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The Dangers of ACEs

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The Dangers of ACEs



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ACEs

MaineHealth G20 Team

What is ACEs?

ACEs stands for Adverse Childhood Experiences, included (but not limited to) physical, emotional, and sexual abuse, substance abuse, neglect, dysfunctional families, and mental illness'. ACEs impacts childhood development and increases chances of future health implications.

Why is screening for ACEs Important?

ACEs is **preventable**. If tested for early on, physicians can provide necessary resources and support to children and their families; Support such as mental/behavioral healthcare, working to build healthy relationships through positive experiences, and quality sleep and nourishment. All of which are capable of increasing a child's resilience.

1 in 6 adults experiences four or more ACEs



61%

Of Adults Have At Least One ACE Score



16%

Of Adults Have 4 Or More ACE Score

Surveys

We designed two surveys. We had thirty of our peers answer to assess the quality of care they feel they receive by their healthcare providers. We gave the second survey to thirty healthcare providers who work with adolescents and assessed the quality care they felt they provided. We then compared two surveys to discover the disparities between the youth's and provider's answers.

Accounts from Peers

"Healthcare for certain things can take a long time, an amount of time that seems completely unreasonable."

"From personal experience, having access to healthcare providers has never come easy to me, and when I did have access to healthcare providers I felt like my needs were not met; that my identity had a major impact on how I was treated by my professionals."

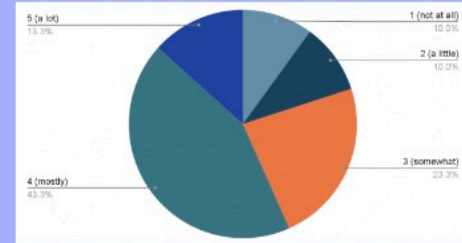
"I feel like sometimes some healthcare providers like to downplay a lot of what you're going through which can make things difficult especially when you're genuinely not feeling good."

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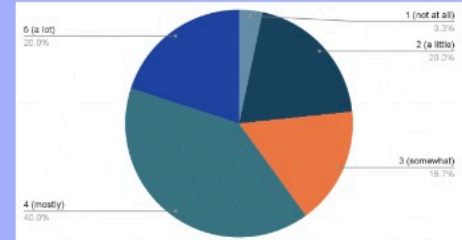
"A while back one of the people closest to me was diagnosed with cancer. While I was thankful that the doctors caught it in time, I was upset because it didn't seem to me that they tried to find out what was wrong in the beginning when all their pain started. I remember having to help her up and carry her weight while she attempted to walk. I remember her not being able to eat for days, the nausea, and the pain keeping her from sleeping. When I witnessed all their pain my first thought was that they would get help immediately when we went to the ER, because from my perspective her condition was severe. But that's not what happened. I was shocked when all that was prescribed was Ibuprofen. When the diagnosis was that she just needed to walk it off and antibiotics should help her. Countless trips to the ER and doctor appointments felt like a waste especially when every single time doctors would look her up and down and decide that their condition wasn't that bad. It wasn't a condition that even needed a blood sample. It wasn't a condition that could kill her, it was simply a bad swollen leg that probably just needed some rest. When she was diagnosed, the doctors were all shocked and it annoyed me because it was only then when she had their full attention, they actually tried to help her. Seeing someone I love being treated like they don't matter by health care professionals hurts me because without proper care she would've died and myself and my family would've been the only one impacted by such a loss and those same doctors and practitioners will move on as if nothing had happened because they aren't affected."

