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Claire's Documentary

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Throughout Claire's documentary, I felt incredibly happy with seeing someone enjoy their life so much. She took her diagnosis and exceeded her limitations including her life expectancy. As sad as her diagnosis was, she had the right idea, you cannot wait to be healthy to do the things you want to do the most, because that day may never come.

Claire's main problem was her inability to have effective airway clearance due to the thick secretions, as part of her cystic fibrosis diagnosis. She also suffered from low weight, and remarkably high risk for infections and a chronic cough. Claire manifested her diagnosis by her petite frame, nasal flaring, repeated hospitalizations, and chronic oxygen use. Due to the thick secretions produced by this condition, many patients have issues with gaining weight. The oxygen support is required due to the secretions impairing oxygen exchange and increase the risk of bacterial growth. This results in frequent hospitalizations for treatment.

Nursing interventions to consider if caring for a patient with cystic fibrosis include, maintaining oxygenation to ordered saturation levels, example 94%. Ensuring suction is at bedside. Promoting mobility to reduce risk of pneumonia and assist in lung expansion. Increase dietary intake, to reduce risk of losing weight. Educating family on washing hands frequently to reduce risk of bacterial infections. Promote fluid intake to assist in thinning secretions and secretion clearance.

Respiratory therapist, pulmonology, nurses, physical therapy, and psychology may be part of the collaborative team. Each case is individualized and not all cases may require these specialties while others may require interventions by many other specialties including dietary, gastroenterologist, endocrinologist and even surgical. Each of these members all come together to establish an individualized plan of care for the patient.

Financially Claire's parents may have struggled to keep a job due to their daughters demanding diagnosis. Medications may have been expensive to purchase and hospital visits may have been extensive due to the frequent hospitalizations. It is one of the reasons

they created the Claire's Place foundations, to help those with CF financially so they can focus on their health.

This experience only reinforces what I have learned from years of nursing, and it is to treat people with respect and kindness. To live life as if there was no tomorrow and to love unconditionally. Weather it is a chronic condition or a swift unfortunate event, life is never to be taken for granted. Cystic fibrosis is difficult to manage but what this documentation has taught me was that chronically ill patients do not need to be pitied but rather encouraged to pursue their goals and dreams. To be seen as strong and courageous rather than sick and feeble. Going forward with my nursing career I will be more aware of how I look at a patient and how I see their diagnosis. Not as a limitation of actions but rather a reason to push forward.

Claire's mother stated "you got to make something beautiful out of life "and I could not agree more. Life is only as beautiful as we see it and as nurses, I believe we can help our patients see that beauty, especially during the hardest parts of their disease process. I have always believed that nurses can be smart, amazing critical thinking skills, but what the patients remember the most is our compassion, our smiles, and if we give them a moment of laughter, they hold onto it long after discharge.