

SPOR Evidence Alliance Seed Grant Impact Story



Lead:

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Project Supervisor:

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Project:

Incorporation of recommendations for gender-diverse people in clinical practice guidelines: A review of traditionally sex-binary guidelines and recommendations

What key learnings did your seed grant funded project reveal?

- Existing guidelines often focus solely on cisgender individuals; there is little guidance for trans and gender-diverse patients.
- There does, however, seem to be a slight shift by time with more guidelines at least acknowledging that they are relevant to trans and gender-diverse populations, but there is a lack of evidence to provide any formal recommendations or implementation guidelines.
- At least one clinical practice guideline did mention medical techniques that could be used with individuals who had undergone gender-affirming surgery.

How will your findings benefit the health research environment?

- To our knowledge this is the first study of its kind to examine trans and gender-diverse individuals' inclusion in clinical practice guidelines.
- This study emphasizes the need for more inclusive guidelines, including making recommendations or describing that there was insufficient evidence.

How did you disseminate your findings?

- Preliminary findings have been disseminated via presentation at the KT Canada Seminar Series and Guideline International Network (GIN) Conference.
- There are two planned manuscripts, the first of which will be submitted soon for peer-review.
- We also plan on submitting our findings to various guideline groups.

What influences did the seed grant opportunity have in your subsequent research endeavours?

- The seed grant enabled me to network with research mentors and collaborators. Through these relationships I have joined other grant funded projects as a co-investigator.

What successes and milestones did the opportunity help you realize in your professional development?

- This seed grant has led me to being co-investigator on several grants.



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