



21 June 2018

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Dear Gloria

Official Information Act (OIA) Request

Your e-mail of 8 June 2018, in response to my letter of 30 May 2018, in which you have requested the following is acknowledged.

- **Could you please provide information about the process of accessing those services that are available?**
 - **Specifically, is an assessment by a mental health professional required in order to access gender-affirming healthcare services? If so, which services?**

The current World Professional Association for Transgender Health (WPATH) guidelines (Version 7) have suggested a change of the role of Psychologist and Psychiatrist to mental health professional which has been interpreted as including other health professionals who have undertaken training in mental health and transgender health care.

Patients can see a Clinical Psychologist at the Youth One Stop Shop (YOSS) or at Massey – the patient has to self-fund to be assessed at Massey.

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

Most General Practitioners will not prescribe hormones without specialist endorsement. Some medications will be specialist recommendation only, e.g. testosterone.

The Sexual Health and Paediatric services are also involved in prescription of medication to selected individuals

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

This was a requirement in previous guidelines for genital surgery. Further mental health opinion is required prior to surgery.

- **Finally, could you please advise what the process is if transgender patients require one of the above services, but the MidCentral District Health Board does not offer this service? Does the MidCentral District Health Board currently fund patients to travel to other areas to access this healthcare?**

MidCentral District Health Board does not currently fund patients to travel to other areas to access this healthcare.

If you have any further questions, please do not hesitate to contact me.

Yours sincerely



Lyn Horgan
Operations Executive
Acute & Elective Specialist Services