

21<sup>st</sup> October 2021

s9(2)(a)

Dear s9(2)(a)

**Official Information Act Request for – Transgender Care**

I write in response to your Official Information Act request received by us 27<sup>th</sup> September 2021, you requested the following information:

- Please advise (Y/N) whether the following gender-affirming healthcare treatments are provided by your DHB for transgender patients:**

Treatment	Yes	No	Notes
Voice therapy/vocal training			
Permanent facial hair removal by electrolysis, IPL, or laser treatment			
Chest binding prosthetics (binders)			
Chest reconstruction (double mastectomy & contouring for transgender men)			
Breast augmentation for transgender women			
Fertility preservation for sperm			
Fertility preservation for eggs			
GnRH Puberty suppressants (puberty blockade)			
Readiness assessment for hormone therapy			
Hormone therapy (estrogen, progesterone, and testosterone treatment)			
Hysterectomy and oophorectomy			
Orchidectomy/orchiectomy			
DHB public pathway to care			

- Are gender-affirming healthcare services under your DHB based on the Guidelines for Gender Affirming Healthcare for Gender Diverse and Transgender Children, Young People and Adults in Aotearoa New Zealand (2018)? If not, which guidelines are they based on, if any?**
- Are there transgender training programmes routinely provided or promoted through your DHB? If so, which training programmes or materials are used, and which organisations provide these? If not, do you have mechanisms for providing or promoting such training, and is there a date by which you plan to provide these?**

**Counties Manukau Health Response:**

For context Counties Manukau Health (CM Health) employs over 8,500 staff and provides health and support services to people living in the Counties Manukau region (approx. 601,490 people). We see over

118,000 people in our Emergency Department each year, and over 2,000 visitors come through Middlemore Hospital daily.

Our services are delivered via hospital, outpatient, ambulatory and community-based models of care. We provide regional and supra-regional specialist services i.e. for orthopaedics, plastics, burns and spinal services. There are also several specialist services provided including tertiary surgical services, medical services, mental health and addiction services.

The Kidz First Centre for Youth Health welcomes gender diverse and transgender young people to our service. We provide support for young people and whaanau/families around gender exploration and transition related healthcare across the whole Auckland region.

Publicly available information on CM Health’s Centre for Youth Health services and also Hauora Tāhine - Pathways to Transgender Healthcare services can be accessed via the HealthPoint website at the following links, and may answer many of your questions:

- <https://www.healthpoint.co.nz/public/paediatrics/kidz-first-centre-for-youth-health/>
- <https://www.healthpoint.co.nz/public/sexual-health/hauora-tahine-pathways-to-transgender-healthcare/>

**1. Please advise (Y/N) whether the following gender-affirming healthcare treatments are provided by your DHB for transgender patients:**

Treatment	Yes	No	Notes
Voice therapy/vocal training	✓		
Permanent facial hair removal by electrolysis, IPL, or laser treatment		X	
Chest binding prosthetics (binders)		X	Small number donated we can give out.
Chest reconstruction (double mastectomy & contouring for transgender men)	✓		
Breast augmentation for transgender women		X	
Fertility preservation for sperm	✓		
Fertility preservation for eggs	✓		Infrequent - Only if removal of ovaries and uterus is planned.
GnRH Puberty suppressants (puberty blockade)	✓		
Readiness assessment for hormone therapy	✓		
Hormone therapy (estrogen, progesterone, and testosterone treatment)	✓		
Hysterectomy and oophorectomy	✓		
Orchidectomy/orchiectomy	✓		
DHB public pathway to care	✓		Information available on Health Point – Hauora Tāhine.

**2. Are gender-affirming healthcare services under your DHB based on the Guidelines for Gender Affirming Healthcare for Gender Diverse and Transgender Children, Young People and Adults in Aotearoa New Zealand (2018)? If not, which guidelines are they based on, if any?**

CM Health uses the Northern Regional DHB Guidelines for Gender Affirming Healthcare. This guideline was developed with support from the Northern Region Clinical and Consumer Advisory Group. The guideline can be found at the following link:

- <https://www.healthpoint.co.nz/public/sexual-health/hauora-tahine-pathways-to-transgender-healthcare/>

Use is also made of the broader Aotearoa guidelines, “Guidelines for Gender Affirming Healthcare for Gender Diverse and Transgender Children, Young People and Adults” (Oliphant, October 2018).

- <https://researchcommons.waikato.ac.nz/handle/10289/12160>

**3. Are there transgender training programmes routinely provided or promoted through your DHB? If so, which training programmes or materials are used, and which organisations provide these? If not, do you have mechanisms for providing or promoting such training, and is there a date by which you plan to provide these?**

CM Health has an online training module available for all staff via our electronic learning portal. This course is available for any DHB staff member wanting to learn about working with gender diverse, non-binary and transgender people.

The Centre for Youth Health also facilitate educational talks to a range of community and hospital teams on request.

In addition to this, we have a comprehensive values programme for all staff members at CM Health that underlines the service that each of us provide to each other, the interactions we have with patients, family/whaanau and our community.

I trust this information answers your request. You are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act. Information about how to make a complaint is available at [www.ombudsman.parliament.nz](http://www.ombudsman.parliament.nz) or Freephone 0800 802 602.

Please note that this response or an edited version of this may be published on the Counties Manukau Health website. If you consider there are good reasons why this response should not be made publicly available, we will be happy to consider this.

Yours sincerely



**Fepulea'i Margie Apa  
Chief Executive Officer  
Counties Manukau Health**