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A HERMENEUTIC PHENOMENOLOGICAL STUDY TO EXPLORE THE LIVED IN EXPERIENCE OF ADULT TRANSGENDERS IN ACCESSING HEALTH CARE SERVICES FROM PUBLIC INSTITUTIONS IN PUDUCHERRY INDIA

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Abstract

The researcher conducted a qualitative study among adult transgenders to explore the lived in experience of accessing health care from public institutions in Puducherry, India. The main objectives included to explore the lived in experience of the transgenders, to determine the experience and stigma and to describe the problems and challenges faced by the transgenders in accessing the health care. The researcher adopted hermeneutic phenomenological design. A semi-structured interview method was adopted to get the data among ten adult transgenders from Puducherry who were purposively selected for the study. Each participant was interviewed twice for 45-60 minutes. The collected data were digitally recorded and were transcribed into data. The initial analysis was made by Computer assisted Qualitative data analysis software NVivo9.0 and then was manually analyzed. The result finding included five major themes. The themes include 1. Transgenders: Who am I? 2. Transgenders: A Social Element, 3. Transgenders: The unmet Social Needs, 4. Transgenders and the health care team members: the self-invited relatives 5. Transgenders and the health needs: the unidentified gap. The study findings

demonstrate the stigma and discrimination felt by the transgenders in the health institutions and the need for the focus on the transgenders health. The final results of the study shows that the transgenders though the less representation of the population face more health related problems due to inability to access the health care services from the public institutions due to the gap in the health facilities and the needs of the transgenders. The motto “Health for All” though is a target in the recent times, is still a fairy tale for most of the transgenders accessing health in Puducherry and all other states of India.

Keywords

Transgenders, Transgenders Health, Utilization of Health Services, Access to Health

1. Introduction

India is well known for its cultural and ethical background with its lot of mythical and mythological beliefs (Iimtc.com, 2016). In *Shivapuranam* (Hinduonlineco, 2016) a well-known Hindu mythology, where Shiva, the god of destroyer transforms himself into a transgender to express the importance of women empowerment. So the identity of the transgender is considered to be Deities in India. To this concept, controversially, “Hjra” a common word for referring transgender in India, whose acceptance in the society as one among the people is still a taboo (Gayatri Reddy, 2005). With such a twisted ideology of transgenders of being god and an “unaccepted” being in India has made both the common people and the transgenders to be an unsolved mystery.

Transgender is an umbrella term for persons whose gender identity, gender expression or behavior does not conform to that typically associated with the sex to which they were assigned at birth (Apa.org, 2016). Gender identity refers to a person’s internal sense of being male, female or something else; gender expression refers to the way a person communicates gender identity to others through behavior, clothing, hairstyles and voice or body characteristics (Genderdiversity.org, 2016).

Though, legally transgenders have been recognized and accepted in our society as a separate gender from 2013 and allocation in government institutions for education and job vacancies (Yogita Limaye, 2015). There is still reluctance in accepting them in the society as one. Even most of the transgenders themselves feel reluctant to come into the society and being exposed as an individual person (Gendertree.com, 2016). The saddest part of this is transgenders

feel reluctant to approach and to receive even the basic health care from primordial till the rehabilitation services rendered by the Government.

As health care professionals we do know that health is for all and government is focusing to care the entire population from cradle to coffin (Nick Triggle, 2014). But important yet ignored group of the society, “Transgenders” are off the list of getting these programmes and services. It is not because that the government is not providing or not including transgenders in the services rendered by them. But the transgender themselves withdraw from getting such services for the fear of being identified and the stigma prevailing in the society (Human rights campaign, 2016).

In the current decade, after significant revolution, transgenders are now coming out with colorful success and heights of achievements in all the streams - from health care professionals to NGO presidents, from school teachers to university professors, from an authoritative officer to a caring parent (Feminain, 2016). Everywhere transgenders are being recognized and are being encouraged to achieve heights. But all these success is just a head start; there are thousands of transgenders, who are still a victim of stigma in this country (Cdcgov, 2016).

