

The importance of multidisciplinary teams & research in transgender care



dr. Daniel T. Klink & dr. Thomas D. Steensma

Overview

- The Dutch multidisciplinary approach
 - Treatment evaluation of adolescents with GD
- Dr. Daniel T. Klink
- Case presentation



Amsterdam Gender Identity Clinic

- Children & Adolescents (< 18 years of age)
- Adults (\geq 18 years of age)



Amsterdam Gender Identity Clinic: **Pioneers**



Amsterdam Gender Identity Clinic

Multidisciplinary team

- (Child) Psychologists
- (Child) Psychiatrists
- Test psychologists
- (Pediatric) Endocrinologists
- Gynecologists
- Plastic Surgeons
- Dermatologist (epilation)
- Physiotherapist (pelvic floor)
- Doctor for throat, nose and ears (voice, adams apple)
- Researchers!

Amsterdam Gender Identity Clinic

Keys to success

- All-in-one hospital
- Treatment protocols for all age groups and involved disciplines
- One coordinating discipline (psychologist / endocrinologist)
- Team effort & team work
- Multidisciplinary exchange

Amsterdam Gender Identity Clinic

Team effort & team work

- Every client is discussed
 - Every treatment step is discussed
 - It is always a team decision

Youth: weekly meetings psychologists, psychiatrists, pediatric endocrinologist

Adults: biweekly meetings psychologists, psychiatrists, endocrinologists
 monthly gender team meeting (all disciplines)

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Multidisciplinary exchange

in care and scientific knowledge

Psychologist ↔ Medical team

Medical team ↔ Psychologist

Use of moral deliberation

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Scientific research

- Fundamental studies: etiology, brain research etc.
- Evaluation studies: (i.e. search for improvement)
 - International cohort studies
 - Qualitative methods to develop new insights and understanding
 - Pilot studies for new interventions / procedures
 - Treatment evaluation

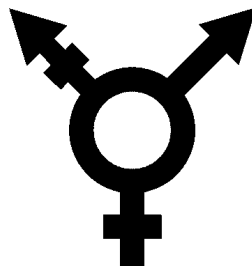
New insights and understanding

Partial Treatment Requests and Underlying Motives of Applicants for Gender Affirming Interventions

Titia F. Beek, MSc, Baudewijntje P.C. Kreukels, PhD, Peggy T. Cohen-Kettenis, PhD, and Thomas D. Steensma, PhD

Department of Medical Psychology and Center of Expertise on Gender Dysphoria, VU University Medical Center, Amsterdam, The Netherlands

- Male
- Female
- Neither



Gender

What is your gender?

