Standards of Care for Transgender Children and Adolescents: Guidelines
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Acknowledgments:

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About CADTH: CADTH is an independent, not-for-profit organization responsible for providing Canada’s health care decision-makers with objective evidence to help make informed decisions about the optimal use of drugs, medical devices, diagnostics, and procedures in our health care system.
Research Question
What are the standards of care for the health of children and adolescents who are transgender?

Key Findings
One systematic review and four evidence-based guidelines were identified regarding the standards of care for the health of children and adolescents who are transgender.

Methods
A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. Methodological filters were applied to limit retrieval to health technology assessments, systematic reviews, meta-analyses and guidelines. The search was also limited to English language documents published between January 1, 2014 and July 4, 2017. Internet links were provided, where available.

Selection Criteria
One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

Table 1: Selection Criteria

<table>
<thead>
<tr>
<th>Population</th>
<th>Transgender children and adolescents (age 0-18)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention</td>
<td>Standards of care; Best practices or guidelines</td>
</tr>
<tr>
<td>Comparator</td>
<td>No comparator</td>
</tr>
<tr>
<td>Outcomes</td>
<td>Guidelines</td>
</tr>
<tr>
<td>Study Designs</td>
<td>Health technology assessments, systematic reviews, meta-analyses, evidence-based guidelines</td>
</tr>
</tbody>
</table>
Results

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by evidence-based guidelines.

One systematic review and four evidence-based guidelines were identified regarding the standards of care for the health of children and adolescents who are transgender.

Additional references of potential interest are provided in the appendix.

Overall Summary of Findings

One systematic review aimed to identify the specific health concerns and treatment options for transgender youth in urology practice. The systematic literature review revealed there was little original research and guidelines currently available, most of which were identified relied on small studies and expert opinion.1

One evidence-based guideline published by the Center of Excellence for Transgender Health was produced to provide primary care providers and health systems with the tools and knowledge required to provide proper care to transgender and gender nonconforming patients. Topics covered in this guideline include: creating a safe and welcoming clinic, hormone therapy, cardiovascular disease, prevention and treatment of sexually transmitted infections, and screening for cancers.2

The World Health Organization published a guideline in 2016 on the prevention, diagnosis, and treatment of human immunodeficiency virus (HIV) in key populations (including transgender individuals). This guideline includes a large number of evidence-based recommendations regarding HIV-related care for transgender patients.3

A third set of guidelines from the American Psychological Association provides information to psychologists on how to provide culturally competent and trans-affirmative care in their practice. Sixteen recommendations/guidelines are included along with the rationale behind them and suggestions for their application in standard care.4

Finally, the Centers for Disease Control and Prevention published guidelines on the treatment of individuals at risk for sexually transmitted diseases (STDs). These guidelines suggest that transgender patients are at higher risk for HIV and recommends that clinicians assess the risk of HIV and STDs according to their current anatomy and sexual behaviour.5

References Summarized

Health Technology Assessments

No literature identified.

Systematic Reviews and Meta-Analyses

Guidelines and Recommendations


Appendix — Further Information

Previous CADTH Reports


Clinical Practice Guidelines – Uncertain Methodology


Position Statements/Papers


Review Articles


