

Today I viewed the online videos assigned for the Adverse Childhood Experiences activity and was educated on what it stood for and how it affects children in various ways. Through the videos I was able to gain a deeper understanding of how it is affecting children all over the world and its impact on health when children reach adulthood. This understanding will be helpful in my future as a nurse and will help me understand how to facilitate an active and engaged form of care. I also gained an understanding that what happens early in a child's life will matter for a lifetime. It was interesting to learn that the brain architecture and behavior are increasingly difficult to change as individuals get older. So how we intervene while the child is young is vital and plays a huge role in their future. It was stated in one of the videos that positive early experiences can also reduce levels of obesity, diabetes, and heart disease. It amazed me that there has been so much research done on the effects of ACE's and their correlation with health disease and yet awareness is not at the forefront of healthcare. Like Dr. Burke stated in her TED talk, we pass the buck and say that it is a mental health issue or a social worker issue. She also stated that it is a multidisciplinary effort to prevent and treat these issues and heal the impacts of stress. I believe that more awareness is needed in this area, and it is so important in the future of this nation as we were informed through the "Hard Times Generation" video that I watched that poverty is so prevalent and is increasing as the years continue. I was shocked to hear that 16 million kids were living in poverty and was the most since 1962 in Central Florida. The level of stress these children endure daily affects their immune system, increases their chances of sickness, disease, and infections. As a nursing student it was imperative that this was assigned, and it is something that I think all healthcare professionals need to be informed about. It could possibly revolutionize the future of healthcare along with the cost if more awareness was executed. Overall, these videos have impacted me in the most motivational way and have encouraged me to want to be a warm and loving caregiver that listens and applies this knowledge in my future practice as a nurse. In the words of Nelson Mandela "Children are our greatest treasure. They are our future."