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Female

Male

Intersex

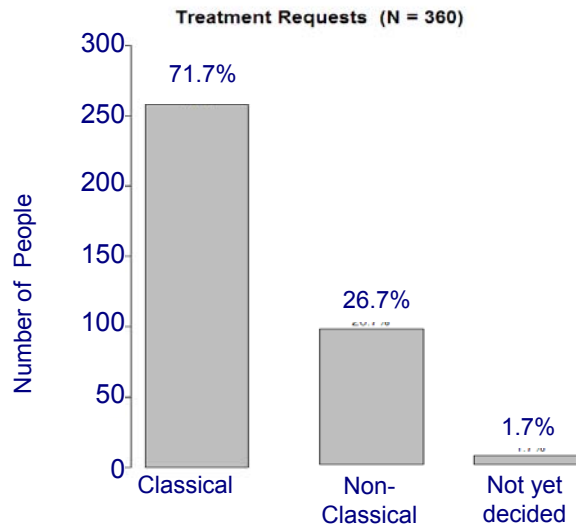
Transgendered FTM

Transgendered MTF

Other

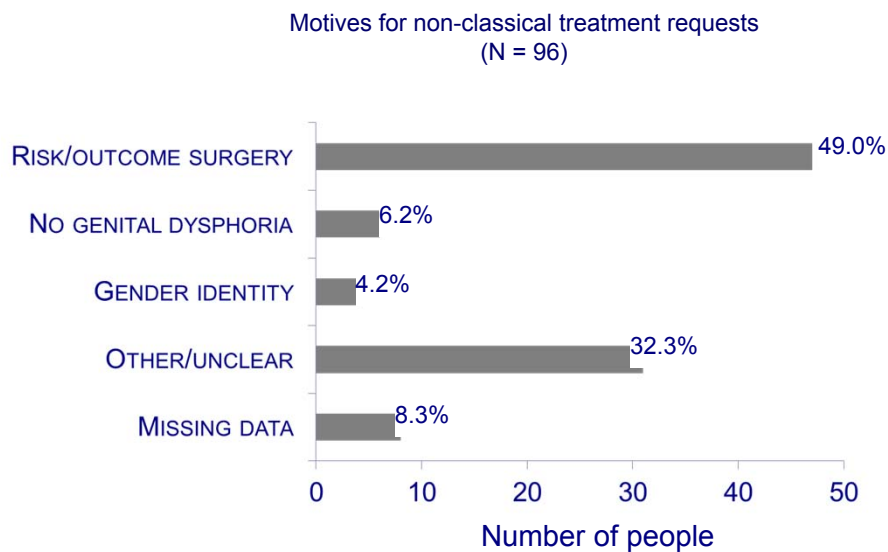
Cheese

New insights and understanding



Beek, Kreukels, Cohen-Kettenis, & Steensma (2015), *Journal of Sexual Medicine*

New insights and understanding

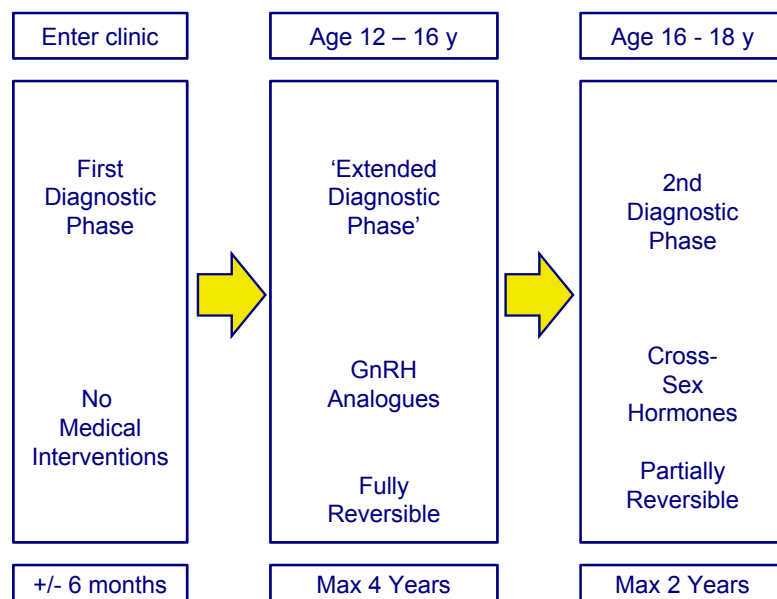


Beek, Kreukels, Cohen-Kettenis, & Steensma (2015), *Journal of Sexual Medicine*

Treatment of Adolescents with GD



The Dutch Approach

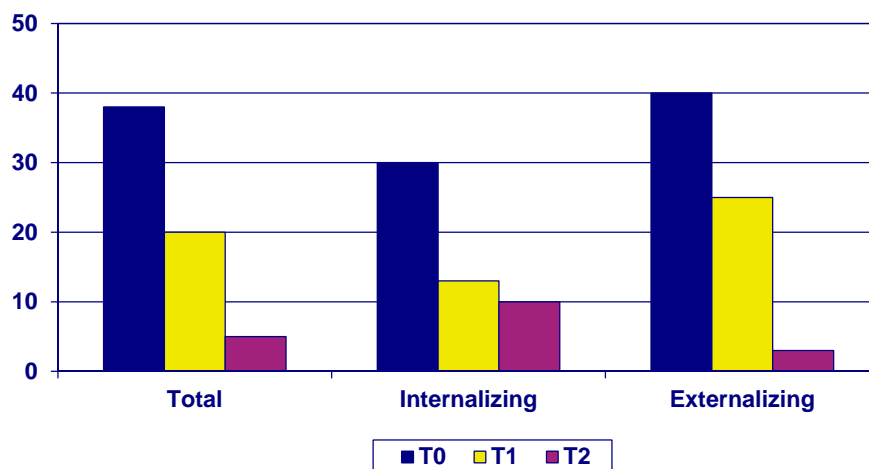


Treatment Evaluation

Before start puberty blocking	(T=0)
Before start cross-sex hormones	(T=1)
One year after sex reassignment surgery / age 22	(T=2)

