

TRANSGENDER HEALTH

Application of Course Knowledge: Answer all questions/criteria with explanations and detail.

Describe your assigned client's situation. Why are they presenting to the clinic? What medications are they currently taking?

Gabriel Contreras is a 31-year-old transgender male client with no medical history or allergies. The patient's social history indicates that he never smoked but consumes alcohol twice a month. The patient presents to the clinic to discuss hormone therapy to treat gender dysphoria. The NP's physical examination indicates that it is within normal limits. Gabriel wants to receive gender-affirming hormone therapy to promote the development of male physical characteristics because he has been living as a male for five years. The patient had a conversation with the NP to determine the appropriate hormonal therapy for him. Gabriel mentioned that he prefers topical medication.

Assess the applicable clinical practice guideline (CPG) for your assigned client. What treatment is recommended by the CPG for your client's situation?

The Endocrine Society Clinical Practice Guideline recommends that clinicians should confirm that patients meet the criteria for gender dysphoria/gender incongruence before beginning treatment. It is essential to evaluate medical conditions that can be made worse by hormone depletion and therapy. The NP can use parenteral or transdermal preparations to achieve testosterone values in the normal male range. The recommendations highlight that a patient's testosterone treatment in transgender males results in increased muscle mass and decreased fat mass, increased facial hair and acne, male pattern baldness in those genetically predisposed, and increased sexual desire. Furthermore, the CPG emphasizes that hormone levels should be measured during the treatment to ensure that they are maintained within the physiological norms for the patient's affirmed gender, which involves careful medication dosing and vigilant monitoring for side effects. Therefore, Gabriel can be started on a testosterone patch.

Discuss your personal professional assessment of the client's situation provided in the scenario. What pharmacological treatment is necessary and why?

Gabriel's case evaluation indicates that pharmacological treatment is necessary to determine the proper hormone therapy. The administration of testosterone patches with a starting dose of 2mg patches applied twice daily or a higher dose is recommended for patients with more adipose tissue and is suitable for various factors. To begin with, this dosage follows the guidelines of the Endocrine Society Clinical Practice Guideline, which recommends taking precautions when initiating hormone therapy by confirming that patients meet the criteria for gender dysphoria/gender incongruence before beginning treatment. Gabriel is a healthy patient with no past medical history that can interfere with hormone therapy like testosterone. It is vital to consider Gabriel's physical and psychological well-being as a transgender patient, ensuring he receives comprehensive care that respects his gender identity and promotes his overall health. In addition to this, clinicians should continue observation, patient education, and hormone therapy prescriptions, which are crucial for helping Gabriels' gender-affirming hormone therapy and