

Gender Dysphoria - Supporting information for GPs

This applies to NHS England funded patients only and not those seen privately who should remain under private consultant care.

NHS England SSC 1620 – April 2016: Primary Care Responsibilities in Prescribing and Monitoring Hormone Therapy for Transgender and Non-Binary Adults (updated)

This circular provides clarity to General Practitioners on their role and responsibilities in prescribing hormone therapy for transgender and non-binary adults.

Specifically:

- General Practitioners should collaborate with Gender Identity Clinics in the initiation and on-going prescribing of hormone therapy, and for organising blood and other diagnostic tests as recommended by the Gender Identity Clinics.
- General Practitioners are also expected to co-operate with Gender Identity Clinics in patient safety monitoring, by providing basic physical examinations (within the competence of General Practitioners) and blood tests and diagnostic tests recommended by the Gender Identity Clinic. Hormone therapy should be monitored at least 6 monthly in the first 3 years and yearly thereafter, dependent on clinical need.
- The Gender Identity Clinic is expected to assist General Practitioners by providing relevant information and support, including the provision of guidance regarding the interpretation of blood test results.

The Royal College of Psychiatrists' Oct 2013: [Good Practice Guidelines for the Assessment and Treatment of Adults with Gender Dysphoria](#)

GPs may find the following appendices in this guideline useful as the containing some general information on the dosing and monitoring of hormone therapy in adults with gender dysphoria:

Appendix 2: Guidelines for hormone therapy for gender dysphoria in trans women and post-genital operation or gender recognition certificated women

Appendix 3: Guidelines for hormone therapy for gender dysphoria in trans men and post-genital operation or gender recognition certificated men

Appendix 4: Hormonal treatment: a suggested collaborative care protocol

N.B. If patient is being treated privately then it is advisable to contact private clinic prior to prescribing as they might not be following NHS guidelines.

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There are 7 gender specialist clinics for adults in NHS England and referrals can be made to these clinics to explore with the patient the options available to them.

<p>Exeter (The Laurels) Lead Clinician: Dr John Dean</p> <p>www.devonpartnership.nhs.uk/The-Laurels.372.0.html</p>	<p>Devon Partnership NHS Trust The Laurels Gender and Sexual Medicine Clinic 11-15 Dix's Field Exeter EX1 1QA Tel: 01392 677077 Email: dpn-tr.thelaurels@nhs.net</p>
<p>Leeds (Newsome Centre) Lead Clinician: Dr Amal Beaini</p> <p>www.leedspft.nhs.uk/our_services/gender_identity/</p>	<p>Leeds and York Partnership NHS Foundation Trust Leeds Gender Identity Service Outpatient's Suite, 1st Floor, Newsome Centre, Seacroft Hospital, York Road, Leeds LS14 6UH Tel: 0113 855636 Email: gid.lypft@nhs.net</p>
<p>London (Charing Cross) Lead Clinician: Dr James Barrett</p> <p>www.wlmht.nhs.uk/gi/gender-identity-clinic/</p>	<p>West London Mental Health Trust Gender Identity Clinic 179 – 183 Fulham Palace Road London W6 8QZ Tel: 020 8483289</p>
<p>Northampton Lead Clinician: Dr Byran Timmins</p> <p>www.genderclinic.northants.nhs.uk</p>	<p>Northamptonshire Healthcare NHS Foundation Trust Denetre Hospital London Road, Daventry , Northants NN11 4DY Tel: 01327 707200 Email: genderclinic@nhft.nhs.uk</p>
<p>Nottingham Lead Clinician: Dr Walter Bouman</p> <p>www.nottinghamshirehealthcare.nhs.uk/nottingham-centre-for-transgenderhealth</p>	<p>Nottinghamshire Healthcare trust Nottingham Gender Clinic Mandala Centre Gregory Boulevard Nottingham NG7 6LB Tel: 0115 8760160 Email: nottinghamgender@nottshc.nhs.uk</p>
<p>Sheffield Lead Clinician: Prof. Kevan Wylie</p> <p>www.shsc.nhs.uk/service/gender-identity-service</p>	<p>Sheffield Health and Social Care NHS Foundation Trust Porterbrook Clinic 75 Osbourne Road Nether Edge Hospital Sheffield S11 9BF Tel: 0114 2716671 Email: porterbrook@shsc.nhs.uk</p>
<p>Newcastle Lead Clinician: Dr Helen Greener</p>	<p>Northumberland, Tyne & Wear NHS Foundation Trust Northern Region Gender Dysphoria Service Benfield House Walkergate Park Hospital Newcastle Upon Tyne NE6 4QD Tel: 0191 2876130 Email: NRGDS@ntw.nhs.uk</p>

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Services for Children and Young People in England under 18

At present specialist gender identity development services for children and young people under 18 are available through the Gender Identity Development Service at The Tavistock and Portman NHS Foundation Trust, London, and their satellite clinics in Exeter and Leeds. Children and young people should contact their GP in the first instance and thereafter may be referred to the Gender Identity Development Service at The Tavistock and Portman NHS Foundation Trust, London.

Other professionals in Health, Social Services and Education departments as well as young people and their families can contact the Service directly to discuss a possible referral. Further information can be found at

<http://www.tavistockandportman.nhs.uk/genderidentityissues>.

Teenagers who are 17 years of age or older may be seen in Adult Gender Clinic. They are entitled to consent to their own treatment and follow the standard adult protocol, and this consent cannot be overruled by their parents.

Gender Identity Development Service
The Tavistock and Portman NHS Foundation Trust
Tavistock Centre, 120 Belsize Lane
London
NW3 5BA
Tel: 020 8938 2030 Fax: 020 7431 8320

Gender Identity Development Service
The Tavistock and Portman NHS Foundation Trust
8 Park Square
Leeds
LS1 2LH
Tel: 0113 2471955

Email: gids@tavi-port.nhs.uk

Web: www.tavi-port.org or www.gids.nhs.uk

The Gender Identity Development Service at The Tavistock and Portman NHS Foundation Trust is part of the NHS Camden Child and Adolescent Mental Health Service (CAMHS) which offers help to children and adolescents from birth until their 19th birthday, their families and carers as well as offering advice and consultation to other professionals working with children, adolescents and their families.

Further information on assessment and treatment of children and young people under 16 with gender dysphoria can also be found in the WPATH Standards of Care, 7th version (page 10, <http://www.wpath.org>).

NHS guidance for Prescribing of Cross-Sex Hormones as part of the Gender Identity Development Service for Children and Adolescents:

<https://www.england.nhs.uk/commissioning/wp-content/uploads/sites/12/2016/08/clinical-com-pol-16046p.pdf>

This states that cross sex hormones may be prescribed to younger people with gender dysphoria from around their 16th birthday subject to individuals meeting the eligibility and readiness criteria.