

## Poverty/ACEs Reflection

Poverty in United States is a widespread issue that needs to be addressed with more open communities or shelters that helps those in need. Poverty has both immediate and lasting consequences that can follow a child into adulthood. This can highly affect their health, education and toxic stress such as emotional abuse or the cumulative effects of financial stress within the family without sufficient adult support. In the documentary *Hard Times Generation: Families living in cars*, it amazes me how they were able to survive in those living conditions. The lack of nourishment for the kids and the inability to stay in a place where they can warm or cool themselves during winter or summer. Not having a proper access to medical services is also a huge problem for them. Furthermore, nursing professionals should act as educators. They should specifically inform parents of any potential risks to children's development. One may, for instance, bring up the issue of poor hygiene. These are some of the most important actions they need to perform. Moreover, it can also result to adverse childhood experiences (ACE's) which can impact on brain, body and behavior. As it progresses downwardly to a progression of disease and or disabilities and social problems that could lead to early death. According to pediatrician Nadine Burke Harris, the chronic stress of abuse, neglect, and having parents who struggle with mental illness or substance misuse has actual, noticeable impacts on brain development. Over the course of a lifetime, this develops to the point where those with a history of severe trauma have a tripled risk of developing heart disease and lung cancer. In order to destigmatize the experience and support patients, nurses should collaborate with patients and colleagues from other professions to develop care environments that support screening, anticipatory guidance, and thoughtful discussions of the parts of trauma. In conclusion, living in poverty, being separated from a parent, and experiencing harsh or neglectful parenting are all significant adverse childhood experiences (ACEs) that raise the chance of dying young

in adulthood. Medical professionals should be able to help through proper education, in collaboration with a case manager or a social worker to access adequate medical supplies to those in need.