

LGBTQ+ Reflection

From the online activities I have learned how healthcare has changed in recent years to allow more children to transition into the gender that they identify as. By age 3 or 4, children begin to identify with a gender, and now that medications are more readily available earlier this prevents negative effects of gender dysphoria. This is an incredibly important advancement in healthcare as many more children are coming out as transgender through social media outlets allowing them to feel as though they are not alone. Many of these children experience a very difficult childhood of not feeling comfortable in their own body, and the thought of going into puberty in their natal gender is terrifying and not an option. Many of these children experience depression, anxiety, bullying, and sadly even often have suicidal ideations. Children starting around age 16, or possibly earlier are able to begin taking puberty blockers to prevent them from developing characteristics of their natal gender. This allows children with gender dysphoria to continue feeling more comfortable in their body, and eventually they can start cross-sex hormones which will begin changing their body into characteristics of the gender they identify with. One of the greatest challenges with transgender children is acceptance from their family. There were some children in the documentary whose family was extremely supportive and would do anything for their child to feel like themselves. But there were also examples on the opposite end where families did not accept the child and refused to allow them to change their names, or bodies in any way leaving them very frustrated and upset. One child expressed that he didn't believe his family loved him and it caused anger issues and depression. As healthcare workers, it is especially important that we grow along with the change in medicine and give every patient equal care. Many lesbian, gay, and trans people have been mistreated or even turned down in healthcare and this has caused many to be at higher risk for diseases and cancer just from fear and rejection from healthcare workers. One video even stated that within the last ten years insurance specifically will only cover hormone therapy medications if the patient utilizing them is cis gender. The greatest thing we can do is to remember that not everyone is

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like us, that everyone has different experiences and views and when you are asking questions to give more options that can apply to all groups of people and not only who society considers as “normal”. This information will impact my nursing practice in a way that I will have more self-awareness and knowledge of the LGBTQ+ community and be able to make these individuals feel welcome, respected and safe in the healthcare setting.