



Support for Primary Care Providers

Many aspects of gender-affirming healthcare rest within the purview of primary care providers, including general physicians and nurse practitioners. Centretown Community Health Centre and CHEO's Gender Diversity Clinic, the two primary trans health providers in the Ottawa region, have compiled the following supports and resources to help primary care providers build their knowledge, confidence and competence in transition-related healthcare, most notably in regards to hormone replacement therapy.

If you are a primary care provider and would like additional support and guidance, the following options are available to you:

Centretown Community Health Centre's Trans Health Program

Centretown's Trans Health Program offers local support and mentorship on hormone replacement therapy for primary care providers. You can reach out to the trans health program at transhealth@centretownchc.org.

Join the Champlain Trans Health Providers Network

To join the Champlain Trans Health Providers Network, which connects and supports local primary care providers in the provision of transition-related healthcare services, please visit www.transhealthottawa.org/network and complete the registration form.

Sherbourne Guidelines for Gender-Affirming Primary Care with Trans and Non-Binary Patients

Sherbourne Health has developed guidelines for gender-affirming primary care. They have information on assessing readiness, diagnosis, hormone therapy, blood work monitoring and links to the surgeries that are covered by OHIP. Also included are consent forms and EAP forms.

You can visit <https://www.rainbowhealthontario.ca/healthcare-provider/> to access the full guidelines. By clicking on the guidelines, you will also be able to access an interactive online version and a 7-page quick reference guide.

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. 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 specialist 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 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.

Rainbow Health Ontario

Rainbow Health Ontario (RHO) offers a range of supports for health care providers through an online learning platform. Create an account to access both foundational and more specialized courses. The three courses specific to primary care are:

- Transition-related Hormone Therapy in Primary Health Care
- Puberty Suppression for Trans Youth in Primary Health Care
- Transition-related Surgeries: Planning, Referral, and Care

RHO also offers a twice monthly Trans Health Mentorship Call that can be accessed by enrolling through their learning platform. This conference call acts as a community of practice for providing healthcare to trans patients. Health care providers can ask specific case-based questions or listen and learn from other professionals working with trans patients.

You can enroll in RHO's learning platform at <https://learn.rainbowhealthontario.ca/>.