

## Covenant School of Nursing Reflective

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## Covenant School of Nursing Reflective

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<p><b>Step 1 Description</b></p> <p>The documentary, <i>Poor Kids</i>, followed the lives of three children from different families who were living in poverty in the Midwest United States. Part was filmed in 2012, and then they revisited the families in 2017.</p>	<p><b>Step 4 Analysis</b></p> <p>A child that grows up in poverty is at high risk of not finishing high school, and not obtaining higher education, rendering the possibility of a job that pays a living wage near impossible. They also are at increased risk of having poor health status due to lack of proper nutrition and means for medications and doctor visits, which can also interfere with their attempts at earning a living.</p>
<p><b>Step 2 Feelings</b></p> <p>Watching and listening to the children describe their lives, and the obstacles was absolutely humbling and eye opening. I have never had to go hungry, worry about a roof over my head, or choose between paying the water or the electric bill in my life. It is very easy to become blinded to anything outside of one's social bubble. It hurt my heart to hear children of 10, 13, 16 years old talk about taking cold showers, worrying about their parents not being able to pay the bills, eating one meal a day, seeing them walk around with the soles of their shoes falling off, and the deplorable living conditions they went home to every day.</p>	<p><b>Step 5 Conclusion</b></p> <p>With so many problems compounding at an exponential rate, persons living in poverty have very little chance or opportunity to escape their socioeconomic disadvantaged status.</p>
<p><b>Step 3 Evaluation</b></p> <p>This documentary really brought to light the almost unbreakable viscous cycle that poverty is. Even though the parents in the situations were trying to better themselves, there seemed to be unsurmountable problems that continually held them poor health back from rising up out of their hole. It is almost a disease.</p>	<p><b>Step 6 Action Plan</b></p> <p>I know that there is no simple answer to the issues of poverty, but I hope that when I become a licensed nurse, that I will show compassion and not become jaded to their situations. I will try my hardest to connect them with community resources like food and financial help, support groups, and education on health promotion.</p>