

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

In the beginning, I felt empowered to make a difference in the world because we never know how long we have left. A lot of us take for granted the time we have and don't try at the moment because we think that we have time later on. I felt inspired to do better at nursing and take every opportunity I have to become a better nurse. In the future, I'll be taking care of patients and I want to be the best nurse I can be for them. In the part of the video that Claire died, I felt devastated because I saw how much she had done for other people and the good she could have done if she was still alive. After going through the last few minutes of the video I realized that she still lives on in all the families she helped and the people she was able to inspire. I feel inspired to live like Claire amid any struggle in life I go through and to spread her message to others so they can do the same.

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

Claire has cystic fibrosis which is a genetic disease that causes an overload of mucus to accumulate in the body. This slowly causes your organs to malfunction and fail. This is because the mucus obstructs organs altering their function. One of these organs is the lungs and leads to an increased risk of infection and respiratory complications that progress. It is a high maintenance disease, and a lot of times is helped by a lung transplant. Infections can happen due to procedures to help. These infections can quickly lead to lung failure. It progresses to the point where you just don't get better. The major problems Claire faced were persistent cough, infections, and shortness of breath. She had to have constant oxygen because of these and other therapeutic measures to help her breathing

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

Claire's clinical manifestations were a persistent cough, malabsorption, insulin deficiency/diabetes, respiratory failure. Seen throughout the video it was evident that Claire had a persistent cough, and you

can explain what this is by reiterating the name since it's a cough that is always present. It also showed how she had to eat more calories than a normal person which shows malabsorption which can be explained by saying that the body doesn't take in as many nutrients as the body needs from a normal meal. It also showed that she needed to administer insulin which either indicates insulin deficiency or diabetes which both can be explained by saying that the body doesn't have enough insulin to properly regulate glucose levels. Lastly, it showed that she had a progressive respiratory failure which can be explained as the lungs not being able to get enough oxygen into the blood.

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

For Claire, I would want to include measures to improve airway clearance. These include teaching on proper cough and encouraging extra fluids. Another one would be improving her breathing by positioning her in a semi-fowler's position, measure O2 saturation, administering prescribed oxygen, and teaching exercises. Next, I would prevent infections by proper handwashing and providing knowledge on signs of infections and the importance of early treatment. Lastly, an important one would be maintaining adequate nutrition by increasing caloric intake in her diet throughout the day.

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

Other members could include other nurses, respiratory therapists, nutritionists, social service, and the medical doctor.

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

It takes tons of money to be able to get through a transplant. Her family probably wouldn't have been able to afford it without outside help because of how expensive it is. She also mentioned that a lot of

families can't be there for their sick child because they still have to pay their bills. You want to be there for your child, but you have to still go to work to provide for them even though they are sick and need you.

7. What did you learn from this experience?

I learned that it's important that we don't treat sick people differently. Even though they're sick they still have lived just like we do. I also learned not to take life for granted. Even though it may seem like we have a lot of time left we should still strive to do the best we can every day. So many of us take the life we have for granted and miss out on so many opportunities. Lastly, I learned how hard it can be for parents with kids that are sick. We must try to help these families so that we can lift some burden off of them and so that they can recover.

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

I can apply this video to every patient interaction I have. I'll try harder to not just see the sickness and to see the actual person so that I can better take care of them. I will also be more understanding of the patient's family because they are going through a lot too. I'll try to better empower my patients rather than just take care of them.

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

The first one is "How do we stop pitying them and start empowering them." I never thought about it like this before so it changed my perspective on sickness. A lot of times we look down on people that are sick and pity them because they are sick. This doesn't help them at all so we should start to empower them so that they know that they are still living and can still enjoy life. Another one was "We can be exactly who we are in the moment." This stuck out to me because I've made the excuse that I'll do

something later when I feel better. Even when we are struggling in life, we should try to live it the way we want to and make a difference. The last one was "It's easier to say that we're not doing incredible things because of situations in our life." We all make excuses but if we owned up and did what we set out to do our world could be a much better place.

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

I feel like this video taught me a lot about how I should be a nurse. It put in perspective what it's like being sick especially when you are a kid. These kids are going through a lot and I want to be able to do the most I can to make them feel better and provide relief for their families. We can always improve and become better so I want to be the best nurse I can be for my patients.