



COUNTING OURSELVES

**Equity and Barriers to Accessing Primary Care for
Trans and Non-binary People in New Zealand
Conference for General Practice 2019**

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Counting Ourselves Methods

- ▶ Team led by trans people
- ▶ Community advisory group
- ▶ Peer review of questionnaire including by health professionals, Ministry of Health and StatsNZ
- ▶ Includes NZ population survey questions
- ▶ Live from 21 June - 30 September 2018

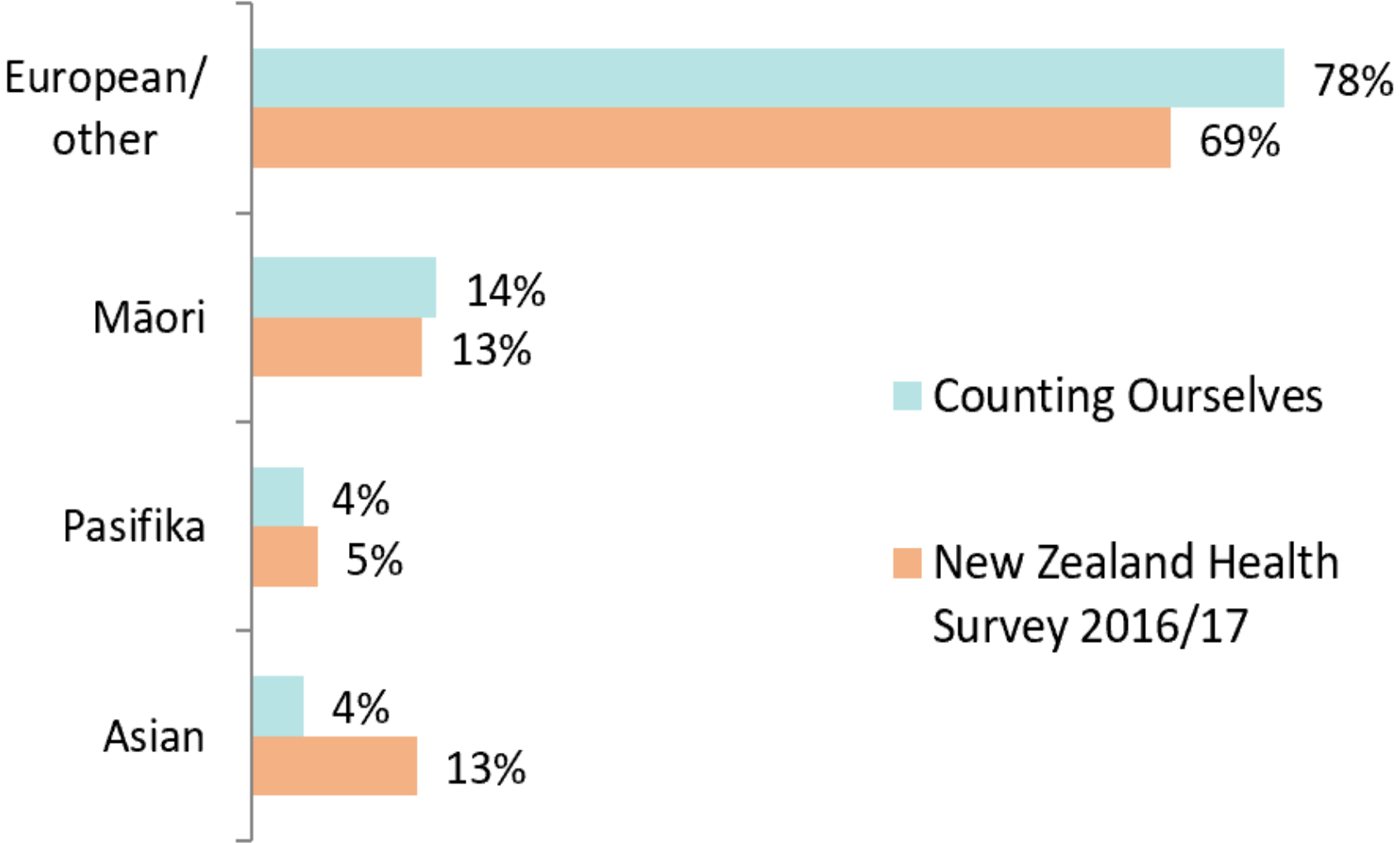
1178 responses from
trans and non-binary people
living in Aotearoa
aged 14 and older

"WE can no longer be left behind, being counted is OUR collective responsibility. Being counted will no longer give anyone an excuse to make US invisible."