The researcher also feels that the health seeking behavior of the transgender is very poor and the health problems of the transgenders are being ignored both by the health care providers and the health care seekers. So the researcher is keen in understanding the lived in experience of transgenders in health seeking behaviors. The objectives of the study were:

- Explore the lived in experience of the transgenders in accessing health care services from public institutions
- Explore the experience of stigma and discrimination in accessing health care services from public institutions
- Explore the problems and challenges experienced by transgenders in accessing health care services from public institutions

2. Method

A 22 item interview guide (see Table 1) was designed from the published medical literatures which were critically evaluated in formulating the items of the interview guide. The

consumer assessment healthcare provider and systems (CAPHS) – Adult Primary Care questioner (Carolyn Buppert, 2005) was reviewed for the better understanding of the knowledge, attitude and practice of accessing and utilizing public health institutions. The items inquiring the stigma, discrimination, Problems and challenges faced by the transgenders while accessing the health care institutions were reviewed from the WHO – QOL tool (Whooint, 2016) and GLBT Health Access Project tool (Glbthealthorg, 2016). The interview guide then was reviewed by seven research experts, one Social Health Worker and one Transgender Social Activist. The study was then reviewed and approved by the institutional review board, Mother Theresa Post Graduate and Research Institute of Health Sciences, Pondicherry University, Puducherry, India.

Table 1: 22 Item Interview Modulator Guide

<i>Sl.No.</i>	<i>Items</i>
1.	What is your idea about health?
2.	Where can we access health?
3.	How is the health delivered to the public in India?
4.	What is your view about your health?
5.	How do you like to describe your health and illness in terms of influencing you activities of daily work?
6.	What is your opinion about the study?
7.	What do you think about transgender and health?
8.	Is there anything the Indian government has to focus on the health issues of the transgenders?
9.	Share your experience of being a client in a district hospital or a tertiary care center.
10.	Tell about the experience of being a client in a private hospital
11.	How would you relate the care provided in a government and a private hospital
12.	What are all the problems faced by you while accessing a health facility
13.	Explain you satisfaction with the care of the nurse
14.	How do you view the care of other paramedical staffs in hospital
15.	Describe the most embarrassing situation in the hospital which you have faced with
16.	Tell the experience of how the health care team members perceive you as a transgender
17.	Have you ever discriminated in a hospital. If so please share your feelings
18.	Tell any positive idea of solving the issue
19.	What is your view on taking the issue to the government
20.	What do you feel about the governmental policies regarding transgenders
21.	How do you represent the problems faced by the transgenders and the reaction given by the public and the government?
22.	What is your future vision about the transgenders and health

The important and the reliable tool of a qualitative study is the investigator himself (Max Van Manen, 2014). The author conducted a hermeneutic phenomenological study among ten adult transgenders residing in Puducherry, India who were purposively selected for the study and who have frequent experience of accessing health from both public and private health institutions. The author conducted ten face-to-face, in-depth semi-structured interviews spanning 45-60 minutes twice and followed by a telephonic interview to explore the lived in experience of adult transgenders in accessing public health institutions. For the convenience of the study participants, the interview were conducted in the participants home (n=6) and in transgender community center (n=4). All the interviews were audio recorded using digital audio recorder with side-by-side field's notes of the non-verbal gestures then transcribed and were coded. All the participants were given pseudo names. All the details about participants including the name, informed consent and the contact number were digitally stored in a password protected personal computer which is accessible only by the author and the review board.

The audio recorded data were transcribed by the researcher and one anonymous person (who are not related to the study). Then the transcribed data were converted into Microsoft Word Document to use it in the Computer Assisted Qualitative Data Analysis Software NVivo 9.0 to find the initial nodes. After finding the nodes, the data were manually analyzed and categorized in finding the themes and the sub themes. The analysis of the nodes included conducting thematic analysis, isolating the thematic statements, composting linguistic transformation, determining essential themes, writing and rewriting.

3. Results

Ten adult transgenders were purposively selected for the study. The majority of the participants (60 percent) were in the age group of 23-27 years and two (20 percent) were from the age group of 18-22 years and two (20 percent) were from the age group of 28-32 years. Most of the participants (60 percent) were from the urban areas of the Pondicherry and four (40 percent) participant were from the rural areas of the city. Out of ten participants, one (10 percent) graduated, five (50 percent) attended higher secondary school, one (10 percent) have attended high school and three (30 percent) have attended primary school. About five (50 percent) of the study participants are unemployed, three (30 percent) participants work in a private institution and two (20 percent) do business.

