

Watching the *“Hard Times Generation: Families Living in Cars”* video showed me how little my problems are compared to people like these families. Even though I struggle with different things on a day-to-day basis, I still am fortunate enough to have a roof over my head and food on the table. Not only does this open my eyes, but it also brings me to the realization that many people struggle with poverty every single day of their lives. Having to worry about situations like where they are going to find food, where they are going to be able to use the restroom, if they are going to be able to shower, and where they will park to sleep for the night. Not only is this a wake up call for me, but it also makes me want to become a nurse even more. Due to the statistics of how high the numbers are of people that are homeless, goes to show that many of the patients we see in a hospital could possibly be homeless so being able to provide them with the best quality care and support we can will mean a lot to them and make a difference. The Brain Hero video, ACE video, and Ted Talk supports how dealing with struggles like these at a young age can majorly affect how a child may react to certain situations or to new people and situations, so it is important as the nurse to be patient with them and provide equal, quality care as you would someone who is not living in poverty. Looking at these situations in a medical sense, they contribute to causing many diseases and health care issues because of the constant stress it puts on the body. This is important to know because you can use it as a factor to how you will provide care for these patients. For instance, if a child is anxious to receive treatment such as injections or medications, you as the nurse can be an advocate and explain to them why they need to get them. One way you can do this is by grabbing a teddy bear and simulating exactly what is going to happen to them on the teddy bear. This will relieve the child’s anxiety and show them that it is not as scary as they think it is. I have always been raised to never judge or discriminate against a person because you never know what that person is dealing with at home. Saying this, I will always strive to be the best nurse that I can be no matter the patient’s circumstances and approach them in a way that will not only provide them with quality care, but also build a compassionate relationship between each and every one of my patients.