Sex and Gender Diverse People Referral Process for DHB Endocrinology Services

Information for GP/Primary Care Referrers - Wellington, Hutt Valley & Wairarapa

Please note: this document outlines referral processes for endocrinology input through DHB services **only**. It does not cover social transition or the role of community and other support, nor does it cover referral to endocrinologists in private practice.

**Under 16 years**:  

Person/Whānau expresses desire to seek hormone therapy support related to transitioning

Person under 10 years

No role for Endocrinology at this stage.

Provide psychoeducation regarding puberty (Tanner) stages and timing of endocrinological intervention for puberty blocking.

Refer to CAMHS where co-existing mental health concerns

Person 10 – 15 years

Refer to CAMHS for assessment

Contact Te Haika
ph: 0800 745 477

Refer to Paediatric Endocrinology – may be done simultaneously with referral to CAMHS

Assessment and discussion on treatment options with Paediatric Endocrinologist, informed by CAMHS assessment

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1 Parent/caregiver consent required for young people under 16 years.

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16 – 17 years :

Person/Whānau expresses desire to seek hormone therapy support related to transitioning

Refer to CAMHS for assessment
Contact Te Haika
ph: 0800 745 477

Refer to EITHER Paediatric Endocrinology
OR Endocrine Service (Adult)

Decision to be based on person’s social and emotional stage of development and needs, in discussion with individual, whānau and CAMHS clinician as indicated

Assessment and discussion on treatment options with Endocrinologist, informed by CAMHS assessment

2 Requirements for parental involvement to be determined on a case-by-case basis. Please contact the relevant services to discuss specific requirements for individual situations.

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### 18 years and over

1. **Person expresses desire to seek hormone therapy support related to transitioning**
   - **Refer to Endocrine Service (Adult), Wellington Regional Hospital, CCDHB**
   - **Assessment for eligibility and readiness for physical transition completed by Clinical Psychologist, Endocrine Service (Adult)**
     - **If financially able: Private assessment for eligibility and readiness for physical transition completed by Clinical Psychologist or Psychiatrist. People may choose to have this assessment done privately to reduce waiting time. Attach report to referral to Endocrine Service.**
     - **Refer to Endocrine Service (Adult), Wellington Regional Hospital, CCDHB**
   - **Assessment completed by Endocrinologist, and discussion of treatment options, including initiation of hormone therapy where appropriate.**

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³ Wait time for first appointment with Clinical Psychologist, Endocrine Service is approx. 6 months, as at April 2017. Contact service for up-to-date wait time estimate.