

Claire The Documentary

Throughout the video Claire was explaining everything that has happened to her because of this disease and how she felt about it. It makes me feel very sad but empowered because she doesn't let her disease define her. Claire has cystic fibrosis which is a genetic disorder that affects the cells that produce mucus, sweat, and digestive secretions. It causes them to be extra thick and sticky. They then plug up and block passageways and cause it to be hard to breathe. The main problems I noticed is that no matter where she went, she always had to have oxygen. Like even at the beach, she had oxygen on while swimming. Her cough was also a big problem it honestly sounded so harsh and seems like it hurts. Also, since being in the hospital with their disease is almost all the time her parents have to work a lot, so she is always at the hospital by herself. She would cough up phlegm all the time and like I mention her cough was harsh and barky. She also ran out of breath pretty easily. She needed to also eat a lot of calories a day because if she didn't, she would lose weight. These clinical manifestations are your typical CF patient manifestations I feel but what made Claire unique is how she chose to deal with them. Some nursing interventions for Claire would be make sure she has oxygen when she needs it and make sure she has enough food to eat so she doesn't lose weight. Her emotional needs need to be met too so I would help her focus on her foundation and also not take pity on her. She stated that she doesn't like when people do that. I would probably include respiratory therapy and a pulmonologist on her care team because it would be vital to her disease process. The family probably faced financial hardships at times because being a CF patient I feel like would get really expensive with all the hospital bills and eventually a lung transplant can't be cheap. Claire has taught me that no matter what is happening I shouldn't let it get me down because she knew she was going to die sooner rather than later and had a very positive outlook on it. I will apply this in practice and not pity everyone because they might hate when people do that and also to look at the bright side of every situation.