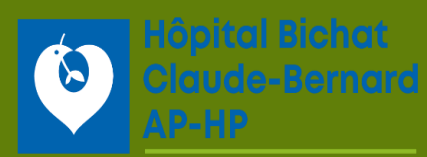


E-sexual health, a digital solution improving access to prevention services for difficult-to-reach populations

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Background



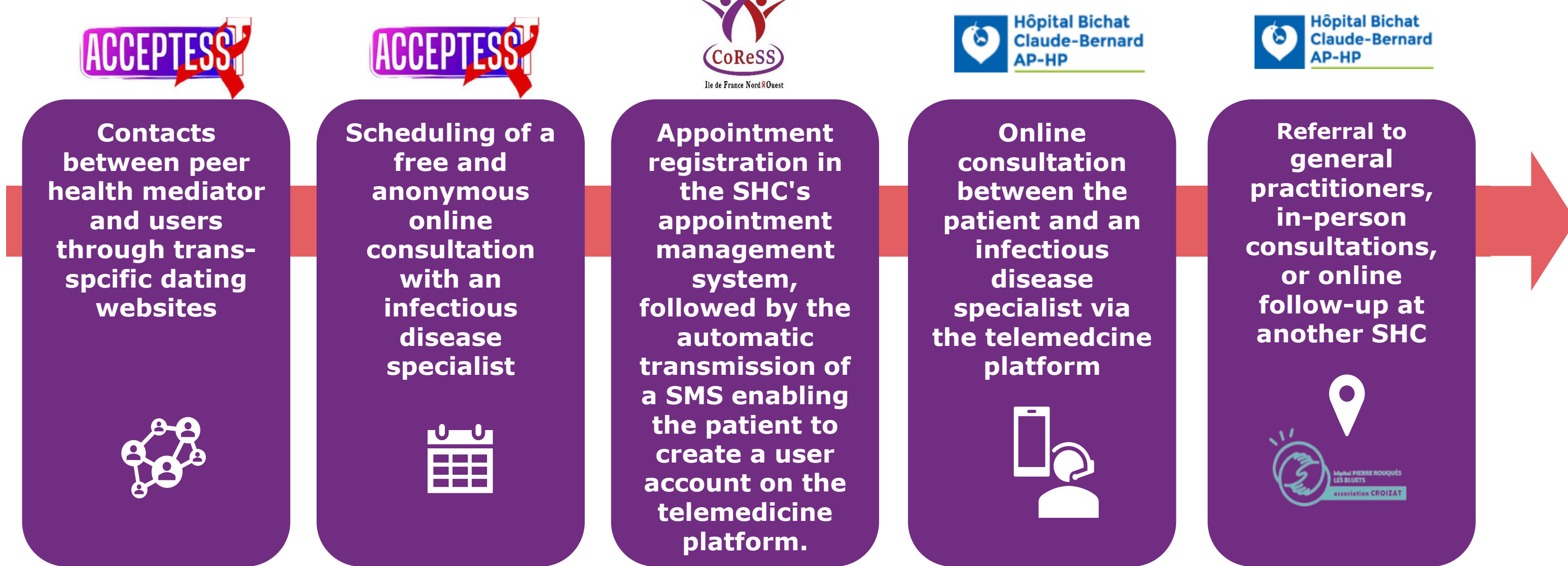
Discrimination and social stigma significantly exacerbate barriers to healthcare access for transgender individuals, cross-dressed persons and their partners or client. In order to facilitate access to care and prevention programs, this community-hospital initiative offers free and anonymous online consultations on sexual health, targeting these specific populations.

Methods



This e-sexual health program was launched in October 2022 and is based on a **partnership between the Sexual Health Clinic (SHC) of Bichat hospital in northern Paris and Acceptess-T, a french community association supporting transgender people** also based in Paris. This project is coordinated by the North-West Île-de-France Regional Sexual Health Coordination Committee (CoReSS).

A **peer health mediator** from the association contacts users through trans-specific dating websites. She **offers prevention tools, including HIV self-testing, and the opportunity to schedule a free, anonymous online-consultation with an infectious disease specialist** from the hospital's SHC.