After in-depth analysis of the transcripts the researcher emerged with five essential themes which included: 1. *Transgenders: Who am I?*, 2. *Transgenders: A Social Element*, 3. *Transgenders: The Unmet Social Needs*, 4. *Transgenders and the Health Care Team Members: The Self-Invited Relatives* and 5. *Transgenders and the Health Needs: The Unidentified Gap*.

Theme 1 - Transgenders: Who am I?

According to the researcher, transgenders have a big problem in understanding self as themselves. They are somehow been blinded by the smog of confusion which they don't understand easily.

There are three thematic statements that composes the theme “ Transgenders: Who am I?”. They are (a) knowledge on health, (b) self-discrimination and (c) strive for love and belongingness.

Knowledge On Health among transgenders is variant. Though they have some knowledge on the self-health care, the participants represent a deprived knowledge on health may be the result of poor exposure to health care services and low educational status. During the interview session T.G Ruth deliberately finds that she has very little knowledge on health care center or health providers.

No... I have no idea about what you are asking about... primary health center are small clinic that's all I know... but I don't know anything more than that... I usually get treatment from a private clinic nearby my home ... and I have never been to primary health centers ever... may be in childhood.. but not to my knowledge..

Self-discrimination is one of the major reason why transgenders are not being treated among the society. When the transgenders themselves are not ready to accept them as one among the society then how would the society accept them as one among them? TG April disclosed about why she do not like to go into a public institution for health.

Actually... I have never been to a public hospital... I have heard from other transgenders that they treat us in a cheap way... I fear that what if they question me?? Or hurt me?? Or don't accept me??.. these fear runs all the time whenever I think of government hospitals...

Strive for love and belongingness is another reason why transgenders do not go to government hospitals as in a government hospital a patient by-stander is needed always but, most of the transgenders are people rejected by the family. So they mostly ignore getting treated or least gets treated for their illness.

So the main thing will be this.. like... if I get ill... I will tell about my community itself... say if I have acquired a simple fever.. if it is a male or a female... their family will be very supporting in caring them... like... a sister will take care or a brother... any family member will take care of the person who is not well.. but in transgenders... there are no such persons to care if we are ill...

Theme 2 - Transgenders: A Social Element

Every human is also called as a social being. Transgenders face lot more problems when they are considered as a social member of the society.

There are three thematic statements that compose the theme. They are: (a)Discrimination, (b) Knowledge, (c) Societal norms and tradition

Discrimination of the transgenders by the society has been pivotal in changing the attitude of the transgenders over the society and the society's attitude over transgenders. Discrimination is the common thing which a transgender faces daily in her life everywhere. TG Joan sobs on the discrimination she felt.

Before getting placed in a job, my common source of income was clapping and collecting money... and even use to go to some marriages.. As they will invite us to bless the newlywed couple.... But there in the marriage ceremony most of the people see us as beggars who came only for money... they don't say it mostly.... But the look they give or the attitude will show what they actually feel towards me...

Knowledge about the transgenders among the society is still lagging. The society or the people as such have no idea about the transgenders. They think that they have wantedly changed into females as they love to be so, but don't understand the physiological and hormonal changes taking place in the body. TG Jessie describes,

Not only that.... they speak in an irritating way..... like “how come you are so beautiful ↑exactly like a woman????” “what are you doing to become such beautiful??” “why are you doing this???” words like... which easily irritates me.....

Societal norms and tradition in a democratic country like India having diverse religious views and patterns; it becomes the most burdens to the transgenders. TG Sheena regrets for being a Muslim.

Like jamath (a muslim community of people who focuses on preaching Islam to people), will not take your “maiyyath”.... or will not attend your death ceremony or will not take the dead body and things like that... I my home for the past 3-5 years my family has joined in the “thouhid jamath” There were ↑lots of problem because of the people from thouhid jamath.

Theme 3 - Transgenders: The Unmet Social Needs

There are many factors affecting the health and the health seeking behaviour of a person. For a transgender, there are some basic problems and the unmet social needs which is been a hindrance in bringing up of the transgenders in all aspects.

There are four thematic statements that compose the theme. They are: (a) Education, (b)Employment, (c)Housing and (d)Social Acceptance

Education being the common right of any child, most of the children who identify themselves as transgenders are being dropped out of the school in the fear of being discriminated either by the family or by themselves. TG Sheena who is the only graduate research participants of this study explains.

