

Nursing care for the transsexual population in primary care

Assistência de enfermagem a população transexual na atenção básica

Cuidados de enfermería a la población transexual en la atención primaria

Ana Karoline Farias da Silva¹, Carlos Antonio de Lima Filho², Victor Guilherme Pereira da Silva Marques³, Adriano de Lucena Jambo Cantarelli⁴,
Laura Moura Targino⁵, Romario Yanes de Carvalho Lima⁶, Tatiana Costa Schuster Farias⁷, Amanda de Oliveira Bernardino⁸

How to cite: Silva AKF, Lima Filho CA, Marques VGPS, Cantarelli ALJ, TarginoLM, Lima RYC, et al. Nursing care for the transsexual population in primary care. 2024; 13(1): 24-31. Doi: <https://doi.org/10.36239/revisa.v13.n1.p24a31>

REVISA

1. Tiradentes University Center. Recife, Pernambuco, Brazil.
<https://orcid.org/0009-0003-9114-8149>
2. Federal University of Pernambuco, Department of Nursing. Recife, Pernambuco, Brazil.
<https://orcid.org/0000-0001-5517-0347>
3. UninovaFapi University Center. Teresina, Piauí, Brazil.
<https://orcid.org/0000-0002-7441-9811>
4. Tiradentes University Center. Recife, Pernambuco, Brazil.
<https://orcid.org/0000-0003-4035-5191>
5. Tiradentes University Center. Recife, Pernambuco, Brazil.
<https://orcid.org/0000-0001-9272-2729>
6. Federal University of Piauí, Center for Health Sciences, Department of Medicine. Teresina, Piauí, Brazil.
<https://orcid.org/0000-0002-7948-8322>
7. Federal University of Pernambuco, Graduate Program in Nursing. Recife, Pernambuco, Brazil.
<https://orcid.org/0009-0003-5733-7640>
8. University of Pernambuco, Associate Graduate Program in Nursing. Recife, Pernambuco, Brazil.
<https://orcid.org/0000-0002-1011-8964>

Received: 23/10/2023
Accepted: 24/12/2023

RESUMO

Objetivo: analisar as evidências da literatura sobre a assistência de enfermagem à população transexual na atenção básica. **Método:** Revisão integrativa da literatura, realizada nas bases de dados Biblioteca Virtual em Saúde, Literatura Latino Americana e do Caribe em Ciências da Saúde (LILACS) e na Biblioteca Eletrônica Científica Online (SCIELO), utilizando os descritores Cuidados de enfermagem AND Pessoas transgênero AND Enfermagem de Atenção Primária. **Resultados:** Encontrados 2 artigos, publicados nos últimos 5 anos. Ficou evidenciado lacunas importantes que vem desde a formação acadêmica, no despreparo e desconhecimento acerca da sexualidade. **Conclusão:** Conclui-se, portanto, que foram encontrados poucos artigos com essa temática, evidenciando a necessidade de realização de mais pesquisas acerca do tema assistência de enfermagem à população transexual.

Descritores: Pessoas Transexuais; Assistência de Enfermagem; Atenção Básica à Saúde.

ABSTRACT

Objective: to analyze the evidence in the literature on nursing care for the transsexual population in primary care. **Method:** Integrative literature review, carried out in the Virtual Health Library, Latin American and Caribbean Literature in Health Sciences (LILACS) and Online Scientific Electronic Library (SCIELO) databases, using the descriptors Nursing care AND Transgender people AND Primary Care Nursing. **Results:** Found 2 articles, published in the last 5 years. It was evidenced important gaps that come from the academic formation, in the unpreparedness and lack of knowledge about sexuality. **Conclusion:** It is concluded, therefore, that few articles were found with this theme, highlighting the need to carry out more research on the topic of nursing care for the transsexual population.

Descriptors: Transsexual Persons; Nursing Care; Primary Healthcare.

