

ACE's Reflection

These videos were very though provoking to me and also extremely sad. Children are our future and it is devastating to think that this many innocent children are going through these problems. Whenever I think of childhood poverty I feel like it is overwhelming and I am not even sure where to start. These videos made ACES real and helped me to think about how impacted my future patients will truly be.

I really identified with some of the things that were in the TED Talk video. Before watching this video I was under the impression that children in these situations might be more prone to poor lifestyle decision making. It is very interesting and heartbreaking that these ACES can completely change our brain chemistry and neural pathways. It is mind blowing that these people are at a higher risk for cardiovascular disease and lung cancer. ACES have such a lifelong effect that impacts everyone regardless of race or socioeconomic status. This video made me realize that as I begin my practice as a RN I can help minimize the effect of ACES on some families by helping them find resources.

The hardest part for me about these videos is that I identify with the parents. I have three young children and I can't even imagine the feelings of hopelessness and defeat if my family was homeless. That particular video made me cry. Afterwards it also made me question everything about the way my children have been raised. I hope that we have been supportive and loving and given them what they need to succeed. The thought of them being impacted negatively by something I have or have not done just devastates me.

Maybe if we treated these aces like a disease or an illness such as suggested in the TED talk video, maybe we could get some of these families and children some support that they desperately need. More community services or outreach programs cost money and the one way to raise the money is to highlight this problem in mainstream media. Hopefully in the future more

studies will be done and the impact of ACES will be well known by the general public and the healthcare system.