

Healthcare Reform

As nurse I am very interested in Health Care. I also believe that how we teach, provide and interfere with health care in this country should be reformed. When I was on a conference call with two unnamed democratic senators and the American Nurse's Association the other day, I learned that what the legislators are trying to do for the Obama administration is craft insurance reform, not health care reform. They talked a lot; most of it was boosting nurses' opinion of themselves and their importance of "getting on the side of health care reform". Whatever that means.

As a provider for mental health care I am privileged to have been one of the last Nurses to go to graduate school on a nurse traineeship. That act was squelched during the Carter administration (1979) and having an ample supply of nurses and nurse educators has decreased ever since. Nursing is an excellent way of delivering healthcare across the life span. Nurses are present when humans are born and they are present when people die. The ethics and standards of nursing are global. In 40 years I have never had a boring job. But as I see what the federal government allows in our air, water, food supply and medications I think there is bunch of stuff that the legislature could do that would save on healthcare cost because it would make the population healthier.

It would have more to do with calling lobbyist and corporations to account than asking taxpayers to support public options. Please understand that I think the feds are doing great with Medicare, Medicaid and the Veterans Administration. If they would cut out the middle-man (HMO's) more humans would get their needs met.

There are a few simple things that would help our population to become healthier and would decrease healthcare costs;

1. Stop advertising drugs on TV
2. Stop subsidizing the corn industry and ban high fructose corn syrup foods. Like tobacco and trans fats were banned, Stop advertising to children.
3. Stop allowing Bovine Growth Hormone in our milk supply. This has gone on for at least 3 generations of moms and kids now and everyone is getting angrier and bigger.
4. Allow infants to develop normally for 6 months before insulting their system with mega

vaccines and making them lie on their backs all the time.

5. Consider the pressure on young bodies to carry books on their backs that are often heavier than they are.
6. Insist that judges who split children equally between parents before the age of 8 take courses in infant mental health.
7. Have public schools promote standing and movement during classroom time (refashion desks to include a foot swing) so children can move while they learn.
8. Educate every high school student about how to be the healthcare agent for themselves as well as their future families.

Over the past 50 years we have done amazing things in our culture yet because we do not pay attention we have allowed insidious toxins and dangerous lifestyles to creep into our culture and mess with our minds and our bodies. Families were designed to raise their young to maturity, yet because of the instability of family life, a hyper sexualized environment and multiple technological distractions we are losing the battle for our kids and grand kids. The government could help if they listened more, talked less and paid attention.

That's what I think.