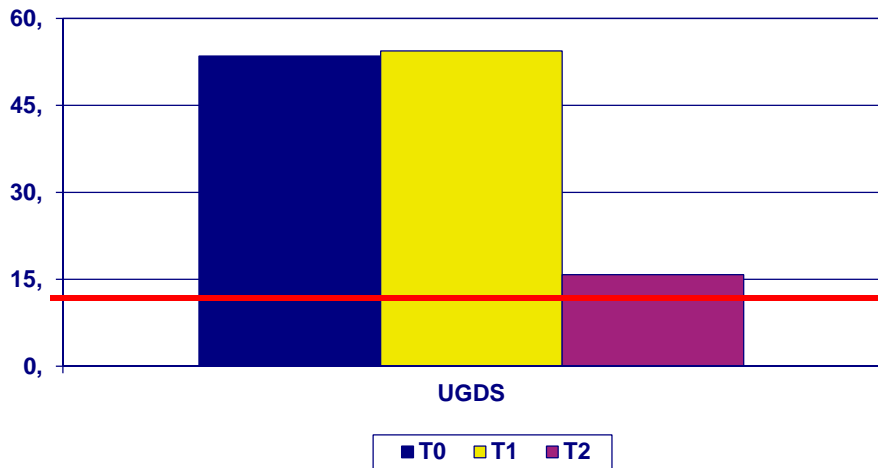
Psychological Functioning (CBCL)

% Clinical Range



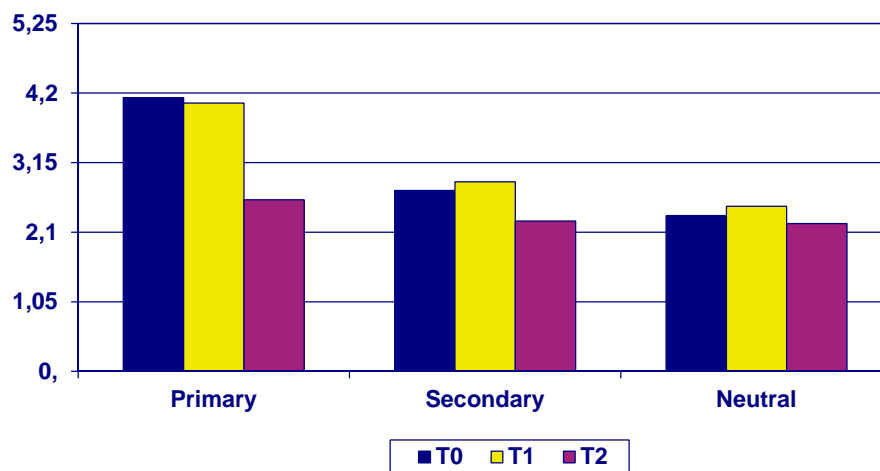
De Vries, McGuire, Steensma, Wagenaar, Doreleijers, & Cohen-Kettenis (2014), Pediatrics

Gender Dysphoria (UGDS)



De Vries, McGuire, Steensma, Wagenaar, Doreleijers, & Cohen-Kettenis (2014), Pediatrics

Body Image (BIS)



De Vries, McGuire, Steensma, Wagenaar, Doreleijers, & Cohen-Kettenis (2014), Pediatrics

T2 Treatment Satisfaction

Transfemales: all vaginoplasty
75% no breast enlargement
all were satisfied with both

Transmales: all hysterectomy
13% no mastectomy, 40% only invisible scars
all were satisfied with both
genital surgery: 10% metoidioplasty; others were waiting

No regrets

De Vries, McGuire, Steensma, Wagenaar, Doreleijers, & Cohen-Kettenis (2014), Pediatrics

