

Poverty and ACE's Reflection

From the first video, "Hard Times Generation", I learned about the struggles that people in poverty face, other than just not having a house. One of the biggest themes was an overall sense of fear. Many of these kids did not sleep well due to fear of being robbed, which we know that poor sleep can lead to poor health. Many of the parents were also fearful that their children would be taken away by CPS, which they could if they were found. Another thing I learned was just how prevalent poverty is in our own communities. I often think of poverty as situations in third world countries, but I often forget how much help our own communities and ones nearby need. This also shows just how much we can contribute to society and help better our community and people around us.

The videos about ACE's really helped me understand what ACEs are and the impact that they have on an individual. ACEs are incredibly common and have a major impact on a person's health. They have a significant increased risk for many harmful diseases. ACEs impact us more than just mentally; they affect our physical health.

All these videos will impact my nursing practice by making me more aware of what people living in poverty go through daily. It is much more complex than simply not having a roof over your head. These people face internal and external conflicts every day and are simply trying to survive and do what they can to protect their family. The biggest thing I learned from that was not to judge people. We never fully know what someone is going through and it is our job to care for these people no matter what and help them get the resources they need. Overall, I think that this video opened my eyes to just how bad poverty is in the states and the things that families go through. I can use this to remind myself to be grateful every day and to appreciate what I have. It also reminded me to always be humble, especially in my future practice. You are never more important than someone else because of social economic status or finances.