

**Question:** Do transgender patients face more difficulty with accessing and maintaining healthcare than their cisgender counterparts?

**Summary:** The LGBTQ+ community has long struggled with finding and maintaining consistent healthcare providers at all levels with transgender patients reporting higher struggles due to gender-based identification (Allory et al., 2020). Psychosocially, those who are gender nonconforming have reported significantly higher rates of anxiety, depression, eating concerns and psychological distress compared to their cisgender counterparts. In colleges, 50% of transgender individuals reported being sexually abused or other traumatic events, with 2/3 of the same population reporting suicidal ideation. Within the population contemplating suicide, 50% of those reported actually attempting suicide (Allory et al., 2020). Due to the struggles members of the transgender community face, it is evident that this population needs consistent and gender confirming medical care.

**Conclusion:** The widespread lack of education and training on LGBTQ and specifically transgender people has led to 28% of transgender people avoiding or delaying medical treatment out of fear of discrimination. Just under half of patients responding to a 2017 study reported that they have seen emergency department personnel gossiping, mocking or telling jokes about gender nonconforming patients. Partially, this stigma comes from a lack of insurance coverage. To combat this, providers and the LGBTQ population can educate lawmakers and advocate for gender affirming insurance coverage. Also, while current practitioners have a moral responsibility to educate themselves on the ever-changing population they serve, introducing gender affirming care to medical school curriculum will encourage the next generation of health care providers to view gender affirming care as mainstream (Warner & Mehta, 2021).

#### **Work Cited:**

##### **Primary Article:**

Lefevor, T., Boyd-Rogers, C., Sprague, B., & Janis, R. (2019). Health disparities between genderqueer, transgender and cisgender individuals: An extension of minority stress theory. *Journal of Counseling Psychology*, 66(4), 385–395. <https://doi.org/10.1037/cou0000339>

##### **Secondary Article:**

Allory, E., Duval, E., Caroff, M., Kendir, C., Magnan, R., Brau, B., Lapadu-Hargue, E., & Chhor, S. (2020). The expectations of transgender people in the face of their health-care access difficulties and how they can be overcome. A qualitative study in France. *Primary Health Care Research & Development*, 21. <https://doi.org/10.1017/s1463423620000638>

##### **Tertiary Article:**

Warner, D. M., & Mehta, A. H. (2021). Identifying and Addressing Barriers to Transgender Healthcare: Where We Are and What We Need to Do About It. *Journal of General Internal Medicine*, 36(11), 3559–3561. <https://doi.org/10.1007/s11606-021-07001-2>