

Changing the Way We Work (COVID-19) Community of Practice for Ontario Family Physicians – January 17, 2025

Infectious Disease & Gender Affirming Care

**Resources are current as of January 17, 2025 – subject to change due to frequently updated guidance.*

Community of Practice past sessions and resources: www.dfcu.utoronto.ca/covid-19-community-practice

Infectious Disease

- [Sick Kids: Clinical Practice Resources](#)
- [BORN Ontario - New Expanded Respiratory Syncytial Virus \(RSV\) Prevention Program - September 2024](#)
- Government of Canada
 - [Laboratory Data Report: Respiratory Virus Trends in Canada](#)
 - [COVID-19 Vaccines: Canadian Immunization Guide](#)
- Public Health Ontario
 - [Mycoplasma pneumoniae testing](#)
 - [Mycoplasma pneumoniae – Respiratory PCR](#)
- Ontario College of Family Physicians
 - [Information for Family Physicians: About Mycoplasma pneumoniae Infection](#)
 - [Respiratory Illness: Tools and Resources for Doctors](#)
- [Ontario Health: Memo – Updates for the Fall/Winter Respiratory Illness Season – November 2024](#)

Gender Affirming Care

General

- [NEJM: The Future of Gender-Affirming Care — A Law and Policy Perspective on the Cass Review](#) – January 2025
- [JAMA Pediatrics: Gender-Affirming Medications Among Transgender Adolescents in the US, 2018-2022](#) – January 2025
- [JAMA Network: Prevalence of Gender-Affirming Surgical Procedures Among Minors and Adults in the US](#) - June 2024
- [Canadian Family Physicians: Should all family physicians provide gender-affirming primary care?](#) - June 2023
- [Trans Health Project Medical Organization Statements 2024](#)
- [Health Quality Ontario Gender-Affirming Care for Gender Diverse People](#)
- [University of California: Guidelines for the Primary & Gender-Affirming Care of Transgender & Gender Nonbinary People](#)
- [CAMH Transition Related Surgeries FAQ](#)
- [Cornell University: What Does Scholarly Research Say About the Effect of Gender Transition on Transgender Well-being?](#)
- [4th Edition: Sherbourne's Guidelines for Gender-affirming Primary Care with Trans and Non-binary Patients](#)
- Trans Care BC Toolkit www.transcarebc.ca/sites/default/files/2024-03/Primary-Care-Toolkit.pdf
- World Professional Association for Transgender Health – Standards of Care V8 <https://wpath.org/publications/soc8/>
- Trans Health TO <https://www.transhealthto.com/>
 - [Masculinizing Hormone Therapy - TransHealth Toronto](#)
 - [Feminizing Hormone Therapy - TransHealth Toronto](#)
- Rainbow Health Ontario (RHO)
 - RHO <https://www.rainbowhealthontario.ca/>
 - Trans Health Guide <https://www.rainbowhealthontario.ca/TransHealthGuide/index.html>
 - [Chest Reconstruction - Summary for Primary Care Providers](#)
 - [Vaginoplasty – Summary for Primary Care Providers](#)
- Endocrine Society
 - [Statement in Support of Gender Affirming Care](#)
 - [Gender Dysphoria/Gender Incongruence Guideline Resources](#)

Additional Training

- [The National LGBTQIA+ Health Education Center](#)
- [Rainbow Health Ontario E-learning](#)
- [Project ECHO: Trans & Gender Diverse Healthcare](#)

Useful Tools and Patient Resources

- [Masculinizing GAHT Information \(PDF\)](#)
- [Feminizing GAHT Information \(PDF\)](#)
- [Safe Binding Practices – Bind Safe – The Get REAL Movement](#)
- [Mental Health Resource for Psychotherapy Resource Groups](#)
- [Friends of Ruby](#) – Weekly drop-in space for 2SLGBTQIA+ youth
- [Sherbourne Health Community Groups](#) -
 - Gender Journeys - contact transprograms@sherbourne.on.ca for information and registration
- STI Testing, PrEP, Vaccination, HPV (PAP) assessments Sexual Health Clinics
 - Safer Six - www.safersix.ca
 - HQ Toronto - <https://hqtoronto.ca/contact-us/>
- Fenway Health
 - [Trans Health - Tucking Guide](#)
 - [Trans Health – Injection Guide](#)
- Women’s College Hospital
 - [Women’s College Hospital: Transition Related Surgery](#)
 - Patient Seminar Series
 - [Understanding risks/assessments of chest related surgery](#) (Youtube) - Transmasc at 22min
 - [Understanding risks/assessments of chest related surgery](#) (Youtube) - Trans-femme is first half
 - [Understanding risks/assessments of vaginoplasty](#) (Youtube)
- Rainbow Health
 - [Fertility Preservation for Trans People who Produce Sperm](#)
 - [Fertility Preservation for Trans People who Produce Eggs](#)
- Paid Programs
 - Vocal Feminization Training – St. Michael's Hospital Speech Language Pathology Program
 - Cost: \$100-\$450
 - Self-referral by emailing VoiceGroups@unityhealth.to
 - Blue Bird Laser – www.bluebirdlaser.com
 - Trans-friendly laser hair removal
 - Not an OHIP funded procedure

Participant Shared Links

- ELVIS Trial: A pilot, open labelled, randomised controlled trial of hypertonic saline nasal irrigation and gargling for the common cold <https://www.nature.com/articles/s41598-018-37703-3>
- Navigating Hormone Therapy Free Virtual Workshop <https://www.queensquarefht.ca/gender-affirming-care/>
 - Offered by Queen Square FHT
 - For Patients and families
 - Run by a QSFHT pharmacist and Hamilton FHT pharmacist
- Gender Care Clinic <https://primecarefht.ca/gender-care-clinic/>
 - Prime Care FHT Milton
 - NP led
 - Access referral pathway through FHT website