

Poverty/ACEs Reflection

The videos over poverty and ACEs allowed me to understand how different traumatic experiences can affect a child's life. Watching the poverty videos made me appreciate the small things in life, such as taking a hot shower every morning. I am so blessed with the life I live. The children in the videos are so humbled, positive, and grateful. A big learning point in the videos, came from the last video I watched, "Ted talk." I knew that traumatic situations such as abuse, neglect, addiction, and poverty could affect a child mentally, but I was unaware or maybe blind to the fact that it could lead to physical health issues and concerns. I would never think that someone who suffered as a child, could develop heart disease from the stress that "ACEs" caused growing up. Understanding the impact stressors play on children at a young age can help the nursing process by allowing better interventions to help the patients. For example, knowing a family is homeless can allow the nurse to reach out to a case worker who can provide resources to the family for food or shelter. Gathering the necessary information from a patient's home life can help the nurse provide teaching on certain issues to help prevent future complications.

After watching all the videos, I found them to be all eye opening, as well as informative. It helped me see a different viewpoint to how traumatic home life affects children and how it is an issue that needs to be addressed and fixed all over. As I mentioned earlier, the videos helped me to appreciate everything I am blessed to have.