

In reviewing the poverty simulation materials I feel as though my eyes were opened to the hardships and unique struggles of families living in poverty. It gave me a greater passion for being a holistic healthcare provider, factoring in my patients' potential barriers to care due to monetary factors as well as Adverse Childhood Experiences (ACEs). I feel as though too many patients are written off as "non compliant" when in fact, they may be suffering from poverty and limited in the resources needed to promote and maintain their health regimens. I found these materials so beneficial and really hit home for my interest and passions. I have always had a passion for volunteering and giving back to the community. My position in CSNA is projects chair, I always enjoy and prioritize going out into the community and finding needs that can be filled by our organization. Recently, in getting involved with Family Promise of Lubbock I have seen the impact that seemingly ordinary everyday necessities can have when a family is struggling with poverty. The PBS documentary really demonstrates just how cognizant children growing up in poverty are of resources that I have taken for granted all my life. I really connected with the call to action in the TED talk and it further reminds me that this is not an issue far away, it is everywhere around us and these families in our Lubbock community need our help and our compassion. Hearing the children from the three families describe their relationship with food was heart wrenching. It really puts into perspective that nourishment and satiety are privileges that are often taken for granted. Even being able to choose meal time and food options are not in the vocabulary for these families. Johnny detailed how this affected his overall relationship with food. I worry that these perceptions have the potential to lead to eating disorders and recognize the further implications that can have on health. In addition, the children in the documentary had a very sophisticated understanding of money, bills, and futuristic worst case scenarios. In general, children at these developmental ages do not have a concept of these "adult" constructs. I certainly know at their ages I was not cognizant of the overall cost of living and the consequences of employment and unemployment. Furthermore, these children understood that they were in a position so desperate that they began contributing

in any way they could to provide for themselves and their family. These children chose to rise above these adversities and became so resourceful and responsible. The children and families living in cars remarked that they were often scared that if anyone discovered the severity of their situation that the children would be removed. This is important to take into account in noticing discrepancies in health care and health screenings. I understand that it is so important to be a patient advocate and accommodate special needs and the need to get more involved in educating myself further on local agencies and resources that could be so impactful for struggling families. I was even more intrigued then, to learn from the TED talk the significant correlation between critical physiologic changes and childhood trauma. The most shocking statistic was that 67% of individuals have at least once ACE that are liable to cause comorbidities and potentially life threatening health conditions at some point in their life. This calls healthcare workers to action in screening and recognizing patients at risk. It is important to implement therapeutic communication techniques to promote an environment that is comfortable for patients to express their adversities and subsequent health concerns. This is particularly important in the pediatric population, as Brain Hero detailed that brain structures are shaped in early years from the environment. It further details how health behaviors are learned early in life and continue through adulthood. This calls to action healthcare providers to be not only advocated by educators. If we can intervene early and promote healthy living we can lay the foundation for a lifetime of health sustaining behaviors. I am going to take action on June 19 at a community Juneteeth clinic to vaccinate and promote healthy living in the summer. We will have booths with sunscreen and educational handouts that explain the importance of skin care and prevention of skin cancer. Additionally, we will educate on mosquito bites and diseases that result. My goal is to promote wellness and education in the underserved populations in our Lubbock community. These lessons are so important and impactful not only as during my time as a nursing student. I wholeheartedly plan to maintain these values and take action in the

community with the resources I have been blessed with in my future practice as a Registered Nurse.