

One Page Reflection

LQTBQ+ is a broad term for different gender identities and sexual orientations. This group includes lesbian, gay, transgender, bisexual, allies of the community, and even more. Sexuality is not something that can be seen on the outside, it is under the surface. This can be very confusing for the older generation because it goes against what they learned their whole life but slowly it is becoming more normalized and understood. Even if you do not agree with the way someone chooses to live their life, we still have to respect them and remain professional. We can not refuse care to anyone and choosing to be a nurse means we know and expect that before taking a job. Having an open mind instead of thinking your opinion is the only way, no matter what you believe, will help you adapt to life and probably become a more well rounded person. Asking a patient their pronouns is something I had never thought of before watching these videos but it makes sense that it would make someone uncomfortable to use their old pronouns after a transition. I also never thought about paperwork causing stress because of only having the option of male or female or having to put their legal name and not being able to provide a preferred name. Going to the doctors office is something that no one is excited about but the anxiety of being discriminated against or embarrassed at the clinic makes that even worse. In the video "To Treat Me You Have To Know Who I Am" they describe this perfectly. If we do not take into account their whole story, they are not getting the best care. They are also not going to be getting the best care if they do not feel comfortable talking withhold information from you because of your judgment. Our responsibility is to know the patient's history to be able to treat them effectively and their sexual orientation, both past and present, are part of that history. We would not even ask gender on the forms if it did not matter for what care they would receive. All of this has taught me that being respectful to all people is part of the job. Healthcare workers have a responsibility to help people at their lowest, not make them feel worse because

of how they choose to live their lives. Overall, I see that all people deserve kindness and should be treated the same without bias.