

The Ambulance Service Trans Toolkit



Book 2 - Better Care to Trans Patients: Test Your Knowledge

1. **Which of the following has been identified as an issue when handing over trans patients in A&E?**
 - a. Inappropriate discussions around gender identity
 - b. Being made to wait a long time
 - c. Issues around confidentiality of persons trans history
 - d. Staff being transphobic

2. **If a patient phones 999 or NHS 111 and you are unsure how to address them what should you do?**
 - a. Ask them how they wish to be addressed
 - b. Assume how to address them
 - c. Ask them if they are transgender
 - d. Tell them they have an androgynous voice

3. **A woman rings 999 and explains her sister has fallen down the stairs. When you ask for a name the woman says "his name is James". What pronouns should you use for the patient?**
 - a. She/Her b. Him/His
 - c. They/Them d. Ask if the patient is a male or female

4. **Which of these is considered a risk of binding?**
 - a. Mis-shapen chest
 - b. Cardiac problems
 - c. Problems with the spine
 - d. Breathlessness and respiratory infections

5. **What is the maximum recommended time a trans male person should wear a binder for?**
 - a. 12 hours
 - b. 6 hours
 - c. 10 hours
 - d. 8 hours

6. Which of the following is a possible health risk associated with the practice of tucking?

- a. Skin irritation and fungal infections
- b. Overheating
- c. Breathlessness
- d. Abdominal pain

7. What does the acronym STP stand for?

- a. Secure Trans Provider
- b. Self Trans Plan
- c. Self Tape Plan
- d. Stand to Pee

8. Trans people only ever attempt self-harm on their genitals. True or false?

- a. True
- b. False

9. Which of the following is an additional risk factor for suicide faced by trans people?

- a. Alcohol and drug misuse
- b. Discrimination and transphobia
- c. Loss of relationship
- d. Money and debt problems

10. Which of the following is an additional protective factor to prevent suicide amongst trans people?

- a. Lack of social support
- b. Access to effective care
- c. Access to effective and inclusive care
- d. Restricted access to lethal means