The objective of these teleconsultations is **to assess sexual health needs, provide sexually transmitted infection (STI) screening, and offer HIV pre-exposure prophylaxis (PrEP) when indicated.**

After two teleconsultations, patients requiring further follow-up are referred to general practitioners, in-person consultations with an infectious diseases specialist or on-line follow-up with a partner center (SHC Les Bluets).

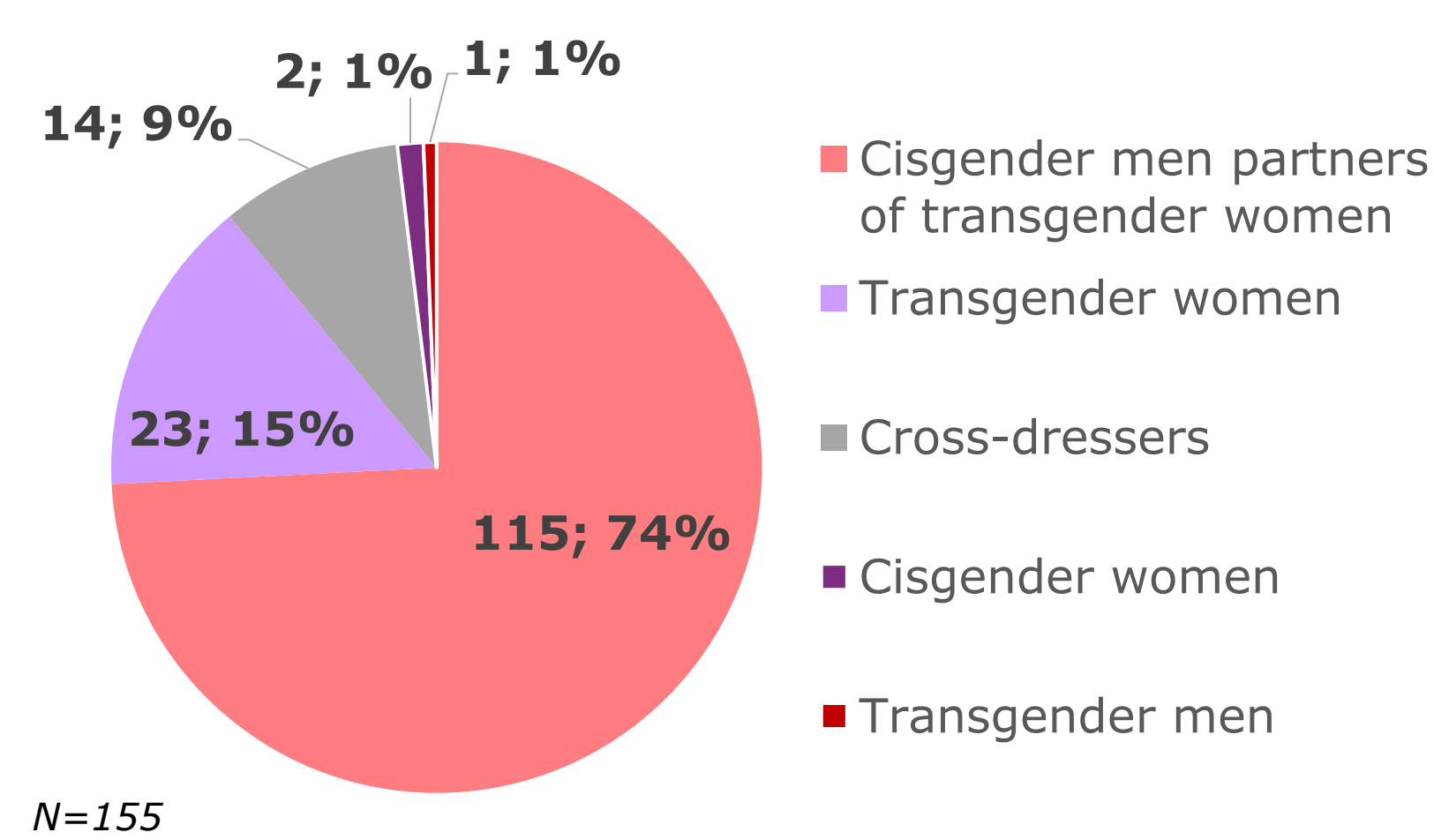
Results



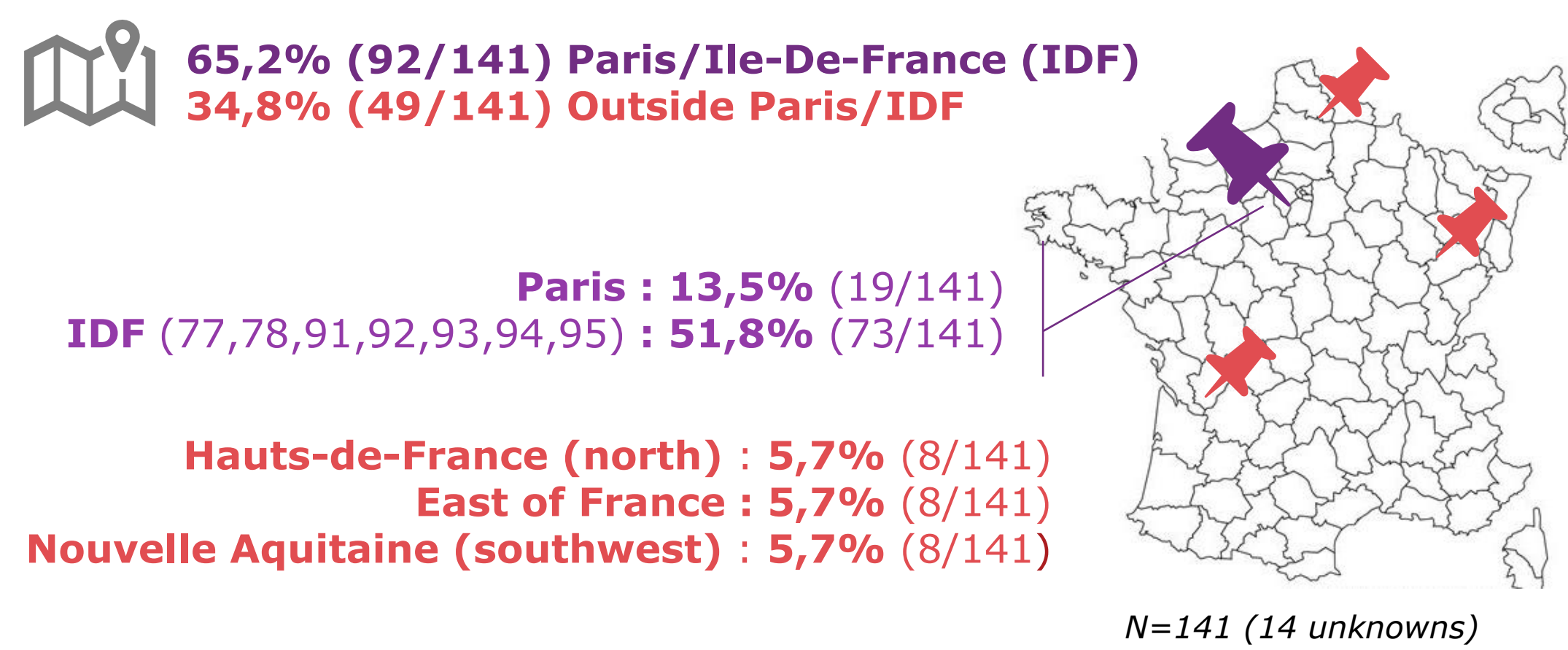
From October-2022 to April-2026, 155 individuals attended at least one teleconsultation.

Characteristics of individuals who had at least one teleconsultation (N=155)

