

Adverse childhood reflection

Adverse childhood experiences have been shown to affect a person's behavior, physical health, and mental health. Poverty is a big example of an adverse childhood experience that has affected a vast number of people's lives across the world. Learning about adverse childhood experiences will help me better understand the needs of my patients, their families as well as the community.

Adverse childhood experiences are related to stressors and relationships not having the needed support and nurture that results in a healthy foundation of life. Adverse childhood experiences include but are not limited to abuse, neglect, violence in relationships, depression, addiction, mental health as well as poverty. Poverty includes not having the necessary resources to have the basic needs required to sustain life such as being homeless or living in a car, unaffordability of food, medicine, and treatment, as well as enough money for clothing and shelter. These stressors being constant leads to a toxic level of stress because the body is unable to shut off the fight or flight hormones which also greatly affect the brain. Toxic stressors during childhood lead to lifelong changes in learning and behavior, which impacts social, emotional, and cognitive impairment, and increases risky behavior such as drinking and substance abuse, increases the risk of mental health problems and which can increase the chances of diseases and disability because the affects are maladaptive or health damaging.

Learning about adverse childhood experiences will impact my nursing practice because it will help me be inquisitive about one's history, childhood experiences, adversities, social aspects, health as well as economic level to better understand each patient and family needs. Learning more about a person can result in best clinical practice and patient outcomes by helping with mental health care, having holistic interventions, knowing what can and cannot be afforded, and knowing their nutrition, medication, as well as lifestyle needs. One of the biggest things I can do when learning about my patient/ family

members is educating and helping them find resources and solutions to help each person have a better quality of life. This, in terms of quality of life, can also lower the need for hospital visits, lower patient costs, and may help decrease resulting stressors which can increase their life expectancy.

Knowing about adverse childhood experiences will affect a person's health so it is important to learn these things and apply care to the patient's needs to increase their quality of life.