

Week Three:

Describe your assigned client's situation. Why are they presenting to the clinic? What medications are they currently taking?

- Abbas is an 11 year old transgender male presenting to the clinic due to gender dysphoria. He was born a female but is now a male and his mother brought him in due to him starting to go through puberty and wanting to prevent development of female secondary sex characteristics. He is not taking any current medications and does not have any allergies noted.

Assess the applicable clinical practice guideline (CPG) for your assigned client. What treatment is recommended by the CPG for your client's situation?

- The CPG recommendations are that the patient have a trained mental health professionals assess the patient for gender dysphoria and see where the patient is at during this. In addition, it is recommended to have the adolescent begin pubertal hormone suppression as soon as they experience physical puberty changes. Lastly, it is recommended to follow lab results every 6 to 12 months and pubertal development every 3 to 6 months.

Discuss your personal professional assessment of the client's situation provided in the scenario. What pharmacological treatment is necessary and why?

- One of the primary medical interventions available for transgender youth experiencing early signs of puberty is the use of puberty blockers (gonadotropin-releasing hormone agonists). These medications can effectively pause the physical changes associated with puberty, allowing Abbas more time to explore his gender identity without the distress of developing secondary sex characteristics that do not align with his gender identity. The medication is usually administered either monthly, every 3 months or sometimes even every 6 months. While taking puberty blockers, regular blood tests are needed to check the medicine's effectiveness. Regular appointments with the health care team to check for side effects also are important.

Reflect on additional questions you have about your assigned client that may influence treatment. What else do you want to