



John Hunter Children's Hospital

Children, Young People & Families

Transgender Health and Gender Diversity

This pathway provides advice on medical treatment and psychological support of people of all ages with diversity in sexual formation and gender expression.

Red Flags

- Acute suicidal intent, suicidal thoughts or ideation

Assessment

Practice point

Social stigmatisation and discrimination, including within the health care system, is a barrier to accessing health services and contributes to adverse outcomes.

- Ask the patient about their gender identity and pronoun, and their preferred name and title. Enter these details into GP software.
- Assess history. Ask about self-medicating with hormones.
- Screen for psychosocial issues, especially self-harming behaviours and suicidal ideation and intent. Consider:
 - whether the patient is isolated or alienated from family, or are failing to function at school, work or socially.
 - family conflict, domestic violence and homelessness.
- Consider diagnostic criteria:
 - Gender dysphoria: refers to discomfort or distress caused by a discrepancy between a person's gender identity and their sex assigned at birth (and the associated gender role or primary and secondary sex characteristics).
 - Gender dysphoria DSM-5 diagnostic criteria.
 - In the latest ICD-11, gender incongruence is defined as a marked and persistent incongruence between a person's experienced gender and assigned sex and is classified under 'conditions related to sexual health'.
- Considerations specific to:
 - children and adolescents including mental health concerns.
 - older adults.
- Discuss patients individual goals and needs.
- If hormones may be part of the patient's treatment plan:
 - Manage expectations of hormonal therapy. Physical changes occur gradually, and most reach maximum around 1 to 2 years or longer.
 - Discuss hormone treatment effects and limitations on the body to enable informed treatment decisions.
 - Assess for precautions to hormonal treatment.
 - Arrange investigations:
 - Tests for patients aged < 25 years being referred to Maple Leaf House
 - Baseline tests prior to feminising therapy
 - Baseline tests prior to masculinising therapy
- Chromosomal analysis and genital examination are not needed unless there is a specific reason. If there is clinical suspicion of chromosomal variation (e.g. 47 XXY or Klinefelter syndrome) request chromosomal analyses.



<https://hne.communityhealthpathways.org/>

Username: hnehealth

Password: p1thw1ys



Transgender Health and Gender Diversity Referrals

This page is for transgender health and diversity medical services, for support services, see Transgender Health and Diversity Support Services. See also Australian Professional Association for Trans Health (AusPATH) – Providers: NSW.

Referral

eReferral is the recommended referral method. [Read more...](#)

Maple Leaf House

About Maple Leaf House

- Check criteria.
- Prepare the required referral information and address referral to an appropriate specialist:
 - Patient aged < 18 years – Dr Prue Lopez or Dr Rowen Seckold.
 - Patient aged 18 to 24 years – Dr Katie Wynne or Dr Judy Luu.

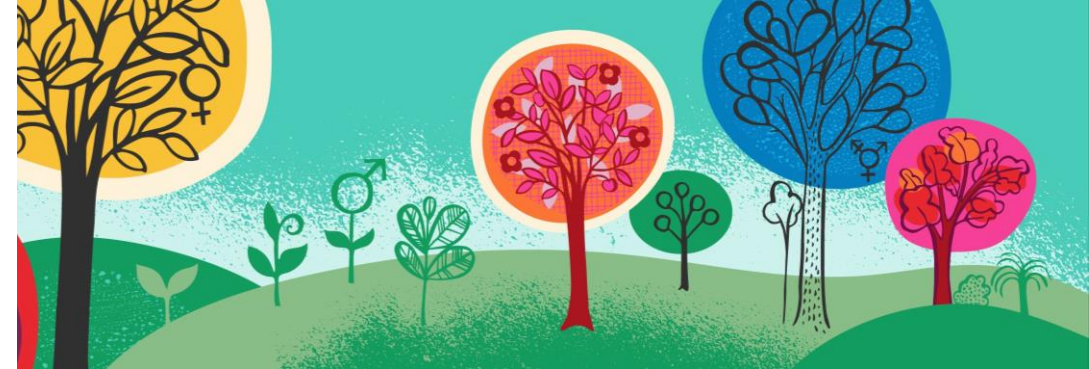
For patients aged ≥ 25 years, see other referral options listed on this page.
- Refer using SeNT eReferral (preferred) or fax a detailed written referral to (02) 4923-6598.
- For advice, contact:
 - the paediatric endocrine clinical nurse consultant on (02) 4016-4987 or 0447-956-516.
 - Maple Leaf House reception on (02) 4016-4980.
 - HNELHD-JHCHMapleLeafHouse@health.nsw.gov.au.
- Provide patient with details of how to get to and park at Maple Leaf House. If patient is travelling to an appointment and requires overnight accommodation, consider:
 - applying for the Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS).
 - accommodation options near Maple Leaf House.

Telehealth appointment are available.
- Provide patients and their parents or carers with information from the HNEkidshealth Transgender and Gender Diversity website including:
 - GP appointment resource
 - Information sheets
 - Helpful videos



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CHILDREN'S HOSPITAL COMMUNITY REGIONAL HOSPITALS RESEARCH PROFESSIONALS WAYS TO HELP

Children's Hospital > Specialist Services > Transgender & Gender Diversity

Transgender & Gender Diversity



What is gender diversity? What support is there? How can your GP and hospital doctors help you?

Our team has made a **printable letter for your GP** that you can fill and take to your appointment to help you talk about what you would like to happen next. This letter also explains how to organize an appointment to see our paediatric, adolescent or adult doctors if you would like to arrange a visit. Click on the links below to find the resources helpful for you.

Our local community and health professionals have made these **information sheets** for parents of children, teenagers and young adults. Click on the links below to find the resources helpful for you.

Resources you will need

- Parents and children
- Older children and teenagers
- Young adults

Some helpful videos for your journey

- It's a process

Information

For health professionals

For patients

- Domestic and Family Violence Support Services - ACON
- Gender Identity Australia
- Hunter Gender Alliance
- Inner City Legal Centre
- Mermaids UK
- The Gender Centre
- TransHub

Children, adolescents and young adults

- Transgender and Gender Diversity - HNEkidshealth**
- Changing the Way a Student's Name is Used and Recorded by School and TAFE NSW - NSW Government Education and Communities
- Gender Dysphoria - The Royal Children's Hospital Melbourne
- Headspace
- Transcend Support - parent-led support network and information hub for transgender children and their families in Australia

