

Poverty and ACE Online Activities

Poverty can affect how kids learn, their nutrition status, their hygiene, and mental health. The constant worry of their safety while sleeping in their cars and not knowing when their next meal will be increases the stress hormone and they are constantly in a fight or flight response. Having a caregiver not providing the support a child needs creates a toxic environment for the child and they end up worrying about stuff they shouldn't have to if they had a caregiver/parent that would provide the support and meet their needs. Kids need to experience positive stressful events that activate their fight or flight response once and a while like starting a new school. But it's the constant stress they put the body in creates health issues as they get older. The body gets used to always being in an acute stress response they don't know how to completely turn it off and it affects the body. They are prone to infections, they get sick easily and their body never learns that they need to rest to recuperate.

What impacted me the most was learning that adverse childhood experiences have a great impact on our health as much as poverty does. Knowing that it starts as soon as you are out of the womb. Not being fed when hungry or not changed when dirty affects you as an adult. We learn to have to always take care of ourselves and not let our guard down.

This will impact my nursing career because if poverty rates keep increasing and the more kids are raised in poverty and experience adverse childhood experiences the more sicker adults we will have in America. An increasing need of more hospital beds and with the nursing shortage can negatively impact the nurses, causing burnouts. As what the nursing shortage we have experienced with the pandemic was a great example of what nursing is coming to. I'm just hoping that families are being educated that prolonged stress can lead to severe health issues in the long run. Also that they are getting the resources they need to help prevent some of the ACEs in children and help families get out of poverty. As what I have learned in the previous lectures that knowledge is power when coming to a patient's health.