Providing Culturally Competent Translational to Practice Evidence-based Assessments to the Transgender Patient

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**Significance**
- Non-specific preoperative assessment tools do not meet the diverse and multi-faceted needs of transgender patients.
- The Joint Commission mandates that hospitals meet the standards for “Assessment of Patients”.
- Transgender patients have unique and complicated issues such as a need to for medication reconciliation, culture awareness, and higher economic insecurity.
- Evidence suggested that healthcare providers are not adequately trained to meet the pre-anesthetic assessment needs of the transgender patients.

**Purpose**
- Postulate the evidence-based anesthetic risk factors associated with transgender patients.
- Identify the relevant domains for an evidence-based risk assessment tool that focuses on anesthetic risk factors associated with transgender patients.

**ResearchQuestions**
- Is there a need for a targeted transgender preoperative assessment checklist?
- What are the primary risk factors associated with poor outcomes in the transgender patient that are missed in a preoperative assessment?
- What does the research identify as cultural barriers to appropriate anesthesia preoperative assessment of the transgender patient?
- What are the evidenced based domains that should be addressed in a targeted pre-op assessment tool for transgendered patients.

**Method**

- Records identified through citations searching (n = 175)
- Records after duplicates removed (n = 74)
- Records screened (n = 74)
- Full-text articles assessed for eligibility (n = 20)
- Full-text articles excluded, with reasons (n = 8)
- Studies included in qualitative synthesis (n = 14)
- Studies excluded in qualitative synthesis (n = 6)

**Results**
- No one preoperative assessment tool is able to effectively meet the needs of each individualized patient.
- Transgender patients present with complicated health issues that the average anesthesia provider does not encounter on a consistent basis.
- Critical domains of disparity were identified as:
  - **gender labels** - description of sex on the anesthesia preoperative assessment
  - **health history** - barriers to healthcare and health related services and higher rates of alcoholism, sexually transmitted diseases, HIV, smoking, Hepatitis C, and mental health issues.
  - **medications** - estrogen can cause thromboembolisms and testosterone can cause erythrocytosis.
  - **physical exam** - A generic preoperative assessment relies on the provider ascertaining his or her own knowledge of transgender assessment.
- The literature demonstrates a clinical significance between lack of provider education on transgender patients and poor patient outcomes.

**Discussion**
- A practice management preoperative assessment checklist is needed to meet the needs of the transgender patient.
- Meta-analysis to identify the most frequently overlooked, but critically important risk factors anesthesia providers need to incorporate into their preoperative evaluation
- Implement a transgender-specific preoperative checklist to improve outcomes
- Educate providers on checklist
- Test anesthesia providers on transgender-specific risk factors and associated protocols.

**Conclusion**
- An evidence-based practice checklist makes cultural competent providers and improves outcomes for transgender patient.
- There are transgender-specific risk-factors that can be overlooked in preoperative anesthesia practice.
- A transgender-specific checklist can help practitioners avoid missing these risk factors before the procedure and The checklist educates providers and improves transgender patient-outcomes.