

I was once homeless with a child. I'm a product of addicts and living in an abusive household. I believe I could be high on the ACE chart. This is what I took from it, it's truly how you see the glass, will it be half empty or half full, is the real question. The videos were eye opening, it's just another example of why we should judge especially when we haven't walked in their shoes. As an inspiring nurse I look at family as a ladder to health, the ones who have received an amazing support system are usually the ones in better shape, health and higher on the ladder. However the ones who have not received this kind of support are usually on the lower end of the ladder. I've seen diabetics and obese patients in higher numbers come from poverty wage families, than from higher wage families and it's normally because a plate of vegetables is more expensive than fatty foods. Poverty does not discriminate it can come for anyone at any time and it's ruthless but it happens everywhere no matter what block you live on. Poverty is increasing rapidly in our nation and with that comes more children being exposed to higher levels of stress, especially the fight or flight mechanisms. Did you know that there is a higher chance for a child to be exposed to abuse when a family income is less than 75 percent of the poverty level and it's just increasing daily. As a nurse who has lived this life, I would investigate it more, especially when I'm talking to social workers, or educating family and children so that maybe I can stop the progression of more illness or health problems. I would seek out more communities and health promotions to help a family out. I would push more for it to be a part of the physical assessment or the Background in my SBAR. I would ask questions to figure out their ace score and then educate them on certain things, twelve times more to commit suicide if their number is high is alarming. This is changeable, preventable, it could be the thing that changed the course of a child's life so why not spend the extra five minutes finding out how to help. I do believe that an ACE score should be a part of a child's annual checkup if not when they come in to see a HCP, because if we can stop the progression of future health issues then why not start now.