

Claire Reflection

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

This was my first time ever hearing about Claire Wineland. Throughout the time I watched the video my feelings and emotions went on a roller coaster. It was evident in this clip that Claire had this radiating joy with her. She always had a smile on her face, even while being so sick. At the end of the video, I had tears in my eyes.

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

Claire was diagnosed with Cystic Fibrosis (CF) when she was a baby. CF is a disorder that results in the exocrine glands producing thick and sticky mucus, it is progressive and incurable. It affects the lungs, pancreas, liver and intestines. Eventually a lung transplant is needed because the lungs stop working. Claire's lungs were functioning at 25-28%. The main problem is that it is very expensive to get through a lung transplant.

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

Based on my observations, her clinical manifestations consisted of persistent coughing, shortness of breath, and she appeared smaller in size. The mucus that harbors in the lungs clogs her airway, making it difficult to breathe causing the cough and shortness of breath. CF patients have impaired digestion and absorption of nutrients. This causes failure to gain weight and delays growth patterns.

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

Replace pancreatic enzymes, provide a diet high in calories, fat, and protein, give vitamins A, D, E, and K. Encourage compliance with care plan, and encourage physical activity to help strengthen the lungs. I also think it is important to provide emotional support to patients with CF.

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

I think it is important for a team of professionals supporting patients with CF including the physician, nurse, respiratory therapist to help with breathing exercises, and nutritionist to help provide a high calorie and high fat diet.

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

The Wineland family faced several financial struggles. Hospital stays are not cheap at all. By twenty-one years old, Claire had gone through a total of thirty-five surgeries and numerous hospital stays. A big challenge the family faced was not being able to be with Claire because mom and dad both had to work full time in order to pay the bills. In order to go through a lung transplant it is very expensive, Claire reached out and started a GoFundMe to receive help for getting a transplant and raised over \$200,000.

7. What did you learn from this experience?

Life can be hard, but Claire taught me to live life to the fullest. No matter what she was going through personally, she wanted to help other people. How you spend your time here on earth can make a difference.

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

Nursing career is about helping other people, providing care for people who need our help.

People don't come to the hospital just for fun. I can make a difference by providing the best patient care for each person I care for in the future. Offering support and positivity to patients and hopefully making a difference in their life.

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

"Cherish every second, and make the best of what you have." Claire talked about living a life to be proud of, and I think she did exactly that.

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

Reading through the comments after watching the documentary, I noticed several people's comments who were impacted by Claire and the attitude and outlook she had on life. Many people also related to Claire's story and were given hope after watching her videos and her contagious attitude.