

The role of nursing in the breaking of LGBT preconceptions in health services

O papel da enfermagem no rompimento dos preconceitos LGBT nos serviços de saúde

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Social movements are characterized as collective actions of a socio-political character, built by social actors from different social classes and strata. They politicize their demands and create a political field of social force in civil society. Its actions are structured from repertoires created on the theme and problems in situations of: conflicts, disputes and disputes.¹

Actions develop a social and political-cultural process that creates a collective identity for the movement, based on common interests. This identity stems from the force of the principle of solidarity and is built on the referential basis of cultural and political values shared by the group.¹

In this way the history of the LGBT fight in Brazil emerged in the 90's formed mainly by homosexual men and soon after by lesbians, transvestites and transsexuals and finally in the early 2000s, bisexuals also began to fight for their rights.²

According to Foucault, (1979) the term "homosexual" is very current and synthesizes in identifying persons who are sexually related to same-sex individuals, being associated with pathological patterns with a policy strategy of decoupling sexual practice between same-sex persons. sex with crime or mental illness.³

In the 80's the epidemic of Acquired Immunodeficiency Syndrome began, being nicknamed as "gay plague" causing a struggle for life and no longer for freedom. At this moment, something that marks the LGBT Movement is set in: the partnership with the State, especially the governmental areas of health.⁴

The reiteration of the right to humanized care free from discrimination based on sexual orientation and gender identity is a concrete advance that should be widely publicized, and is considered a legal instrument in the struggle for the realization of the right to health of LGBTs (lesbians, gays, bisexuals, transvestites and transsexuals), having as their mark the recognition of the effects of discrimination and prejudice in the health-disease process of this population. This is an important milestone in the realization of the health needs of these segments and the complexity and diversity of health problems that affect them. Providing discussion on access to health care that was restricted to the prevention and treatment of STI / HIV / AIDS and Viral Hepatitis.⁵

Thus, we start from an expanded concept of health and break with a strictly biological approach to subjects and their well-being, so common in our health education that they tend to universalize the category of “normality” and define it from care parameters / focusing on signs and symptoms and pathological processes leaving aside health promotion and prevention.⁶

We emphasize that nurses play a fundamental role in the concept of caring, working, educating and orienting in relation to sexuality, diversity and clarifying the population regarding sexual orientation and gender identity as a holder of health education within the community. dissemination of public health policies.⁷

Sexuality is the positive cultural and symbolic mechanism about sex, this mechanism can integrate the subject and his micro power relations in which he participates. Sexual diversity is the recognition of different ways of facing and awakening sexuality in the individual.³

Male or female behavior is socially constructed, and refers to the way in which the individual is educated and becomes a gender modeler, thus being the differentiator of the biological sex that was consolidated, being built in the early years of life and only having its definition with the arrival of adulthood.⁸

The social group in the struggle for LGBT rights was divided by two groups, on the one hand those who thought the movement should unite with black workers and women, and another group who felt that this struggle should be only to guarantee the rights of the people homosexuals.²

The LGBT National Health Policy is a watershed for public health policies in Brazil and a historic milestone for recognizing the demands of this vulnerable population. It is also a document that guides and legitimizes its needs and specificities, in accordance with the postulates of equity provided for in the Federal Constitution and in the Charter of Users of the Unified Health System.⁹

Talking about LGBT rights and public health policies motivates us to change the way we think about what we refer to as moral and sexual customs that we have been imposed as a standard, denying citizenship to this population group is a very big challenge, reaching a long time ago several people and leaders generating a certain dissatisfaction.⁹

So, starting from this pressure for rights, the Ministry of Health creates “Brazil without homophobia”, whose main objective is to change the thoughts of health managers in each municipality, including within their concerns the inclusion of these fragile patients, giving full support in the creation of an unprejudiced society, thus creating the anti-discrimination council.⁹

The process of humanization should happen, according to humanistic care and not the rejection of the technical and scientific aspects, what is intended to reveal the care is to emphasize the characteristics of the interactive process and the enjoyment of creative, emotional and intuitive energy that composes the artistic side beyond the moral aspect.¹⁰

This process of humanization takes place through interactions in human relations and these can be divided into three parts, sympathy, well-being and love, and these can occur with apathy and indifference.¹¹

The primary health care nurse should take action with the LGBT community, providing information on sexually transmitted infections, preventing prostate and cervical cancer, as well as ensuring full reproductive rights and reducing the rate of HIV. depression suicide in these clients.⁷

In emergency care, the role of nurses is fundamental in guaranteeing rights, and many of the group are admitted to these units, victims of homophobic aggression and attempts at self-extermination, and these clients are weakened needing a humanized team. independent from the individual's frame of conscience, encouraging the pursuit of their rights and coping strategies.¹²

Therefore the greatest role of nursing for the LGBT public is the guarantee of dignified and humanized care from primary health care, perpetuating at medium and high complexity levels, respecting differences and providing quality and humanized care.¹³

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