

Poverty/ACE Reflection

Poverty is an important and emotional issue. Increased cases of poverty in the United States need to be addressed with the help and support of communities or shelters. Over time this has caused immediate and lasting consequences that can follow a child into adulthood. One of the main factors to poverty is the proper maintenance of their health, are they getting adequate food daily? Are the children able to go to school? And on top of their financial struggles' parents may live in a toxic living to the point of working into exhaustion. Not having enough rest due to the immediate need of financial relief. The documentary about the families living in cars made me realize not to take the roof over my head for granted. For them to live in a very small tight space and mostly traveling through parking lots to safely spend the night. Not having a proper access to medical services is also a huge problem for them. Improper hygiene can also make them high risk for infection or diseases. The risks and struggles in order to provide their basic need of warmth and shelter. Moreover, it can also result to adverse childhood experiences (ACE's) which can impact on brain, body and behavior. 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. Although, not necessarily chronic stress of abuse, but to those parents who work hard and sometimes their only way of coping is through alcohol or substance use which can potentially lead to ACE. The other documentary about poor kids (2017), after 5 years, one kid stood up to me the most, when one of them said "at this point of my life, I don't need to be happy right now, I need to make everything I need to...". As a nurse, it is my job to treat them regardless of who they are. For me to be able to treat, teach and educate my patients is a privilege to help them. If ever I encounter families who struggle financially, especially with medical bills or equipment, I know I can refer them to either our unit's social worker or case manager. We all, as medical professionals can work together and give them holistic patient care with viewpoints where we can give them support and resources they need.