

## Poverty and Adverse Childhood Experiences

Poverty is an issue that can affect a person and their health, academics, and physical wellbeing. Poverty is an issue that we are all aware of but do not seem to think much of. Most times, we often look past the person sitting in the streets. As mentioned in the video, we are sometimes not aware that those around us are also in poverty, some homeless. As a nurse, understanding poverty is important because it allows us to know how to approach a patient and treat them. Every case is different, but poverty just means that we need to be more considerate when treating patients.

As we learned in the video, many Americans live in poverty and we are unaware of this. We saw in the video that some kids live in poverty, staying in their cars and wearing the same clothes. Some do not get the luxury of getting government help or non-profit help. When we think of this medically, it affects them more. Those in poverty can not afford a good doctor or medication. Most times they have to treat themselves or live with their sickness. It can also affect patients on their medication because if we think about a person who is asthmatic and needs an inhaler or something of sorts to help, they cannot afford the medication and therefore it will be much harder to breathe and live.

When we investigate poverty, sometimes we miss that those in poverty are just as normal as can be, the only difference is not having personal belongings. Most of those in poverty have had to sell their homes, cars, and personal items to ensure that they can live a bit longer. It can be dangerous for those in poverty as we watched and read. Most times, these people are in dangerous neighborhoods and tend to deal with theft and drugs. Unfortunately, they are not offered the correct resources as I mentioned earlier, which can cause even more trouble. As a nurse, we are here to help all and should do our part to help those in poverty. One of the best ways that we can do that is by volunteering where we can. Volunteering may include free clinics, free testing centers, or non-profits that help those. For me,

poverty will be something that I will ensure I am aware of so I can give the same care as I do any other patient. The only difference that it will make for me is how I treat and approach the patient.

Children sometimes deal with rough experiences which can include neglect emotionally and physically. This causes another issue when it comes to treatment. We learned from the video by Dr. Burke that trauma can cause a significant amount of damage to child's development. We know that trauma from abuse by firsthand or watching a parent go through this causes the child's brain to develop differently. Children who have been abused typically only know one way of life because it is what they have witnessed. Most of these kids unfortunately drop out of school, get into substance abuse, and other forms of trouble. We need to ensure that we do our best to help children avoid rough lives after experiencing trauma, we want the best from our future leaders. This can be through free therapy so that children can discuss their issues and learn how to face future problems. We want to give these kids access to cope with what they have experienced.

America has multiple issues to face, and poverty is another issue that we face. From what we have learned, poverty affects children, teenagers, and adults. Poverty can be low income which means struggling to provide, living without electricity and many more. It can also include living in a car or on the streets. America also faces the issue of how adverse childhood experiences can affect children and their health. Most children who face issues related to ACE struggle with development, but it is our job to ensure we help change the course of their development. As a nurse, it's our job to help treat those in poverty and who have adverse experiences. We want to give the best to each patient and ensure they are healthy.