

Poverty Simulation Online Activity Reflection - Holly Clarke

In the "Poor Kids" movie I got an inside look of the lives of multiple children growing up in poverty. Some children were hungry for food, had mental health concerns, and some of their living conditions weren't the best. The parents of these children growing up in poverty also had some concerns as well. One parent was depressed due to living in poverty so she got on medication. After watching this video, I learned that there are many aspects to poverty, not just the financial aspect. Figuring out which aspects of poverty my patients are experiencing will direct my nursing care in the future. I would not only care for what specific things the child is experiencing, but the parents' needs as well. I could also provide resources for families and children that can help with the financial and mental health aspects of poverty, as well as offering advice to improve living conditions. In the "Hard Times Generation: Families living in cars" video, one thing I noticed is that the children living in these cars are only eating canned foods since they don't have electricity to heat up or cook foods. They don't get much sleep because everyone in the whole family is in one car and because they are scared and worried about their safety. Because of this, I would assess their growth and development since sleep is such a vital part of proper growth, especially in children. I noticed some of the children living in the cars didn't seem to mind that much, but others seemed more upset about their situation. I would monitor their mental health and do mental health assessments on these children if they were under my nursing care. The children's education was also very important to them so I would make sure they could continue their education while being in the hospital. In the play spent exercise and the making tough choices exercise I got to see how hard it is to have financial poverty and how much compromise there is, especially if you have children. There really isn't a sustainable minimum wage I was able to choose from to be able to have a worry free lifestyle. In the video on brain development from Harvard University, early childhood brain development is essential from the environment you live in. Serious adversity in early life can disrupt brain development. The links between policy, parenting, and brain architecture become more clear

when we can see how formative events affect child development. For example, policy makers want to reduce the costs of chronic health problems, make communities safer, and improve children learning. A child raised in this may experience lower levels of stress and more opportunities of learning which leads to sturdy brain architecture and healthy stress response. This prepares the child to achieve higher levels of literacy and other skills early in life, which later leads to improved school achievement and decreased drop out levels. Positive early experiences can also reduce obesity, heart disease, and diabetes. That is why early brain development is so important to ensure a healthy life, later in life. In the TED talk about Adverse Childhood Experiences the lady talks about trauma that is so severe or pervasive it literally changes your physiology. The Adverse Childhood Experiences study is a correlation of these scores with health issues, the higher your ACE score the worse your health outcome. People with high ACES are more likely to exhibit high risk behavior, but even if you don't engage in high risk behavior you're still more likely to develop health issues. A multidisciplinary team is very important to help treat, prevent, and heal children with high ACE scores since they have an increased risk for developing health issues later in life. For these patients, I would make sure to educate patients about ACEs since this is the single greatest under addressed public health threat facing the nation today. After taking the ACE quiz I learned that the 3 types of ACEs are abuse that could be physical, emotional or sexual, neglect that could be physical or emotional, and household dysfunction that could be mental illness, mother treated violently, divorce, substance abuse, or incarcerated relative. The health risks that could be increased with ACEs could be behavioral like lack of physical activity, smoking, alcoholism, drug use, or missed work, physical and mental issues like severe obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, and broken bones. I didn't know how much ACEs could affect your health. This would definitely be something that I educate patients about in my care as a nurse in the future. Trying to prevent and heal those who have already experienced ACEs is very important to talk about and do since many people most likely didn't even realize

that this correlation exists. Not only will I educate my future patients about this but I will educate my community, friends, and family about this under addressed issue as well.