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COLLEGE OF PHYSICIANS
& SURGEONS OF ALBERTA

STANDARDS OF PRACTICE

Gender-Affirming Care for Minors

Under Review: Yes
Issued By: Council: TBD

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The ***Standards of Practice*** of the College of Physicians & Surgeons of Alberta ("CPSA") are the **minimum** standards of professional behavior and ethical conduct expected of all regulated members registered in Alberta. Standards of Practice are enforceable under the *Health Professions Act* and will be referenced in the management of complaints and in discipline hearings. CPSA also provides **Advice to the Profession** to support the implementation of the Standards of Practice.

PURPOSE

This standard establishes minimum expectations for regulated members providing gender-affirming care to minors. It supports compliance with applicable legislation requirements and CPSA's *Standards of Practice* and care based on current best available evidence.

SCOPE

This standard applies to regulated members who assess or provide care to minors in Alberta for gender dysphoria or gender incongruence.

It **does not** establish requirements for gender-affirming care provided to adults.

Regulated members must remain aware of and comply with all applicable legislation, regulations and ministerial orders, including amendments as they come into force. In the event of a conflict, those requirements take precedence over this standard

The Gender-Affirming Care Advice to the Profession provides more detailed guidance to support regulated members in applying the legislative requirements and professional obligations relevant to this care. Related standards and companion resources are listed at the end of this document.

DEFINITIONS

Gender dysphoria: a diagnosis in the DSM-5-TR defined as clinically significant distress or impairment due to gender incongruence, which may include a desire to change primary and/or secondary sex characteristics. Not all transgender or gender diverse people experience gender dysphoria.

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Terms used in the Standards of Practice:

- "Regulated member" means any person who is registered or who is required to be registered as a member of this College. CPSA regulates physicians, surgeons, osteopaths and physician assistants.
- "Must" refers to a mandatory requirement.
- "May" means that the physician or physician assistant may exercise reasonable discretion.
- "Patient" includes, where applicable, the patient's legal guardian or substitute decision maker.

Gender incongruence: a marked and persistent mismatch between an individual's experienced or expressed gender and their assigned sex.

STANDARD

1. A regulated member **must** provide care in accordance with:

   a. applicable legislative requirements, including sections 1.91 and 1.92 of the HPA and Ministerial Order M.O. 31/2025;

   b. CPSA's *Standards of Practice*; and

   c. current best available evidence relevant to the patient's presentation.

RELATED STANDARDS OF PRACTICE

- *Code of Ethics and Professionalism*
- *Continuity of Care*
- *Informed Consent*
- *Patient Record Content*
- *Patient Record Retention*
- *Prescribing: Administration*
- *Referral Consultation*

COMPANION RESOURCES

- CPSA Advice to the Profession documents:
  - Gender-Affirming Care
  - Continuity of Care
  - Informed Consent for Minors
  - Prescribing: Administration
  - Referral Consultation
- *Health Professions Act*
- M.O. 31-2025 – Primary and Preventative Health Services

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REFERENCES

American Psychiatric Association's "What is Gender Dysphoria?" (July 2025).
Government of Alberta's *Bill 9: Protecting Alberta's Children Statutes Amendment Act, 2025* (now reflected in *Health Professions Act* (July 2026)).
Government of Alberta's *Bill 26: Health Statutes Amendment Act, 2024 (No. 2)* (now reflected in *Health Professions Act* (July 2026)).
Government of Alberta's Ministerial Order 31/2025 [Primary and Preventative Health Services] (Sep. 2025).
World Health Organization's "Gender incongruence and transgender health in the ICD" (n.d.).