- Phylesha



Which ethnic group or groups do you belong to?



How old are you?

14-18 17%

19-24 29%

25-29 19%

30-34 10%

35-39 6%

40-44 5%

45-49 5%

50-54 3%

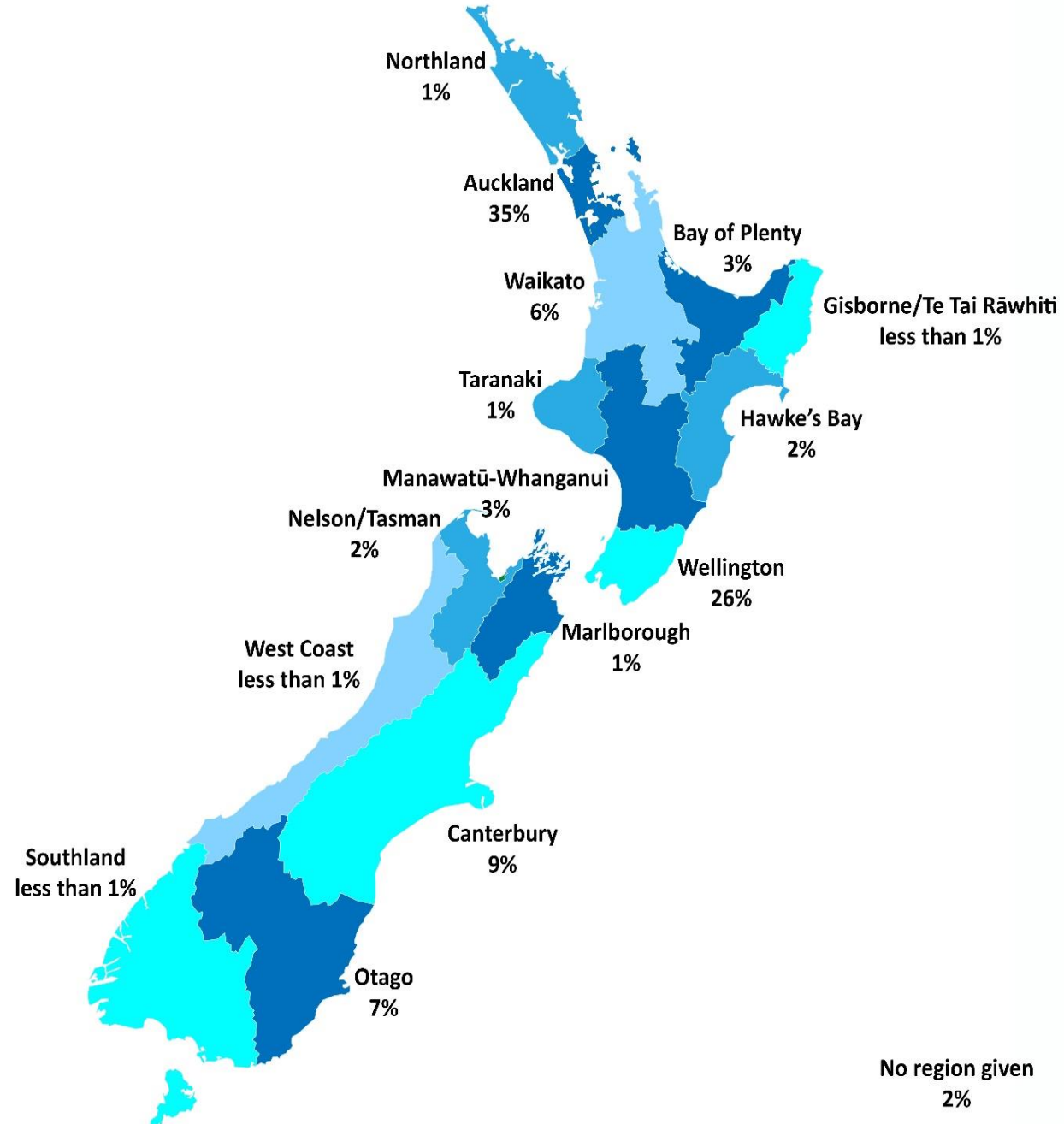
55-59 3%

60-64 2%

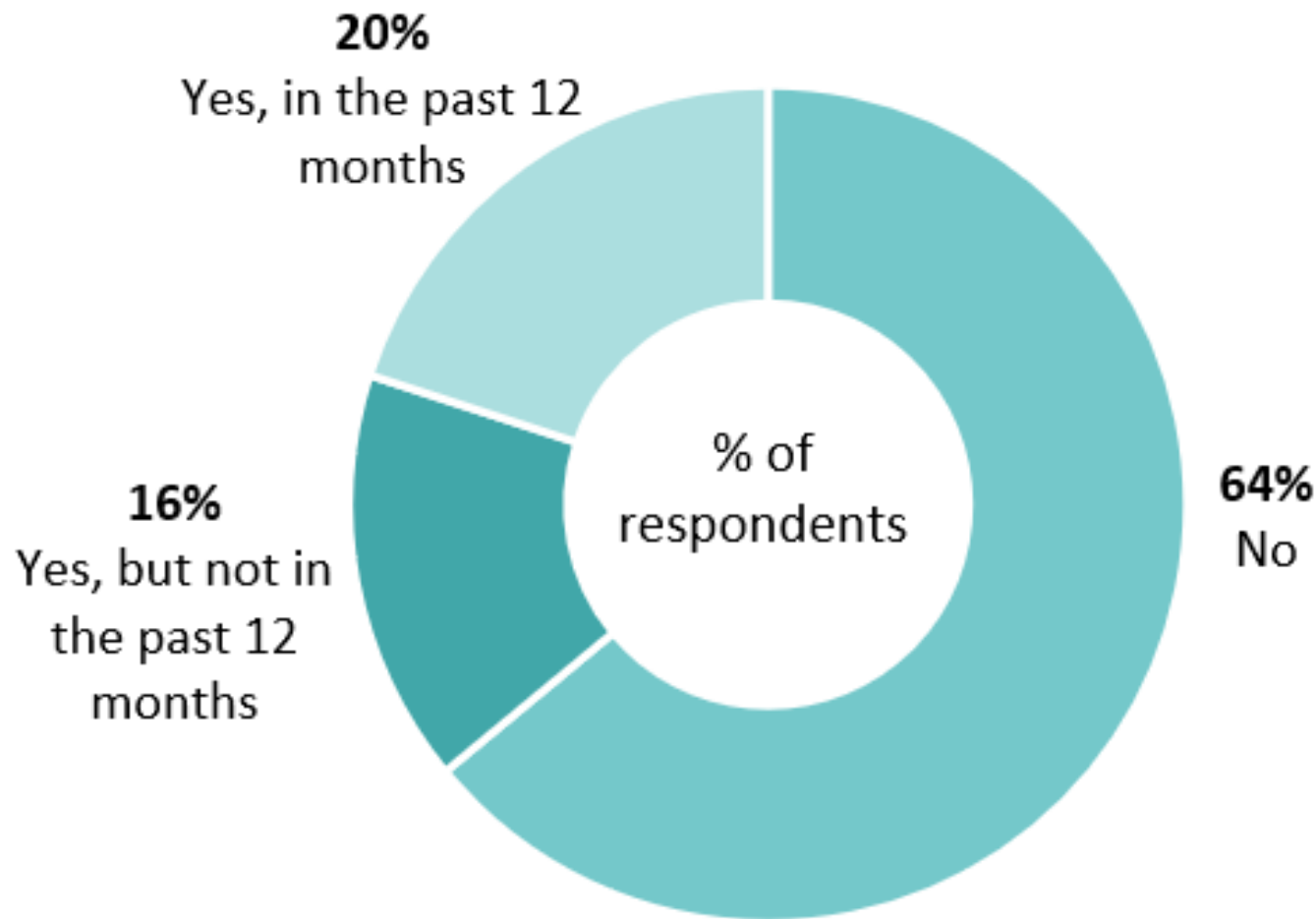
65 years or older 2%

Regions

- ▶ Auckland: 35%
- ▶ Wellington: 26%
- ▶ Canterbury: 9%
- ▶ Otago: 7%
- ▶ Waikato 6%
- ▶ Bay of Plenty: 3%
- ▶ Manawatū/
Whanganui: 3%
- ▶ Nelson/Tasman 2%
- ▶ Hawke's Bay: 2%



Have you ever needed to see a doctor but did not because you thought you would be disrespected or mistreated as a trans or non-binary person?



In the last 12 months, higher for:

➤ Youth (26%)

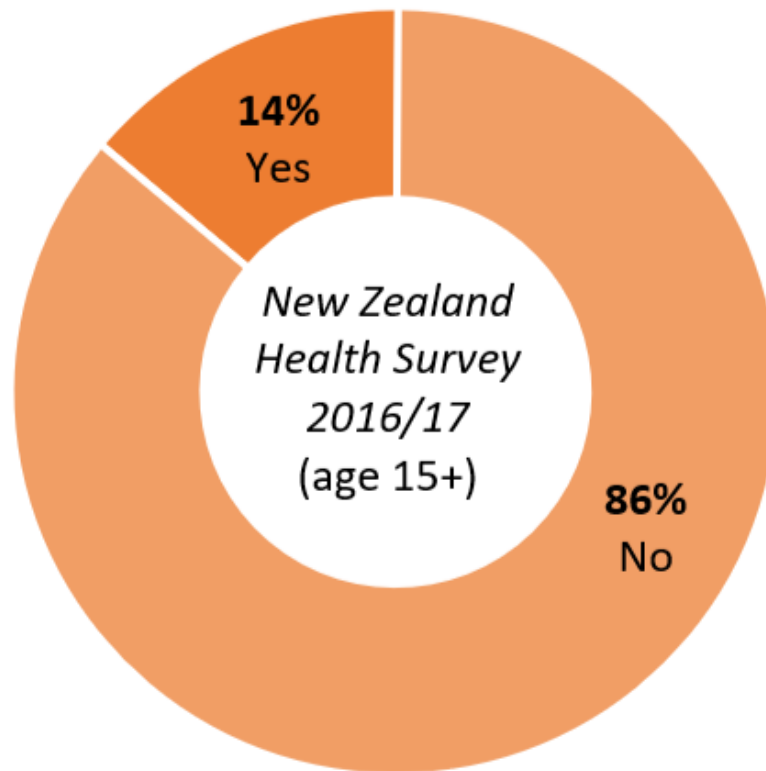
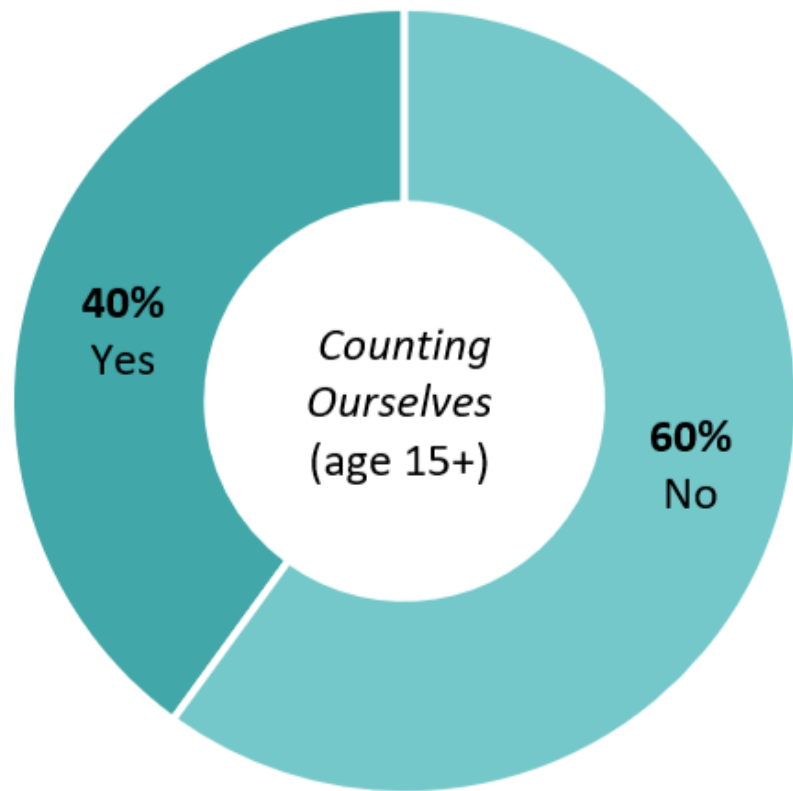
In the last 12 months, lower for:

➤ Older adults (6%)

“Receptionists can impact my experience at the GP. . . . if the admin staff get [my name/ pronoun] wrong.”

“But it shouldn't be such a struggle to find affirming care like this - everyone should have a kind and confident GP like mine”

Was there a time when you had a medical problem, but did not visit a GP because of cost in the last 12 months?



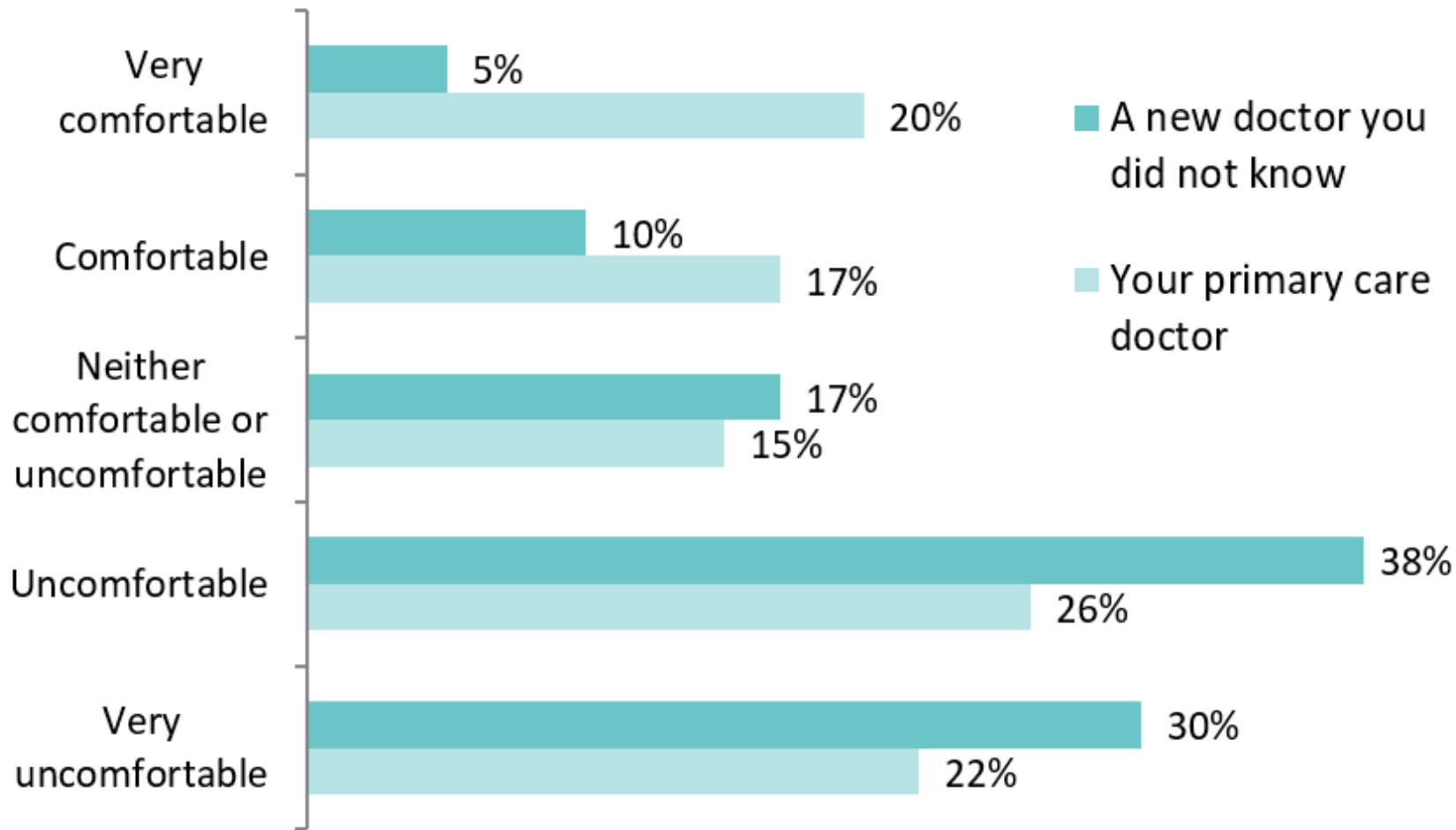
*“Cost is a real barrier to care. I have been off hormones for six months because I couldn't afford to see my GP and the cost of injection at that time. I am now in the process of starting treatment again but need to save up money to see my GP.”
(Trans man, adult)*

Not visited a GP due to . . .

Cost: Higher for disabled participants (57%), youth (49%)

No Transport: Overall (15%), disabled participants (32%), youth (21%)

How comfortable are you discussing being trans or non-binary with ... ?



