

Policy: Prescribing Medications for Patients with Gender Dysphoria

Purpose

This policy outlines the prescribing responsibilities of the practice in relation to medications used in the treatment of patients with gender dysphoria. It aims to ensure safe, consistent, and appropriate prescribing in line with current NHS guidance and the availability of specialist support.

Policy Statement

Our practice is committed to supporting patients with gender dysphoria in line with national guidelines and NHS best practices. Prescribing medications such as hormone therapy requires specialist input and monitoring. These medications will only be prescribed under a formal **Shared Care Agreement (SCA)** with an NHS Gender Identity Clinic (GIC) or an appropriately designated NHS specialist service.

Key Principles

1. Shared Care Requirement

- Medications for gender dysphoria (e.g., cross-sex hormones, puberty blockers) will only be prescribed under a **valid and current Shared Care Agreement (SCA)** initiated by an NHS Gender Identity Clinic or relevant NHS specialist.
- The SCA must clearly outline the responsibilities of both the specialist service and the GP, and include appropriate guidance on monitoring, dosage, and follow-up.

2. No Shared Care with Private Providers

- Our practice does **not enter into shared care agreements with private providers**, including private gender services or private prescribers of hormone therapy.
- Prescribing initiated or recommended solely by private providers will not be continued or initiated by the practice unless the care has been formally transferred and accepted under NHS guidance.

3. Monitoring and Safety

- Even with a valid SCA in place, the practice is not able to undertake blood test monitoring and interpretation unless commissioned for this service. We will ensure appropriate record-keeping and patient communication, but monitoring and prescribing recommendations are managed by Secondary Care.
- In the absence of an NHS SCA, the practice cannot safely assume clinical responsibility for prescribing and monitoring complex hormone therapy treatments.

Patient Communication

Patients will be informed of this policy at the point of requesting hormone therapy or continuation of medication recommended by a private provider. Patients may be referred to an NHS Gender Identity Clinic for further assessment and potential initiation of shared care.

Review and Updates

This policy will be reviewed annually or sooner if national guidance changes.

Date of Policy: March 2025

Review Date: March 2026