

{{ name |possessive }}

healthcare guide

{% if pronouns %}Pronouns: {{ pronouns }}{% endif %}

# My Journey

## Why I’ve made this document

I have made this guide as my gender identity is different from what 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.{% endif %}

{% if no\_fixed\_address or no\_id\_proof %}

## Having a fixed address or proof of ID when accessing GP services.

A patient does not require proof of address or immigration status, ID, or an NHS number to access GP services. (How to register with a GP surgery*,* 2019) I do not need to provide these if I do not wish to or otherwise can’t.{% endif %}

# My healthcare needs

## {% if gic\_referral %}

## Referral to a Gender Identity Clinic

I'm seeking a referral to an NHS youth gender service so I can gain access to the full range of gender related care supported by the NHS. {% if chosen\_gic != “0” and chosen\_gic != “1” %} I want to be referred to the following service: {{ chosen\_gic |format\_gic }} {% endif %}{% endif %}{% if slt\_referral %}

## Referral to a Speech and Language Therapist

I wish to be referred to a speech and language therapist so that my voice can align with my gender expression. I do not need to be seen by a GIC to be referred to a Speech and Language Therapist.{% endif %}{% if passport\_letter %}

## A letter confirming that my new gender is likely to be permanent.

I need a letter confirming that my change is likely to be permanent to update my gender marker on my passport. I have included a template letter at Appendix A for your convenience. {% endif %}{% if nhs\_record\_gender or nhs\_record\_name %}

## Update my NHS record to reflect my {% if nhs\_record\_gender %}gender{% endif %}{% if nhs\_record\_gender and nhs\_record\_name %} and {% endif %}{% if nhs\_record\_name %}name{% endif %}.

I need my NHS record updated to reflect my acquired {% if nhs\_record\_gender %}gender{% endif %}{% if nhs\_record\_gender and nhs\_record\_name %} and {% endif %}{% if nhs\_record\_name %}name{% endif %}. {% if countries == “England” %} PCSE have outlined the process for this, you can search “pcse gender processes” or go to: <https://pcse.england.nhs.uk/help/patient-registrations/adoption-and-gender-re-assignment-processes/> {% elif countries == “Scotland” %} NHS Scotland provide guidance on updating details, this can be found by searching “nss medical change details” or at: <https://www.nss.nhs.scot/medical-services/patient-registration-and-medical-records/how-to-change-patient-details/> {% endif %}{% endif %}

# Summary of requirements

This is a list of actionable requests as per the information I have provided throughout this document:{% if chosen\_gic != “0” and chosen\_gic != “1” %}

* Refer me to the following gender service: {{ chosen\_gic |format\_gic }}{% elif gic\_referral %}
* Refer me to a gender service{% endif %}{% if slt\_referral %}
* Refer me to a Speech & Language Therapist{% endif %}{% if passport\_letter %}
* A letter confirming my new gender is likely to be permanent{% endif %}{% if nhs\_record\_name %}
* Update my name on my NHS record{% endif %}{% if nhs\_record\_gender %}
* Update my gender on my NHS record{%endif%}

# Common concerns addressed

## Referring a neurodivergent patient for gender services

If a patient is either diagnosed or suspected to be neurodiverse, the GMC state this is not a valid reason to deny referrals to gender services and there is no requirement for a patient to be seen by a mental health professional before receiving a referral to any gender related health services (Trans healthcare, 2023). Refusal to refer could be considered a breach of the Equality Act.{% if gic\_referral %}

## Information about referral to youth gender services

Arden & GEM are managing the referrals of those 16 and under living in England & Wales, more information can be found at the following link, or by searching for “NRSS gender incongruence service Arden & GEM” <https://www.ardengemcsu.nhs.uk/services/clinical-support/national-referral-support-service-for-the-nhs-gender-incongruence-service-for-children-and-young-people/> {% endif %}

# References

www.gmc-uk.org. 2023. Trans healthcare. [online] Available at: < https://www.gmc-uk.org/ethical-guidance/ethical-hub/trans-healthcare> [Accessed 29 January 2023].

Susan Goldsmith, 2016. Letter. [online] Available at: < https://www.transinformed.co.uk/static/files/gmc-ce-letter.pdf>.

Dpt.nhs.uk. 2016. Specialised Services Circular 1620. [online] Available at: < https://www.transinformed.co.uk/static/files/SSC-1620.pdf> .

Vincent, B., 2018. Transgender health. Jessica Kingsley Publishers.{% if no\_fixed\_address or no\_id\_proof %}

How to register with a GP surgery (2019) NHS choices. [online] Available at: <https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/> [Accessed 1 February 2023].{%endif%}{% if passport\_letter %}

# Appendices

## Appendix A – Example letter

To Whom It May Concern:

This is to confirm that my patient [Full name] is currently undergoing gender reassignment.

As part of this process, they have changed their name from [Previous Full Name] to [Full Name] and lives as [gender]. **This is intended to be permanent.**

Your assistance in making the relevant changes to your records, and in preserving full confidentiality, would be appreciated.

Yours Faithfully,

[GP Name and Signature]{% endif %}