Youth's Results

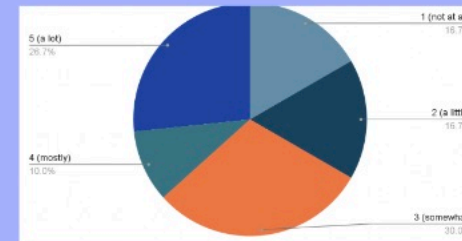
From 1-5, how often do you feel seen and valued by your medical providers? (Ex. Nurses, Doctors, and Primary physician)



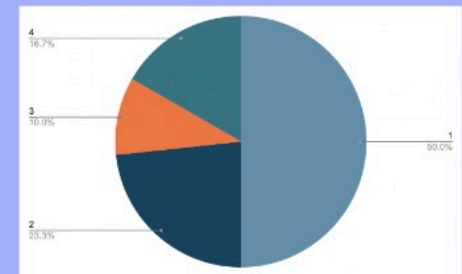
From 1-5, how easy is it for you to access healthcare? (Ex. Language, Culture, Financial barriers, etc.)



Do you feel like your own identity impacts the quality of care you receive? (Ex. Race, Gender, Ethnicity, Disability etc.)

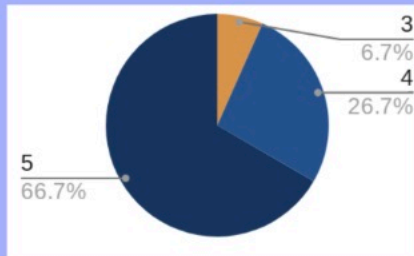


Other than your primary doctor, how many alternative healthcare providers do you feel you can turn to? (ex. school nurse, etc.)

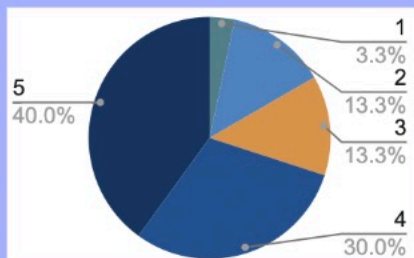


Provider's Results

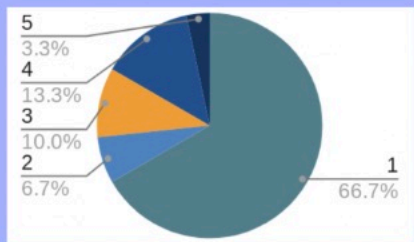
On a scale from 1 - 5, how often do you create an environment where your patients feel seen and valued? (1= Not at all; 5= A lot)



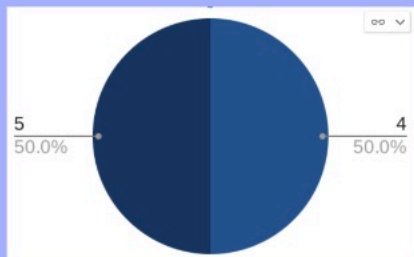
On a scale of 1 - 5, how easily accessible do you think your services are? (1= Not at all; 5= A lot)



On a scale of 1 - 5, do you feel like your patient's identity impacts the care you provide? (Ex. Race, ethnicity, gender, disability, etc.) (1= Not at all; 5= A lot)



On a scale of 1 -5, how comfortable do you think your patient's would feel coming to you with questions or concerns? (1= Not at all; 5= A lot)



Survey Summary

Although we were not able to directly screen for ACEs, the survey that we conducted assessed the environment that healthcare providers create for their adolescent patients. This helped us highlight the impacts, preventative, and supportive measures for ACEs that can be taken.

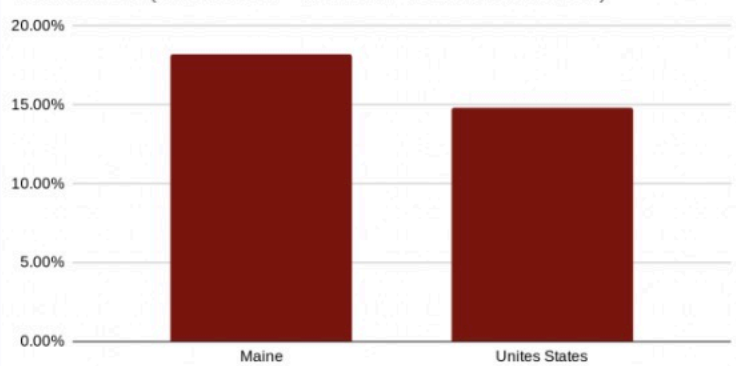
In our makeshift survey, we found that while providers feel they do a great job caring for and understanding their adolescent patients, that same age group of adolescents feel as though providers don't do as great of a job as they think. While many providers felt that a patient's identity did not influence the quality of care they provide, the majority of our peers felt it did. Both youth and provider's felt that their healthcare services were fairly accessible.