Before undergoing the sex reassignment surgery, I was working in a government school as a teacher... but after the surgery I myself resigned the job... when I met the other transgenders... most of them were not educated who were thrown out of the school, employment places and even from families... if they were lucky enough like me of getting a proper education they too would

have been in a good position in this society... our community people actually crave for education... but the society still wants us to be the same.....

Employment is the key factor of any adult human being in making them stabilized in the society in the economic aspects which now has become the backbone of all other status like physical, mental and spiritual etc. Most of the transgenders do not enjoy the employment benefits in this society as in for a male or female in this society. TG Carol strives for a good and a decent employment.

My occupation.... Actually I go to shops for clapping.... and at times people will also call us to marriages to wish and give our blessing to the newlywed couple... this marriage blessing is too ok, because they consider as the “ardhanarishvar” and give us some respect.. But this begging and clapping we do it out of no choice... we are too humans.. We need to eat, live and survive... but people don’t think us in that sense... they think we are begging as it is a ritual... we are ready to get placed in a proper employment... but who is ready to give us a proper job???

Housing is the basic factor for living according to Maslow’s hierarch of needs. Most of the transgenders who are been thrown out of their family or run away from the family don’t get a place to live. Transgenders can’t afford to buy a place for living, but with whatever employment they have, they can afford for a rented house. Which is too a very tough job in this society for a transgender. TG Murphy wishes for a proper housing for all the transgenders.

After 6-8 years of fight we have got this ration card and the election ID card.... But till now we are not able to find a residential place for living... whenever we go to house with the “to-let” sign, we are not being privileged to get that home even if we are ready to pay whatever they ask for.... They think that we will do some wrong or illegal business there... but our only intention is we need a place to live... I don’t know why they don’t understand this...

Social Acceptance is not being addressed in this society for the transgenders. Still transgenders are being the victims of social in acceptance in this society. TG Daisy explains the issue.

But when a transgender goes to a hospital..... they will talk like ↑something..... like “we don’t grow these much hair how come you grow????” “why are you changing like this????” “do you need such changes????”. These were happening before sometime... but now they somewhat understand us... because of the advocacy done in the office and all it is okay for now... but such events happened a ↑lot before... like policeman, autodrivers in the autostand...

Theme 4 - Transgenders and the Health Care Team Members: The Self-Invited Relatives

Though relative are important to be happy and prosperous in this social life for a human being, they are considered a “Head-Ache” in a family when they self-invite themselves into the family in a wrong time. Likewise, the researcher feels that the health care team members of the government institutions while providing a service to the transgenders are considered a head-ache.

There are five thematic statements which compose the theme. They are: (a) Fear, (b) Ignorance, (c) Curiosity, (d) Exposure and (e) Readiness.

Fear among the health care team members due to the poor knowledge about the health and the health practice of the transgenders is one of the major hindrances in providing and receiving health care services from both the health care team members and the transgenders. TG Sophie sobs over the nurse’s fear while caring her.

I once went to JIPMER, because there was a problem in my home in which I was injured in the sex reassignment surgical site and started to bleed a lot..... at that time doctor took me in into the examination room thinking that I am a women.... Then he made me to lie down on the table and asked me to spread my legs as in like a delivery position.. I said I don’t know how they will keep the leg during a delivery because I am a transgender..... At the moment when I revealed about my identity, the doctor and the attending nurse ran away of fear from that examination room leaving me alone on the examination table itself.... After that another doctor came, I don’t know might be he has some knowledge about transgenders, he is a north Indian, he attended me, and took of a suture material from the surgical site.

Ignorance by the health care team members of the government institutions in providing care to the transgenders is making the transgenders feel low and to seek health care from the private hospitals and clinics. TG Benny condemns the ignorance of the doctor in a government hospital.

We would have gone to cure ourselves from the disease to the hospital.... After going there they are making our health more ↑worsen instead of treating us or the thought is present among them to treat us.... Usually a doctor attending a patient would ask “what is your problem” and assess by keeping the stethoscope... but hey won’t attend us like that... they would just ask our problem and just prescribe some medicine and will ask us to go..... that’s it.... They won’t even keep the stethoscope on us to examine...

Curiosity among the health care team members about the transgenders general ideas and especially the sexual health and the sex re-assignment surgeries is being a problem in receiving the health care by the transgenders. TG Catherine shares her experience with a doctor in government hospitals.

