



Australasian Sexual & Reproductive Health Conference

Tuesday 16 - Thursday 18 September 2025

Adelaide Convention and Exhibition Centre,
Tarndanya (Adelaide) on Kaurna Country, Australia



Gender Affirming Care in General Practice

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Disclosure of interest

- Author of the Aotearoa primary care GAHT guidelines.
- Nil else.

Focus of this talk is on:

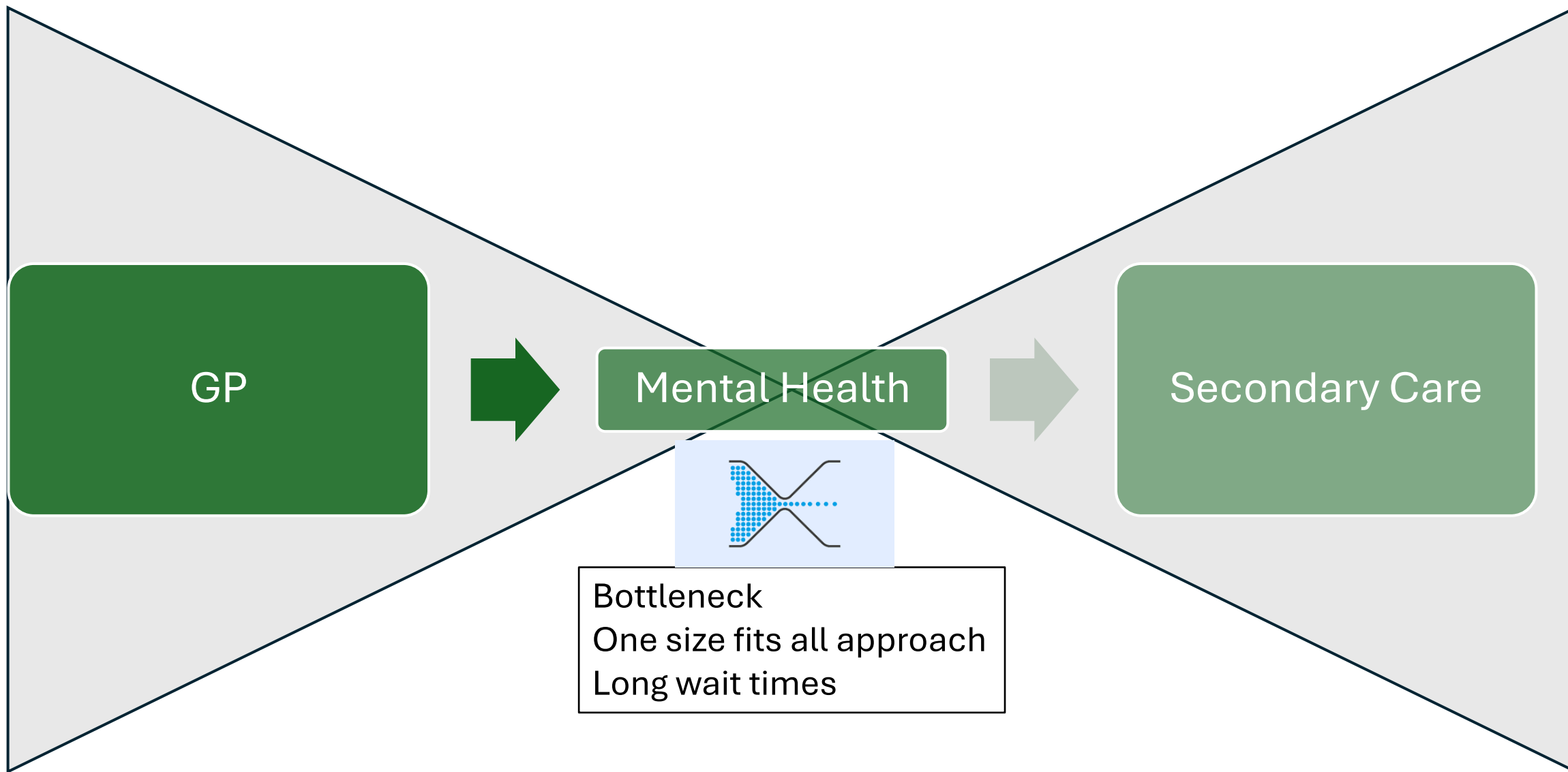
- Aotearoa New Zealand
- Gender affirming hormone therapy (GAHT)
- Adults (over 18y)

A story from Wellington



Wellington





Why start GAHT in primary care?

