

APPENDIX F: PREVENTIVE CARE CHECKLIST FOR TRANSGENDER MEN

Prepared by: Dr. A. Bourns • Adapted from the Preventive Care Checklist Form © Dec 2010

For annual health assessments of Transgender Men, applying to patients who were born with female genitalia and have a gender identity that is male or on the masculine spectrum, who may or may not have accessed hormonal and/or surgical treatments for gender dysphoria.

Please note:

- **Bold** = transgender-specific considerations, see Explanation Sheet for detailed recommendations
- Unbolded items should be followed according to the original Preventive Care Checklist Form© and the Explanations for the Preventive Care Checklist Form© for cisgender women

(see Duerksen A, Dubey V, Iglar K. Annual adult health checkup: Update on the Preventive Care Checklist Form© Canadian Family Physician, 2012 Jan; 58:43-47.)

IDENTIFYING DATA:

Name: _____

Tel: _____

DOB: _____

Age: _____

Date of examination: _____

MEDICAL TRANSITION HISTORY:

Testosterone: Yes No

If Yes, Start Date: _____

Chest Reconstruction: Yes No

TAH Yes No

BSO Yes No

CURRENT CONCERNS:

LIFESTYLE/HABITS/PSYCHOSOCIAL:

Diet: _____

Fat/Cholesterol _____

Fiber _____

Calcium _____

Sodium _____

Exercise: _____

Work/Education: _____

Income Below Poverty Level: Yes No

Family: _____

Relationships: _____

Social Supports: _____

Smoking: _____

Alcohol: _____

Safe Guidelines ≤10/week, ≤2/day

Recreational Drugs: _____

Sexual History: _____

Family Planning/Contraception: _____

Name change/identification: _____

Sleep: _____

MENTAL HEALTH: Screen for:

Depression	Positive	Negative
Anxiety	Positive	Negative
Suicidal Ideation	Positive	Negative
Persistent Gender Dysphoria	Positive	Negative

UPDATE CUMULATIVE PATIENT PROFILE:

Family History	Medications
Hospitalizations/Surgeries	Allergies

FUNCTIONAL INQUIRY:

HEENT: _____ Normal
CVS: _____ Normal
Resp: _____ Normal
Chest: _____ Normal
GI: _____ Normal
GU/PV Bleeding: _____ Normal
Sexual Function: _____ Normal
MSK: _____ Normal
Neuro: _____ Normal
Derm: _____ Normal
Constitutional Sx: _____ Normal

PHYSICAL EXAMINATION:

HR: _____ BP: _____ RR: _____
Ht: _____ Wt: _____ BMI: _____
Waist Circumference: _____
Hip Circumference: _____ Ratio: _____
Or: See EMR Vitals
Eyes: _____
Snellen sight card R _____
L _____
Ears: _____
Whispered voice test R _____
L _____
Nose: _____
Neck/Thyroid: _____
CVS: _____
Resp: _____
Chest: _____
Abdo: _____
Ano-Rectum: _____
Pelvic: _____ Pap
Neuro: _____
Derm: _____
MSK/Joints: _____
Extremities: _____

EDUCATION/COUNSELLING:

BEHAVIOURAL

adverse nutritional habits
adequate calcium intake (1200 mg daily diet + supp)
adequate vitamin D (1000 IU daily)
hormone adherence
regular, moderate physical activity
avoid sun exposure, use protective clothing
safe sex practices/STI counseling
review potential for pregnancy/assess need for birth control
assess need for folic acid

OBESITY - (BMI > 30) YES NO
weight loss counselling
screen for mental health contributors
multidisciplinary approach

SMOKING YES NO
smoking cessation
nicotine replacement therapy/other drugs
dietary advice on fruits and green leafy vegetables
referral to validated smoking cessation program

ALCOHOL & OTHER SUBSTANCES: YES NO
case finding for problematic substance use
counselling for problematic substance use

ELDERLY YES NO
cognitive assessment (if concerns)
fall assessment (if history of falls)

ORAL HYGIENE
brushing/flossing teeth
fluoride (toothpaste/supplement)
tooth scaling and prophylaxis
smoking cessation

PERSONAL SAFETY
hearing protection
noise control programs
seat belts
injection safety (if on IM/SC hormones)

PARENTS WITH CHILDREN YES NO
poison control prevention
smoke detectors
non-flammable sleepwear
hot water thermostat settings (<54°C)

	<u>21-64 YEARS</u>	<u>>65 YEARS</u>
<u>LABS/INVESTIGATIONS:</u>	<p>Mammography (age >50-64 q2 yrs if no chest reconstruction) Hemocult mutiphase (age 50-64 q2 yrs) OR sigmoidoscopy OR Colonoscopy</p> <p>Cervical cytology (q3 yrs age >21)</p> <p>GC/CT/Syphilis/HIV/HBV screen (high risk)</p> <p>Yearly trans bloodwork Fasting glucose and lipid profile CBC, ALT+/-AST, Free+Total Testosterone</p> <p>Bone Mineral Density if at risk</p>	<p>Mammography (age 65-71 q2 yrs if no chest reconstruction) Hemocult mutiphase (age 65-74 q2 yrs) OR sigmoidoscopy OR Colonoscopy</p> <p>Cervical cytology (q 3yrs until age 70)</p> <p>GC/CT/Syphilis/HIV/HBV screen (high risk)</p> <p>Yearly trans bloodwork Fasting glucose and lipid profile CBC, AST+/-ALT, Free+Total Testosterone</p> <p>Bone Mineral Density Audioscope (or inquire/whispered voice test)</p>
<u>IMMUNIZATIONS:</u>	<p>Tetanus vaccine q10yrs Meningococcal vaccine (high risk) Influenza vaccine q1yr Herpes zoster vaccine (age >60) Pneumococcal vaccine (high risk) Acellular pertussis vaccine Human papillomavirus vaccine (3 doses) (age 9-26, consider up to age 45) MMR vaccine (ensure 2 doses rec'd if born >1970) Rubella immunity Measles immunity Varicella vaccine (2 doses) Varicella immunity Hepatitis A/Hepatitis B Hep A immunity Hep B immunity</p>	<p>Tetanus vaccine q10yrs Influenza vaccine q1yr Pneumococcal vaccine Acellular pertussis vaccine Herpes zoster vaccine Varicella vaccine (2 doses) Varicella immunity</p>

ASSESSMENT AND PLANS: