

Counting Ourselves



Team led by trans
people
+
a Community
advisory group
+
Kaupapa Māori
informed

- ▶ Survey questions reviewed by SNZ, MoH, and community and health experts
- ▶ Includes NZ population survey questions
- ▶ Took place 21 June - 30 September 2018
- ▶ First community report in September 2019
- ▶ Articles in international academic journals
- ▶ Used in community advocacy
- ▶ Cited in Government reports and briefing papers
- ▶ Second survey launching late August 2022

**1,178 responses from
trans and non-binary people
living in Aotearoa
aged 14 and older**

Supportive GP care linked to better mental health

Trans and non-binary people who reported positive healthcare experiences with GPs had

- ▶ lower reported psychological distress and suicide attempt

However, only less than half reported that their GP

- ▶ was supportive of their needs related to gender-affirming care (48%)
- ▶ always used the correct name including in referrals (47%)
- ▶ showed they were willing to educate themselves on gender-affirming care (43%)
- ▶ Always used correct gender pronouns (41%)



Reference: Treharne, G.J., Carroll, R., Tan, K.K. & Veale, J.F (2022) Supportive interactions with primary care doctors are associated with better mental health among transgender people: results of a nationwide survey in Aotearoa/New Zealand. *Family Practice*. DOI: 10.1093/fampra/cmac005

Trust + communication gaps

	CO	NZ Health Survey
Did you have confidence and trust in the GP you saw? <i>Yes, definitely</i>	57.0%	78.5%
How good was the doctor at explaining your health conditions and treatments in a way that you could understand? <i>Good & Very good</i>	76.9%	87.2%
How good was the doctor at involving you in decisions about your care, such as discussing different treatment options? <i>Good & Very good</i>	80.0%	87.2%

Cost and transport are barriers to care

Was there a time in the last 12 months when you had a medical problem but did not visit a GP because of..?	CO	NZ Health Survey
Cost	38.4%	17.4%
Transport	13.5%	3.0%

Notes.

1. Among participants aged 15+
2. NZHS data were weighted according to CO's age and ethnicity distribution

Reference: Tan, K.K., Carroll, R., Treharne, G.J., Byrne, J.L. & Veale, J.F (2022) "I teach them. I have no choice.": Experiences of Primary Care among Transgender People in Aotearoa/New Zealand. *New Zealand Medical Journal*. Accepted for publication.

Common themes about experiences in primary care

We analysed comments made by 153 participants in response to this open question

“Is there anything else about your experiences with primary healthcare providers that you would like to share with us?”

1. Gaps in GPs’ knowledge or confidence about providing gender-affirming care

“I teach them. I have no choice. *(Non-binary, Adult)*

“If a primary health care provider lacks knowledge that is fine if they take responsibility for their own awareness raising and have an open accepting attitude with no underlying transphobia. I would rather see a less knowledgeable practitioner who is not transphobic than a practitioner who professes to have knowledge and uses this to exert power over you based on underlying transphobia. I.e., has knowledge and uses this to discredit you.” *(Trans man, Older adult)*

“I think they're genuinely trying their best but underfunding, understaffing, and a general lack of training and information around gender diversity can make their jobs a lot harder. There are a few bad apples who will give me a hard time for being trans, but most people are nice and just trying to do their job.” *(Trans man, Youth)*

“I've had two GPs since coming out and have had to educate both of them; the second one is younger and is more willing to learn. I feel that the level of transgender related training given to GPs is inadequate.” *(Trans woman, Adult)*

2. Creating respectful, empowering experiences within primary care

“My primary health care provider is very good with most of my health concerns, and respects me as a patient who is well informed and educated and involved with my treatment. *(Non-binary, Youth)*

“I find I have to be very carefully and politely assertive to acquire medical care. My current GP is the best, I've had, but I have to do the work of presenting options and convincing him of permitting medicines I need. I don't believe I would receive adequate treatment if I wasn't extremely careful with diplomacy.” *(Trans woman, adult)*

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. My GP also has other trans patients, so is able to navigate these systems quite well. *(Non-binary, Adult)*

3. Experiences with all staff members matter

“Receptionists can impact my experience at the GP. E.g., the GP can be great but the if the admin staff get it wrong (name/pronoun) it doesn't matter how good the Dr is.” *(Trans man, Adult)*

“I did change my primary provider about 12 months ago both for cost reasons and because I was uncomfortable with the care being provided for by my previous GP in regards to trans specific care. I felt that there was no awareness towards the changes happening physically/mentally and that they continued to treat me as 'male' - including being called by my dead name by the receptionist and nurse staff.” *(Trans woman, adult)*

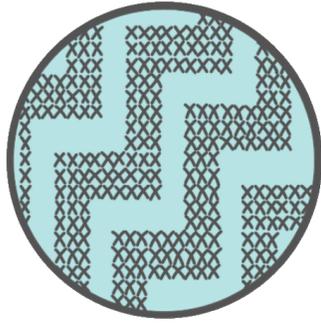
4. Access to care is patchy

“I currently have access to free healthcare through the university. Without this I could go to the doctors much less.” (Non-binary. Adult)

“One time I couldn't afford my medication so I went without for a month”. (*Trans woman, Adult*)

“There are quite a few good trans* doctors in central Auckland, so I am very fortunate. But in outer suburban and rural areas, finding ok doctors is hard for other trans people.” (*Non-binary, Adult*)

2022



COUNTING OURSELVES

Transgender
Health Research
Lab

Live from late August 2022

- ▶ New questions including about the impacts of COVID-19
- ▶ Link to the survey will be on our website
- ▶ Sign up there for email updates
- ▶ Contact us if you want fliers, social media tiles etc. to help promote the survey

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