

WellBN Trans Health Hub Outreach Pathway - FAQ

➤ What is the outreach pathway?

It's a free NHS service that allows TNBI (Trans, Non-Binary and Intersex) patients to access Hormone Replacement Therapy through WellBN. We provide prescription, monitoring and ongoing management of the HRT regime. It's open to patients who are looking to access HRT, and patients that are already on HRT but have issues accessing monitoring. Patients who are unsure about wanting to be on HRT and want to access a TNBI-specific holistic health review are also welcome to register.

➤ Do patients have to register with WellBN as their GP?

This service is based in a GP surgery but it does not replace the GP: patients stay with their own GP for the rest of their healthcare. Think of it as an entirely separate NHS service just for HRT!

➤ How do patients access the pathway?

Patients do not need to be referred – they can self-refer by emailing sxicb-bh.transhealthhub@nhs.net

➤ Do we refer patients for surgery, voice therapy or fertility preservation ?

This service is strictly for HRT – we do not do referrals to GIC, fertility preservation or any other trans-related healthcare. However we can provide advice to your GP to help them make referrals for you.

➤ Who can use this service? And what should I do if I don't qualify?

As of 2024, this service is open for patients over 17 years old based in East and West Sussex only. If you are under 17 years old, you can email sxicb-bh.transhealthhub@nhs.net for a chat with our care coordinator about registering with us fully. If you are over 17 but outside of Sussex, you can register your interest to join as a full patient when our books reopen, or ask to be contacted if we get funding to operate in your area. You can do so using this form: <https://forms.gle/rB95NHMp2ryCm1Pv6>.

➤ Do patients need to be referred to the GIC to use the service?

We use an informed consent model. Patients need to sign a consent form and do a baseline blood test to get started. They do not need to be referred to the GIC or an official diagnosis. We provide documentation and opportunities to discuss the risks, potential side effects, reversible and irreversible intended effects of HRT..

➤ What can GPs do to support patients accessing the Outreach Pathway?

All GPs need to do is blood tests (we will be generating the form for these and interpreting the results). Blood tests can also be done at a hospital or polyclinic. Injections can also be done by the GP (we will provide the prescription) If the GP would like to take over the monitoring of the patient's hormone levels and HRT regime at any point, we are happy to provide support, resources and training for this.

➤ What is communicated back to the GP?

GPs are sent a cover letter through which they are informed that the patient is accessing the pathway, what regime they are on. We will also highlight any health concerns that may require a follow up from the GP. If the GP uses the same system as ours, they might be able to see appointment notes and prescription requests as well.



➤ **What can patients expect from the Outreach pathway?**

We offer ongoing monitoring (blood test at 3 months, 9 months, then as required but at least once a year). We offer prescribing appointments, and support with adapting the hormone regime to suit the patient. We can support with injections, and teach patients how to safely self-inject. Patients are also entitled to a yearly holistic health review covering physical, mental and sexual health as well as any questions regarding HRT. Patients who are already on HRT and have trouble accessing monitoring are welcome to use this service, and patients who would like to discuss their trans identity but don't necessarily want to go through with HRT can still access the yearly holistic health review.

➤ **What are the steps involved when accessing the pathway?**

