

*Unofficial English translation, the 1st of May 2010*

*(1053/2002)*

Enacted in Helsinki on the 3rd of December 2002

## **A decree of the Ministry of Social Affairs and Health on the organisation of the examination and treatment aiming at the change of gender as well as on the medical statement for the confirmation of gender of a transsexual**

It is enacted on a decree by the Ministry of Social Affairs and Health on the basis of section 4 of the Act on Sterilisation enacted on the 24th of April 1970 (283/1970) and on the basis of section 6 of the Act on the Confirmation of Gender of a Transsexual enacted on the 28th of June 2002 (563/2002):

### **1§**

#### Scope of Application

This decree covers the organisation of the examination and treatments aiming at the change of gender as well as on the medical statement referred to in section 1 of the Act on the Confirmation of Gender of a Transsexual

### **2§**

The organisation of the examination and treatments aiming at the change of gender

Medical examination and treatment aiming at the change of gender is concentrated in the Helsinki University Central Hospital and the Tampere University Central Hospital. When a person is seeking treatment because of transsexualism or his or her gender identity calls for clarification he or she should be referred to one of the aforementioned hospitals for further examination.

Surgery on reproductive organs is concentrated in the Helsinki University Central Hospital except for the removal of womb and ovaries

### **3§**

#### Qualified multidisciplinary team for examination and treatment of transsexualism

There are multidisciplinary teams for the examination, treatment and follow-up of transsexualism in the Helsinki University Central Hospital and in the Tampere University Central Hospital who are qualified in examination and treatment of transsexualism.

The composition of a team should be such that it can properly take care of the examination, treatment and follow-up of transsexualism. A specialist in psychiatry is in charge of the team. The team must have at its disposal specialists in gynecology and specialists in internal diseases that are qualified in endocrinology. The team at the Central Hospital of the University of Helsinki must also have at its disposal a specialist in plastic surgery qualified in the surgery of reproductive organs.

#### **4§**

##### Plan on treatments

When transsexualism is confirmed the team referred to in article 3 should prepare together with the patient a plan in writing on treatment and its execution. The plan on treatment should detail the main aims and means and an estimated time during which the goals are intended to be reached.

#### **5§**

##### Organisation of examination and treatment

The specialist in psychiatry in the team named in section 3 refers the patient to a specialist in gynecology or a specialist in internal diseases qualified in endocrinology in the same hospital for the assessment and commencement of hormonal treatment when it has been established by psychiatric examination that the preconditions for hormonal treatment are fulfilled.

The referral for reproductive organ surgery for the confirmation of gender including sterilisation must be based on a written recommendation given by the specialist in psychiatry referred to in section 3. The recommendation must be seconded in an attached statement by the specialist in psychiatry of the second team referred to in section 3.

The planning and execution of surgical treatments on reproductive organs is the responsibility of a specialist in plastic surgery active in the Central Hospital of the University of Helsinki.

The follow-up of a real life test and the continuation of hormonal treatment can be arranged in addition to the Helsinki University Central Hospital and the Tampere University Central Hospital also in another specialist health care or basic health care unit. After the completion of treatments the follow-up of the patient can be arranged instead of the aforementioned hospitals also in another specialist health care or basic health care unit.

#### **6§**

##### Medical statement for the confirmation of the gender of a transsexual

The statement for the confirmation of the inclusion of a person in the opposite gender than the one in which he or she is recorded in the population information system referred to in section 1 in the Act on the Confirmation of Gender of a Transsexual must contain a justified opinion on that:

- 1) The person in question feels that he or she belongs permanently to the opposite gender;
- 2) He or she lives in a gender role conforming to this gender and;
- 3) He or she has been sterilised or he or she is for other reasons unable to reproduce.

The medical statement is issued by the specialist in psychiatry of the team referred to in section 3. In addition the specialist in psychiatry of the other team referred to in article 3 must make certain by meeting the patient in person that the medical preconditions for the confirmation of gender are fulfilled. In the statements by both the specialists in psychiatry it must be made explicitly clear whether all the medical preconditions for the confirmation of gender are fulfilled.

The local register office will confirm the gender of a person treated for transsexualism outside Finland on the same grounds as for persons treated in Finland. The specialist in psychiatry of the team referred to in article 3 must issue a medical statement on the fact that the person in question has been examined in accordance with this decree and the person issuing the statement has examined the patient in person and verified that the medical preconditions for the confirmation of gender exist.

## 7§

Coming into force

This decree comes into force on the 1st of January 2003.