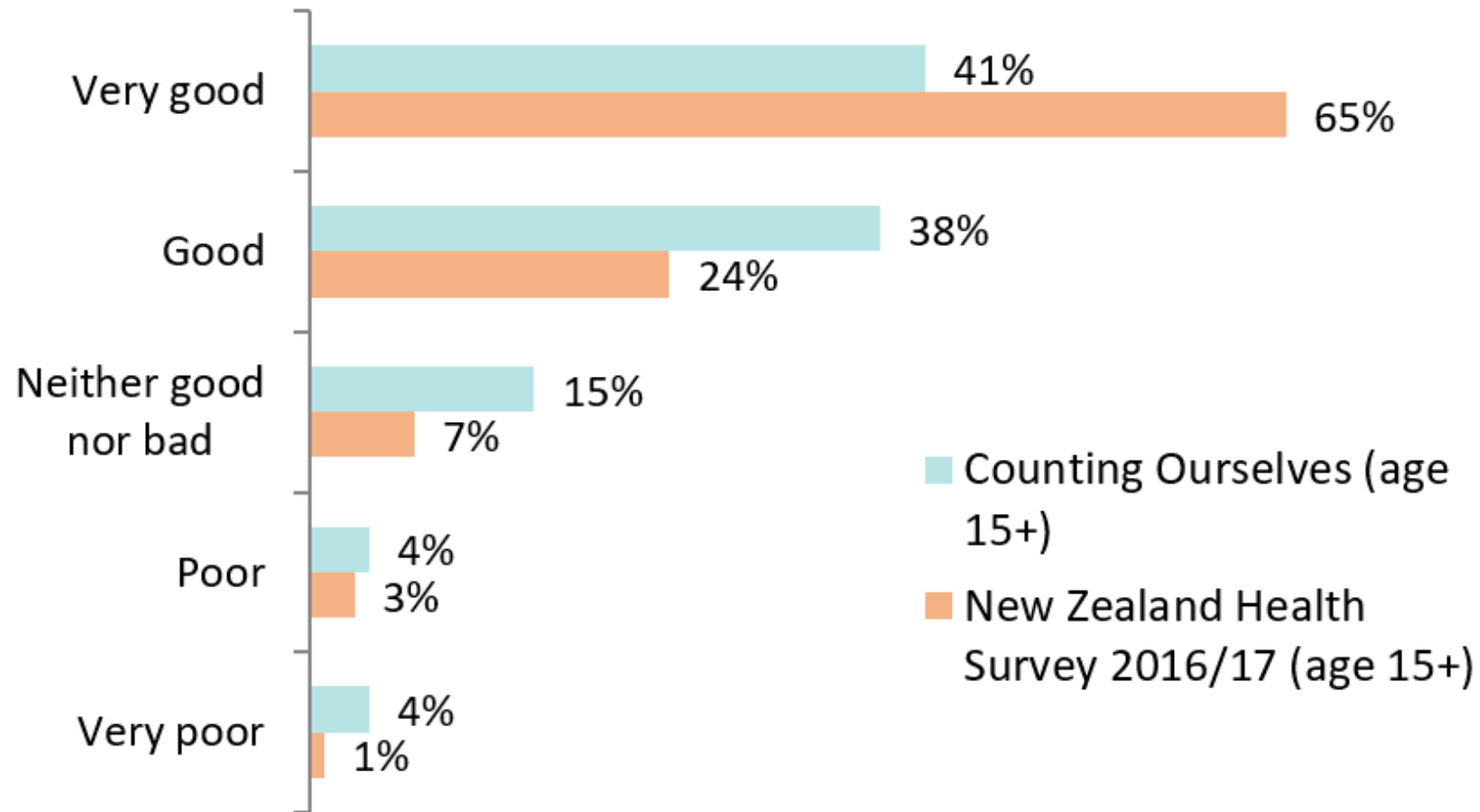
Uncomfortable or very uncomfortable discussing being trans or non-binary with your primary care doctor:

- Overall (48%)
- Non-binary (63%)
- Trans women (37%)
- Trans men (36%)