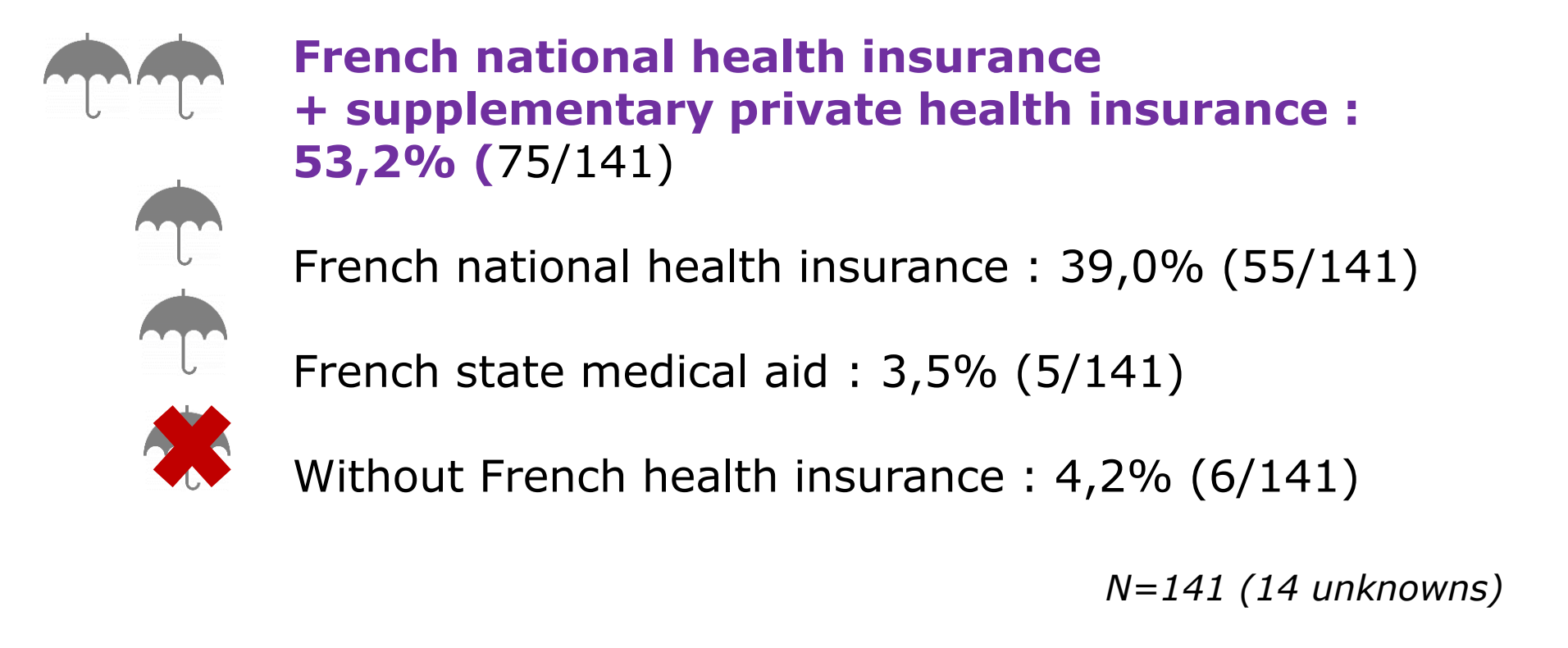
Median age : 40,5 ans [20;76]



