

MaineHealth

MaineHealth Knowledge Connection

Costas T. Lambrew Research Retreat 2024

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Support for Transgender/Non-binary Youth during Transition from Pediatric to Adult Care

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Survey of transgender/non-binary youth and parent/guardians identified unmet **communication** and **role definition** needs during healthcare transition (HCT).

Introduction

- 16% of youth without special health care needs and 20% of youth with special health care needs receive services needed to make the transition to adult care¹
- AAP recommendation to initiate HCT discussions 12-14y²
- Transgender/non-binary (TNB) have higher burden of mental health disorders³

Methods

- Unlinked multiple choice and short answer surveys for TNB patients (14-26y) and parents
- Recruitment for survey at a gender clinic

Results

- **“open and honest conversations made the process smooth and supportive”**
- **“at times I felt completely alone in transition”**
- **“challenging to verify [adult PCP] is LGBT friendly”**

Discussion

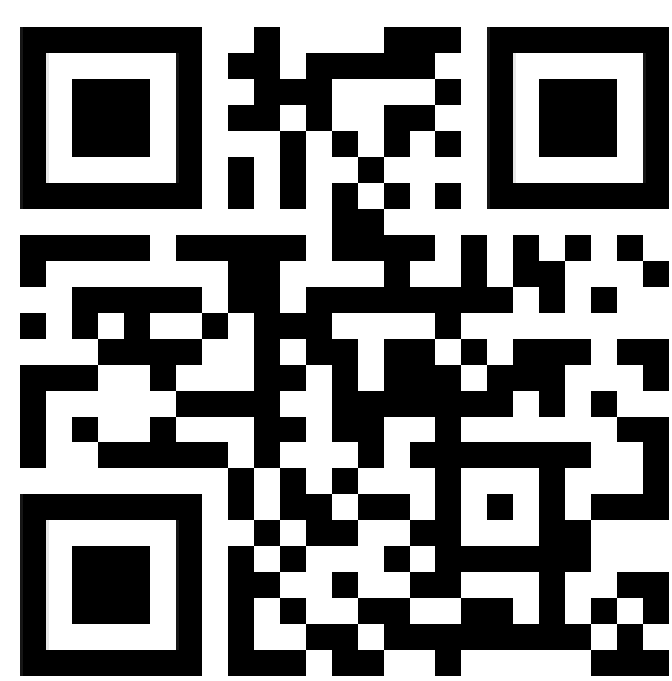
- Patients benefit from a structured HCT but this often does not happen
- Finding a gender affirming provider is a challenge for TNB youth during HCT

HCT INITIATION	Patient	Parent
At what age did your pediatric PCP first initiate a discussion about switching to an adult PCP?	N = 14	N = 6
Under 16	3 (21%)	0
17-26	5 (36%)	3 (50%)
Never	6 (43%)	3 (50%)
At what age did The Gender Clinic initiate a discussion about switching your pediatric PCP to an adult PCP?	N = 14	N = 10
Under 16	2 (14%)	0
17-26	6 (43%)	1 (10%)
Never	6 (43%)	9 (90%)

ROLES DURING HCT	Patient	Parent
Who do you feel should be primarily responsible for helping pediatric patients find an adult provider?	N = 14	N = 10
Parent	2 (14%)	3 (30%)
Pediatric PCP	7 (50%)	2 (20%)
Adult PCP	0	0
Medical Provider at The Gender Clinic	0	1 (10%)
Unknown	5 (36%)	4 (40%)

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