Adverse Childhood Experiences and Social Determinants of Health: A nurse's role in achieving health equity.

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Abstract

Problem Statement: Nurses can and must play an active role in recognizing vulnerabilities in individuals susceptible to poor health outcomes as it relates to external social factors, adverse childhood experiences and other social determinants of health. The concept of health can no longer be viewed as linear. Instead, it must account for the external, multifactorial and social influences that impacts how individuals obtain or achieve safe housing, education, employment, recreation, and access to health services and nutrition. Studies reveal that these elements, otherwise known as the social determinants of health (SDOH) have a direct impact on health outcomes, disease management, and mortality. Moreover, new research indicates that early and repeated exposure to adverse childhood experiences (ACEs), such as physical and sexual abuse, neglect, domestic violence, or living in a household where substance abuse or addictions are present, can significantly impair an individual's ability to maintain self-efficacy for health maintenance. Furthermore, studies reveal that chronic exposure to stress and trauma are commonly associated with the dysregulation of cardiac, endocrine and neurological systems, the development of inflammatory responses, chronic disease, and other organ dysfunctions – resulting in increased cost and disabilities for patients, frequent hospital utilization, and a loss of income, employment or financial assets. While SDOH programs and screening tools are under development to address health disparities, there are opportunities for nurses to contribute to the efforts of reducing barriers to care. The purpose of this presentation is to increase awareness of the nurse's role in recognizing the potential impacts created by adverse childhood events and its influences on health outcomes. In lieu of a formalized screening tool, nurses will be presented with the opportunity to utilize a theoretical framework called, "The 4-R Method" to Recognize, Report, Refer and Reframe their efforts in understanding the influences between social factors and health progression.

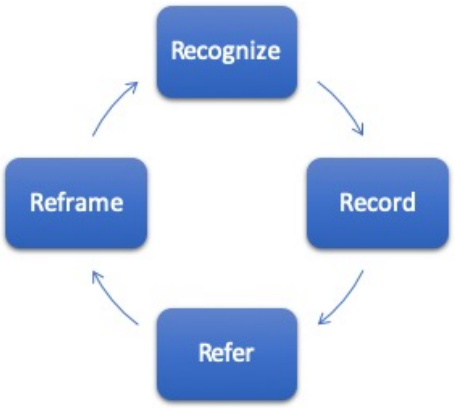


Figure 1: The 4-R Method: A theoretical framework to assist nurses in identifying the aspects of health maintenance at risk due to the impact of social factors or determinants.

Recent Publications

1. Hoffman A. (2013). Enhancing self-efficacy for optimized patient outcomes through the theory of symptom self-management. *Cancer Nursing*, *36*(1), 16–26. doi:10.1097/NCC.0b013e31824a730a
2. Lanier, P., Maguire-Jack, K., Lombardi, B., Frey, J., & Rose, R. (2018). Adverse childhood experiences and child health outcomes: Comparing cumulative risk and latent class approaches. *Maternal & Child Health Journal,* 22(3), 288–297. https://doi.org/10.1007/s10995-017-2365-1
3. Metzler, M., Merrick, M., Klevens, J., Ports, K., & Ford, D. (2017). Adverse childhood experiences and life opportunities: Shifting the narrative. *Children & Youth Services Review,* 72, 141-149. https://doi.org/10.1016/j.childyouth.2016.10.021
4. Slack, K. S., Font, S. A., & Jones, J. (2017). The complex interplay of adverse childhood experiences, race, and income. *Health & Social Work*, *42*(1), 24–31. https://doi.org/10.1093/hsw/hlw059
5. Sun, J., Patel, F., Rose-Jacobs, R., Frank, D., Black, M., & Chilton, M. (2017). Mothers' adverse childhood experiences and their young children's development. *American Journal of Preventative Medicine*, 52(6), 882-891. https://doi.org/10.1016/j.amepre.2017.07.015
6. U.S. Department of Health and Human Services. (2019). Healthy people 2020. Retrieved from https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health
7. World Health Organization. (2010). Action on the social determinants of health: Learning from previous experiences [PDF file]. Retrieved from https://www.who.int/social_determinants/corner/SDHDP1.pdf

Biography



Rhonda Manns, RN, BSN, MBA is a Registered Nurse Leader with 10 years of progressive leadership and managerial experience in Emergency Nursing, Rare Orphan Diseases, Care Coordination, Health IT and Case Management. She is a proud member of the Emergency Nurses Association, Pulmonary Hypertension Association, Sigma Theta Tau International Nurse Society, Phi Kappa Phi Honor Society and HIMSS. She was recently recognized as a Future Leader of Nursing by LinkedIn for her commitment to leadership development, mentoring and enhancing nursing communities. With over 18 years of healthcare and wellness promotion experience, she enjoys leading instructional sessions to help others live their best lives. Email: rhondajmanns@gmail.com