

## **IM5 Pediatric Simulation End-of-Life Scenario Instructions for Wednesday Assignment**

- 1) How did you feel throughout the time that you were watching the video?
  - a. Throughout this video I felt a wave of emotions. I was sad, happy, empowered, guilty, and hopeful all throughout the video. At the end of the video, I felt empowered to make a difference because tomorrow is not promised. Also, throughout the video I felt like my toes were being stomped on because Claire had done so much in the short time, she had here on this earth meanwhile I am just going through the motions in mine. I know I am in school and have an end goal, but I am not really doing anything else right now that is making a difference in others.
- 2) Give a description of Claire's condition and identify the main problems that you identified?
  - a. Claire's condition was Cystic Fibrosis, and this is a terminal disease that causes persistent lung infections and limits the ability to breathe over time. Some of the main problems that I noticed throughout the video were fatigue being that her days mainly consisted of treatments that were very time consuming. This was not something she could just do every other day and not have it affect her body. She also had to consume 5000 calories a day to maintain her body weight. I barely probably even meet the 2000 required amount a day, so I could not imagine having a choice of eating 5000 cal/day. Another problem I noticed was ineffective airway clearance, Claire coughed several times during the day with a thick phlegm that never went away so I am sure this made breathing more difficult for her than it already was.
- 3) Based on your observations, what were her clinical manifestations and how would you explain these clinical manifestations?
  - a. Claire's clinical manifestations included a persistent cough with a thick mucus, shortness of breath, low weight, and wheezing. Her persistent cough with mucus is due to an accumulation of phlegm and her coughing is her body's way of trying to clear that out. The shortness of breath and wheezing can also be cause due to this mucus buildup and the lung's not being able to hold much air.
- 4) What specific nursing interventions would you want to take into consideration to provide for this patient's unique care needs?
  - a. Some nursing interventions I would take into consideration when providing care for this patient would be to use a pillow when coughing to increase abdominal pressure and upward diaphragmatic movement. I would also explain the importance of frequent ambulation and position changes. Lastly, I would teach Claire on proper coughing, this includes taking a deep breath, hold for 2 seconds, and cough 2-3 times.
- 5) What other members of the care team should you consider important to achieving good care outcomes?
  - a. Some other team members of the care team that I would possibly consider are emotional, social, or spiritual support providers. Throughout the video I noticed that Claire helped change the lives of so many people, but the documentary did not really show who was helping Claire emotionally besides her family.
- 6) What financial challenges did this family face because of Claire's condition?
  - a. One financial challenge this family faced was not being able to spend much time with Claire while she was in and out of the hospital because they had to work, so they could pay their bills on top of paying for Claire's treatments. They also were faced with having to come up with the money for Claire to receive her lung transplant. It was very uplifting seeing how many people were able to help Claire raise the money needed and even exceeding the goal!

- 7) What did you learn from this experience?
  - a. This was such a good documentary, and I am so glad we were assigned to watch it because I do not think I would have ever watched it on my own. Claire was so full of life and inspired me to be grateful for what I have and not take it for granted. Although her life was short lived, she reached and touched so many people! She was such a generous and giving person. She was someone who wanted to make a difference in other people's lives who were sick as well.
- 8) How will you apply what you learned by watching this video to your clinical practice?
  - a. This video taught me to not treat sick people differently, and I will apply this to my clinical practice. Not that I was belittling the sick or treating them rudely, Claire just opened my eyes that sick people want to be empowered and not felt sorry for. This was something that I never thought of until I watched this documentary and was very inspiring. I am going to uplift the sick and help them realize they can make a difference regardless of their health status.
- 9) Are there other significant words that Claire or her mother shared that impacted or inspired you?
  - a. One thing that Claire said that impacted me was that people who are sick have something beautiful to give to the world. This is so true because people who are sick and thriving like Claire are very inspirational to those kids who need that hope. Another phrase that Claire said that stuck out to me was that being healthy does not matter, it is what you do with the health that really matters.
- 10) Is there anything else you would like to include in your reflection of this experience?
  - a. I love how Claire's role was to inspire people and change the way we viewed sick people. Her message was to empower them and not pity them. I loved how Claire made the most out of her life. She did not let the disease control her; she took control of it and lived the most beautiful life. The cure to illness in Claire's eyes is fixing the way you view your parts in society. In conclusion, I want to live like Claire and be the light for other people.