

# Talk To Me

## USING SIMULATION TO INCREASE KNOWLEDGE AND AWARENESS OF INDIVIDUALS WHO IDENTIFY AS TRANSGENDER

Cindy Wallace DNP, MBA, APRN, FNP-BC, AAHIVS AAHIVS

### PROBLEM INTRODUCTION

- 1.6 million people in the united states identify as transgender (CDC, 2022)
- Lower rates of healthcare seeking behaviors among individuals who identify as transgender due to the stigma conveyed when accessing the healthcare system
- There is a lack of LGBTQ specific knowledge by medical providers
- Inadequate training and implicit bias of nursing and healthcare providers are contributing factors

### PURPOSE

To increase awareness and provide education of the primary healthcare needs of individuals who identify as transgender in nursing curricula.

### CONCEPTUAL FRAMEWORK

Unfreeze → Change → Refreeze



### LITERATURE REVIEW

#### Main Themes

Knowledge Gaps

Transphobia

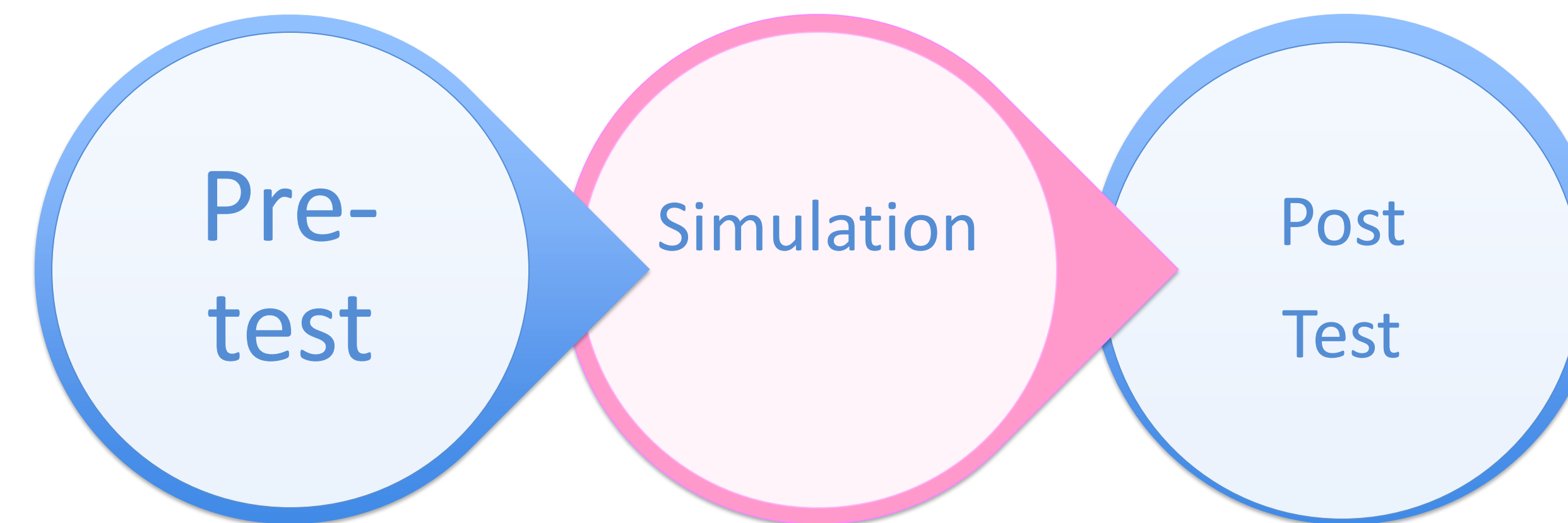
Patient Experiences

Lack of Confidence

Nursing Empowerment

Barriers to care

### PROJECT METHODS



### GOALS

- Increase nursing student knowledge of individuals who identify as Transgender and gender affirming care.
- Enhance confidence and empower nursing students to provide care to individuals who identify as transgender
- Raising awareness of health challenges and obstacles to healthcare experienced by those who identify as transgender.
- Promote advocacy and enhancing positive patient experiences .

### FUTURE PLAN

- Fall 2024 & Spring 2025 –Leadership and Management Practicum Course
- 32 students/TBA
- Simulation will be conducted by clinical faculty in conjunction with simulation team.
- Learners will receive a copy of the simulation in advance
- Pre- Sim Prep Questions will be completed and submitted before simulation begins
- Participants will complete Pre-Test before simulation begins
- Participants will complete simulation
- Simulation team/Faculty will debrief with students
- Simulation Post test

### IMPACT ON PRACTICE

To increase awareness and education in the care of this special population and decrease the barriers in health care that may lead to health care disparities

Creates a safe space for individuals who identify as transgender to be welcomed and seen

Providing supportive tools for student nurses to provide, professional culturally sensitive care to transgender patients

### EVALUATION

After pre and post surveys are complete , data will be collected and analyzed

### REFERNCES

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Additional References Provided



## Talk To Me

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### Biography

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**Dr. Cindy Wallace is a compassionate faculty member and practitioner who has been devoted to patient care for twenty years. She also serves as a Clinical Assistant Professor and Semester V Coordinator at Prairie View A &M University College of Nursing, where she is instrumental in the education and development of future nurses. She believes education provides knowledge that stimulates growth, and the ability to teach young minds is a gift. As an instructor, she believes “students may come to us as blank slates. We have the power to help them add words to the page. My teaching objectives are to foster critical thinking skills, facilitate the love for lifelong learning and development, and prepare students to function as competent graduate nurses.” She believes learning is a journey not a destination.**

**She holds a Bachelors and Masters of Science in Nursing from Prairie View A&M University and a Doctor of Nursing Practice and Masters of Business Administration from Southern Illinois University Edwardsville. Dr. Wallace is a national board-certified Family Nurse Practitioner credentialed by the American Nurses Credentialing Center and the American Academy of HIV Medicine.**

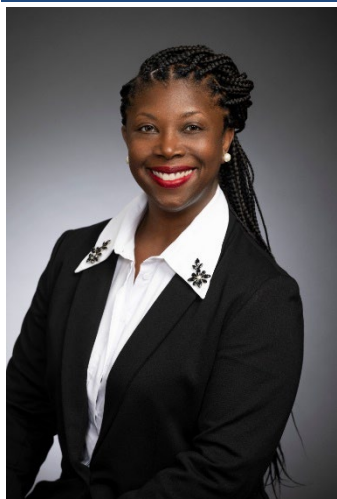
**Dr. Wallace is currently a nurse practitioner at Thomas Street where she provides high-risk Obstetrics and maternal fetal medicine care to pregnant mothers. For over ten years she was employed by Hope Foundation, where she provided quality services to reduce health disparities within Houston, Texas.**

**Her foundational platform was at The Woman’s’ Hospital in the Texas Medical Center as a labor and delivery nurse, which set the tone for her exceptional practice. Dr. Wallace has had the opportunity to practice in several areas of healthcare, including forensics, women’s health, pediatrics, transgender and HIV care. Her passion is serving disadvantaged and disenfranchised populations and improving their health outcomes and self-maintenance.**

**She is a member of Sigma Theta Tau International Nursing Honor Society Eta Delta Chapter, the International Association of Forensic Nurses, the Association of Nurses in AIDS Care, The World Professional Association for Transgender Health and Nurses Against Human Trafficking.**

### Contact Information

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