AETC-NMC
AIDS Education and Training Center
National Multicultural Center
HOWARD UNIVERSITY COLLEGE OF MEDICINE

Case Study Adapted from Addressing HIV Care and Transgender Communities

Carlos is a 22 year old Salvadoran female to male transgender person. His parents died shortly after his birth and he was given into adoption to a well known family in San Salvador City. Carlos was sexually abused throughout his childhood by his step-father. At 9 years old he began feeling distressed about his assigned female sex at birth and the gender roles that his family expected him to follow. Then at 13 years old he started cross-dressing. Since his arrival in the US, about 4 years ago he has been working as a bartender in a nightclub. He has been with the same sexual partner for the past six months. Today he is visiting the clinic for a transgender health assessment.

Discussion Questions

1. What methods can the provider use to establish a relationship with Carlos as a patient in a culturally sensitive manner?

2. How do you gather the general health history for a Female to Male transgender patient and how do you perform the physical exam?

3. Identify ways the provider can gain insight into Carlos's lifestyle and his knowledge about HIV.

4. Should the provider encourage Carlos to have an HIV test?

5. What Primary Health Prevention and Screening tests should you recommend to Carlos?

6. Should you do a screening for depression at this visit?

7. Carlos is considering hormone therapy, what issues about fertility and sexual function should you discuss?