

# Engaging trans and gender diverse people in HIV and sexual health care through the provision of gender-affirming hormones: experience of the t150 service

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## Background:

Increasing access to gender-affirming hormone therapy (GAHT) and HIV/sexual health services is important for the overall health outcomes for trans and gender-diverse (TGD) people. Established in 2018, t150 is a free, trans-specific health service operating within a public sexual health clinic. It is staffed by a consultant physician, registered nurses and a peer worker. In addition to routine HIV and sexual health care, t150 provides trans-specific care, including the provision of GAHT using the informed consent model.

## Methods:

Medical records of new consumers between April 2018 and December 2020 were reviewed to identify patterns of change in their first year of attending. Qualitative feedback data was collected from 8 consumers in April 2021 to understand their experiences.

## Results:

A total of 139 consumers' records were reviewed (Assigned-male-at-birth [AMAB], n=94; Assigned-female-at-birth [AFAB], n=45). Twelve (8.6%) identified as Indigenous Australians. More than half (56.1%, n=78) of all consumers were born overseas. Most (89.2%, n=124) consumers reported GAHT provision as their primary reason for attending. One-fourth (30/122) of the sexually active consumers had never undergone screening for sexually transmitted infections (STIs). Half (13/26) of the AFAB consumers who were eligible for a cervical screening test were overdue. On the first visit, one AMAB consumer tested positive for HIV, and 10.1% (n=14) of all consumers tested positive for a bacterial STI (Syphilis, chlamydia and/or gonorrhoea). Among the 72 sexually active AMAB consumers, 37.5% (27/72) initiated PrEP in the first 6 months of attendance. Consumers' feedback on the service was overwhelmingly positive, and many praised the free and trans-friendly service and informed consent model for GAHT that t150 offered.

## Conclusions:

Our experience shows that providing GAHT within a public sexual health service supports accessibility of gender-affirming healthcare and can also serve as a meaningful entry point to engage TGD consumers with more holistic health care.

## Disclosure of Interest Statement:

The authors have no conflicts of interest to declare.