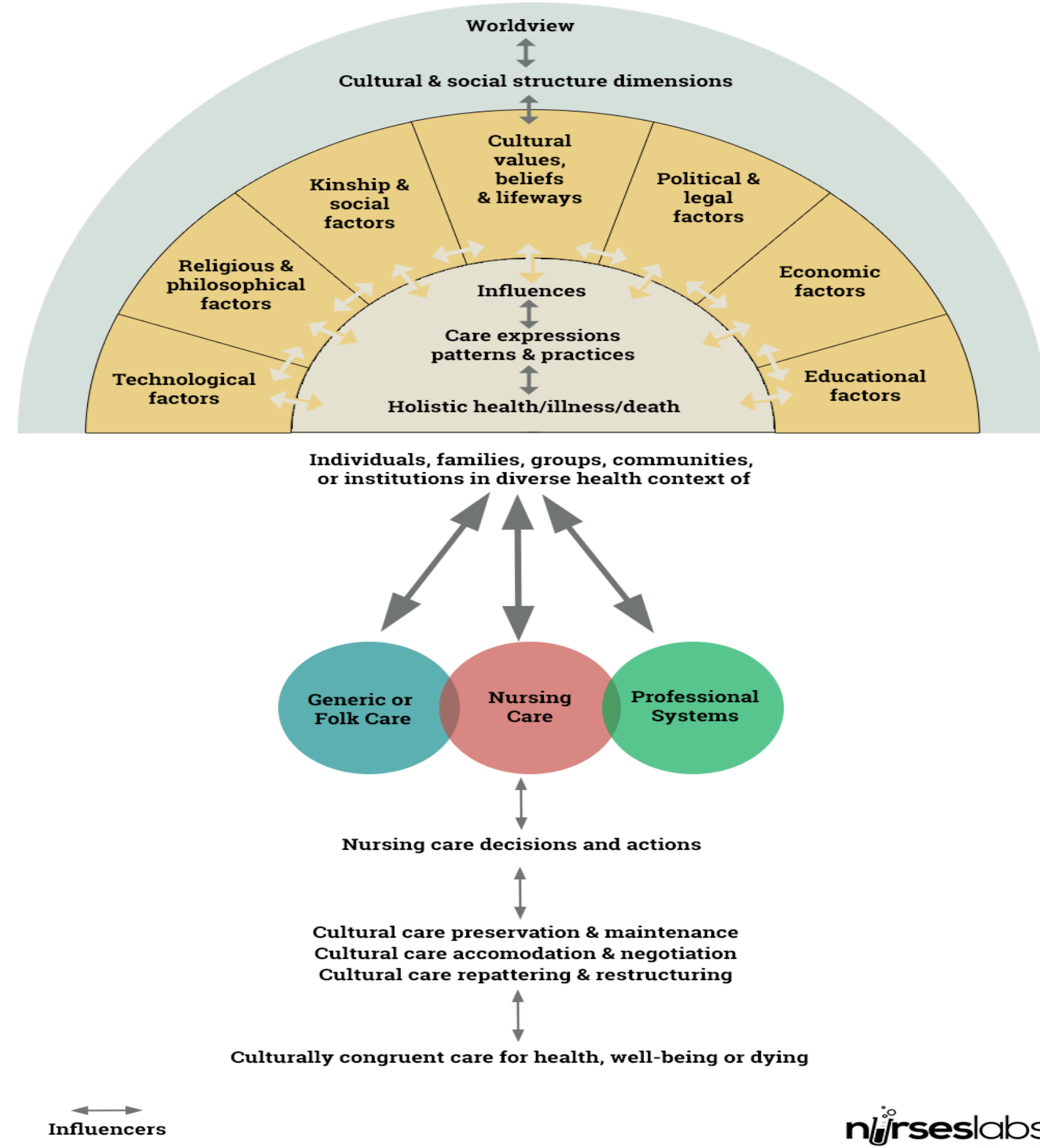


Madeleine Leininger's Transcultural Nursing
The Sunrise Enabler to Discover Culture Care Sunrise Model



The sunrise model by Madeleine Leininger demonstrates the interrelationship of concepts in her theory of culture care diversity and universality.

Madeline Leininger's *Transcultural Nursing Theory* is one of the most important nursing theories that guide practitioners to deliver evidence-based care to patients of diverse background.

Why cultural competency?

To provide culturally congruent care and to provide culture specific and universal nursing care practices for the health and well-being of people.

OBJECTIVE: To improve and widen the scope of knowledge about the transgender population as well as to improve the health, safety, and well-being of transgender people.

A transgender clinic with willing and knowledgeable healthcare providers can help ease access to care and barriers for transgender people.