RESUMEN

Objetivo: analizar las evidencias en la literatura sobre el cuidado de enfermería a la población transexual en la atención primaria. **Método:** Revisión integrativa de la literatura, realizada en las bases de datos Biblioteca Virtual en Salud, Literatura Latinoamericana y Caribeña en Ciencias de la Salud (LILACS) y Biblioteca Científica Electrónica en Línea (SCIELO), utilizando los descriptores Cuidados de Enfermería Y Personas trans y Enfermería de Atención Primaria. **Resultados:** Se encontraron 2 artículos, publicados en los últimos 5 años. Se evidenció importantes lagunas que provienen de la formación académica, en la falta de preparación y conocimiento sobre la sexualidad. **Conclusión:** Se concluye, por lo tanto, que fueron encontrados pocos artículos con esta temática, destacando la necesidad de realizar más investigaciones sobre el tema del cuidado de enfermería a la población transexual.

Descritores: Personas Transexuales; Cuidado de Enfermería; Atención Primaria de Salud.

Introduction

Transgender people are those in whom the biological sex at birth does not correspond with their gender identity¹. They are a group that live outside the standards of gender and sexuality imposed by society, for this reason, they are vulnerable to the guarantee of their basic rights, especially in health.¹⁻²

It is not yet possible to measure the exact number of transsexual people in society, old studies showed that one in every 45,000 people were transsexuals, however, recent studies have shown that this number can be 10 to 100 times higher.² Homophobia still presents as one of the major problems that affects this group, in this same perspective, authors such as Junqueira et al³, reports that it is one of the challenges for the access of this group to health services.

This group presents numerous challenges to be accepted by society. Primary care is the main gateway to the Unified Health System (SUS), and where the patient stays longer, even so, the lack of preparation and transgender people in the services is one of the reasons for distancing the public from health care⁴. Thus, several strategies were created to attract them to health services

One of them was the use of the social name, this strategy, emerged as a tool to promote the access of transsexual people to the health service, favoring the welcoming by the professionals and the establishment of the professional-patient bond, a binomial that is important with regard to the permanence in the health service.⁴ Favoring the use of the social name by users provides the development of welcoming, which when feeling recognized the user feels comfortable to access the services.⁵

The National Policy for the Integral Health of the LGBTQIA+ Population was created with the objective of ensuring the equity of the SUS, allowing this population to have greater access to health services, in addition to reducing the prejudices it affects¹. Transsexual people have unique health needs and demand care with a multiprofessional approach, as they demand specific actions, such as hormonal therapies, mental health care and other surgical procedures⁶.

Nursing professionals have an important role in the care of transsexual people, since, as pointed out in the study by Duarte et al.⁷, about 65% of the nurses in a hospital unit have already provided care to this group. The nursing team presents itself as the most quantitative professionals in the hospital units, being a reference from beginning to end, both in hospital and outpatient care, so they must be prepared to ensure efficient and safe care for the transsexual population².

The importance of nursing as an essential profession in health services has the role of appropriating the knowledge necessary to meet and provide humanized care, in order to contribute to the reduction of inequalities and strengthen the single health system as universal, integral and equitable, making this group feel welcomed². In this perspective, Lima et al.¹ report that there are deficiencies in nursing care in this group, the main ones being related to conduct during care, how to call these patients and the discussion about their sexuality, because they are afraid of causing embarrassment to the patient.

In view of the above, starting from the question, "what is the evidence in the literature on nursing care to the transsexual population in primary care?", the

present objective of this study is to analyze the evidence in the literature on nursing care for the transsexual population in primary care.

Method

This is an integrative literature review, carried out through the steps presented by Mendes et al.⁸: Establishment of criteria for inclusion and exclusion of studies; Definition of the information to be extracted from the selected studies; Evaluation of the studies included in the integrative review; Interpretation of the results and presentation of the review.

After the identification of the theme, the following guiding question of the research was elaborated: "What is the evidence in the literature on nursing care to the transsexual population in primary care?". In order to answer the guiding question, the following descriptors were selected: Nursing Care; Transgender People and Primary Care Nursing, through the standardized descriptors of the Health Sciences Descriptors (DeCS). We used the search for the articles by crossing the descriptors in pairs and finally the combination of the three total descriptors was used.

