

{{ name |possessive }} healthcare guide

# My Gender Journey

## Why I’ve made this document

I have made this guide as my gender identity is different from the sex I was assigned at birth and I'm seeking gender affirming care to align with this. I hope that this document provides sufficient insight into my healthcare needs and the relevant guidance, allowing for the best care to be provided.

## {% if formal\_diagnosis %}Formal Diagnosis

I have received a formal diagnosis from a gender specialist, this affirms that I meet the criteria for gender dysphoria.

{% endif %}{% if self\_med %}Medication Status

{{ self\_med }}

{% endif %}{% if self\_med\_likely %}Medication Status

{{ self\_med\_likely }}

{% endif %}{% if hrt\_recommendation %}Letter of recommendation for HRT

{{ hrt\_recommendation }}

{% endif %}

# My healthcare needs

## {% if bridging\_desired %}A bridging prescription

{{ bridging\_desired }}

{% endif %}{% if shared\_care %}Working with a private healthcare provider

I wish to enter a shared care agreement with yourself and a private gender specialist, in which you would work together to provide prescriptions, blood testing, and the administration of any injections I might need.

The gender specialist I have chosen to work with will provide guidance in terms of what medication is needed, the dosage and strength, as well as any blood tests required, and any revisions that may come resulting from those tests. I am requesting that you carry out these tests and prescribe under their guidance, utilizing their expertise.

The NHS released a [Specialised Services Circular, SSC 1826](https://www.dpt.nhs.uk/download/VjSSV5TQVv) specifically for working with online providers. This guidance (Specialised Services Circular 1826, 2018) states:

“A GP may decline to accept responsibility for prescribing, monitoring and testing if the GP is not assured that the provider offers a safe service, or is not assured that the request has been made by an appropriate gender specialist **as long as the GP is also satisfied that declining responsibility would not pose a significant clinical risk to the individual**.”

Additionally, the GMC (Trans healthcare - Prescribing, 2022) state the following on prescribing in trans healthcare:

“It would not, however, be acceptable to simply refuse to treat the patient. Discuss your concerns with your patient, carefully assess their needs, seek to understand their concerns and preferences; consult more experienced colleagues and provide care in line with the guidance in Good medical practice.”

With some GIC waiting times of over 5 years (Waiting times, 2022) the NHS should provide these alternative provisions as outlined.{% endif %}

# Summary of requirements

This is a list of actionable requests as per the information I have provided throughout this document:{% if shared\_care %}

Provide a prescription

Provide blood testing as necessary

Administer Injections if required

{% endif %}{% if bridging\_desired %}

Provide a bridging prescription

{% endif %}

# Common concerns addressed

## Prescribing unlicenced medicines

The NHS provides clarity on prescribing hormones that aren’t licensed in the treatment of gender dysphoria in SSC 1620 (Specialised Services Circular 1620, 2016) “Apart from Sustanon®, there are no licensed products with an approved indication for the treatment of gender dysphoria. There is, however, extensive clinical experience of the use of these products in the treatment of gender dysphoria over decades, which provides evidence of tolerability and safety comparable with their use for approved indications. The prescription of licensed products outside their approved indications, often but not always at the recommendation of a specialist provider, is not uncommon in general practice”

## Having the necessary expertise to prescribe

The provision of care for transgender people doesn’t require any specific expertise, this was echoed in a letter by Susan Goldsmith, who at the time was chief executive of the GMC. She stated: “we don’t believe that providing care for patients with gender dysphoria is a highly specialist treatment area requiring specific expertise” (Susan Goldsmith, 2016)

If you would like to expand your expertise, you could talk to a gender specialist within your Clinical Commissioning Group.

Another useful resource is the following book by Dr Vincent, BMA Medical Book Awards Finalist - Transgender Health: A Practitioner's Guide to Binary and Non-Binary Trans Patient Care. (Vincent, 2018) This book is highly recommended by gender specialists across the UK.

# References

www.gmc-uk.org. 2022. Trans healthcare Prescribing. [online] Available at: < https://www.gmc-uk.org/ethical-guidance/ethical-hub/trans-healthcare#Prescribing> [Accessed 3 June 2022].

Susan Goldsmith, 2016. Letter. [online] Available at: <https://gendergp.com/wp-content/uploads/2018/02/Susan\_Goldsmith\_to\_Chaand\_Nagpaul\_BMA\_GP\_committee.pdf\_66389596.pdf>.

Dpt.nhs.uk. 2016. Specialised Services Circular 1620. [online] Available at: <https://www.dpt.nhs.uk/download/Ote2T8sczT> .

Vincent, B., 2018. Transgender health. Jessica Kingsley Publishers.

{% if bridging\_desired %}Royal College of Psychiatrists, 2013. Good practice guidelines for the assessment and treatment of adults with gender dysphoria. p.25. Available at: <https://www.rcpsych.ac.uk/docs/default-source/improving-care/better-mh-policy/college-reports/cr181-good-practice-guidelines-for-the-assessment-and-treatment-of-adults-with-gender-dysphoria.pdf>.

www.gmc-uk.org. 2022. Trans healthcare - Mental health and bridging prescriptions. [online] Available at: <https://www.gmc-uk.org/ethical-guidance/ethical-hub/trans-healthcare#Mental%20health%20and%20bridging%20prescriptions> [Accessed 3 June 2022].

NHS England, 2019. Service specification: Gender Identity Services for Adults (Non-Surgical Interventions). [online] p.30. Available at: <https://www.england.nhs.uk/wp-content/uploads/2019/07/service-specification-gender-dysphoria-services-non-surgical-june-2019.pdf>.{% endif %}{% if shared\_care %}

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NHS England., 2022. NHS England » Referral to treatment. [online] England.nhs.uk. Available at: <https://www.england.nhs.uk/rtt/> [Accessed 6 June 2022].

Gender Identity Clinic – GIC. 2022. Waiting times. [online] Available at: <https://gic.nhs.uk/appointments/waiting-times/> [Accessed 6 June 2022].{% endif %}