



**TITLE:** Standards of Care for the Health of Individuals with Gender Dysphoria

**DATE:** 11 July 2014

## **RESEARCH QUESTION**

What are the standards of care for the health of individuals with gender dysphoria in New Zealand, Australia, England, Sweden, Greenland, or Denmark?

## **KEY MESSAGE**

Two evidence-based guidelines regarding the standards of care for the health of individuals with gender dysphoria in the countries of interest were identified.

## **METHODS**

A limited literature search was conducted on key resources including PubMed, The Cochrane Library (2014, Issue 7), University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2009 and July 7, 2014. Internet links were provided, where available.

## **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.

Two evidence-based guidelines regarding the standards of care for the health of individuals with gender dysphoria in the countries of interest were identified. No relevant health technology assessment reports, systematic reviews, or meta-analyses were identified.

Additional references of potential interest are provided in the appendix.

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**Health Technology Assessments**

No literature identified.

**Systematic Reviews and Meta-analyses**

No literature identified.

**Guidelines and Recommendations**

1. Counties Manukau District Health Board. Gender reassignment health services for trans people within New Zealand [Internet]. Wellington: Ministry of Health. 2012 [cited 2014 Jul 7]. 212 p. Available from:  
<http://www.health.govt.nz/system/files/documents/publications/gender-reassignment-health-services-for-trans-people-nz-2012-v2.pdf>
2. World Professional Association for Transgender Health (WPATH). Standards of care for the health of transsexual, transgender, and gender nonconforming people [Internet]. 7th version. 2011 Sept. 14 [cited 2014 Jul 7]. 112p. Available from:  
<http://www.agender.org.nz/media/692aca04b20a15cffff8004ffffd502.pdf>

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**APPENDIX – FURTHER INFORMATION:**

**Guidelines and Recommendations**

*Guidelines and Protocols with Unclear Methodology*

3. Good practice guidelines for the assessment and treatment of adults with gender dysphoria [Internet]. London: Royal College of Psychiatrists; College report CR181, 2013 Oct [cited 2014 Jul 7]. 59 p. Available from: <http://www.rcpsych.ac.uk/files/pdfversion/CR181x.pdf>
4. Gender dysphoria services: a guide for general practitioners and other healthcare staff [Internet]. NHS; 2012 Mar [cited 2014 Jul 7]. 19 p. Available from: <http://www.nhs.uk/Livewell/Transhealth/Documents/gender-dysphoria-guide-for-gps-and-other-health-care-staff.pdf>

*Guidelines and Protocols from Alternate Countries*

5. Protocols for hormonal reassignment of gender [Internet]. San Francisco: Tom Waddell Health Center; 2013 Jul [cited 2014 Jul 7]. 33 p. Available from: <http://www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/TransGendprotocols122006.pdf>
6. Care of the HIV-infected transgender patient. New York (NY): New York State Department of Health; 2012 Jan [cited 2014 Jul 7]. 20 p. [17 references] Available from: <http://www.hivguidelines.org/wp-content/uploads/2013/06/care-of-the-hiv-infected-transgender-patient-06-27-2013.pdf>
7. Scottish Government. Directorate for Health Workforce and Performance. Access Support Team. Gender reassignment protocol [Internet]. CEL 26. 2012 Jul [cited 2014 Jul 7]. 17 p. Available from: [http://www.sehd.scot.nhs.uk/mels/CEL2012\\_26.pdf](http://www.sehd.scot.nhs.uk/mels/CEL2012_26.pdf)
8. Primary care protocol for transgender patient care [Internet]. Center of Excellence for Transgender Health, University of California, San Francisco, Department of Family and Community Medicine. 2011 April [cited 2014 Jul 7]. Available from: <http://transhealth.ucsf.edu/trans?page=protocol-00-00>
9. Hembree WC, Cohen-Kettenis P, Delemarre-van de Waal HA, et al.. Endocrine treatment of transsexual persons: an Endocrine Society clinical practice guideline [Internet]. Journal of Clinical Endocrinology & Metabolism, September 2009 [cited 2014 Jul 7]; 94(9): 3132–3154. Available from: <http://www.endocrine.org/~media/endosociety/Files/Publications/Clinical%20Practice%20Guidelines/Endocrine-Treatment-of-Transsexual-Persons.pdf>

## Review Articles

10. Shumer DE, Spack NP. Current management of gender identity disorder in childhood and adolescence: guidelines, barriers and areas of controversy. *Curr Opin Endocrinol Diabetes Obes.* 2013 Feb;20(1):69-73. [PubMed: PM23221495](#)

**PURPOSE OF REVIEW:** The approach to gender identity disorder (GID) in childhood and adolescence has been rapidly evolving and is in a state of flux. In an effort to form management recommendations on the basis of the available literature, The Endocrine Society published clinical practice guidelines in 2009. The guidelines recommend against sex role change in prepubertal children, but they recommend the use of gonadotropin-releasing hormone (GnRH) agonists to suppress puberty in adolescence, and the use of cross-sex hormones starting around age 16 for eligible patients. In actual practice, the approach to GID is quite variable due to continued lack of consensus and specific barriers to treatment that are unique to GID. **RECENT FINDINGS:** Recent literature has focused on the mental health approach to prepubertal children with GID and short-term outcomes using pubertal suppression and cross-sex steroids in adolescents with GID. **SUMMARY:** This review will describe the literature published since the release of The Endocrine Society guidelines regarding the management of GID in both children and adolescents.

11. Byne W, Bradley SJ, Coleman E, Eyler AE, Green R, Menvielle EJ, et al. Report of the American Psychiatric Association Task Force on Treatment of Gender Identity Disorder. *JAMA Psychiatry.* 2012 Aug;41(4):759-96. [PubMed: PM22736225](#)

Both the diagnosis and treatment of Gender Identity Disorder (GID) are controversial. Although linked, they are separate issues and the DSM does not evaluate treatments. The Board of Trustees (BOT) of the American Psychiatric Association (APA), therefore, formed a Task Force charged to perform a critical review of the literature on the treatment of GID at different ages, to assess the quality of evidence pertaining to treatment, and to prepare a report that included an opinion as to whether or not sufficient credible literature exists for development of treatment recommendations by the APA. The literature on treatment of gender dysphoria in individuals with disorders of sex development was also assessed. The completed report was accepted by the BOT on September 11, 2011. The quality of evidence pertaining to most aspects of treatment in all subgroups was determined to be low; however, areas of broad clinical consensus were identified and were deemed sufficient to support recommendations for treatment in all subgroups. With subjective improvement as the primary outcome measure, current evidence was judged sufficient to support recommendations for adults in the form of an evidence-based APA Practice Guideline with gaps in the empirical data supplemented by clinical consensus. The report recommends that the APA take steps beyond drafting treatment recommendations. These include issuing position statements to clarify the APA's position regarding the medical necessity of treatments for GID, the ethical bounds of treatments of gender variant minors, and the rights of persons of any age who are gender variant, transgender or transsexual.