These surveys allowed us to visualize the disparities between how the youth and their provider's felt about the care they provided or received.

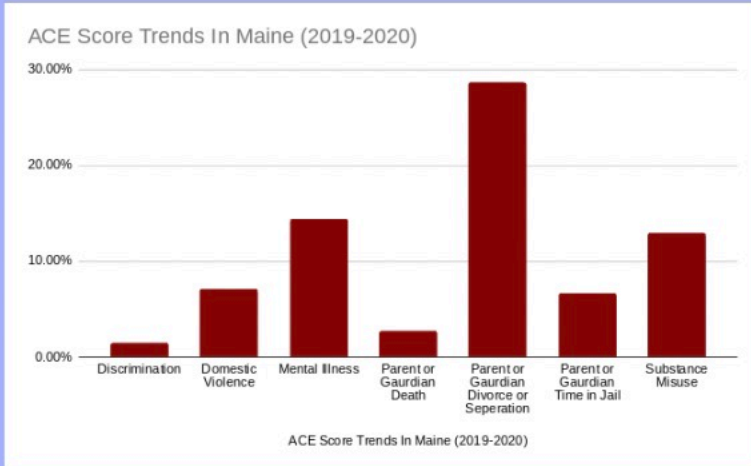
Finally, while health care providers do their job we believe there will always be gaps in communication between them and their patients, if safe spaces aren't always fostered in health care.

ACEs Statistics

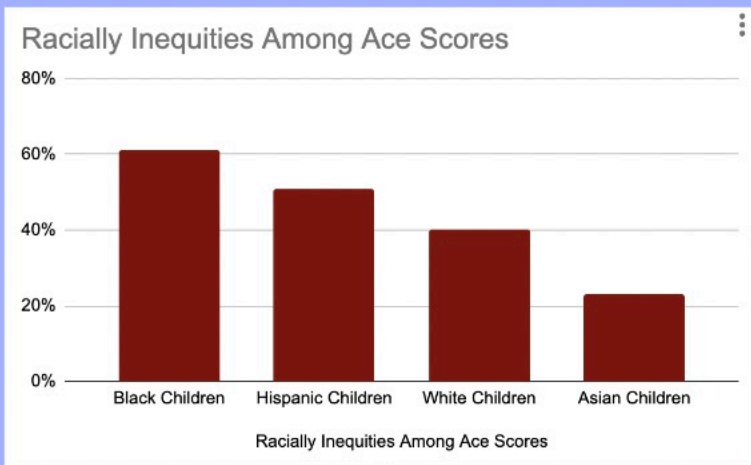
2019-2020 (Youth 0-17 - with 2 or more ace scores)



ACEs Statistics



(Racial makeup of children with one or more ACEs in the United States.) Minority groups are often at greater risk for higher ACE scores.



Steps for Physicians

- Ask direct questions to adolescents
- Respect and listen to patients
- Make time for adolescents to share opened ended questions
- Strengthen relationships and nurture confidentiality and trust
- Look for the clues that are indirect, verbal or nonverbal
- Create a space where patients feel they can share openly and honestly
- Respond with empathy and acceptance
- Acknowledge and validate a patients feelings

Use the acronym NURSE (Name, Understand or legitimize, respect, support, Explore)

- Name what the person is feeling
- Show the patient your looking to understand what their experiencing
- Respect the patient on what their doing well
- Ensure the patient their being supported
- Further explore their feelings and next possible steps