

1. To be completely honest, as I watched this video I kept thinking to myself, “please don’t die, please don’t die” and I felt like it was hard for me to truly relax during the video because I just had impending anxiety that at some point it wasn’t going to have a happy ending. And when Claire first talked about not wanting a transplant I felt a little bit frustrated and upset because I started thinking as if one of my children were sick and how I would fight till the very end for them to survive (but it’s hard to truly say what I would really do because I haven’t ever been in that situation) but then there were points where I became hopeful and I thought Claire was going to survive the transplant but at the same time I was skeptical because I’ve been told by RT’s that lung transplants are very rarely successful. So basically, my emotions were all over the place during this film.
2. Claire had CF. Her main problems were not being able to breathe well and she coughed a lot.
3. Claire’s clinical manifestations were cough, difficulty to gain weight, recurrent respiratory infections. With CF an excess of mucus in the airways makes it difficult for the patient to breathe fully and they need to cough to try to clear those secretions. And because of this mucous, digestive enzymes also aren’t able to travel from the pancreas to the small intestine and nutrients can’t be properly absorbed, therefore making it difficult for the patient to gain weight.
4. Some specific nursing interventions I would want to take into consideration for my patient with CF would be to maintain adequate oxygenation, administering CPT treatments as ordered, educating the patient and family of the importance of adequate fluid and dietary intake, as well as offering proper fluids and nutrition while under my care and following proper hand-washing/ ppe protocol in order to minimize the risk of infection to my patient.

5. The other members of the care teams that I would consider important would be the Doctors, the family & friends, the case worker and/or social worker, and a community counselor or support group for both the patient and family
6. Claire spent most of her life in the hospital. Both her parents worked. Her family faced incredibly high medical bills plus transplant costs are astronomical. Thank God for good Samaritans!
7. This makes me want to keep learning, keep doing, keep helping. Claire's story made me so sad yet so happy at the same time.
8. I hope to apply Claire's attitude in my clinical practice. This was a girl who had only ever known being sick, being different, and yet she was always positive, always looking for a way to help others.
9. There were many great words that Claire said throughout the video, but the most humble and most vulnerable (in my opinion) were when she said "I need your help"...it is really, really hard for us humans to ask for help, and I absolutely love that she made a video that was unedited and it showed her emotions at that exact moment.
10. I'm so happy that Claire started something so much bigger than herself and that her legacy is able to live on through it, but when it comes to young people being sick with incurable illnesses, and young people dying, it very sad and hard on my heart.