## APPENDIX D: PREVENTIVE CARE CHECKLIST FOR TRANSGENDER WOMEN

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

For annual health assessments of Transgender Women, applying to patients who were born with male genitalia and have a gender identity that is female or on the feminine 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 men

(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:		MEDICAL TRANSITION HISTORY:					
Name:			Androgen Blocker:				
		Spironolactone	Cypro	terone	N/A		
Tel:			Estrogen	Yes	No		
DOB:			If Yes, Start Date:				
Age:			Orchiectomy	Yes	No		
			Vaginoplasty	Yes	No		
Date of examination:			Breast Aug	Yes	No		
CURRENT CONCERNS:			LIFESTYLE/HABITS/PSYC	HOSOCIA	<u>L:</u>		
GOTHERT GONGETING.			Diet:				
			Fat/Cholesterol				
			Fiber				
			Calcium				
			Sodium				
			Exercise:				
			Work/Education:				
			Income Below Poverty Leve	el:	Yes	No	
			Family:				
			Relationships:	<del> </del>			
			Social Supports:				
			Smoking:				
			Alcohol:	Safe	Guideline	s <10/week, <2/da	
			Recreational Drugs:			,,,	
			Sexual History:				
			Family Planning/Contrace				
			Name change/identification:				
MENTAL HEALTH: Screen for:	:		Sleep:				
Depression	Positive	Negative	UPDATE CUMULATIVE PAT				
Anxiety Suicidal Ideation	Positive Positive	Negative Negative	Family History Medications				
Persistent Gender Dyshoria	Positive	Negative	Hospitalizations/Surge	ries	Aller		

## **FUNCTIONAL INQUIRY: EDUCATION/COUNSELLING:** review S/Sx DVT/PE HEENT: Normal Normal **BEHAVIOURAL** adverse nutritional habits Resp: Normal adequate calcium intake (1200 mg daily diet + supp) Breasts: Normal adequate vitamin D (1000 IU daily) Normal hormone adherence Normal regular, moderate physical activity Sexual Function: avoid sun exposure, use protective clothing Normal safe sex practices/STI counseling MSK: Normal YES NO Neuro: \_\_\_\_\_ **OBESITY** - (BMI > 30)Normal weight loss counselling Derm: Normal screen for mental health contributors Constitutional Sx: Normal multidisciplinary approach **PHYSICAL EXAMINATION: UNDERWEIGHT - (BMI < 18)** YES NO screen for eating disorders HR: BP: RR: Ht: \_\_\_\_\_ Wt: \_\_\_\_ BMI: \_\_\_\_ **SMOKING** YES NO smoking cessation Waist Circumference: \_\_\_\_\_ nicotine replacement therapy/other drugs Hip Circumference: Ratio: dietary advice on fruits and green leafy vegetables referral to validated smoking cessation program Or: See FMR Vitals **ALCOHOL & OTHER SUBSTANCES:** YES NO Eyes: \_\_\_\_\_ case finding for problematic substance use Snellen sight card counselling for problematic substance use **ELDERLY** YES NO Ears: cognitive assessment (if concerns) Whispered voice test R \_\_\_\_\_ fall assessment (if history of falls) L \_\_\_\_\_ **ORAL HYGIENE** Nose: \_\_\_\_\_ brushing/flossing teeth fluoride (toothpaste/supplement) Neck/Thyroid: tooth scaling and prophylaxis CVS: smoking cessation PERSONAL SAFETY hearing protection Abdo: noise control programs seat belts Ano-Rectum: injection safety Genito-urinary: PARENTS WITH CHILDREN YES NO Neuro: poison control prevention Derm: smoke detectors MSK/Joints: non-flammable sleepwear Extremities: hot water thermostat settings (<54°C)

	21-64 YEARS	>65 YEARS
LABS/INVESTIGATIONS:	Mammography (estrogen > 5 yrs and avg risk: age 50-64 q2 yrs) Hemoccult mutiphase (age 50-64 q2yrs) OR sigmoidoscopy OR Colonoscopy GC/CT/Syphilis/HIV/HBV screen (high risk) Yearly trans bloodwork Fasting glucose and lipid profile Cr, lytes if on spironolactone CBC, ALT+/-AST Estradiol, Prolactin, LH Bone Mineral Density if at risk	Mammography (estrogen > 5 yrs and avg risk: age 65-71 q2 yrs) Hemoccult mutiphase 2 yrs (age 65-74 q2yrs) OR sigmoidoscopy OR Colonoscopy GC/CT/Syphilis/HIV/HBV screen (high risk) Yearly trans bloodwork Fasting glucose and lipid profile Cr, lytes if on spironolactone CBC, ALT+/-AST Estradiol, Prolactin, LH Bone Mineral Density Audioscope (or inquire/whispered voice test)
IMMUNIZATIONS:	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) Measles immunity Varicella vaccine (2 doses) Varicella immunity Hep A immunity Hep B immunity	Tetanus vaccine q10yrs Influenza vaccine q1yr Pneumococcal vaccine Acellular pertussis vaccine Herpes zoster vaccine Varicella vaccine (2 doses) Varicella immunity

## **ASSESSMENT AND PLANS:**