

Chapter Member Spotlight



Name: Jonathan Warus, MD

Practice location: Children's Hospital Los Angeles, Division of Adolescent and Young Adult Medicine

Number of years in practice: 3

Dr. Jonathan Warus completed his medical school training at Indiana University School of Medicine and his pediatric residency training at Riley Hospital for Children in Indianapolis. He completed his adolescent medicine fellowship at Children's Hospital Los Angeles and is currently an assistant professor of clinical pediatrics and a USC faculty member.

Dr. Warus has gained expertise in all aspects of adolescent health including primary care, college health, reproductive health, sexual health, mental health, substance use, eating disorder care, sports medicine, and working with youth experiencing homelessness. His passion and current work focus on providing care for transgender and gender diverse youth, HIV prevention for adolescents and young adults, and LGBTQ health for youth. He currently works in the Division of Adolescent and Young Adult Medicine at Children's Hospital Los Angeles. He is a medical provider in the Center for Transyouth Health and Development (one of the world's largest clinics of its kind for youth) and runs the CHLA HIV prevention services, providing Pre-Exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP), for adolescents and young adults.

What do you do before work that sets the tone for your day?

Like many of my patients (adolescents), I am not much of a natural early riser. As basic as it sounds, coffee is one of the most important parts of my morning and helps me to focus and feel energized to tackle the day and be as present and productive as possible.

What are some challenges or struggles that you face at work?

Working in academic medicine, our time is often divided into different areas and roles including patient care, research, administrative tasks, education, advocacy, etc. It can be challenging to balance each of these roles along with our own personal time to provide excellent care to our patients without losing track of our own well-being. One of the biggest hurdles in providing effective and timely care to my patients (particularly in gender care) is the ongoing barrier of prior authorizations and insurance denials.

How do you work through or overcome your challenges or struggles?

I continue to learn to balance the many different roles within my academic medicine position. I try to dedicate specific blocks of time to the different obligations in order to ensure that I do not neglect a specific area, but continually recognize that my greatest passion is in patient care and this can sometimes take up more time than planned. With the many tasks and schedules that float through our heads, I try to be mindful before entering a patient room to be fully present and

focused on the patient and their family. With navigating insurance, I partner with our financial counselors to expedite approvals as much as possible and also work with my colleagues through advocacy efforts to improve the coverage of gender-affirming care.

After work, what do you do for your own wellness?

Since moving to Los Angeles 6 years ago, I have become an avid hiker and have used this pastime not only for my own wellness, but also as a way to get to know southern California. During the pandemic, I have also rediscovered reading for pleasure using both hard copy books and free audiobooks through the local library to explore stories and experiences outside of my own.

From what/whom does your inspiration or motivation stem?

When choosing a career path in medicine, I have been guided by my own passion and drive to serve patient populations who experience marginalization and adversity, in particular those in the LGBTQ+ community. As part of this community myself, I wanted to work with youth to foster an inclusive environment where they can live as their true selves and celebrate pride and diversity. My motivation and inspiration are constantly reinvigorated by my patients and I consider myself extremely privileged to have the opportunity to meet and get to know such amazing and resilient youth who are living their truth.

Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?

Each of us went into medicine with a desire to help others and to leverage our privilege as physicians to foster resilience and health in our patients. Many of us, at one time or another, neglect our own wellbeing and personal lives in pursuit of this work. I would encourage everyone to find a few activities or hobbies completely separate from medicine that help you to recharge and specifically carve out dedicated time each day (even if it is just a short time) that is entirely your own.