**Supporting gender questioning/ transgender patients: Resources for clinicians and health professionals**

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| **Background information** | | |
| **Gender Dysphoria** | Gender dysphoria is a condition where a person experiences discomfort or distress because there's a mismatch between their biological sex and gender identity. It's sometimes known as gender incongruence.  Biological sex is assigned at birth, depending on the appearance of the genitals. Gender identity is the gender that a person "identifies" with or feels themselves to be.  While biological sex and gender identity are the same for most people, this isn't the case for everyone. For example, some people may have the anatomy of a man, but identify themselves as a woman, while others may not feel they're definitively either male or female.  This mismatch between sex and gender identity can lead to distressing and uncomfortable feelings that are called gender dysphoria. Gender dysphoria is a recognised medical condition, for which treatment is sometimes appropriate. It's not a mental illness.  Some people with gender dysphoria have a strong and persistent desire to live according to their gender identity, rather than their biological sex. These people are sometimes called transsexual or trans people. Some trans people have treatment to make their physical appearance more consistent with their gender identity | |
| **Gender terminology** | Gender dysphoria is a complex condition that can be difficult to understand. Therefore, it helps to distinguish between the meanings of different gender-related terms:   * **Gender dysphoria** – discomfort or distress caused by a mismatch between a person’s gender identity and their biological sex assigned at birth * **Transsexualism** – the desire to live and be accepted as a member of the opposite sex, usually accompanied by the wish to have treatment to make their physical appearance more consistent with their gender identity * **Transvestism** – where a person occasionally wears clothes typically associated with the opposite gender (cross-dressing) for a variety of reasons * **Genderqueer** – an umbrella term used to describe gender identities other than man and woman – for example, those who are both man and woman, or neither man nor woman, or moving between genders.   Gender dysphoria isn't the same as transvestism or cross-dressing and isn't related to sexual orientation. People with the condition may identify as straight, gay, lesbian, bisexual or asexual, and this may change with treatment. | |
| **Equality monitoring** | The CCG has sought advice from Chrysalis Transgender Charity about how best to format equality monitoring questions about gender identity. This is what they suggest:  Would you describe yourself as  Trans man   * Man * Trans woman * Woman * Non-binary * AMAB (Assigned male at birth) * AFAB (Assigned female at birth) * Other (please tell us)……………….. | |
| **When supporting a gender non-conforming or transgender child or young person** | | |
| **Gender Identity Research and Education Society (GIRES)** | GIRES is a UK wide organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.  [www.gires.org.uk/](http://www.gires.org.uk/) | * [Information](https://www.gires.org.uk/information-for-medical-professionals/) for medical professionals * Caring for Gender Nonconforming Young People [e-learning resource](https://www.gires.org.uk/e-learning/caring-for-gender-nonconforming-young-people/) * Health related [resources](https://www.gires.org.uk/category/health/). |
| **Mermaids** | Formed in 1995 by a group of parents brought together by their children’s longstanding gender incongruence, Mermaids supports children and young people up to 20 years old who are transgender and/or gender diverse, and their families, and professionals involved in their care.  [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk) | * Resources for professionals. Links to range of videos, e-learning, articles and factsheets available [here](https://www.mermaidsuk.org.uk/resources-for-professionals.html). |
| **Gendered Intelligence** | Gendered Intelligence is a not-for-profit charity, established in 2008.  They work with the trans community and those who impact on trans lives, specialising in supporting young trans people under the age of 21. They deliver trans youth programmes, support for parents and carers, professional development and trans awareness training.  [www.genderedintelligence.co.uk/](http://www.genderedintelligence.co.uk/) | * Resources list and good practice tips available [here](http://genderedintelligence.co.uk/professionals/resources) |
| **Gender Identity Development Service (GIDS)** | The Gender Identity Development Service (GIDS) is a highly specialised clinic for young people presenting with difficulties with their gender identity. Our service was established in 1989. We are commissioned by NHS England.  <http://gids.nhs.uk/> | * Advice and guidance for professionals available [here](http://gids.nhs.uk/professionals) * Articles and research available on the [evidence base](http://gids.nhs.uk/evidence-base) page of the GIDS website. |
