



## Gender-Affirming Care: Clinical, Educational & Policy Resources for Clinicians

Version: August 2024

This brief provides resources for IDSA and HIVMA members caring for individuals who are transgender and gender diverse. Like other [major medical associations](#), HIVMA and IDSA recognize gender-affirming care as medically necessary and lifesaving and [oppose government interference](#) in the patient and health care provider relationship.

Click on the links below for direct access to the section.

[Clinical Guidance & Standards of Care](#)  
[Education & Training Resources](#)  
[Addressing Misinformation](#)  
[Responding to Threats & Discrimination](#)  
[Tracking State LGBTQI+ Policies](#)  
[Legal Information & Assistance – For Patients](#)  
[Resources for Patients](#)

### Clinical Guidance & Standards of Care

Professional associations and institutions have developed evidence-based guidelines and standards of care for delivering gender-affirming care that have been in place for decades. The organizations and guidelines are widely recognized by medical professionals across specialties as setting standards of care for transgender health.

- World Professional Association for Transgender Health – [Standards of Care for Transgender and Gender Diverse People, Version 8](#)
- WPATH – [Standards of Care – Frequently Asked Questions](#)
- Endocrine Society – [Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline](#)
- American Academy of Pediatrics – [Ensuring Comprehensive Care and Support for Transgender and Gender Diverse Children and Adolescents](#)
- University of California, San Francisco – [Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People](#)
- CDC – STI Treatment Guidelines, 2021 – [Transgender and Gender Diverse Persons](#)
- CDC – [Clinical Guidelines on the Use of Doxycycline Postexposure Prophylaxis for Bacterial Sexually Transmitted Infection Prevention](#), United States, 2024
- Department of Health and Human Services – [Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents With HIV, Transgender People With HIV, Panel on Antiretroviral Guidelines](#)
- Fenway Health – [Medical Care of Gender Diverse Children and Adolescents](#)

## Education & Training Resources

The sites below have educational and training tools and online continuing education programs.

- Fenway National LGBTQIA+ Health Education Center – [Transgender Health](#)
- UCSF – [Center of Excellence for Transgender Health](#)
- Callen-Lorde – [Transgender Health](#)
- Whitman Walker Institute – [Understanding Medically Necessary Care for Transgender People](#)
- CDC – [Resources to Support HIV Prevention Programs for Transgender Women](#)
- HRSA HIV/AIDS Bureau – [Gender-Affirming Care in the Ryan White HIV/AIDS Program](#)
- Fenway Health – [Preventing Trans Suicide Prevention Brochure](#)

## Addressing Misinformation

Below are resources that may be helpful in addressing misinformation regarding trans health and gender-affirming care.

- [Scientific Misinformation and Gender-Affirming Care: Tools for Providers on the Front Lines](#), Journal of Adolescent Health, July 2022.
- [USPATH and WPATH Respond to NY Times Article “They Paused Puberty, But Is There a Cost?” Published Nov. 14, 2022](#)
- Whitman Walker Health – [Core Messaging on the State of the Science for Gender-Affirming Care](#) (link downloads a document file)
- National Transgender Law Center – [Understanding Transgender People: The Basics](#)
- American Academy of Pediatrics – [Gender Identity Development in Children](#)
- Fenway Institute – [#TransYouthMatter](#)

## Responding to Threats & Discrimination

Health care professionals who have been threatened due to providing health care services should:

- Follow the internal processes for your clinic or institution and notify the head of security, if applicable.
- Report the incident to your local [FBI field office](#).
- See the FBI [Threat and Intimidation Response Guide](#).

If you have been unlawfully restricted from providing health care on the basis of a patient’s gender identify, [file a complaint](#) with the Department of Health and Human Services’ Office of Civil Rights.

## Tracking State LGBTQIA+ Policies

A growing number of states are considering or have passed laws that restrict or ban access to gender-affirming care. The American Civil Liberties Union and National Center for Transgender Equality track laws introduced in state legislatures affecting individuals who identify as LGBTQ.

- Movement Advancement Project (MAP) – [Equality Maps](#)
- KFF – [Policy Tracker: Youth Access to Gender Affirming Care and State Policy Restrictions](#)
- ACLU – [2024 Anti-LGBTQIA+ State Legislative Tracker](#)
- National Center for Transgender Equality – [State Action Center](#)
- Equality Federation – [State Legislation Tracker](#)

## Legal Assistance & Information

The following resources provide information or legal assistance for discrimination or health care denials.

### [Transformative Justice Help Desk](#)

A consultation resource offered by [Interrupting Criminalization](#) that can help providers evaluate risk tolerance.

### [Know Your Rights: Health Care Providers](#)

A resource developed by ACLU for providers of reproductive health services.

### [Lambda Legal HELP Desk](#)

The Help Desk does not provide legal advice but is resource for general legal information and resources related to discrimination based on sexual orientation, gender identity and gender expression and HIV status.

### [Protecting the Rights of Lesbian, Gay, Bisexual, Transgender, Queer and Intersex \(LGBTQI+\) People](#)

This resource provides information from the HHS Office of Civil Rights on patients' rights to receive health care services free from discrimination based on sexual orientation and gender identify.

### [Health Law Advocates – Starting the Process to Get Legal Help - For Patients](#)

This resource provides legal assistance for health insurance denials. Priority populations include transgender or gender-expansive people seeking access to gender-affirming medical services.

### [Transgender Law Center – Legal Information Help Desk – For Patients](#)

This resource provides basic information about laws and policies that affect transgender people across many areas, including employment, health care, housing, civil rights, immigration, prisoners' rights and identity document changes.

### [GLBTQ Legal Advocates & Defenders \(GLAD\) Answers – For Patients](#)

Free and confidential legal information, assistance and referrals are available within three business days, with translation services if needed.

## Resources for Patients

- GLMA – [LGBTQ+ Health Care Provider Directory With Gender-Affirming Care Providers](#)
- National Center for Transgender Equality
  - English: [Get the Facts: The Truth About Transition-Related Care for Transgender Youth](#)
  - Spanish: [Infórmese: La Verdad Sobre la Atención Médica Relacionada con la Transición Para Jóvenes Transgénero](#)
- Transgender Law Center – [Resources for Changing Identity Documents](#)
- [Trans Needle Exchange](#) – A nonprofit mail-based service that provides needle supplies for hormone replacement therapy for transgender individuals who cannot afford them

Acknowledgements: Asa Radix, MD, PhD, FIDSA, NYU Langone Health, Callen-Lorde Community Health Center; Joseph Cherabie, MD, MSc, HIVMA Board member; Sara Mar, MPH, Whitman-Walker Institute; Anna Person, MD, HIVMA Board Member; and Michelle Collins-Ogle, MD, The Children's Hospital at Montefiore.