I once went to the government hospital to see my relative who was admitted... when I was talking with my relative a Doctor noticed me and called me to his room.... He was very kind to me.... And was asking me about where I have done the sex reassignment surgery.. And he also wanted to see how my private parts look after the sex-reassignment surgery... I didn’t feel bad about what he asked to me because I didn’t sense any bad feel out of his act.... I just felt the curiosity he had on knowing about the transgenders and the sex-reassignment surgery....

Exposure of transgenders and the health issues of the transgenders are very less among the health care team members. The researcher believes that this is the unattended reason why the care provided in the government hospitals is not being utilized by the transgenders. TG Ruth describes her experience.

Then you have asked about the government hospitals.... Consider in a government hospital normally a lady or a man if goes to a hospital... they

(healthcare personnel) will ask “oh....hi.... ya... what’s your problem...” they will care in such a way.... But when a transgender goes to a hospital..... they will talk like ↑something irritating.....

Readiness of the health care team members to accept transgenders and to care transgenders is less,. But there are members of the team who are ready to accept transgenders and to provide prompt care to them. TG Joan shares her view.

In PHC, doctors are even ok but the attenders there are very notorious. They will hurt a lot like “hey.. you...! Come here... Go there..” like with no manners at all. Even the doctors are all ok especially the new budding doctors, they learn something about us and try to give respect to us, but these staff nurse and attenders were very rough and rude, but for now its ok they don’t make a lot of difference.....

Theme 5 - Transgenders and the Health Needs: The Unidentified Gap.

Though transgenders are alike other people and most of the health problems and the health needs of the transgenders seems to be the same, their health needs are much more different than the other people. Due to the new emerging cost effective sex-reassignment surgeries in the northern states of India, especially Pune, there are a lot of health related problems and issues which are been least worried and which are fatal when unattended. The researcher feels that there is a gap in between the health, health care system and the health care receiver’s.

There are five thematic statements which compose the theme. They are: (a) Sex-Reassignment Surgeries, (b) Transgender Clinic, (c) Specialists and (d) Privacy

Sex-reassignment Surgeries are the most important physical and the Psychological need of a Transgender. As there are no government or private institutions providing this service, most of the transgenders tends to go to private hospitals in various parts of India and undergo surgery. TG Jessie share about the need of sex-reassignment surgeries.

When I planned to do sex-reassignment surgery... I had very less choice of hospitals to such surgeries.... One in Cuddapha, Andhra Pradesh, and another

in Pune, Maharashtra.... These were the hospitals which provided sex-reassignment surgeries..... But to travel from Pondicherry and go there where we know nothing is too tedious... and also within three days we will be discharged and the post-operative care is to be taken care on our own... we use to come back to pondy after surgery... but if we have some problem in the surgery site... like the common post-operative problem is urinary problem.... When there is no surgery done in pondy how come would they treat us with the post-operative condition....

Transgender Clinics is one of the most important health or the health care needs of the transgenders. According to the researcher there are no as such transgender clinic in any governmental institutions in Pondicherry in spite of the availability of super specialty services nor a specific ward for transgenders in case of a normal medical or surgical services for the transgenders. TG Carol worries about this pathetic situation.

I was once admitted in the government hospital in Pondicherry... actually I went for the problem of stomach pain... when I consulted with a doctor in the OPD, he asked me to refer with a surgery doctor... on meeting the surgery doctor he started to examine me without asking anything or any history... then he said that I must get admitted in the hospital for admission.... Before the admission process I revealed about my identity to the doctor and he got confused.... Confused because he did not know which ward he wanted to admit me... at last with referring to his big doctor... he admitted me in the pediatric ward... that was embracing... that was the only embracing situation in my life in a hospital setup...

Specialists for the transgenders in the government institutions are rare. The researcher finds that the need for the specialist is pivotal in providing care to the transgenders. TG Murphy wishes about the need.

I don't go to the government hospitals because, I don't find any special doctor who has knowledge about my problems in these hospitals... though in private hospital we have to pay a lot... a lot which we find tough to afford... but

we get the care which we need.. What more is needed?? Only if there are specialist in this department we can come to such hospitals... without it coming there and getting insulted by the attenders and the other patients, I don't feel good...

Privacy is the most ignored part by the health care team members and there is no privacy provided in the OPD's or wards while performing any procedure or examination in the government institutions. TG Catherine explains.