The collection took place between the months of February and May 2022 and was carried out by the online search of articles through the Virtual Health Library (VHL), using the databases: Latin American and Caribbean Literature in Health Sciences (LILACS) and the Online Scientific Electronic Library (SCIELO). For the composition of the sample, the following inclusion criteria were established: articles published in the last 5 years; in Portuguese; having been performed specifically in nursing care to the transsexual population in primary care and being available in the selected databases. Theses, dissertations, technical standards manuals, other reviews and duplicate articles were excluded.

Results and Discussion

After crossing the descriptors, 18814 articles were found, of which 18,213 in the VHL, 571 in SCIELO and 30 in LILACS, as shown in Chart 1. The selection of articles using the inclusion and exclusion criteria is described in Chart 2. Those that were repeated in more than one database or in the virtual library were computed considering the following hierarchical order according to the number of publications in the databases: SCIELO, VHL and LILACS. The final sample consisted of 2 articles, one from the VHL and one from LILACS, as illustrated in Figure 1.

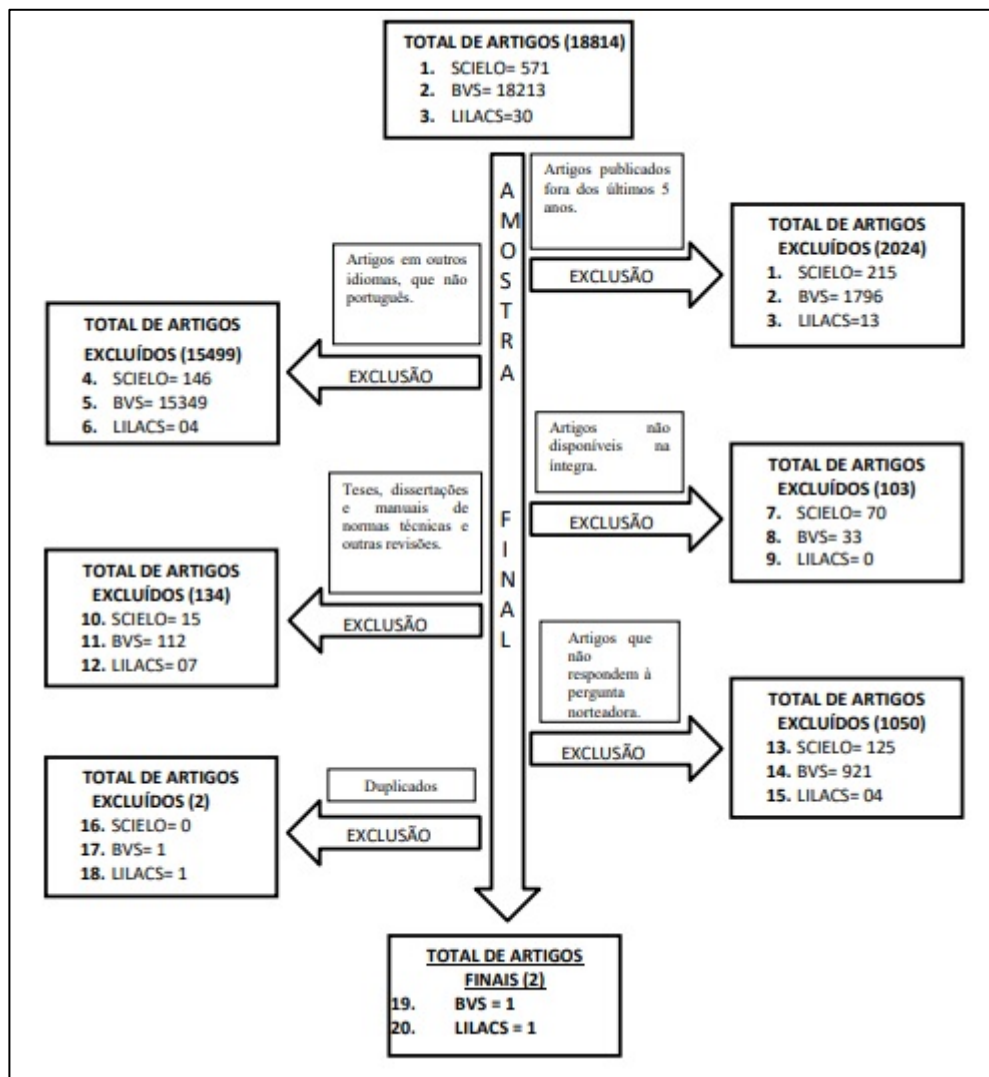
Table 1- Articles found in the databases with their crossings.2023.

