

Claire The Documentary

1. How did you feel throughout the time that you were watching the video?

I was actually very inspired by her outlook on life. She took what people saw as a sad thing and turned it into a positive teaching experience. She's such a courageous woman and I admire her so much. I feel like I need to make some changes in my life and starting living life to it's fullest and cherish every moment.

2. Give a description of Claire's condition and identify the main problems that you identified?

Claire has cystic fibrosis. Cystic fibrosis is a hereditary disease that affects the lungs and digestive system. The body produces thick and sticky mucus that can clog the lungs and obstruct the pancreas. People with the condition tend to have a shorter-than-normal life span.

3. Based on your observations, what were her clinical manifestations and how would you explain these clinical manifestations?

Persistent coughing, at times with phlegm.

Frequent lung infections.

Wheezing and shortness of breath.

Poor growth or weight gain in spite of a good appetite.

4. What specific nursing interventions would you want to take into consideration to provide for this patient's unique care needs?

Nursing interventions for someone with cystic fibrosis would be maintaining adequate oxygenation, promoting measures for removing pulmonary secretions, emphasizing the importance of adequate fluids and dietary intake and preventing complications. We can monitor respiratory and heart rate for any changes. Assess for changes in respiratory status such as cyanosis, pallor, changes in level of consciousness, labored breathing and tachypnea. Monitor arterial blood gases and oxygen saturations. Provide for adequate rest periods between activities during the day.

5. What other members of the care team should you consider important to achieving good care outcomes?

Cystic fibrosis is a complex disease that requires a team of professionals to deliver all the specialized, comprehensive care needed. A cystic fibrosis team may include a pulmonologist, gastroenterologist, otolaryngologist, endocrinologist, nurse coordinator, dietitian, psychologist, respiratory therapist, physical therapist, pharmacist, social worker and more.

6. What financial challenges did this family face because of Claire's condition?

Claire's mom had to work to pay bills like most parents do. They had to raise money for Claire to get a lung transplant as to which they were successful. Unfortunately, there was a complication after the surgery, a stroke, Claire never came out of the anesthesia.

7. What did you learn from this experience?

I learned that anyone can take a sad traumatic experience and turn it into a good one. It made me realize there is so much potential in being alive that we just never tap into.

8. How will you apply what you learned by watching this video to your clinical practice?

There are many demands made on both the patient and the CF team therefore patient and family advocacy are the most important role for the nurse specialist. Patient wellbeing and satisfaction is high on the standard list. Successful teaching of the patient and all concerned (parent, career, school, work colleagues) and their understanding of the disease process, will ensure that treatment is carried out safely and effectively and that issues surrounding adherence to treatment can be more successfully dealt with.

9. Are there other significant words that Claire or her mother shared that impacted or inspired you?

It was inspiring that Claire and her mother don't fear death and are okay with death. Most people don't know their potential but Clair realizes her potential and has used it to speak about her disease. She created her Foundation at her sickest time in her life.

10. Is there anything else you would like to include in your reflection of this experience?

It's absolutely wonderful that Claire knew she couldn't wait her entire life waiting for someone to give her permission to live a life that she's proud of. Claire was an old soul and wise beyond her years. She lived a life of meaning and purpose.