

Important information for Primary Care on Gender Dysphoria pathways and prescribing for Children and Young People

24th July 2024

Background

Over the last 3 years there has been a 500% increase in referrals to GIDS (Gender Identity Development Services) leading to increasing waits and patients seeking treatment by non-commissioned or unregulated providers. This, combined with the independent national review of gender development services for children and young people-the Cass Review, has led to changes to national policy and service transformation which will affect children and young people (CYP) in Hampshire and Isle of Wight.

Service Provision

Patients currently on a waiting list

On 1 April 2024, the new Gender Incongruence Services for CYP in London and the Northwest opened as the previous Gender Identity Development Service (GIDS) at the Tavistock and Portman NHS Trust closed on 31 March 2024. All patients under the care of Tavistock & Portman GIDS transferred to the new NHS Gender Incongruence Services, Staff are being recruited but waiting times are currently long.

The new service has written to CYP and their families on the waiting lists offering access to local mental health support provided by the local CAMHS service. Primary care will be informed by the Gender Service of the patient's decision regarding mental health support.

New Referrals

There is now a National Referral Support Service (NRSS) for NHS gender incongruence service for Children and young people provided by Arden and GEM on behalf of NHS England. The referral form and guidance on making a referral can be found here [NRSS](#)

Children aged 7 years to 16 years refer to the NHS gender incongruence service for children and young people.

Young people aged 17 years and older Given long wait times refer to adult gender services as this cohort are likely to be over 18 when seen.

Please remember to assess safeguarding, mental health, and neurodiversity in this patient cohort and refer as appropriate.

Prescribing GnRH Analogues For Puberty Suppression (Puberty Blockers)

On 3 June 2024, the Government brought in new legislation on puberty blockers. The new arrangements apply to medicines that consist of or contain buserelin, gonadorelin, goserelin, leuprorelin acetate, nafarelin, or triptorelin. This includes, but is not limited to, medicines sold under the brand names: Decapeptyl®, Gonapeptyl Depot®, Salvacyl®, Prostag®, Staladex®, Zoladex®, Synarel.

This means it is a criminal offence for a pharmacist, doctor or any other individual in Great Britain to sell or supply these drugs to patients under the age of 18 unless they are under the care of the new NHS CYP Gender Incongruence Services or certain specific circumstances outlined in the attached letter to children and their families.



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The RCGP has provided helpful information for primary care, including prescribing [RCGP-Gender Identity Issues-Role of the GP](#)

Useful Resources for Professionals

[Healthier Together Professionals](#) GP/Primary Care information to support Children and Young People - Gender Identity and Sexual Orientation decision making and signposting to children, young people and parents LGBTQIA+ support.

- **RCGP:** [Supporting transgender and gender-diverse people](#)
 - **RCPsych:** [Supporting transgender and gender-diverse people](#)
 - **NSPCC:** [Gender identity; Advice to help you understand what gender identity is and how to support a child](#)
 - **MindEd** [Resources](#) for Professionals and Parent Carers who support young people with Gender questions and guidance to support your decision making.
- **Kooth** <https://www.kooth.com/> provides system wide online support and counselling services for young people aged 11-25 years, Webchat, 1:1 help and LGBTQIA+ young people's forum.

A handwritten signature in blue ink, appearing to read 'Clare Harris'.

Dr Clare Harris
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Named GP for Child Safeguarding Hampshire
NHS Hampshire and Isle of Wight Integrated Care Board