

It is very interesting living in this day in age, especially at 24 years of age. I have gotten to watch the world adjust to the LGBTQ+ community, disagree with it, and accept it all at the same time. There was no bigger year for the LGBTQ community than the year of 2020. This is when we got to see the community coming together and advocating, making a bigger appearance. The existence of the LGBTQ community has always been there, from the AIDS pandemic to Bruce Jenner cross dressing in secret, but now more than ever acceptance of the community is crucial. Especially in a field like healthcare, where they are putting their lives in our hands.

Being a healthcare worker it is important for us to know things like how to address someone and ask their pronouns, or how they want to be addressed. Science is only advancing more and more, surgery is as well. We have to be aware of the fact that no matter how one looks on the outside, we have to consider their feelings and how they identify themselves. The last thing we want to do is mislabel or misgender someone that is trusting us to make them feel better, it immediately breaks that trust bond.

Looking a little deeper, we have to be extremely respectful when it comes to physical examinations and questioning their background. Being transgender, but not being able to afford the surgery it takes to fully transition, I can only imagine the amount of body dysmorphia they experience. When we have to do a physical exam, we need to make sure we include them every part of the way, asking if certain things are okay. With questioning their past, we have to be careful with our words, also careful with our facial expressions. They might address their old self as "he" and know they go by "she".

Overall I think this reflection was good for all of us to be reminded of the world we live in. I think it is easier for the younger generations to understand and except the community, but not so much of the older generations. Change is hard, but it happens. At the end of the day we are there to make people better, no matter what we believe is right or wrong.