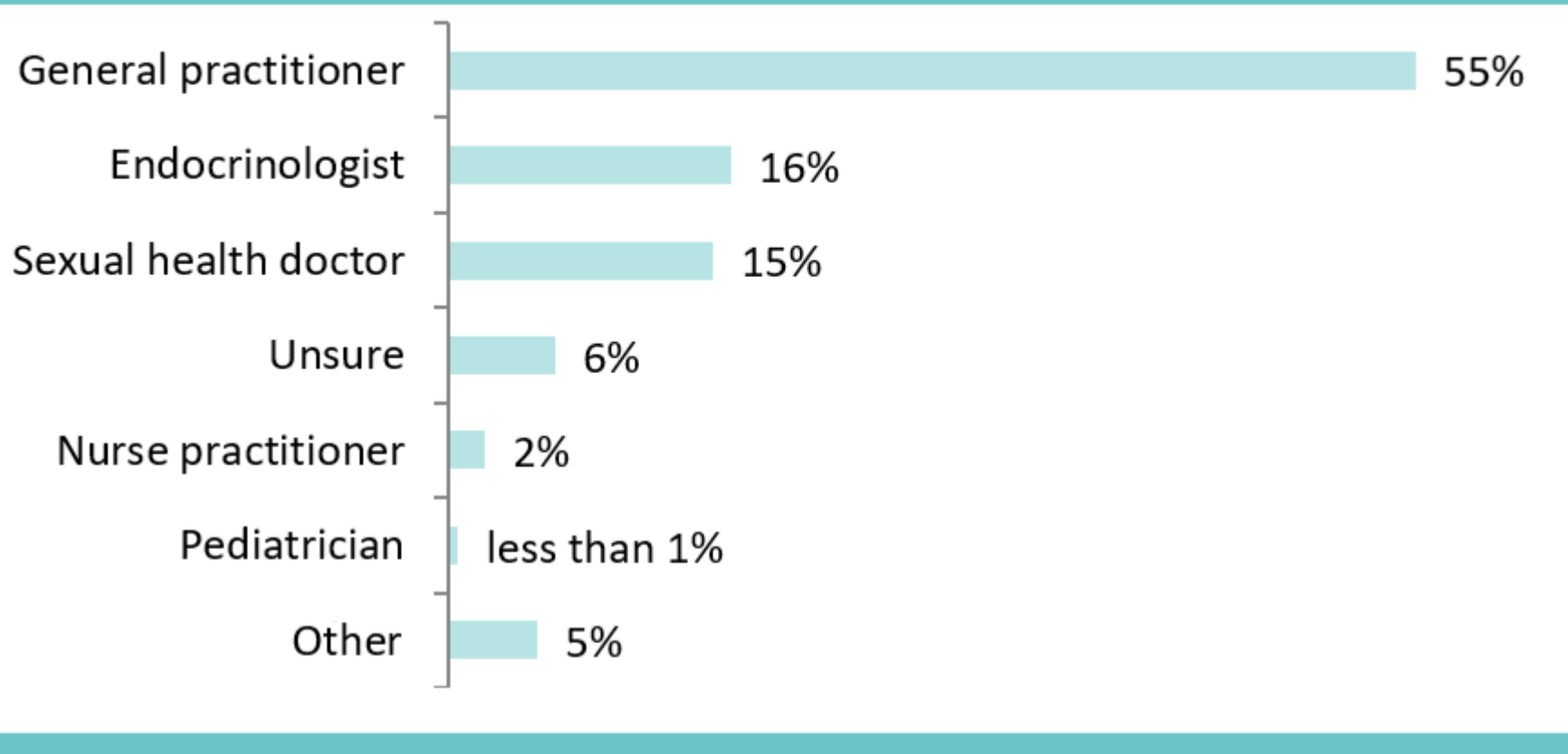
“I would love our healthcare providers to be further upskilled in delivering gender-affirming healthcare - from our GPs to our endocrinologist to receptionists and orderlies”

During your last visit to your GP...

How good was the doctor at involving you in decisions about your care, such as discussing different treatment options?



Who is the main healthcare provider you usually go to for gender affirming care, such as hormone prescriptions or surgery referrals?

