Dear Doctor,

Thank you for taking the time to read through this letter!

I am glad you are interested in hearing more about trans care. I am attaching a number of

resources here. Providing your patients with this care yourself will start them on their journey

with so much more comfort and continuity.

**1.** **Guidelines and Protocols for Comprehensive Primary Care for Trans Clients**

This online tool has put together information to help support gender affirming primary care.

<https://www.rainbowhealthontario.ca/TransHealthGuide/>

Sherbourne Health also provides a 6 page quick reference guide at

<https://www.rainbowhealthontario.ca/TransHealthGuide/pdf/QRG_full_2020.pdf>

Even this shorter version really has everything you need for both feminizing and masculinizing hormone therapy. There are check-lists for criteria to meet diagnosis, guides to assess readiness and supports, guides for blood work monitoring and links to the surgeries that are covered by OHIP.

In the appendices of the 30-page protocol you will find the consent and EAP forms that you will need. They also have templates for letters supporting gender designation change on ID.

These forms are even more easily accessible on this web page through Rainbow Health Ontario: [https://www.rainbowhealthontario.ca/TransHealthGuide/resources.html 2](https://www.rainbowhealthontario.ca/TransHealthGuide/resources.html%202).

**2.** **Mentoring**

Every 1st and 3rd Wednesday from 12:00pm-1:00pm is a Q&A call-in with staff from the Sherbourne Health Centre known as the trans care mentorship call. Register at

<https://www.rainbowhealthontario.ca/lgbt2sq-health/trans-care-mentorship-call/>

**3.** **eConsult**

OTN’s eConsult has a local trans expert as a consultant. Dr. Ellen Clarke works at Stonechurch Family Health Centre and if you have any questions, you can easily submit them to her (or other experts on the system under the transgender health category) via eConsult for a very quick answer. A benefit of this system is that it’s something you can bill for (K738a). Dr. Michael T Richardson from Toronto is also able to consult.

Please reach out if you have any further questions!

Sincerely,

Sarina Sarraf  
sarinas@rockonline.ca

Resource Coordinator

Positive Space Network afl. Reach Out Centre For Kids  
  
