

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

Aspen Ambong is a 17-year-old transgender female, who is presenting to the clinic to discuss hormone therapy to treat gender dysmorphia. Since reaching the age of 16, she now wants to receive gender affirming hormone therapy to help develop female physical characteristics. Aspen is currently happy with her regimen of IM shots, and is wanting a medication that she does not have to remember to take daily. Aspen Ambong has been receiving a gonadotrophin-releasing hormone since age 10 to help block the effects of male puberty. Aspen's physical exam is unremarkable, and her BMI is 17.

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

The clinical practice guideline for this client does agree that once a teen is of the age of 16 the client is able to receive gender affirming hormones. According to Hembree et al. (2017), the recommended therapy for this client is for use of estradiol, which is available by mouth, transdermal, and through IM injection. Since this client is already comfortable with an IM injection the use of an IM injection would be appropriate for Aspen. The CPG also recommends that the IM injection dosage should be started at a lower mg and slowly titrated up to the therapeutic level to decrease side effects that can be related (Hembree et al., 2017). Given Aspen's age and concurrent use of prior medication starting at the age of 10, she is an appropriate candidate to be started on estradiol due to this being the most effective medication for this population.

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

Based off my own personal assessment of this client, Aspen is ready to start gender affirming therapy since she has been continuously on a medication to start the process since the age of 10. Aspen not only has had discipline and stuck to her previous medication regimen, but also meets the criteria and age to be started on gender affirming hormone therapy. The most appropriate pharmacological therapy for Aspen, would be for the start of estradiol 5mg IM once weekly, since IM injections is what has been appropriate and worked for her in the past. A combination therapy of her current regimen will be needed to continue the suppression of puberty, and use of estradiol will be able to help aspen get to her desired feminine outcome. The goal of this medication is to help with feminine characteristics, such as the development of breasts and decreased muscle mass. Estradiol is also appropriate for this patient due to lack of comorbidities and Aspen's healthy status, leads to lower risk of adverse side effects. Use of this medication will improve Aspen's mental health. according to Nguyen et al. (2020), gender affirming therapy