

Excluded: Procedure not routinely funded

Thames Valley Priorities Committee Commissioning Policy Statement

Policy No. TVPC 2 **Treatments for Gender Dysphoria**

**Recommendation made by
the Priorities Committee:** **December 2013**

Date of issue: **October 2014 / Updated October 2018**

From April 2013 NHS England's Specialised Commissioning team is responsible for the provision of care and treatment for people with gender dysphoria. NHS England's *Interim Gender Dysphoria Protocol and Service Guideline 2013/14*¹ sets out their commissioning responsibilities. The 'core' gender dysphoria treatments included in the funding remit of national Specialised Commissioning are:

- Ongoing psychotherapy and counselling
- Hormone therapy (*clarification on shared care responsibilities is being sought from NHS England*)
- Facial hair removal
- Speech therapy
- Hair removal from donor site for genital reconstructive surgery
- Core surgical treatments for male to female and female to male procedures

Non-core procedures (listed below) that are not commissioned by NHS England are not routinely funded by the NHS and will only be provided on an exceptional clinical need basis, following an application to the patient's Clinical Commissioning Group, via the Individual Funding Request route.

Individual funding requests will be considered in line with local policies for the NHS funding of plastic surgery/cosmetic procedures. Prior to application for non-core treatments, patients will be expected to have completed their core procedures and be able to demonstrate adherence to their prescribed hormone treatment.

Non-core procedures (NB the list is not exhaustive and any other procedure not listed should be considered as non-core):

- Breast augmentation
- Reduction thyroid chondroplasty / tracheal shave
- Rhinoplasty / other facial bone reduction
- Blepharoplasty
- Face-lift
- Hair removal/ electrolysis which is additional to core facial hair removal

¹ <http://www.england.nhs.uk/wp-content/uploads/2013/10/int-gend-proto.pdf>

- Body contouring procedures e.g. suction-assisted lipoplasty of the waist
- Procedures to decrease areas of baldness
- Skin resurfacing e.g. acid peel (a method of removing the upper layer of skin in order to improve skin smoothness)
- Scar revision

Storage of sperm and eggs; please see policy statement TVPC17 Preservation of fertility.

Reversal of any gender reassignment surgery is not normally funded by the NHS.

What is gender dysphoria?

Gender dysphoria refers to the discomfort or distress that is caused by a discrepancy between a person's gender identity and that person's sex assigned at birth (and the associated gender role and/or primary and secondary sex characteristic).

*Further information about the care of people with gender dysphoria is available in the Royal College of Psychiatrists **Good practice guidelines for the assessment and treatment of adults with gender dysphoria** October 2013.*

NOTES:

- Potentially exceptional circumstances may be considered by a patient's CCG where there is evidence of significant health status impairment (e.g. inability to perform activities of daily living) and there is evidence that the intervention sought would improve the individual's health status.
- This policy will be reviewed in the light of new evidence or new national guidance, e.g., from NICE.
- Thames Valley clinical policies can be viewed at <http://www.fundingrequests.cscsu.nhs.uk/>