

The Nova Scotia College of Nursing is the regulatory body for licensed practical nurses (LPNs), registered nurses (RNs) and nurse practitioners (NPs) in Nova Scotia. Our mandate is to protect the public by promoting the provision of safe, competent, ethical and compassionate nursing services by its registrants.

## Background

In the past, the *Vital Statistics Act* required that individuals 16 years and older seeking to change the sex designation on their birth certificate needed a written statement from a physician, psychologist, nurse practitioner, registered nurse or social worker.

## Changes in Nursing Practice

Based on changes to the *Vital Statistics Act* effective July 9 2019, individuals 16 years and older no longer require a written statement from a health professional in order to change the sex designation on their birth certificate. Rather, individuals seeking this change must make a statutory declaration to Vital Statistics to affirm their desired sex indicator change.

Additionally, the symbol “X” is available as a sex indicator on an individual’s birth certificate rather than “M” for male or “F” for female for those who do not identify exclusively as male or female.

## Additional Information

There is no change to the process for individuals 15 years of age and younger who are seeking to change the sex designation on their birth certificate. Physicians and psychologists are currently the only health professionals who have the authority to sign the *Change of Sex Application* for individuals in this age group.

## Questions

For more information on this topic or on any professional practice topic related to your practice, contact a Practice Consultant at [practice@nscn.ca](mailto:practice@nscn.ca).

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