- Individualised approach allows clinical psychologists to be used appropriately
- Mandated psychology assessments can lead to patients saying what they think you want to hear
- Leaves endocrinology/sexual health free to do endocrine/SH work
- Less pathologising
- Improves access
- Shorter wait times (less distress)
- Primary care is the ideal place for holistic patient centred care

Mauri Ora Student Health



Informed consent



- Respects bodily autonomy.
- Affirming a person's gender and recognising trans experiences as a normal part of human diversity.
- Adults with capacity can make informed decisions about their healthcare and their body.

Duty of care
Clinical guidelines
"Do no harm"
Professional scope & boundaries
Risk/benefit balance
Good medical practice
Medicolegal
Limited resources



Bodily autonomy
Knowing who you are
Knowing what you need
History of transmedicalism
Power imbalance
Stigma & discrimination
Past negative
healthcare experiences
Holding hope in gender
affirming care experiences

Hypervigilance vs trust
Distress & dysphoria
Possible past trauma
Patient expertise
(research, reading, online
community, friends)

Relationship
Shared decision-making
Respect
Discussion
Questions
Sharing information
Listening
Collaboration

..that decision
saved my life.

It has been
incredibly affirming
and positively
affected my
wellbeing

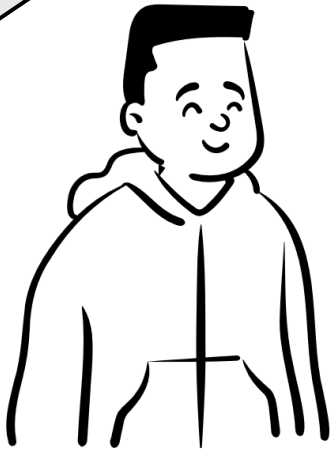
Everything has
improved tenfold,
especially my mental
and emotional
wellbeing

It has greatly helped
my mental and
emotional health, I
feel significantly
more confident
within myself and my
body now

My anxiety has
reduced
significantly, and I
look forward to my
future (...) my
quality of life has
drastically
improved.

Medically
transitioning has
saved my life and I
could not be more
grateful to the
people who made
that possible.

It has given me a
life I'm proud to live
and a body that I've
become kinder to.





Primary Care Gender Affirming Hormone Therapy Initiation Guidelines

Aotearoa New Zealand guidelines for
commencing GAHT for adults in primary care.