Ok if we consider a government hospital.... we have to register first for an OPD visit..... Then have to wait in the long queue for consulting the doctor.... While waiting all the other patients around will stare as if an alien is there and that look itself will bring lot of Psychological illness..... But in a private doctor or a private clinic it is not so. We directly use to go in and have an appointment and will get the treatment services easily where our privacy is maintained.

3.1 Hermeneutic Summary of the Essential Themes

Adult transgenders, who are seeking the health care services from the government institutions experience their care as “transgenders feel who are they in this society as a social element and having the unmet social needs where the health care team members act as a self-invited relatives where there is an unidentified gap in the health needs of the transgenders”

The essential themes individually offer a small glimpse into the experience of adult transgenders in accessing the government institutions for health. to comprehend the nuances of the lived experience, the theme must be interpreted together. The phenomenological researcher acknowledges that the “whole might be quite different than the sum of its parts”. (Omery, 1983)

The essential themes formulated by the researcher though has a systematic flow, it has been interlinked together in its own aspect and are dynamic. Each theme has its own meaning when interpreted alone and when all the theme are interpreted as a whole gives different angle of view in representing the experience of the transgenders which gives rise to a new challenge or a development in the study.

4. Discussion

The main aim of the study was to explore the lived experience of adult transgenders in accessing health care in public institutions in Puducherry. A hermeneutic phenomenological study was adopted in this study wherein 10 adult transgenders who had enough experience in accessing health care from public institutions.

The first objective of the study was to explore the lived in experience of the adult transgenders in accessing health care from public institutions. After the detailed exploration by the interview and the field notes made by the researcher, the researcher has come up with five themes each theme having its own supporting subtheme. The themes include 1. *Transgenders: Who am I?* – Knowledge on health, self-discrimination, strive for love and belongingness, 2. *Transgenders: A Social Element* – discrimination, knowledge, societal norms and tradition, 3. *Transgenders: The unmet Social Needs* – education, employment, housing, social acceptance, 4. *Transgenders and the health care team members: the self-invited relatives* – fear, ignorance, curiosity, exposure, readiness, 5. *Transgenders and the health needs: the unidentified gap* – sex-reassignment surgery, transgender clinic, specialists, privacy.

Lyson et all (Biomedcentral.com, 2016) have conducted a qualitative study among 34 adult transgender individuals about the experience of residential addiction treatment setting and the stigma and inclusivity related to it. Three themes were emerged from the data acquired through the semi-structured questioners which included 1.Enacted stigma in the form of social rejection and violence, 2.Transphobia and felt stigma and 3.Trans friendly and inclusive treatment and Jeffrey S (Researchgate.net, 2016) have done a qualitative study to explore the experience of the transgender college students. On the analysis of all the information provided by the 85 transgender students none of the students indicated that their college or the university included gender identity or expression in its non-discrimination policy and only about 33% reported having a campus GLBT office or center. The themes formulated from the study included: 1.the students feel that the staff and the faculty are not educated about the transgender issues, 2.the students find that the counseling available in the campus is inadequate, 3.there is a lack of adequate health care for transgenders and 4.students do not have enough opportunities to participate in transgenders and trans-supportive campus group.

Both the studies support the current study, though the themes are not exactly the same in number or in the words, the core meaning brings up the themes formulated by the researcher in this study. But both the study has been conducted in a close or defined setting such as a residential addiction center or a college campus. In the present study the researcher has conducted the study in the community and in a half way home where in all the participants of the study represent the whole population and which gives more generalization of the result on the whole.

The second objective of the study was to determine the experience of stigma and discrimination in accessing health care from public institutions. The researcher has formulated five themes where three themes represent to the experience felt by the transgenders in stigma and discrimination which includes, Theme 1: Transgenders: Who am I?, Theme 2: Transgenders: a Social Element, Theme 4: Transgenders and The Health Care Team Members: The Self-Invited Relatives.

The present study's objective of finding the stigma and discrimination of the transgenders is supported by Tonia Poteat (Poteat, 2013) who has done a grounded theory in Baltimore on the Stigma and discrimination experienced by transgender people have been associated with increased risk for depression, suicide, and HIV among 55 transgenders. The findings of this study suggest that interpersonal stigma also functions to reinforce medical power and authority in the face of provider uncertainty.

