

The Padlet activity is done in groups of about 4-6 people each. The Padlet has the instructions for the activity, resources to help complete it, and questions for each group to answer as they work. This allows the instructor to see materials as they come in and utilize an asset model of teaching to expand on the useful answers and materials that the students share.

The scenario and the reason it is important is described to the students so it is suggested that if you do not have familiarity with this topic that you utilize a different one. To help establish why this conversation is so important the instructor goes through the “Materials to Help Understand the Topic” and as a group we watch the [Black Forager video](#).

Directions for the Activity

The Set Up

Each group will be working with the same prompt and scenario to find resources that can assist you in answering questions and giving advice. You will be reflecting on how these resources help answer your question and speak to the considerations outlined in the "Providing inclusive Care and Services for the Transgender and Gender Diverse Community: A Pharmacy Resource Guide"

- With a link to the [Transgender and Gender Diverse Pharmacy Resource Guide from the Human Rights Campaign and APHA](#).

The Scenario

You have a Transgender woman patient come to you with concerns over their anxiety. They don't want to start taking additional medications with their current hormones. They are interested in trying milky oats to help relieve some of the stress before they try another medication. As a group please...

- Find a resource that discusses the necessary components to help your group make a decision on what advice to give the patient from each of the following:
 - An academic voice
 - The news media
 - The lived experience of a person sharing similar identities
 - A patient centered healthcare resource
 - A drug information portal source that gives options for possible medications they can utilize

Sources

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- The lived experience of a person sharing similar identities
- A patient centered healthcare resource
- A drug information portal source that gives options for possible medications they can utilize
- List your sources (you can put a citation, a link, or the full title of the item) here by clicking on "add comment". Please put your group number.

Evaluating the Source

Please explain how the resources you selected addressed the six qualities of gender affirming pharmacy care outlined in the guide. Click on "add comment". Please put your group number.

Talking to the Patient

What is your advice to the patient? How did your group combine the information you found to present your advice to the patient in an inclusive way? Click on "add comment". Please put your group number.

Final Group Reflection

Did reviewing the guide change your thoughts on any of the resources in terms of their quality? Click on "add comment". Please put your group number.

Materials to Help Understand the Topic

- Exploring Marginalized Voices Handout by Aneta Kwak, Jeff Newman, and Mikayla Redden is licensed under a [Creative Commons Attribution-Non Commercial-Share Alike 4.0 International License](#) (attached but this is a Word doc so cannot link here)
- [Black Forager Video](#)
- [The Centuries-Old Secret of Gender-Affirming Herbalism](#) news story/interview
 - This quote is highlighted "As a neurodivergent person with high levels of anxiety, the healer employs natural solutions to ground their emotions and ease their stress. The calming quality of herbs like milky oats to relieve anxiety, mugwort to aid sleep, and maypop to connect with one's body is no small thing in a time when the state threatens the lives of trans people daily. As preventative care, Vallis observes how the benefits of herbs strengthen with prolonged use, especially chamomile, lion's mane, and turkey tail mushrooms."
- [Transgender/gender nonconforming adults' worries and coping actions related to discrimination: Relevance to pharmacist care](#) - Scholarly article
 - This quote is highlighted "High degrees of depression risk and anxiety were reported along with low self-reported health status. Most used pharmacist services with 41.6% reporting worry about discrimination associated with such services. About half (52.5%) reported pharmacists as having very little or no competency in providing gender-affirming care"

- [Transgender and Gender Diverse Pharmacy Resource Guide from the Human Rights Campaign and APHA](#)
- [Complementary, Traditional, and Alternative Medicine](#) Guide

Final Individual Reflection

What was one thing you were excited to discuss today and what was one thing you were excited to contribute today? Click on "add comment".