Distribution by department of residence in France

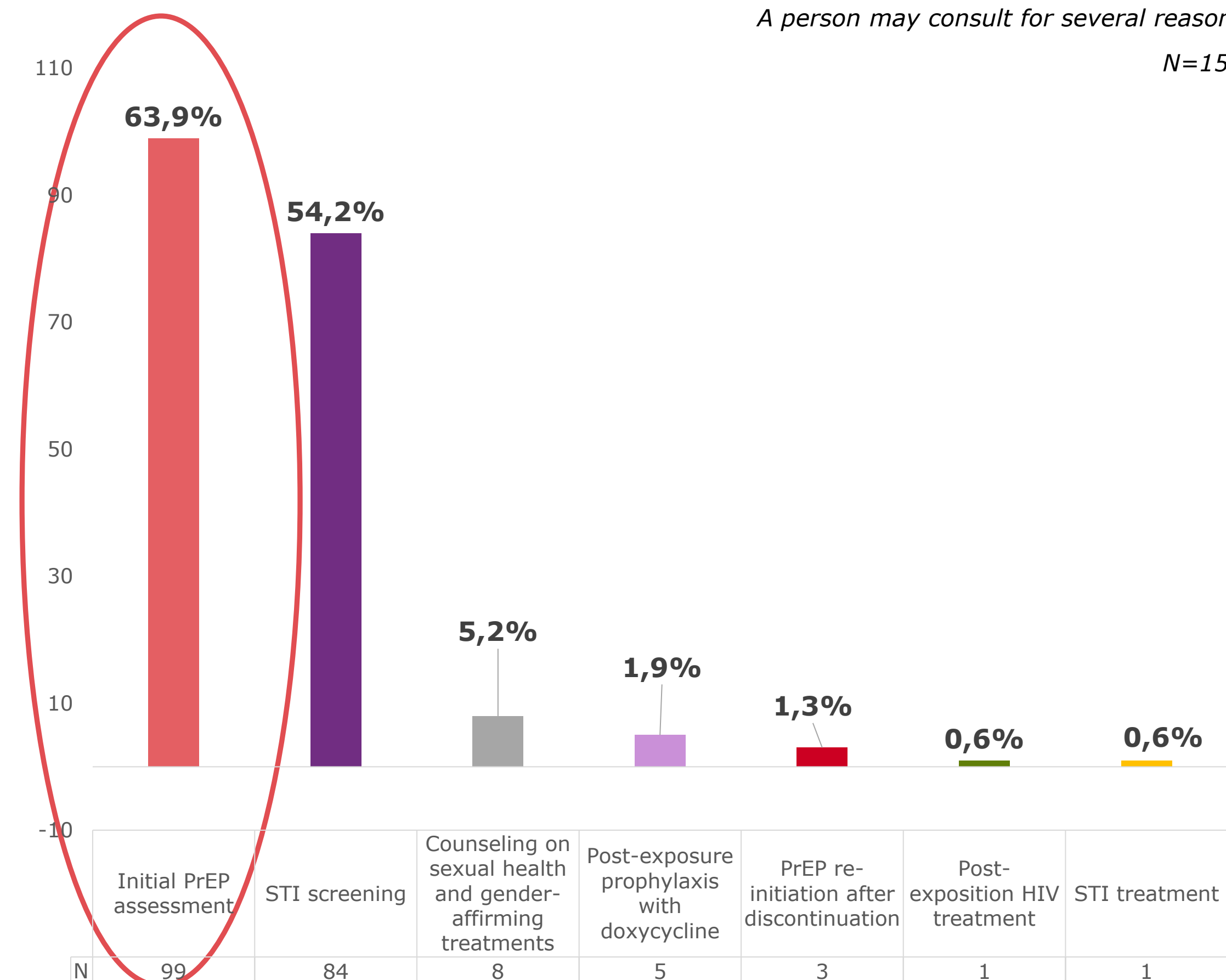


Health insurance coverage

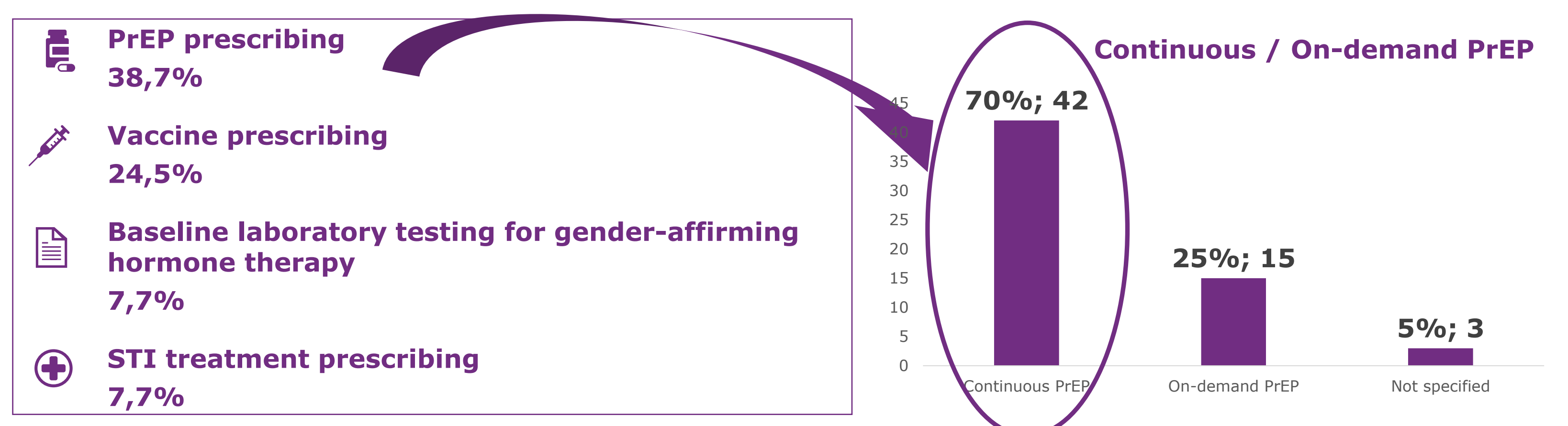


Reasons for teleconsultations

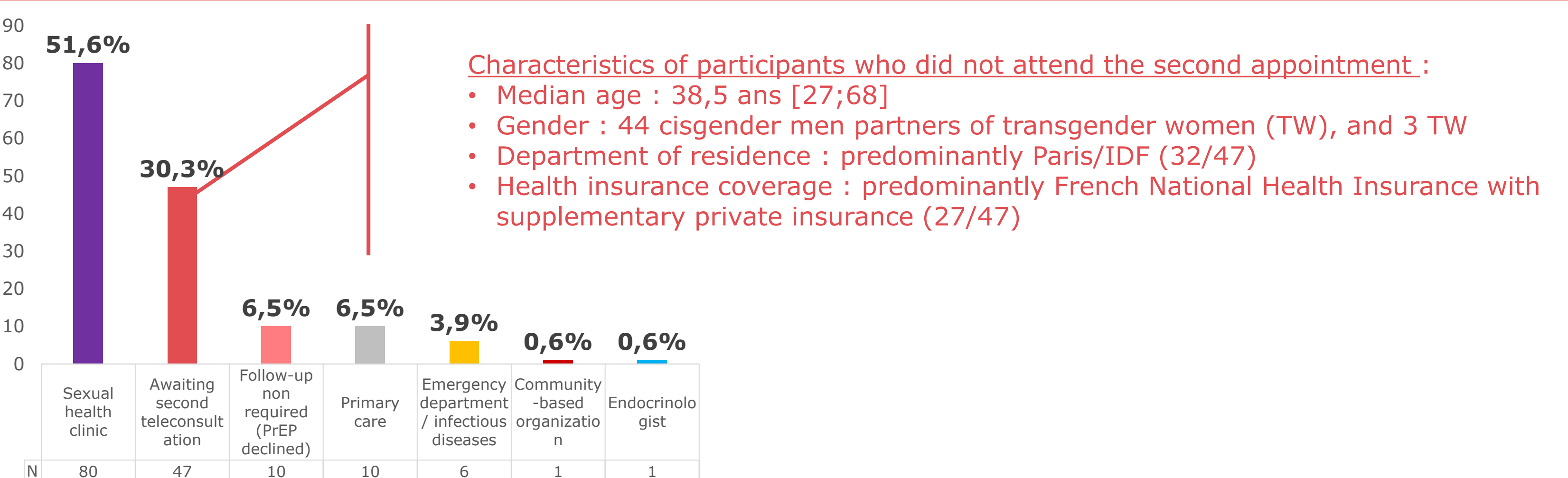
A person may consult for several reasons
N=155



Medical interventions following teleconsultations



Referral for post e-consultations follow-up



Characteristics of participants who did not attend the second appointment :

- Median age : 38,5 ans [27;68]
- Gender : 44 cisgender men partners of transgender women (TW), and 3 TW
- Department of residence : predominantly Paris/IDF (32/47)
- Health insurance coverage : predominantly French National Health Insurance with supplementary private insurance (27/47)

Results



This multidisciplinary program, supported by digital tools and based on an innovative community-healthcare collaboration, has demonstrated positive outcomes, improving access to sexual health programs for transgender people, transvestites, and their partners. Based on this model, a new strategy targeting other difficult-to-reach populations is being developed.

Key role of the peer health mediator

Importance of partnership for post e-consultation follow-up

Teleconsultation for combine sexual health prevention : PrEP, PEP, STI screening, vaccination, gender transition...

Implementation of a new strategy to reach the partners of trans sex workers

Need to expand teleconsultation services to reach others populations with limited access to healthcare.