

## LGBTQ+ Reflection Paper

The concept of LGBTQ+ has been a bit foreign to me. I don't know if it is because I have been oblivious to my surroundings or because I live in such a small town and people are still not as open to exposure of their sexual orientation or identity. So, finding out that it is changing and challenging healthcare procedures and policies was shocking. In the majority of videos that were viewed there was a common theme which was the discrimination and fear that people of the LGBTQ+ community feel towards healthcare. I did not realize that there was a discrepancy in paperwork and insurance issues that they must address. I think that it is vital to all healthcare professionals to have knowledge of the terminology as it is ever changing as all things in healthcare often do. Just to know that individuals were being refused healthcare or that harsh or abusive language was being used hurt me deeply. There are so many new things that are being learned about the science behind gender identity that are astonishing. The fact that at the age 3 children are starting to determine their gender was mind blowing. As Bill Nye stated, science is the process in which we understand nature by which we understand our place in the world and how we all fit in. The PBS video Growing Up Trans took me by surprise. I didn't know that young children were already making changes to become a different gender and seeing endocrinologist at this early of age. I also didn't know that some of them were struggling with the thought of suicide. This video was the most informative especially for a nursing student who has grown up unaware that the LGBTQ+ community has grown so widely and publicly. I think that it is imperative that all members of the healthcare community be taught these things as it is so prevalent around the world. Nursing is a profession where there needs to be so much compassion and as a patient advocate this has taught me that there is still so much to be learned. I will continue to seek more knowledge about it so that I can do my best to care for these patients to the best of my ability without bias and without judgement. This will make me a little more conscious of how I use pronouns when addressing all patients!