

# Clinical Toolkit

## Clinical Tips: Home Therapy

This is background knowledge for AHPs and is generally not their area of expertise. AHPs can provide basic information or refer their clients to the information, but should encourage consultation with medical practitioners or specialist services.

### Key Facts about Hormone Therapy

- A large Australian study found 86% of individuals who identified as transgender were using or intended to use hormone therapy.
- Hormone therapy has been demonstrated to reduce distress without significant adverse psychological or physical effects.
- It is important to be aware of the reversible and permanent side effects of hormone therapy (including potential impacts on fertility) to ensure patients are fully informed.
- Ideally a specialist service or clinician should be consulted to initiate treatment
- Ongoing care, including monitoring hormone therapy, can usually be managed by the GP.
- GPs can also liaise with other healthcare providers, including tertiary hospital clinics, specialist psychiatrists, endocrinologists and GP's working in the area of gender health.