

Economic stability:

According to Healthy People 2030: the definition of economic stability is “people with steady employment are less likely to live in poverty and more likely to be healthy” (HealthyPeople, 2020) According to our lesson this week and the CDC, “the key issues related to economic stability are poverty, employment, food security, and stable housing” (Centers for Disease Control and Prevention [CDC], 2021b). Healthy People 2030 created a list of goals to accomplish to defeat economic stability such as reducing the proportion of adolescents and young adults who aren’t in school or working, reduce the proportion of people living in poverty, increase employment in working age people, reduce household food insecurity and hunger, and eliminate very low food security in children. The goal is to help people earn steady incomes that allow them to meet their health needs. The key issues related to economic stability are poverty, employment, food security, and stable housing (Centers for Disease Control and Prevention [CDC], 2021b). Our textbook files economic stability with key social determinants.

The social determinant will undoubtedly impact the health outcomes of our clients. Patients who do not have steady income or employment are more likely to not be healthy. For example, in the video we were provided this week about social determinants, parents who cannot afford to take time off of work to go to the doctors office because it is over a hour away, or a mother who was just laid off of her job and has children at home struggling to find a career impacts many. Essentially, a patient who is not steady with employment, food, and housing is less likely to put their health on the forefront. This all directly leads to poor outcomes for the client such as undiagnosed health conditions, unhealthy lifestyle directly leading to heart attacks, diabetes, strokes and other life threatening emergencies, lack of education, lack of cleanliness, and overall poor health.

The social determinant of health, economic stability, just reminds me of Maslow’s Hierarchy of Needs. The purpose of this pyramid is stating the client cannot reach maximum potential which is self actualization, without having everything in the ladder layers beneath. “The basic physiological needs include the things that are vital to our survival” (Hayre-Kwann, 2021). The first layer of the pyramid in order to advance is can be seen as the most basic needs, classified as “physiological needs”. These include sleep, food, water, housing, safety, personal financial strain, all which are lacking in economic stability, thus holding the client back from reaching the next level and ultimately their maximum potential.

In order to assess the impact of economic stability for the client, the nurse practitioner would ask many questions during the initial interview. Some would consist of asking the patient about their living situation. Where do they live, with whom do they live with, what is their town like, do they have children to care for, if so how