

### ACE's and Poverty Video Reflection

From the provided online videos I learned that adverse childhood experiences (ACE's) have an extremely negative impact on a child's development and can affect their brain. Some ACE's include, poverty, abuse, neglect, parental addiction and parental depression. Experiencing these puts children at higher risk for developing many complications such as diabetes, heart disease, COPD, cancer and many infections. Poverty is very prevalent in The United States, one video stated that 1 in 4 children are living in poverty. Many families are struggling to provide for their children and having to live in cars or shelters due to job unavailability. Children living in these conditions are a high risk of developing complications as the body is placed under continuous stress and creates a negative affect on the body. Positive stressors in childhood are beneficial and create confidence; these include experiences such as meeting new people. Although negative stressors such as abuse, neglect and poverty create negative impacts to the brain and body and can ultimately result in early death. In the TED talk, Dr. Nadine Burke Harris stated that it can cause a 20 year difference in life expectancy. Early childhood experiences are important on a child's development and this is affect by both nature and nurture, or genetics and environment. Dr. Harris spoke about her extensive research on ACE's and has created a scoring system used in a thorough history and physical on her patients to determine what risk they are at for developing complications from traumatic childhood experiences. She concluded that this is an extremely prevalent issue in the United States, as over 60 percent of her patients had experienced some type of adverse childhood experience. Dr. Harris is working to reduce the prevalence by early recognition and treatment, through resources such as home visits, medications, and even just educating families and the community about the prevalence and negative effects of adverse childhood experiences. After reviewing the videos and reflecting about what I learned, I will use this informations in my nursing practice by helping to prevent complications from early adverse childhood experiences by including it in assessment of pediatric patients and educating families about the negative effects on children's development. As

well as providing information about helpful resources if necessary. ACE's are very common amongst children in the United States and we should pay more attention to it when evaluating our patients and in our nursing practice.