

# Care of People who are Transgender or who have Gender Dysphoria

## Introduction

Increasing numbers of children, adolescents and adults are seeking help about issues relating to their gender. Awareness of gender issues in the media has increased greatly in the past decade. Primary care is usually the first point of contact for those seeking medical assistance, and for their families. Many clinicians have limited education in this area and may lack the knowledge, skills, resources and understanding to provide best care.<sup>1</sup> Research has identified concerns from transgender patients about care provided by general practitioners. Concerns centred on referral pathways, long-term prescribing of hormones, post-operative care and complications after genital surgery. Confusion in updating NHS records to reflect a change in gender was also noted.<sup>2</sup>

It is not the aim of this module to cover all aspects of care for transgender patients, but we hope to raise awareness and improve knowledge for commonly encountered issues in primary care, both for adults and young people. Practitioners who have little experience of trans-gender care may benefit from reading through the glossary of terms (Appendix 1) to familiarise themselves with the context of this module. Note that because of the size limits of this module, it does not focus on people who may consider themselves gender neutral, non-binary or gender fluid.

### Module aims:

- To increase healthcare professionals' awareness of issues affecting patients who identify as transgender, or are experiencing gender dysphoria
- To increase confidence in dealing with initial presentations to primary care, for adults and young people
- To increase awareness of management options available to patients, and the role of primary care in referral, monitoring, and support
- To increase awareness of administrative issues relevant to transgender patients.