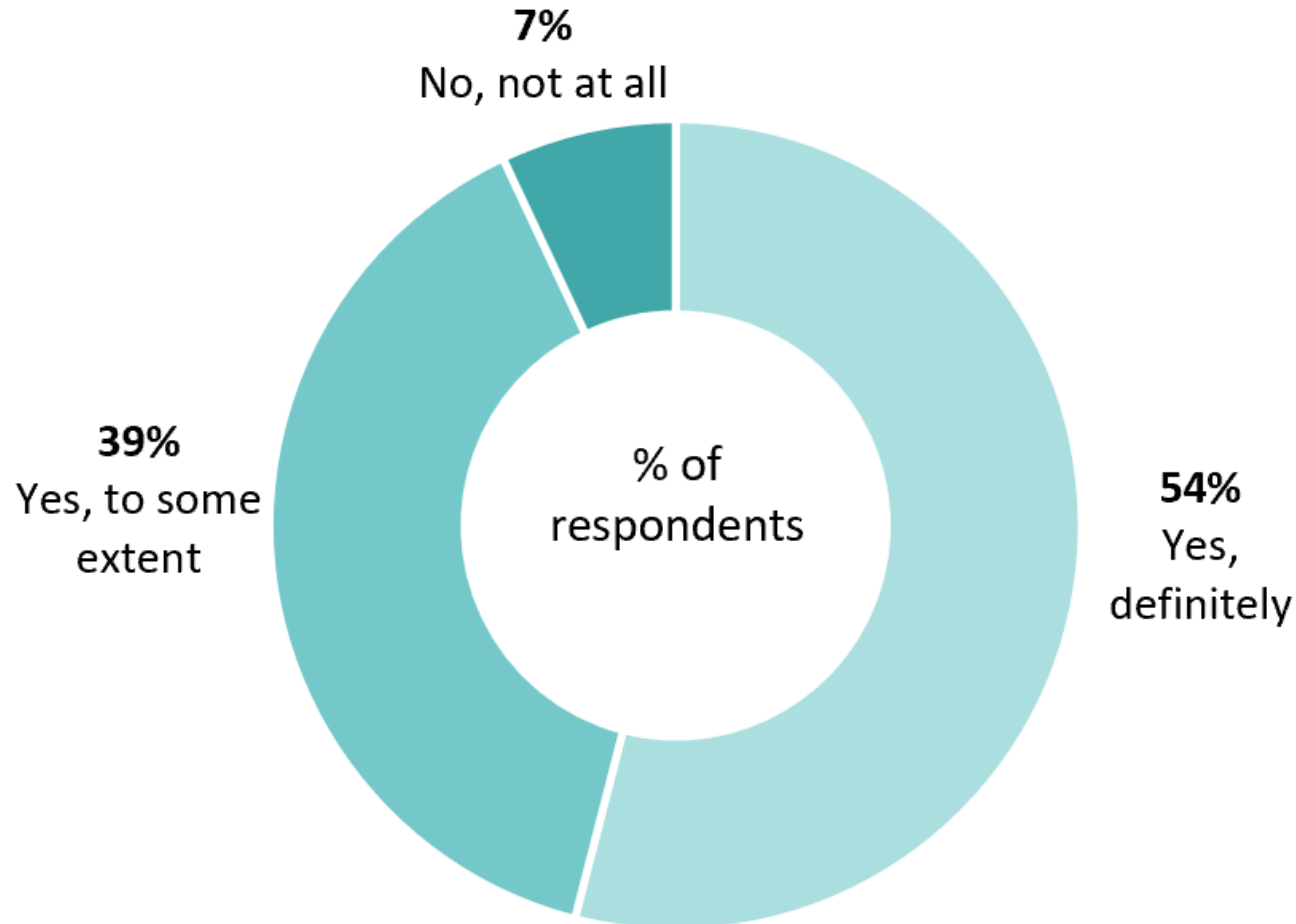


GPs: Youth (46%), trans men (47%) and Auckland participants (47%) were less likely and Canterbury participants were more likely (72%)

Nurse practitioners: Youth (4%), Pasifika (8%) and Hawke's Bay/Gisborne/Bay of Plenty participants (10%) were more likely

Confidence and trust in your GP

Did you have confidence and trust in the last GP you saw?



*“I have been with my GP my entire life, so we have a good relationship. Even though my GP also sees other members of my family, at no time was I worried that they would break patient-doctor confidentiality.”
(Non-binary participant)*



Conclusion / recommendations

- ▶ Increased education for for GPs to address avoidance and discomfort equity issues
- ▶ Confidence and trust likely to be due to ongoing relationships with GPs

“Accessible gender affirming care involves people being able to access this care as close to home as possible. There are limited numbers of teams that are specialised in gender affirming care in New Zealand and these are receiving increasing demand. Primary health providers should be aware of the barriers and potential harms with requiring people to travel or wait to access care and might consider assessment and provision of gender affirming hormones within the primary care setting.”

Oliphant et al. (2018) Guidelines for Gender Affirming Healthcare (p. 27)

**Guidelines for Gender
Affirming Healthcare**
for Gender Diverse and
Transgender Children, Young
People and Adults in
Aotearoa New Zealand

Next Steps

- ▶ *Counting Ourselves* report launch in September
 - ▶ Substance use, mental health, binge eating and weight control, sexual health including fertility, smoking, access to gender affirming care
- ▶ Professional Association for Transgender Health (PATHA)
 - ▶ An interdisciplinary professional organisation working to promote the health, wellbeing, and rights of trans people through networking, education, and research.
 - ▶ <http://patha.nz>



PATHA

PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH AOTEAROA

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