

LGBTQ+ Reflection

As a nurse we are to provide services to others, without any discrimination, nursing services regardless of age, disability, economic status, gender, national origin, race, religion, health problems, or sexual orientation of the client, as stated by the Texas nurse association. As a healthcare professional we are called to help those in need and should not be the one holding judgement towards them. I learned a lot from the videos that I watched and understood more about their background. In multiple videos I can see that this population have been ignored, misjudged, and discriminated. As a result, they were not given proper care in the hospital or choosing not to be admitted because they thought they would not be respected. Mostly of the videos also portrayed that it is extremely difficult for these patients to express themselves either describing their pain or just talking about what they feel in general. They always feared the judgement being enforced towards them especially to those people who don't know them. This problem leads to them being unable to communicate freely about their concerns due to that barrier of judgement and discrimination from healthcare professionals. The nurse-to-patient scenario simulation was a great example how to focus for best patient-centered engagement. The nurse professionally handled the situation knowing that the patient was uncomfortable and anxious. It is best to ask them directly what they prefer to be called and to be respectful about it, and that's how the nurse showed it to the video. I like how they involved staff education to effectively communicate with them respectfully. At the end of the video the patient finally opened up to her, the patient felt safe to address his concerns in regards to the issue and health problems. Furthermore, it's really an eye opener for me when kids younger than 10- or 5-year-olds tells their parents that they want to switch genders. I believe communication with the parents and the child is very important before reinforcing those belief of being able to transition genders. Recent research says those hormonal treatments have high risk of fatal side-effects in the future. There are also some adults who regretted to have those therapy because it slowly destroys their body. Also, anatomically and physiologically the brain finishes developing and maturing in the mid-to-late 20's. The part of the brain behind the forehead, called prefrontal cortex, is one of the last parts to mature which is responsible

for skills and, decision making. In conclusion, despite from their decisions as a healthcare professional we are not to discriminate or judge them but to communicate and help them holistically.