

{{ 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 as defined by the DSM-5.

{% 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.”

The NHS Constitution (NHS England, 2022) also states that patients in England have a right to start consultant-led treatment within a maximum of 18 weeks of being referred by their GP. Where patients have waited for more than 18 weeks or are likely to have to wait for more than 18 weeks, the NHS must arrange an alternative provision for treatment.

With waiting times of over 5 years (Waiting times, 2022) the NHS should provide these alternative provisions I’ve outlined here.{% endif %}

# Common concerns addressed

## Prescribing unlicenced medicines

Most medications used in the treatment of gender dysphoria are not licenced for this specific use. The GMCs guidance on this is to prescribe “where this is necessary to meet the specific needs of the patient, and where there is no suitably licensed medicine that will meet the patient's needs.” (Trans healthcare - Prescribing, 2022)

## 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)

# 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>.

{% 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 %}

Specialised Services Circular 1826, NHS England, 2018. Primary Care Responsibilities in Regard To Requests by Private On-Line Medical Service Providers to Prescribe Hormone Treatments for Transgender People. Specialised Services Circular 1826, [online] Available at: <https://www.dpt.nhs.uk/download/VjSSV5TQVv>.

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 %}