| **NHS website** | NHS website has a section dedicated to treatment of gender dysphoria.  <https://www.nhs.uk/conditions/gender-dysphoria/treatment/> | * Includes information on the services for children and teenagers. |
| **Breakout Youth** | Hampshire and the Isle of Wight’s Local LGBTQ+ Support Charity.  Run youth groups across Hampshire and the Isle of Wight for LGBT+ or questioning sexuality or gender identity. For young people under 21 or up to age 25 if individual has additional needs. | Contact:  023 80 224224  [hello@breakoutyouth.org.uk](mailto:hello@breakoutyouth.org.uk)  [www.breakoutyouth.org.uk](http://www.breakoutyouth.org.uk) |
| **When supporting adult gender questioning/ transgender patients** | | |
| **Gender Identity Research and Education Society (GIRES)** | GIRES is a UK wide organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.  [www.gires.org.uk/](http://www.gires.org.uk/) | * [Information](https://www.gires.org.uk/information-for-medical-professionals/) for medical professionals * Caring for Gender Nonconforming Young People [e-learning resource](https://www.gires.org.uk/e-learning/caring-for-gender-nonconforming-young-people/) * Health related [resources](https://www.gires.org.uk/category/health/). |
| **Gender Identity Clinic (GIC)** | The Gender Identity Clinic (GIC) is the largest and oldest gender clinic in the UK, dating back to 1966. Accept referrals from all over the UK for adults with issues related to gender. GIC accept referrals for patients who are aged 17 years and older onto our waiting list.  Provided by the Tavistock and Portman NHS Foundation Trust | * Referral form for GPs and health professionals can be downloaded [here](https://gic.nhs.uk/referrals/) * GP support [page](https://gic.nhs.uk/info-support/gp-support/) of the GIC website. |
| **NHS website** | NHS website has a section dedicated to treatment of gender dysphoria.  <https://www.nhs.uk/conditions/gender-dysphoria/treatment/> | * Includes information on the services for adults. |
| **Chrysalis** | Chrysalis, the local charity supporting transgender and questioning people, their families and close friends.  [www.chrysalis-gii.org/](http://www.chrysalis-gii.org/) | * Support groups in Hampshire and Dorset – details [here](http://www.chrysalis-gii.org/groups). |
| **LGBT Foundation** | **Pride in Practice**  Pride in Practice is a quality assurance and social prescribing programme that strengthens and develops Primary Care Services’ relationships with their lesbian, gay, bisexual and trans (LGBT) patients. | For more information contact [pip@lgbt.foundation](mailto:pip@lgbt.foundation)or call 0345 3 30 30 30 ext. 309 |
| **Royal College of General Practitioners** | [The role of the GP in caring for gender-questioning and transgender patients RCGP Position Statement June 2019](https://www.rcgp.org.uk/policy/rcgp-policy-areas/transgender-care.aspx) | This paper provides an overview of the key issues facing gender-questioning and transgender patients, general practice and the broader health system. It establishes the RCGP’s position on the role of a GP in providing care to patients experiencing gender dysphoria, the policy principles underpinning this position and recommendations for ensuring these patients receive equal access to the highest standard of care. |
| **Royal College of Nursing (RCN)** | [Fair care for trans patients: An RCN guide for nursing and health care professionals: Second edition (2017)](https://www.rcn.org.uk/professional-development/publications/pub-005575) | Resource designed to help nurses/ health professionals respond to the needs of patients and clients who identify as  ‘transgender’ or simply as trans. |
| **World Professional Association for Transgender Health (WPATH)** | [WPATH Standards of Care](https://www.wpath.org/publications/soc) | The overall goal of the SOC is to provide clinical guidance for health professionals to assist transsexual, transgender, and gender nonconforming people with safe and effective pathways to achieving lasting personal comfort with their gendered selves, in order to maximize their overall health, psychological well-being, and self-fulfilment. |
| **Public Health England** | [Reducing cervical screening inequalities for trans people](https://phescreening.blog.gov.uk/2019/04/10/reducing-cervical-screening-inequalities-for-trans-people/) | Awareness raising blog by Aimee Linfield. |
| **Public Health England** | [NHS population screening: information for transgender people](https://www.gov.uk/government/publications/nhs-population-screening-information-for-transgender-people) | Screening providers should make this information available to trans and non-binary people to inform them about:   * Breast screening * Cervical screening * Abdominal aortic aneurysm screening * Bowel screening.   The document about screening |
| **Stonewall** | [Stonewall research](https://www.stonewall.org.uk/stonewall-research) | * Range of research into LGBT people's experiences of discrimination and public attitudes towards LGBT equality. |
