday
- 1pm to 3pm AND 6pm to 12am Friday
- www.plannedparenthoodnlshc.com/warmline.html

Additional Information

Programming, resources, and organizations worthy of note



Patient Connect NL

- To register to be added to the list of folks in need of a primary care physician, please call 1-833-913-4679 or submit an online form at www.gov.nl.ca/hcs/patient-connect-nl/

Newfoundland & Labrador Prescription Drug Program (NLPDP)

- 1-888-859-3535 or LIDPinfo@gov.nl.ca
- www.gov.nl.ca/hcs/prescription/

Medical Transportation Assistance Program (MTAP)

- 1-877-475-2412 or mtap@gov.nl.ca
- www.gov.nl.ca/hcs/mcp/travelassistance/

Hope Air

- Folks who are required to travel for a medical appointment can submit a request form for free travel, transportation, and accommodations
- 1-877-346-4673 or submit an online request at www.hopeair.ca/

Additional Information

Programming, resources, and organizations worthy of note

Quadrangle Handbook for Fertility Options in NL (2022)

- <https://static1.squarespace.com/static/5c69844ffb22a5254054a887/t/63054f0bbaace04473651356/1661292299742/Quadrangle+PDF+%28final+2022%29+What+to+Expect.pdf>

PFLAG Newfoundland and Labrador and Quadrangle NL: Community Handbook Ver 2.0

- https://static1.squarespace.com/static/5c69844ffb22a5254054a887/t/630543f6bb54a533c1236eed/1661289463257/Quadrangle+NL+Community+HandBook+2.0_Aug+2022.pdf



Interested in Further Education?



Check-out the free trainings listed below!!



Community-Based Research Centre

www.cbrc.teachable.com/

Available Trainings:

- Gender-Affirming Care: Surgical Readiness & Aftercare Training
- Prescribing Gender-Affirming Hormones Training
- STBBI Testing & Treatment for 2SLGBTQIA+ Patients Training
- Trans Wellness Initiative Introduction to Affirming Spaces

UBC CPD

**University of British Columbia -
Continuing Professional Development**

www.ubccpd.ca/learn/learning-activities/course?eventtemplate=101-genderaffirming-primary-care#:~:text=This%20is%20a%20short%20online,care%20of%20gender%20diverse%20patients.

Available Trainings:

- Gender-Affirming Primary Care

Thank You

Thank you for listening and we hope you found today's presentation to be helpful in navigating gender-affirming care within the province!!

Any questions? Feedback?





QUADRANGLE

MEET YOU AT THE QUAD

Visit us at...

www.thequadnl.com



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