



## Tri-City Health Center

### TransVision

#### Transgender Primary care Services

# Hormone Education Counseling Session

## II. Hormone Education and Counseling

A Hormone Education and Counseling session is a 30 minute in-person, educational opportunity for the client to talk about specific needs, goals, and expectations regarding hormones and/or gender transition, discuss the risk factors associated with hormone therapy, review the *Informed Consent for Hormonal Therapy Form*, and learn about the transgender primary care services at TCHC.

The Hormone Education and Counseling session includes:

- Hormone history (Previously on hormones, on hormones now, current dosage, current source of hormones)
- Assessment of the patient's knowledge of hormone therapy
- Assessment of desire and readiness for gender transition
- Identification of existing support system
- Review of potential risk factors of hormone therapy
- Review of the *Informed Consent for Hormonal Therapy Form*
- Information and education on hormone therapy
- Orientation of TCHC's transgender primary care services
- Discussion of options if hormone therapy cannot be accessed

All clients wanting hormones must screen for HIV/STD's unless they have proof of this testing within the last three months. This is recommended by the Tom Waddell Clinic Hormone Protocols.

*Tri-City Health Center's Hormone Education and Counseling process has been adapted from The Transgender Clinic of Tom Waddell Health Center, San Francisco and tailored for transgender primary care services at TCHC.*

