

Marissa Valenzuela

LVN-RN September 2020

End of life care

Claire's Story Reflection

In the beginning I was not interested in the documentary, as the video went on, I changed my mind set of chronic conditions in people. We do tend to have sympathy and show pity on those who are sick because we feel they need it but in reality, most of them want to just live a normal life as much as possible and be treated normal. Claire suffers from cystic fibrosis, a condition where the body produces a large amount of mucus that makes breathing difficult for the patient. It is a lifelong condition that will eventually lead to death if the patient does not receive a transplant. Patients with this condition usually have a shorter life span than that of a healthy person. The main problems in Claire include difficulty breathing, chronic coughing, need for oxygen, tiredness and her weight was under. Clinical manifestations included wheezing, coughing, underweight, the sound of her voice, shortness of breath. Wheezing, coughing, and shortness of breath are due to the copious amounts of mucus she is unable to clear. The sound of her voice is due to the wheezing and her exertion trying to speak despite of the mucus. She is underweight due to the inability of her body to absorb the needed nutrients for growth and weight gain. For a patient with Claire's condition the nurse would want educate the patient and the family on the importance of infection control, report any fever or change in patient condition, ensure a high protein/calorie diet, promote activity to help break up mucus secretions, monitor and maintain a patent airway, educate on importance of medication adherence. Collaborative team care would include Respiratory therapy, Dietary, Physical therapy, Social Worker if needed, home health referral upon discharge to help patient learn how to manage condition if this was a new diagnosis. Claire's family faced financial stress by the possibility of losing their home due to the cost of medical bills and the constant hospitalizations required. Claire was left at the hospital alone at times due to the need of her parents having to work. I learned those who

are chronically ill do not always want to be treated like they are dying or to be given sympathy. They know they are dying but they want to live life as much as possible as normal as possible. When given the chance to take care of a chronically ill patient I will approach the case with a different mindset. When entering the room, I will be more observant of the environment the patient has created and use that setting as a foundation of how the patient is handling the illness and how I will approach the patient and family. "Try you know, that's all I ask" when little Claire said those words, they stood out. It was like she was saying "hey you can do anything you put your mind to all you have to do is try" This documentary was so inspiring and provided me with a different mindset of how to view chronically ill patients. Also, it made me want to strive to do more in my own life. Claire took something that was made to keep her down and limited, that almost killed her earlier in life and turned it into something that has helped so many people when she created the foundation. All I can think of Claire is she was incredible.