

Brittany Reyes
10/8/2020

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Claire's Documentary

My feelings throughout the video varied, at one point I felt sad for what this individual is going through throughout her life due to her illness that she has no control over. At another point I felt happy and at ease because she takes her illness and turns it into a positive situation, by helping others, she also has a positive outlook on life and lives each day like it was her last. Claire's is diagnosed with Cystic Fibrosis in which it is a "multisystem disorder of exocrine glands, leading to increased production of thick mucus in the bronchioles, small intestine, and pancreatic and bile ducts." (Hogan, 2018, p.908) The main problems I identified with Claire is coughing with sputum production, shortness of breath, and a high risk for infections.

Claire's clinical manifestations I observed are a chronic persistent cough with thick mucus production, nasal flaring, chronic use of oxygen, and frequent hospitalizations due to possible recurrent respiratory infections. Nursing interventions to include in caring for Claire are to prevent or minimize pulmonary complications. Improve airway clearance by performing CPT, breathing exercises, physical activity as tolerated, and administer bronchodilators and antibiotics. Maintain adequate nutrition by providing a high-protein, high calorie diet, administer pancreatic enzymes with all meals and snacks, administer fat-soluble vitamins, and weigh daily. Prevent infections by good hand hygiene and staying away for infectious individuals. Decrease anxiety by providing activities to alleviate anxiety or fear, to always be honest with the Claire and her family about goals and outcomes. Provide family support by offering support groups and other resources available.

Including other members of the health care team will help in achieving goals. Which consist of a Respiratory therapist who will help with pulmonary exercise and treatments, nutritionist will help with providing a diet specialized to fit Claire's nutritional needs. Physician

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and/or pulmonologist will help by implementing a plan of care, by prescribing medications and treatment in managing CF. Social services will provide support for Claire and her family by providing referrals to either social groups, and communities with others dealing with CF. Often other patients with CF may in addition need a Gastroenterologist and Endocrinologist.

Claire's family dealt with financial stressors as stated in the documentary her parents were not able to stay with her in the hospital at times because they tried to stay afloat with bills. Also, Claire's recurrent hospitalizations as Claire stated in the documentary that she spent over a quarter of her life in the hospital and along with surgical interventions can cost an abundant of money. A lung transplant can cost a fortune, thankfully Claire was able to get money donated for her procedure.

I learned how an individual with cystic fibrosis lives and what treatments and complications can arise, also the emotions that are involved with living with CF as an individual and a family's view. I learned how courageous Claire was and how touched the lives of many and how she continues to do so through her foundation she created to help others living with CF. I will apply what I learned by watching this video in my clinical practice by empowering my patients who have a terminal illness and letting them know you don't have to be healthy to pursue your dreams, just go for it because anything is possible. I will also suggest this documentary, so others can view it. Claire shared a twitter post that inspired me, the post stated "Death is inevitable, living a life you are proud of is something you can control." This inspired me by what you can control is the way you live your life, and death is inevitable, and it will happen to everyone one day so take charge and control what you can. Claire became her role model and without a doubt she is a role model to many others.