Descriptors	Scielo	Bvs	Lilacs
Nursing Care AND Transgender People	07	109	04
Nursing Care AND Primary Care Nursing	562	18.093	26
Transgender People AND Primary Care Nursing	02	06	00
Care of nursing AND People transgender AND Nursing Primary care	00	05	00
Total	571	18.213	30

Chart 2- Justification for exclusion of articles according to the inclusion and exclusion criteria. 2023.

Criteria	Scielo	Bvs	Lilacs
Articles in other languages	146	15.349	04
Published articles out of the last 5 Years	215	1.796	13
Theses, dissertations and manuals of technical standards and other revisions	15	112	07
Articles not available in full	70	33	00
Articles that do not answer the guiding question	125	921	04
Duplicate articles	00	01	01
Deleted Articles	571	18.212	29
Included Articles	00	01	01

Figure 1- Article selection flowchart. 2023.



The sample of this integrative review had a total of 2 articles that answered the guiding question of the study. One article belongs to the VHL and the other to LILACS, as shown in Chart 3.

Table 3- Main results in the article on nursing care to the transsexual population in primary care. 2023.

Authors and Year	Title	Database	Objective	Results
Sehnm GD, Rodrigues RL, Lipinski JM, Vasquez MED, Schimidt A 2017	Technical-scientific (un)preparation for the care of transvestites: perceptions of nurses	BVS	Know the Perceptions of (the) nurses (the) about the Transvestites and the preparation technical-scientific for watch them.	A resistência e a desinformação dos profissionais de saúde na utilização do nome social demonstram constantemente a violação dos direitos. A assistência prestada à população LGBT pelos profissionais de saúde não

				se encontra conforme a Política Nacional de Saúde Integral. Configurando como violência a não utilização do nome social da população transexual no atendimento básico de saúde.
Reis PSO, Neves ALM, Therense M, Honorato EJS, Teixeira E 2021	Veiled transphobia: meanings produced by nurses about the reception of transvestites and transsexuals	LILACS	Understanding the senses produced by Nurses about reception of transvestite persons and Transsexuals at Primary care	After the implementation of specific health policy of the transsexual population, was evidenced the disrespect to the social name: veiled transphobia. However, diagnosed as pathologizing in the process transsexualizing, therefore preventing universal and comprehensive access for transgender people to basic health care

In view of the analysis of the articles, the lack of technical-scientific preparation in the care provided to the transsexual population was evidenced. It was notorious that there are still discriminations of the professionals of the basic units towards this group and even the ignorance of what it is to be a transgender person.⁸

Weaknesses were found in care, in which the population has not found answers to their health demands, a fact that ends up making this public a victim of prejudice in primary care services. This ends up causing a detachment, weakening the bonds and harming the quality of care.²

It was evidenced important gaps that come from the academic formation, in the unpreparedness and lack of knowledge about sexuality, in which nurses provide superficial care, limiting only to curative care, discarding the holistic aspects of the patient. This impairs the performance of qualified care and removes the demand of this public from primary care⁸.

According to the data obtained, it is noteworthy how fragile nursing care to the transsexual population is. A neutral position of not making a difference in the reception of nursing practices with transvestite and transsexual people may reflect the invisibility of the issue in nursing education, as it can produce these meanings in professionals when providing quality care.⁹

It was exposed in the study that the greatest difficulty of the nurse is in the use of the social name, causing embarrassment for the professional when not knowing how to deal with simple issues⁹. It was evidenced that the lack of quality reception to this population is a guide for them to seek easier means to solve their health problems and the lack of recognition to their social name is one of the major causes of this group not seeking the basic health units. And it is notorious

the difficulty on the part of nurses to deal with the transformations and information about this population.¹⁰

Conclusion

Scientific production on this theme is still scarce, evidencing the need for further research on the subject. The articles show that the theme is not addressed during graduation, showing that training is necessary so that these professionals have a better approach to the transsexual public and understand their definitions. It is still possible to observe that among the factors that distance them from health care services, the main ones are the lack of recognition and the guarantee of the right to use their social name. In view of the above, it is recommended, therefore, an improvement in the assistance to the transsexual population, giving visibility and respecting the use of the social name, thus strengthening the bond of this population in Primary Care.