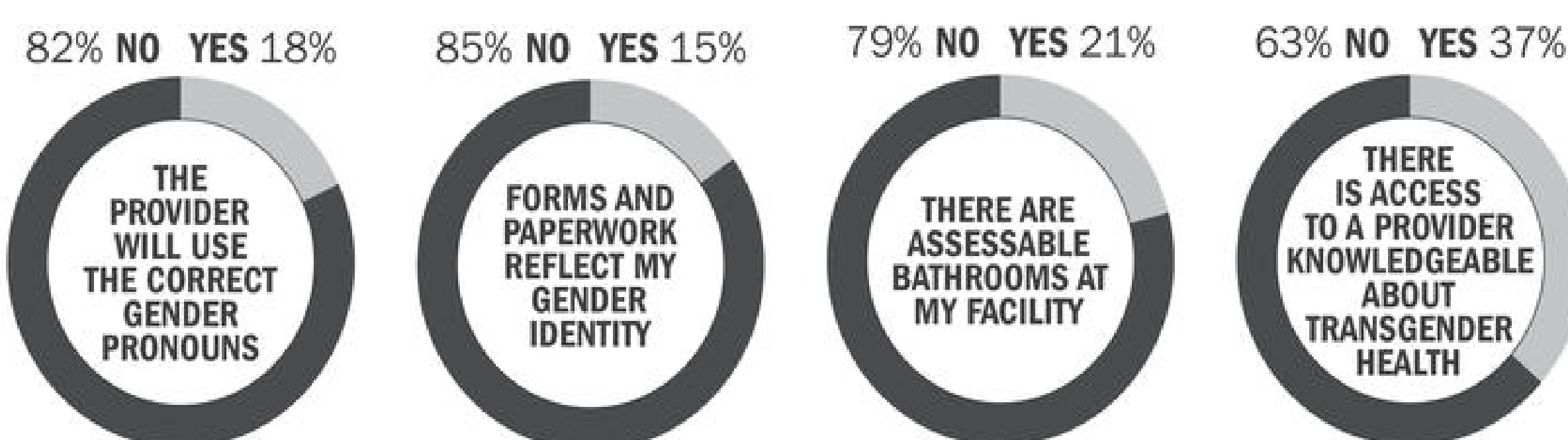
Transgender people face numerous health disparities as well as stigma, discrimination, and lack of access to care.

Health disparities include:

- ❖ Increased risk of HIV infection
- ❖ Lower preventive cancer screening in transgender men
- ❖ Insignificant receipt of preventive health screenings
- ❖ Suicide attempts
- ❖ High prevalence of clinical depression
- ❖ Anxiety
- ❖ Somatization
- ❖ Drugs and Alcohol
- ❖ Smoking
- ❖ lack of access due to insufficient insurance coverage



OPINIONS ABOUT TRANSGENDER HEALTH BARRIERS



SOURCES: UNIVERSITY OF MINNESOTA MPH CANDIDATE E.SHOR

Methods

- ❑ Twenty-five articles were reviewed and of those only 8 were relevant to this study.
- ❑ The inclusion criteria used was for academic research studies such as journal publications, research papers and professional reports.
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- ❑ Recent articles published within 5 years
- ❑ Peer reviewed publications written by other healthcare professionals
- ❑ Articles focusing on designated population: nonbinary, transgender and/or the LGBTQ community and healthcare providers of this population
- ❑ Studies focused on adult care; patients over the age of 18
- ❑ Studies that provide relevant information that relates to the PICO question involving improving the cultural competence of transgender patients
- ❑ Articles in the English language that focused on the American healthcare system for relevancy
- ❑ Recommendations for practice were made based on the research findings.

FTM Transgender patients require:

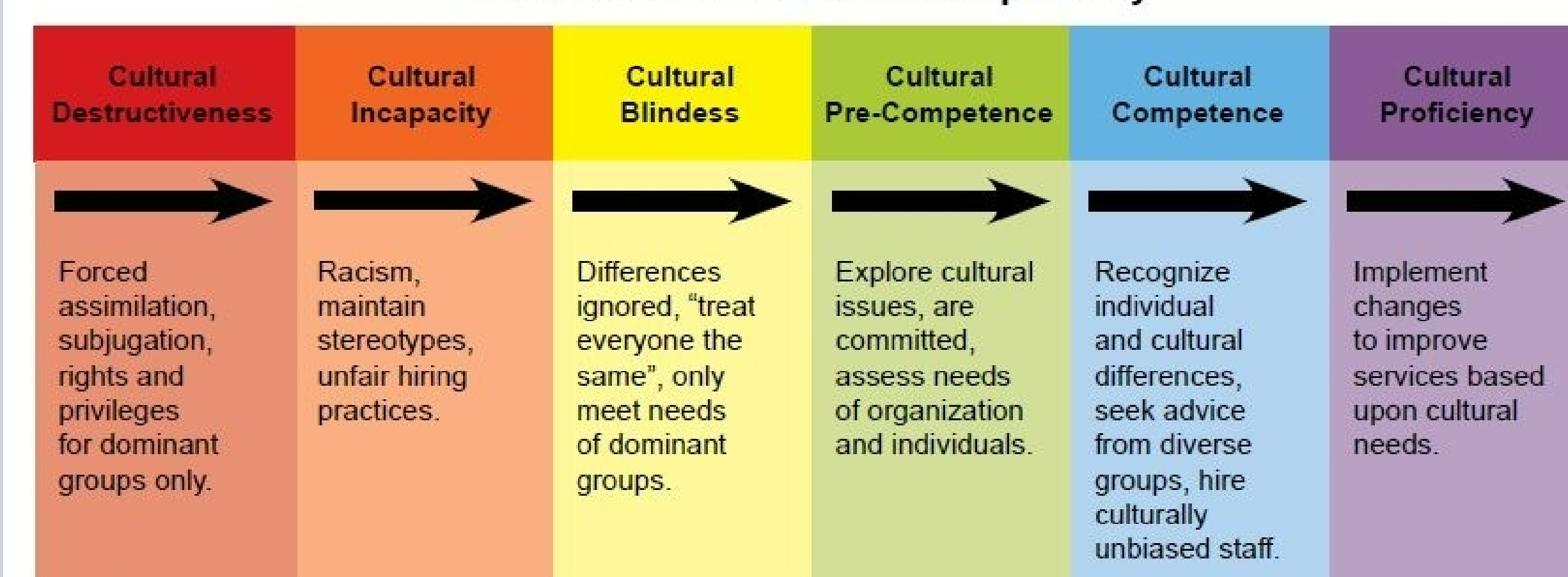
- Management of the gender-affirming hormone therapy
- Fertility consultation
- Gynecologic follow-up
- Age-appropriate screening for cervical and breast cancer
- Age-appropriate screening for colon cancer
- Age-appropriate vaccinations
- Screening for mental health condition
- Screening for substance abuse
- Screening for HIV
- Screening for hepatitis



Results

- A big difference is made when healthcare facilities take the time to properly equip their staff with the training needed to face the biases within themselves and tackle issues with their clients.
- Nurse led trainings can help the next generation of nurses' address transphobia and bias before new nurses even care for these communities, ensuring that they are prepared to handle the needs transgender clients require.
- Self-awareness training and patient led care interactions are just a few examples of ethically focused interventions providers can utilize.
- Nurses need ethical principles nurses to provide culturally competent care, including advocacy, autonomy, and respect, which can be used when caring for all kinds of patients in different cultural backgrounds.
- Using ethics to formulate effective interventions can help healthcare providers to be more sensitive of discrimination and unintentional harm done to patients.
- The transition phase is an extremely individualized journey for all transgender patients since all patient's goals and needs are different. Healthcare providers who initiate hormone therapy should be aware of the physical expectations of the chosen hormone, as well proper dosing, potential complications and how to properly monitor treatment for safe and satisfactory results.
- While a transgender patient would require a personalized interprofessional healthcare team for the best healthcare outcomes, during the transitioning phase, a nurse practitioner holds a lot of responsibility.

Continuum of Cultural Competency



Conclusion

- With intentional interventions there can be positive change to the present healthcare disparities and the well-being of transgender patients According to the CDC, providers should get to know the patients' preferred pronouns before using gendered terms, whether in person or on the phone. Providers should be comfortable taking the initiative to ask for a patients' preferred gender identity in a safe and private setting.
- Staff trainings should be mandatory but held in an open forum format. While it is important to assess knowledge and personal bias, discussion panels and vulnerable conversations should be allowed.
- It should be a policy to never assume someone's gender, to always have the client explain unfamiliar terms they don't understand and to let the patient fully participate in their plan of care.
- The implementation of culturally competent care is an initiative that requires collaboration, leadership, constant assessment, and compassion.
- Low-cost interventions include the creation and publication of a nondiscrimination policy. Posting this policy publicly will distinguish the facility as LGBTQ friendly and show that there is dedication to making a difference within their community.
- Intentional intervention does reduce disparities and injustice in the clinical setting for transgender patients
- Proper terminology should be taught to healthcare providers so that they are better equipped to initiate conversations about gender identity with patients
- The implementation of culturally competent care is an initiative that requires collaboration, leadership, constant assessment, and compassion. Almost all the interventions researched have outstanding results, proving that intentional intervention does reduce disparities and injustice in the clinical setting for transgender patients. It also empowers healthcare workers and provides them with a bit of experience so that they are aware of how to handle a transgender patient-provider encounter



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