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I definitely think that in watching these videos, I have a greater understanding of this community and of the challenges they face. It was interesting to learn, for example, how expensive the hormone medications and puberty blockers are for them if they want to start transitioning as children to get ahead of puberty. If their families cannot afford to pay for the medication, they will not be able to take it and risk not getting ahead of certain irreversible changes. If they decide to take them, no family will 100% be able to have informed consent because there simply isn't enough research out there to determine the long-term effects of these medications, which ties into hormone medication alternatives. There is a cheaper alternative to puberty blockers, and it is a medication for men with prostate cancer. Its use has also not been studied long-term in children and it is impossible to know what that would do to their growing bodies as well and it is hard not to get the sense that these people are running into roadblocks if they choose treatment and if they do not choose it. Another challenge they face is overcoming the thought process of those they choose to share their gender identity with that that they will grow out of these thoughts and feelings if they only waited more time. These people, usually parents, wonder if they have the capacity to have thought this through at these young ages and this may in turn make parents delay in hormone treatment. Moreover, in some families, there may still be some discomfort with this knowledge in one or both parents that their child does not identify with their sex assigned at birth and we as providers need to be sensitive to that, not only because the child may feel isolated (and we need to watch for signs of maltreatment), but because the parents may need extra education on this that we can provide or that we can give to them in the form of packets or other professionals we can refer them to.

In my nursing practice, the single most important thing I can do is understand that anyone in the LGBTQ+ community is a human being too and they deserve health care just like everyone else outside of this community. It is a fact that the members are discriminated against daily and that an extraordinary

number of stereotypes, implicit biases, and plain discrimination towards this community exists, whether it's thinking that these people aren't natural or that the parents of these children are not thinking things through in letting them do hormone therapy. The members of this community, when they receive healthcare, need it to be in a space that is open and welcoming and for these patients to be able to have trust. If they cannot trust and open up to the health care professional, they will not get the true care they receive because they will be holding things back due to fear of maybe discrimination. I know that I even possess implicit biases but if I can be well educated on this topic and welcoming to them, there is no reason why they should not receive the care they deserve.