T2 Living situation

67% living with parents, others in a dormitory or independent

50% students, 38% working, 12% unemployed

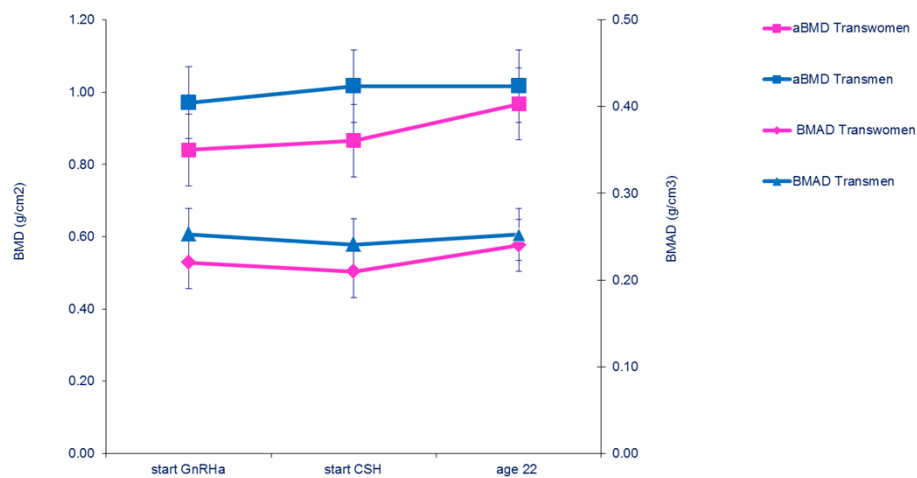
Satisfied with the support they had received from family and friends,
satisfied with their social lives, very few negative reactions

De Vries, McGuire, Steensma, Wagenaar, Doreleijers, & Cohen-Kettenis (2014), Pediatrics

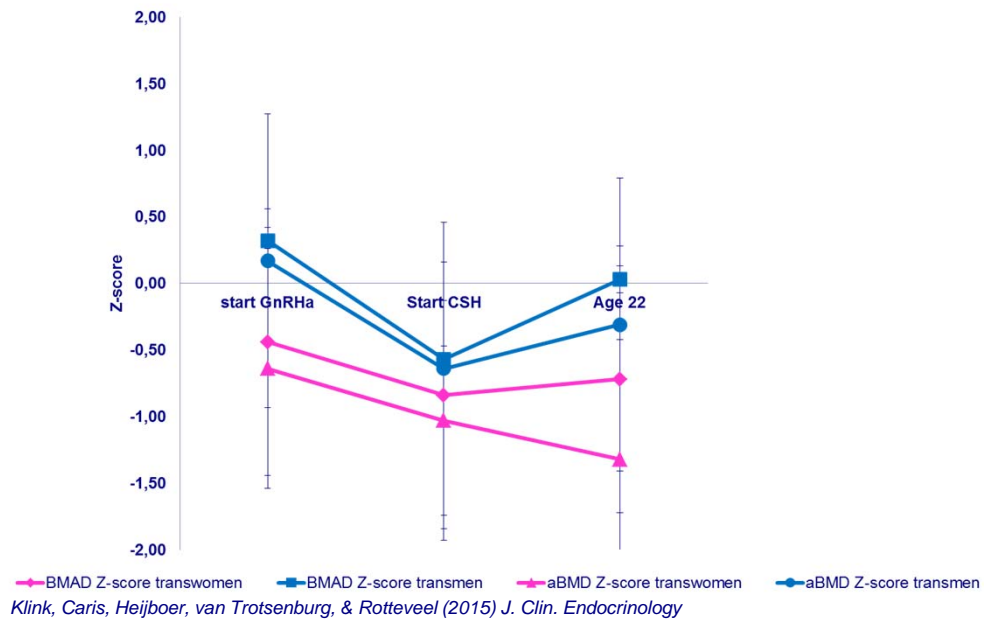
Conclusion

- First results on psychological functioning promising
- More information needed from long-term follow-up studies:
 - Psychological and gender identity development
 - Sexual functioning, intimate relationships
 - Physical development?

absolute bone mass lumbar spine



Bone mass development compared to natal peers



- Age 22: delay in bone mass development not fully caught up.
- values were in the physiological range
- pathological fractures were not reported

Klink, Caris, Heijboer, van Trotsenburg, & Rotteveel (2015) J. Clin. Endocrinology

The poster features a blue sky with white clouds and a view of a canal with a bridge in Amsterdam. At the top, a blue silhouette of a building with a cross in the center contains the year '2016'. Below this, the text 'WPATH SYMPOSIUM AMSTERDAM' is written in red. The dates '17-21 June 2016' are listed, followed by the tagline 'Growing: Empowerment, Expertise, Evidence.' in white. At the bottom, there is a logo for WPATH (World Professional Association for Transgender Health) and the website 'www.wpath2016.com'.

2016

WPATH
SYMPOSIUM
AMSTERDAM

17-21 June 2016

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Growing: **Empowerment,**
Expertise, Evidence.

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