

## POSITION STATEMENT

### Requests in primary care from private Gender Identity Clinics (GIC) to prescribe hormone therapy or blockade in gender dysphoria

#### Recommendation:

GPs and other primary care prescribers receiving requests to prescribe hormone therapy or blockade in gender dysphoria by a private (non-NHS commissioned) GIC or provider are reminded that individual prescribers **MUST** only prescribe within their own level of competence.

Requests must be discussed with the local NHS GIC before commencing any intervention. This is required so that an appropriate management plan can be initiated incorporating suitable safeguards and monitoring.

**Please note:** GPs and other primary care prescribers are under no obligation to act upon the advice issued by a private specialist. If the NHS prescriber receiving the request does not believe they have the competence to initiate or continue the recommended intervention a referral to an appropriate NHS specialist should be made. Patients are entitled to receive additional private care if this is provided separately from NHS care.

#### Background

NHS England (NHSE) commission specialist gender identity centres. It is likely that GPs will be requested to prescribe hormones for patients that are under the care of a specialist **NHS GIC**. However, **requests from a private GIC or provider must also be discussed with the local NHS GIC before commencing any intervention.**

The local gender identity centre is in Leeds which forms part of the Leeds and York Partnership NHS Foundation Trust. Additional guidance can be found on their website at: <https://www.leedsandyorkpft.nhs.uk/our-services/gender-identity-service/>

The General Medical Council (GMC) have put together a set of ethical guidance on trans healthcare which can be accessed via: <https://www.gmc-uk.org/ethical-guidance/ethical-hub/trans-healthcare>.

Guidance to support the prescribing of hormone therapy or blockade recommended by an NHS GIC can be found here:

#### Trans Female Gender Dysphoria Information Sheet:

<https://www.lancsmmg.nhs.uk/media/1553/trans-female-gender-dysphoria-prescribing-information-sheet.pdf>

#### Trans Male Gender Dysphoria Information Sheet:

<https://www.lancsmmg.nhs.uk/media/1517/trans-male-gender-dysphoria-prescribing-information-sheet.pdf>

Please access the guidance via the LSCMMG website to ensure that the correct version is in use.

Version Number	Date	Amendments Made
Version 1.0	March 2021	New document. AG.