

## “Know Poverty, Act on Poverty”

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Poverty is not new. Poverty is an issue we have faced for decades. We have and we still are facing this global issue with the help of all the federal antipoverty programs and generous people's donations all round the world. With their financial support, families have been provided with more comfortable place and essential needs such as water and food and clothing. But despite all the efforts of stretching out financial fundings, there are still so many families that eat once a day or even none in day. There are still so many families that suffer emotional and psychological problems within these families that we sometimes tend to overlook on. As a healthcare advocate to our patients, it is our responsibility to observe and know their available and lacking resources to better provide them with the things they need to achieve total health wellbeing.

With poverty, majority of the people would think lacking financial or money wise rather than support systems , emotional, cognitive, spiritual, and physical health. Somehow, is it true because when one is having financial difficulties, these other resources tend to follow. With not having enough money, you do not have enough people to lean onto, you experience more sadness or depressions with all the hardships you and your family are facing, or one tend to not have annual health check ups because they don't have the money or the knowledge where they can get support for these health resources. But as I have seen or heard, the family that you have sometimes is the biggest strength one can have even with financial difficulties. Facing the days with just barely nothing to eat or waiting for the city to be quiet to be able to use the gas stations restroom is doable to think that you have somebody to these things with. You have the support system to laugh and smile with as days and nights pass. Family and friends tend to be the biggest resource you have when you are lacking the financial resource, but not to a lot of people as well.

Your own family can also be the source of childhood trauma that one can bring in their lifetime. Some people suffer mentally and physical abuse from not being given enough time and care when they were young. Parents can be working twenty-four hours, and seven days a week to feed their babies, and some working on thinking what to do with their life while doing drugs or smoking. Parents can be on substance abuse, and then having the mental incapacity to take care of their young and end up hurting the child physically. When the children grow older, they tend to be just like their parents if they are stuck to the same environment until they are teenagers and adults. These kids are at high risk of doing unhealthy behaviors such as alcoholism, smoking, drug use, lack of physical activity, and not finding or missing proper jobs that can help them sustain their daily needs. All of which can be leading to physical and mental health problems such as diabetes, severe obesity, depression, suicide attempts, heart disease, cancer, stroke and so much more. It is a big cycle for one family and its members included with it if continues without providing them the knowledge and help they actually need. They need more than money and the essential needs to survive daily living. They need all the education.

Poverty is a choice, you can be stuck at it all you want or you can figure out how to get out of it. As nurses, we are one of helpful resources to help them out of that situation. We can provide them some of the knowledge they might need, but we can also be an advocate for them and referring them to community resources that can help them more as they more of that capabilities with what the family is needing. We just do not have the heart and brain to take care of the patients and their families, but we have the voice to speak out to other communities regarding the problems they specifically have. These might not be the easiest way to find out, but that is why nurses should good listeners too, to be able to voice out and plan their care. We are more than healing physical health, we want our patients to be healthy in every way, shape, or form.