

# RECOMMENDED SYSTEMS CHANGES & BEST PRACTICES

## for providing gender-affirming healthcare to transgender men and gender-diverse patients in and around pregnancy

\*Content adapted from Hahn M; Sheran N; Weber S; Cohan D; Obedin-Maliver, J. Providing Patient-Centered Perinatal Care for Transgender Men and Gender-Diverse Individual: A Collaborative Multidisciplinary Team Approach. *Obstet Gynecol* 2019;134:959–63. Infographic created by Monica Hahn MD MPH.

### CLINICAL SPACE

- Discuss the use of gender-neutral language for clinical spaces, e.g "Sexual & Reproductive Health Center" instead of "Women's Health Center", offer all-gender restrooms in clinic and hospital
- Discuss with clinic and hospital administration the need for trans-inclusive sexual orientation and gender identity (SOGI) training and data collection for patient medical records

### PRECONCEPTION

- Regularly discuss patient's sexual and reproductive desires informed by a reproductive justice framework for full spectrum contraception, abortion, and family building counseling
- Do not assume reproductive desires based on sexual orientation, gender identity, gender expression, sex assigned at birth, or family configuration

### PREGNANCY

- Offer training to enhance environment sensitivity, equity, and inclusion for people of all genders among all staff and providers in outpatient and inpatient settings who may encounter patients during pregnancy, including with non-clinical staff and sonographers

### APPROACHING DELIVERY

- Offer labor, birth preparation, and infant care preparation workshops with workshop facilitators trained in transgender and gender diverse inclusivity
- Offer support with obtaining appropriate titles/pronouns on birth certificate and other official documents

### INTRAPARTUM

- Refer to patient by correct pronouns during labor (e.g. referring to "parental heart rate" instead of "maternal heart rate")
- Offer capacity for non-gendered tracking of children on the labor and delivery suite and nursery (e.g. Baby Smith instead of Baby Boy Smith)

### POSTPARTUM

- Ensure that hospital providers and staff are aware and supportive of patient's desire to chestfeed and of safety of chestfeeding
- Counsel about contraception options in the context of future fertility desires and future plans for hormone therapy
- Discuss desire to restart hormone therapy, coordinate with desired timing and duration of chestfeeding

## GENERAL PRINCIPLES

Train and evaluate that all clerical staff, medical assistants, nursing staff and medical providers ask patient's chosen names and pronouns. Provide information and assistance to support changing and updating legal documents to reflect and affirm patient's gender identity

Visit [hiveonline.org/transgender-care-providers](http://hiveonline.org/transgender-care-providers) for more info