

21 May 2019

Gloria Fraser

E mail: [fyi-request-10078-52b5f789@requests.fyi.org.nz](mailto:fyi-request-10078-52b5f789@requests.fyi.org.nz)

Dear Gloria

**Subject: Official Information Act request Re: gender affirming health care**

Thank you for your request for information under the Official Information Act received by Lakes DHB on 15 April 2019. You have asked:

- 1. *Could you please advise whether the following gender-affirming healthcare services are funded by the Lakes District Health Board for transgender patients, and whether the services are currently available:***

***Puberty blockers-*** see hormone therapy

***Hormone therapy*** – Yes endocrinology first assessment funded then in conjunction with the person's GP, on-going monitoring and care is provided. The medications are provided through community pharmacy. On-going prescribing of hormone therapy usually accommodated by the GP.

***Mastectomy*** – Not available

***Hysterectomy*** Not available

***Orchidectomy*** Not available

***Facial hair removal*** Not available

***Breast augmentation*** Not available

***Voice training*** Not available

***Facial feminisation surgery*** Not available

- 2. *Are transgender healthcare providers under the Lakes District Health Board encouraged to follow Oliphant et al's (2018) Guidelines for gender affirming healthcare for gender diverse and transgender children, young people and adults in Aotearoa New Zealand? If not, which guidelines do they follow, if any?***

Lakes DHB has been following WPATH (World Professional Association for Transgender Health) and we intend looking at Oliphant's guidelines and how these guidelines can be incorporated into a local and regional pathway. We await the development of national guidelines and specifications in this area.

- 3. *Is a readiness assessment required to access gender-affirming healthcare services? (This is an assessment of readiness for treatment from a medical and psychosocial perspective, as well as whether the client understands the risks and benefits of treatment, and is sometimes referred to as a 'mental health assessment').***

Yes a readiness assessment is considered best practice.

**4. If a readiness assessment is required to access gender-affirming healthcare services, who carries out this assessment? Is this assessment funded by the Lakes District Health Board? Does the assessment use an informed consent model?**

All services at Lakes DHB use an informed consent process.

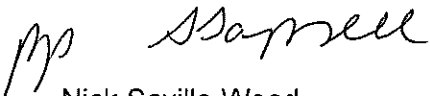
The current arrangement is that for people up to the age of 25 a local provider undertakes the first psychological assessment which can be inclusive of follow up. Lakes DHB funds these assessments.

**5. What steps is the Lakes District Health Board taking to improve healthcare provision for transgender New Zealanders?**

Lakes DHB wants to contribute to the development of regional and national pathways and options that would support the Lakes DHB transgender population.

Please note we may publish this letter and enclosed documents (with your personal information removed) on Lakes DHB's website.

Yours sincerely



Nick Saville-Wood  
**Chief Executive**

Cc: sectoroias@moh.govt.nz