Aknowledgment

This study was funded by the authors themselves.

References

1. Lima JCG de, Oliveira NS, Morais AL de J, Teles W de S, Silva MC da, Torres RC, Barros Ângela MMS, Azevedo MVC, Santos Junior PCC, Debbo A, Calasans TAS, Silva MHS. Knowledge of the nursing team regarding transgender patients. RSD [Internet]. 2021; 10(10):e01101018394. doi: <https://doi.org/10.33448/rsd-v10i10.18394>
2. Rosa DF, Carvalho MV de F, Pereira NR, Rocha NT, Neves VR, Rosa A da S. Nursing Care for the transgender population: genders from the perspective of professional practice. Rev Bras Enferm [Internet]. 2019Jan;72:299-306. doi: <https://doi.org/10.1590/0034-7167-2017-0644>
3. Junqueira RD. Homofobia: limites e possibilidades de um conceito em meio a disputas. Bagoas. [Internet]. 2007; 1(1): 1-22. Disponível em: <https://periodicos.ufrn.br/bagoas/article/view/22>
4. Ministério do Desenvolvimento Social e Agrário (MDSA). Garantia da utilização do nome social para pessoas travestis e transexuais. Brasília: 2016. Disponível em: http://www.mds.gov.br/webarquivos/publicacao/assistencia_social/Folders/cartilha_nome_social.pdf.
5. Silva LKM, Silva ALMA, Coelho AA, Martiniano CS. Uso do nome social no Sistema Único de Saúde: elementos para o debate sobre a assistência prestada a travestis e transexuais. Physis [Internet]. 2017 jul; [cited 2019 jul 17]; 27(3):835-46. doi: <http://dx.doi.org/10.1590/s0103-73312017000300023>
6. Coleman E, Bockting W, Botzer M, Cohen-Kettenis P, DeCuypere G, Feldman J et al. Standards of care for the health of transsexual, transgender, and

gendernonconforming people, version 7. Int J Transgender [Internet]. 2012 [cited 2017 Jun 2];13(4):165-232. doi: <https://doi.org/10.1080/15532739.2011.700873>

7. Duarte DD, Carvalho Queluci G, Ferreira H, Chiszostimo MM. The nurse's respective in trans-person care. Res, Soc Develop. 2020;9(4):5. doi: <https://doi.org/10.33448/rsd-v9i4.2845>

8. Sehnem GD, Rodrigues RL, Lipinski JM, Vasquez MED, Schimidt A. (Des)preparo técnico-científico para o cuidado às travestis: percepções de enfermeiras(os). Rev Enferm UFSM [Internet]. 11º de setembro de 2017 ;7(2):236-47. doi: <https://doi.org/10.5902/2179769223649>

9. Reis PSO, Neves ALM, Therense M, Honorato EJS, Teixeira E. Transfobia velada: sentidos produzidos por enfermeros en la recepción de travestis y transgender. Revista de Pesquisa: Cuidado é Fundamental. 2021; 13: 80-5. Disponível em: <http://ciberindex.com/c/ps/P08008>

10. Lovison R, Ascari TM, Zocche DAA, Durand MK, Ascari RA. Travestis e transexuais: despindo as percepções acerca do acesso e assistência em saúde. Enferm. Foco 2019; 10 (5): 167-172. doi: <https://doi.org/10.21675/2357-707X.2019.v10.n5.2370>

Corresponding author

Carlos Antonio de Lima Filho
Prof. Moraes Rego Av., 844-900. Zip: 50670-420 -
University City. Recife, Pernambuco, Brazil.
cttoni2000@gmail.com