



MIDCENTRAL DISTRICT HEALTH BOARD

Te Pae Hauora o Ruahine o Tararua

16 April 2021

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Alistair

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Dear Alistair

Official Information Act (OIA) Requests

Your OIA request of 19 March 2021 to MidCentral District Health Board (DHB) is acknowledged and has been passed on to me for a response.

The information you have requested follows.

- **Hormone Therapy**

Could you please advise whether the following gender-affirming healthcare services are funded by MDHB for transgender patients and whether the services are currently available.

Doctors in the Sexual Health Service do prescribe hormone therapy and give guidance for General Practitioners and Nurse Practitioners to do so.

Could you please provide information about the process of accessing those services that are available.

- Access to Sexual Health services is via a General Practitioner referral.
- Access to the Endocrinology Service is via a General Practitioner or specialist referral.

- **Is care available on an Informed Consent basis?**

Yes; MDHB accept referrals on this basis.

- **Specifically, is an assessment by a mental health professional required in order to access gender-affirming healthcare services? If so, which services?**

Not routinely for adults. Work is in progress to provide mental health support for those who request it.

- **In the case of hormone therapy, can primary health providers prescribe hormones, or does this have to be initially approved by an endocrinologist?**

It is not known how many General Practitioners prescribe hormones without specialist input. In the past certain preparations required specialist endorsement, but these restrictions have largely been removed.

- **Is any period of real-life experience required to access hormone therapy?**

This is considered on a case by case basis. Persistence of gender dysphoria as per International Classification of Disease-11 classification is used to assess readiness for hormone therapy rather than real life experience. There is an emphasis on an individualised approach to commencing gender affirming hormones.

Please note that this response, or an edited version of this response, may be published on the MidCentral DHB website 10 working days after your receipt of this response.

Yours sincerely



Lyn Horgan
Operations Executive
Acute & Elective Specialist Services