

## **Reflective Journal**

Anisha Khadka Karki

DeWitt School of Nursing, Stephen F. Austin State University

NURS 5302: The Politics of HealthCare

Dr. Della Connor

June 26, 2025

I agree with Humphrey that the moral test of a government is how it treats its children, the elderly, the sick, the needy, and the disabled. This is what differentiates democracy from autocracy and communism. Similarly, as JFK said, 'Ask not what your country can do for you — ask what you can do for your country.' However, it is also the responsibility of a good government to care for all its citizens during hard times, not only for the youth who can work and drive the economy, but also for the sick, children, elderly, the needy, and the disabled, who may have been unable to contribute to the nation.

When I first arrived in the United States, I was struck by how cities, states, and the country support people with disabilities. It seemed that every place was accessible for individuals with disabilities, which I found very pleasing. However, there is still much work to be done. We need to ensure equitable healthcare access to children, the elderly, the sick, the needy, and the disabled and address health, income, and social disparities among all races and ethnicities.

As a policymaker and nurse, I would investigate why we are unable to provide free, equitable, preventive healthcare to all our citizens. It is important to investigate why we spend more on healthcare than any other nation in the world, yet we do not provide free or affordable preventive care to everyone. My realistic solution is to reduce the number of mediators and simplify paperwork in the healthcare industry, thereby streamlining healthcare delivery and lowering healthcare costs. This would allow us to provide equitable healthcare for all citizens, ensuring a safety net for children, the elderly, the sick, the needy, and people with disabilities. Access to food, shelter, and housing are fundamental human rights that everyone is entitled to. As one of the world's greatest nations, we must ensure these fundamental rights and provide free healthcare to those in need.