| **Dr Wendy Peters** | [Personal experience of local GP](http://www.pulsetoday.co.uk/views/off-duty/i-was-unhappy-living-as-a-man/20000877.article)  [Video](https://vimeo.com/2564733) ‘Call me Wendy’ (2007) | Dr Wendy Peters had to overcome many hurdles, but wants to raise awareness of her experience to help other ‘trans’ people and GPs. |
| **Gender identity and the law** | | |
| **Hate Crime** | A hate crime is any crime committed against a person which is perceived to be motivated by hostility or prejudice towards their race, religion, sexual orientation, disability or transgender identity.  Hate crimes can happen anywhere, even online. They can include threats, intimidation, damage to property and physical attacks.  They can have serious long-term effects on people – emotionally, physically and financially.  Potential warning signs to look out for:   * Unexplained injuries * Poor physical or mental health * Seeming nervous or anxious * Isolated or not wanting to leave the house.   How to report Hate Crime:   * In an emergency where you feel like the situation could get heated or violent very soon/ someone is in immediate danger/ you need support right away - call 999 * Report it on the Hampshire Constabulary [website](https://www.hampshire.police.uk/ro/report/ocr/af/how-to-report-a-crime/) (average completion time 20 minutes) * Call 101 to report a hate crime or to get support or advice – This is the national, non-emergency telephone number that is staffed 24/7 101. If you're deaf or hard of hearing, use our textphone service on 18001 101. | |
| **Gender Recognition Act 2004** | The Gender Recognition Act of 2004 ([found here](https://www.legislation.gov.uk/ukpga/2004/7/section/22)), allows people to gain full recognition of their acquired gender. This legal recognition enables people to obtain a new birth certificate that shows their acquired gender enabling them to adopt almost all of the legal rights which are afforded to that sex, including equal marriage rights.  In order for a Gender Recognition Certificate to be issued, a person must present evidence to the Gender Recognition Panel. This panel can refuse to issue a certificate if they feel that the required criteria have not been adequately met.  The applicant must be at least 18 years old when the application is submitted. A person must have transitioned at least two years prior to their application for recognition. Gender Reconstruction Surgery is not a requirement of a Gender Recognition Certificate.  In order to support an application for gender recognition, a trans person must provide proof that they have been living as their acquired gender for at least two years. Applicants are expected to produce a passport, driving license, payslips and utility bills which show their acquired name and gender, and which span a period of at least two years. In addition to this, the applicant must provide two medical reports (one from a GP and one from a registered gender specialist) giving details of their Gender Dysphoria. These should include information about any treatments that the applicant has had.  **Confidentiality:** Under this law it is ‘an offence for a person who has acquired protected information in an official capacity to disclose the information to any other person’. Clinicians and practice staff must seek permission from the patient before they share information about transgender status, and guard against sharing this information unintentionally or negligently. | |
| **Equality Act 2010** | The Equality Act of 2010 lists gender reassignment as one of its protected characteristics. This means that people must not be discriminated against based in physiological reassignment of attributes of their sex. This covers people who have undergone, plan to undergo or are presently undergoing some sort of reassignment. It has been proposed that the definition be expanded to cover all transgender people, regardless of how they choose to express their gender identity. | |
| **Other Laws** | Since 2002, the government has clarified that trans-sexuallism will no longer be classified as a mental illness. However, people who are suffering from Gender Dysphoria may receive mental health care treatment from the National Health Service. This treatment is primarily designed to help people to deal with the stress, anxiety and depression which may be caused by a patient’s personal gender identity concerns. | |
| **Applying for a passport** | | |
| **HM Passport Office** | **Applying for a passport: Additional information for transgender and transsexual customers**  This [guide](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/251703/Applying_for_a_passport_additional_information.PDF) clarifies how transgender and transsexual people can apply for a passport in an acquired gender. This option is available to those who do not hold a Gender Recognition Certificate or have not had gender reassignment surgery, as well as those who have.  Evidence required for the application includes the option to submit a letter from your doctor or medical consultant confirming that your change of gender is likely to be permanent, and evidence of your change of name such as a deed poll. | |