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CSON IM5

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Claire: The Documentary Reflection

I feel like throughout this video, I experienced a whirlwind of emotions. I felt joy, sadness, happiness, a sense of pride for the career path I have chosen, and I also felt pain. I have been told constantly by classmates and friends that I am overly emotional; I get too attached to people too quickly and that is going to cause burnout when dealing with sick people every single day. I have wrestled with the fact that I may have to become a little jaded, I may have to lose a defining part of myself in order to just "get through the day." This video gave me hope. It gave me confidence to be myself, to love without hiding my emotions because these people who are terminally sick just want to feel human. They do not want to be tiptoed around, they do not want to be babied, they just want to be seen and treated as if nothing was wrong. Seeing her interact with different personnel in the hospital gave me a lot of encouragement and helped me realize that I do have what it takes to care for my patients, even if others may think I get too attached.

Claire was diagnosed with cystic fibrosis as a newborn. Her prognosis was poor, but she constantly beat the odds and continued to fight throughout her childhood. Her body produced ample amounts of mucous that could not be secreted, and in turn, filled in her lungs. It required life-long treatment, oxygen support, pharmacologic interventions, and is incurable and irreversible. People who are diagnosed with CF have shorter lifespans and often require lung transplants. Her clinical manifestations were a persistent cough consistent with an excess mucous build up. Another clinical manifestation she had was a low oxygen saturation level, consistent with ineffective airway clearance due to the excess mucous. Some nursing interventions I would want to take in to consideration would be keeping the head of the bed elevated and ensuring that there was no further exacerbation than had already been done (assistance in ADLs, consistent oxygen delivery, and closely monitoring the pulse

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oximeter). Other care team members that would be important to achieving good care outcomes should include physical therapy, respiratory therapy, and nutrition.

This family faced many economic challenges due to Claire's condition because of her lengthy hospital stays and all of the medication and equipment required for her care. Both of her parents worked full-time to be able to provide all of the necessary things Claire needed for her treatment. What I will apply to my clinical practice after watching this video is to always treat people as if the world was at their fingertips. I feel like in my experiences thus far in pediatrics, I find myself trying to baby the patients because to me, that is what they needed. I think over everything; they need to feel empowered to be more than their sickness. I can shift my mindset from "the boy with leukemia" to "the boy who is going to accomplish great things whether he is cured of his cancer or not." Something that really stuck out to me about this video was when Claire said, "I do not want a lung transplant to be healthy. I want a lung transplant so that I have the capacity to help more people." I think if we all focused a little more on that rather than our own personal gains, this world could be a lot better place.