



Seminar 10

Sunday, 8 December 2019 • 09:00 – 10:30 • Function Room 1 (2/F)

Patient Centric Approach to LGBT Patients in Clinical Practice



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CEO, Founder & Medical Director of Neo-Health Group

Dr. Francois Fong is founder and medical director of Neo-Health Group and Hong Kong Sexual Health Centre, the first integrative private sexual health clinic in Hong Kong. He is senior advisor for Aids Concern and Chairman of NGO Action For Reach Out, Honorary Clinical Assistant Professor of University of Hong Kong and The Chinese University of Hong Kong in Family Medicine. Dr Fong had received training in Australia from Monash University and University of Sydney and Master in Family Medicine, Master in Health Science (Sexual Health) and FRACGP.

Dr. Fong has been working with the LGBT community for over 10 years in Hong Kong with various community education and services programs and supporting many different NGOs, AIDS Concern, AIDS Foundation, Gay Harmony, Big Love Alliance, Action for Reach Out, Society of Rehabilitation and Crime Prevention, Society for AIDS Care, Hong Kong Rainbow locally, as well as overseas LGBT organizations in Taiwan, Thailand and China.

Based on population survey in US, 4.5% of the population identify themselves as lesbian, gay, bisexual and transgender (LGBT) and amongst Asians, 4.9% self-declared to be LGBT. There has been a steady increase in the proportion of adults identifying themselves as LGBT with a significantly higher proportion up to 8.2% amongst the younger age group.

There are special health needs among LGBT patients, however, physicians commonly do not enquire about patients' sexual orientation or sexual identity. Many physicians feel uncomfortable or even awkward to ask such questions. Communication skills, non-judgmental mind-set and patient-centered approach are essential in providing high quality and equality care to LGBT patients.

Sexual and mental health are two key areas where special attentions are required for LGBT community. But first we need to identify LGBT patients, yet not making them feel being treated in a different way. This seminar aims to go through some of the common problems faced by LGBT patients using health services. How to take history regarding sexual orientation and sexual identity without causing patient's embarrassment or discomfort? Often speaking the same language helps to break down barriers. What are some of the common jargon LGBT community uses? How to make the practice LGBT friendly? What else can be done for the LGBT community as a physician?



Mr. Henry E TSE

Chairman, Transgender Resource Centre

As a transman born and raised in Hong Kong, Henry filed a judicial review in 2017 to challenge the Hong Kong Government on its current coercive policy on full sex reassignment surgery. He uses himself as a vehicle to push the Government to enact gender recognition legislation for the better lives of the transgender community. Henry has been proactive in engaging various stakeholders on this subject by sharing his story with universities, companies and religious groups. He also spoke at Legislation Council conferences, and at annual LGBT+ events such as the Pride Parade and Pink Dot to urge for action. His vocal activism and bravery have raised public and media awareness on the rights of transgender persons and have made positive impact on trans inclusion.

In 2018, Henry won the Transgender Inclusion Champion Award presented by Community Business. Currently, Henry is the Chairman of Transgender Resource Center.

Many doctors may not have had experience with treating transgender patients and may encounter difficulties in approaching them. We have invited Mr. Henry Tse, Chairman of Transgender Resource Centre to discuss how doctors can create a friendly and safe environment for transgender persons.

The first thing we do on approaching patients is greeting them. With transgender persons we should refer to them by the name and pronoun associated with their gender identity and use gender inclusive language with non-binary pronouns or anatomical terms. Respect is foremost in treating transgender persons as for other patients and we should get to know the person and concentrate on the care they need.

Knowledge wise, apart from general medical problems, transgender persons may have specific medical problems related to hormone treatment, bottom surgery with possible complications and body dysphoria. Individuals have very different transition journeys and Mr. Henry Tse will share his personal journey and knowledge about the transgender community.