Stages in starting GAHT

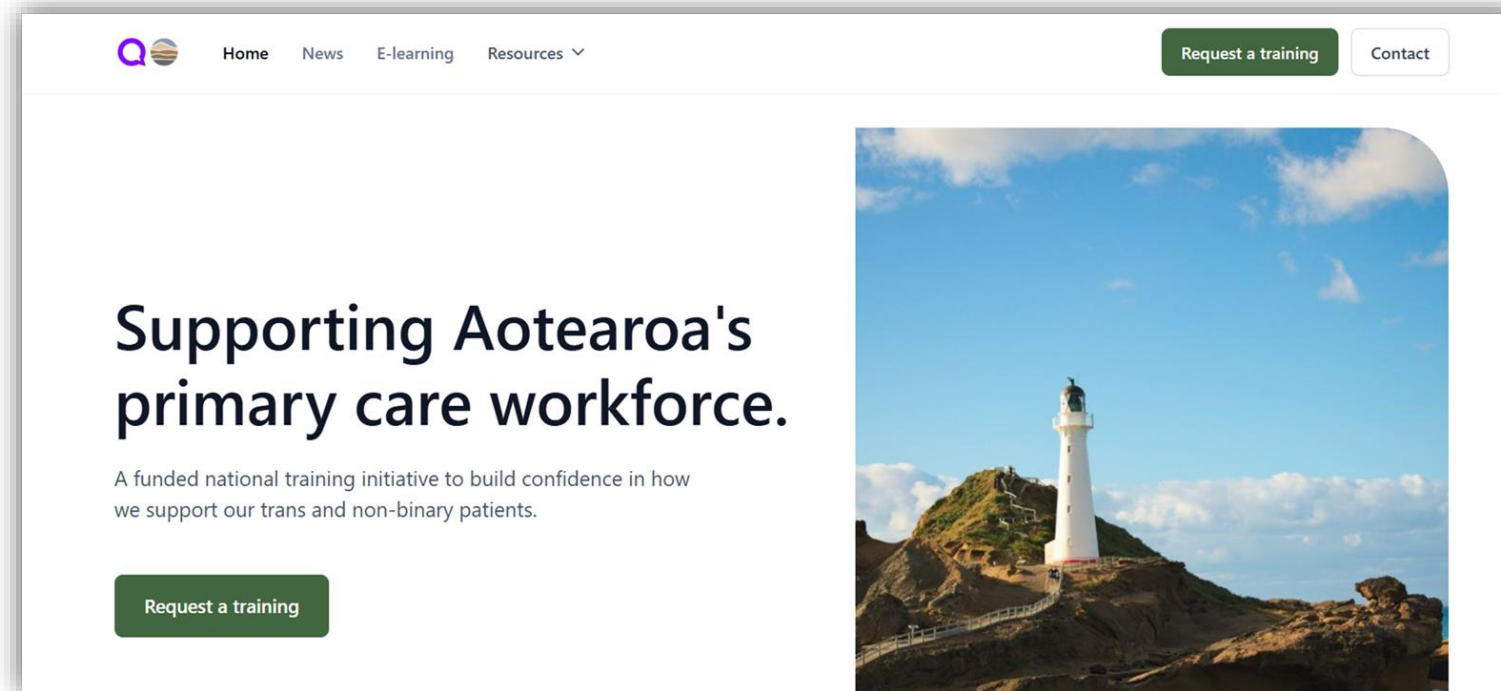
Stage 1	Relationship building, information gathering
Stage 2	Medical review (including fertility discussion)
Stage 3	Hormone information and education
Stage 4	Hormone initiation (first prescription)
Stage 5	Maintenance prescribing and long-term follow up

Primary Care GAHT initiation

- Medical review
- Take a gender history
- Discuss GAHT goals
- Discuss fertility options
- Provide GAHT information
- Baseline blood tests
- First prescription
- Follow up and medication monitoring planning

Successes

- The guidelines have impacted practice
- GP peer group
- Workforce development
- Depathologisation



Challenges

- GPs not having time or desire
- The work often falls on a small number of us
- Political interference...

Political interference

THE CONVERSATION
Academic rigour, journalistic flair

Arts + Culture Environment + Science Business + Economy **Health** Education Politics + Society



NZ is consulting the public on regulations for puberty blockers – this should be a medical decision not a political one

Published: December 5, 2024 8.08am NZDT

RNZ Sections   

New Zealand World Politics Pacific Te Ao Māori

NEW ZEALAND / POLITICS

Prominent medical bodies call for release of delayed gender affirming healthcare guidelines

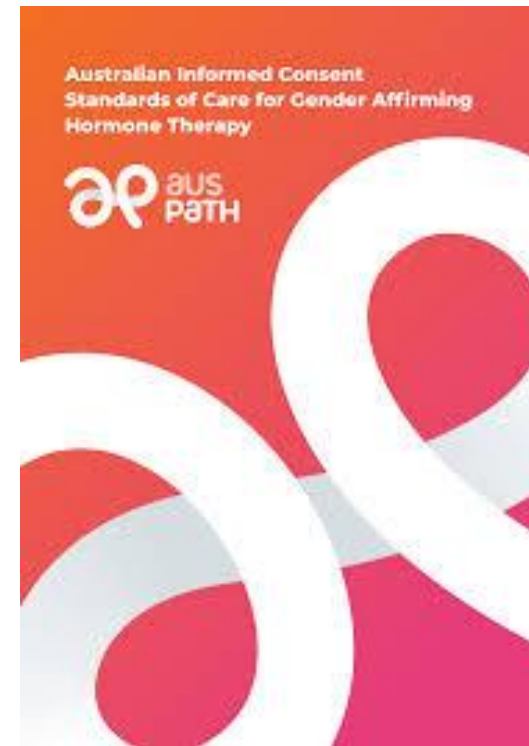
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Te Whatu Ora was due to release the guidelines in March.

Australia



AusPATH Conference 2025

27-29 November 2025

Hotel Grand Chancellor Nipaluna
(Hobart), Tasmania



THANK YOU

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