And also, the qualitative study conducted by Lesley A Tarasoff (Researchgate.net, 2000) in Boston among transgenders by four focus group method each group of 5-14 members supports the present study's objective of discrimination felt by the transgenders in the health care centers. In all the four focus groups, a constant theme was a perception of vast provider ignorance of trans people and concerns. The entire group reported issues in provider unawareness, disrespect and outright refusal of treatment for their health care needs, both basic and trans-related.

The third objective of the study was to describe the problems and challenges experienced by adult transgenders in accessing health care from public institutions. Out of the five themes formulated by the researcher, two themes Theme 3: Transgenders: The Unmet Social Needs and

Theme 5: Transgenders and Health Needs: The Unidentified Gap discusses the problems and challenges of the transgender in the public institutions.

Lindsay B Bolt (Nih.gov, 2016) has done a study in the University of Connecticut, on the lived in experience of transgender individuals when accessing health care services outside of gender related healthcare, the collected information provided examples of how healthcare workers have interacted with Trans patients, and how these situations demonstrate quality and questionable medical practice. Each participant shared both negative and positive experiences. Often, they expressed feelings of anxiety and fear prior to and during interactions with medical professionals. Most shared strategies for protecting their trans identity, some admitted avoiding healthcare almost entirely. All participants suggested that education and awareness are crucial to improving access to healthcare for themselves and all minorities and the study conducted by Barb J. Burdge (Iupui.edu, 2016) in the University of Indiana on the valued life experience among the transgender adults and has shown that intimate connections (with one's self, with others, and with a larger purpose) constitute the essence of the lived experience of appreciating one's transgenderism. These findings help prepare social workers to recognize the strengths of the transgender population and to engage in culturally competent practice. In addition, this research offers new knowledge for improving social work curricular content on transgenderism and for justifying trans-inclusive social policies. The study also contributes to the overall research literature on transgenderism and qualitative methods.

Both the review study supports the present study's objective of recognizing the problems and challenges faced by the adult transgenders in accessing health care in the public institutions of Pondicherry.

5. Future Scopes and Implication

The researcher believes that the future scopes and the implication of the study in the field of nursing is broad and dynamic. So the researcher has subdivided the implications into nursing service, Nursing Education, Nursing Administration and Nursing Research

5.1 Nursing Care

- The care provided by the nurses to the transgenders can be more focused on the health needs especially the sexual health of the transgenders.
- Psychological support which is the backbone of any care rendered by the nurse while caring can be enhanced and modified according to the psychological needs of the transgenders, so that the care giver and the care receiver are mutually benefited.
- Improve the attitude of nurses in getting hands in skill of managing the peri-operative care of a transgender who is undergoing the sex reassignment surgery to provide the best care for the beneficiaries.
- Acceptance of the transgenders as one of the health client and rendering prompt service to the beneficiaries.
- Identifying the transgenders in the community and encouraging and motivating them to access the public health institutions to receive health care.

5.2 Nursing Education

- The health problems and the health needs of the transgenders can be included in the nursing syllabus of the community health nursing.
- A Conference or a seminar or a symposium can be conducted in the topic “Health Needs of the Transgenders” for a better perspective in nursing education about transgenders health.
- Health educational campaign can be conducted in the community area by the nursing students to alleviate the stigma and discrimination present in the community about the transgenders.
- In-service education and continuing nursing education sessions can be conducted on the health issues of transgenders

5.3 Nursing Administration

- Planning and organizing programmes both in the community and in the hospital about the knowledge of transgenders

- Planning and implementing health policies towards the health of transgenders in the public health institutions
- Planning, organizing, staffing, directing, coordinating and budgeting for establishing new transgender clinic in the public health institutions.
- Organizing camps in the community for identifying and treating the transgenders in the area.
- Enhancing the privacy of the transgenders in the Outpatient departments and Wards where in the transgender are being cared.

5.4 Nursing Research

- The study acts as the baseline information about the health needs of the adult transgenders in Puducherry for the upcoming research's
- A quantitative research or a grounded theory on the health needs of the transgenders can be conducted.
- Hermeneutic analysis of each theme can be conducted with more number of research participants.

6. Conclusion

The final results of the study shows that the transgenders though the less representation of the population face more health related problems due to inability to access the health care services from the public institutions due to the gap in the health facilities and the needs of the transgenders. The motto "Health for All" though is a target in the recent times, is still a fairy tale for most of the transgenders accessing health in Puducherry and all other states of India.

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