

RCPsych Interim statement regarding transgender health

The WHO notes the following: -

“Transgender people share many of the same health needs as the general population, but may have other specialist health-care needs, such as gender-affirming hormone therapy and surgery. However, evidence suggests that transgender people often experience a disproportionately high burden of disease, including in the domains of mental, sexual, and reproductive health. Some transgender people seek medical or surgical transition, others do not”.

Evidence indicates that people who are trans, non-binary and gender questioning have higher rates of mental illness, for a variety of reasons.

As doctors, it is our duty to ensure that all our patients are offered a comprehensive assessment in order to ascertain their mental and physical health needs. For conditions, where there may be multiple or complex treatment needs, it is all the more important that a thorough assessment precedes any intervention, to ensure that the intervention is the best for that individual at that time. Risks and benefits should be discussed and a multidisciplinary approach is recommended. Care should be person-centred, take into account an individual's rights and wishes, and use the best available evidence to inform practice. This is good practice in medicine and we would urge all our colleagues to work in this way.