

Macee Reed

Reflection

1/12/20

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

This video had me instantly inspired. I had a rollercoaster of emotions throughout; I felt heavy, sad, happy, guilty, and even excited.

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

Claire was born with Cystic Fibrosis. CF affects the cells that produce mucus, sweat and digestive juices causing it to be thick and sticky. The secretions clog tubes, ducts and passageways especially in the lungs and pancreas. Claire's main problem was her lung function. She needed a lung transplant to restore her ability to breath.

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

My observations of Claire's clinical manifestations were:

- Persistent coughing with phlegm
- Shortness of breath
- Poor weight gain or weight loss
- Activity intolerance
- Pale skin color

I would explain these symptoms arising from her body's overproduction of thick mucus causing poor lung function and poor nutrient absorption.

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

I would encourage a frequent and effective cough to clear airway mucus. Claire had a good regimen of treatment, so I would want to collaborate and keep on track with the treatment schedule that works with her and her family. I would administer medications as ordered by the provider and continue airway clearance therapy.

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

The physician, dietitian, respiratory therapist, social worker and physical therapist.

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

Claire did not specifically talk about financial challenges. Although, she had been in and out of the hospital for her entire 21 years of life. She mentioned having 35 surgeries. This would be hard financially for any family. Claire started a Go Fund Me for her lung transplant surgery, and that was the only time I heard her discuss financials. She raised over \$200,000 when only asking for \$50,000. She had expressed how much these donations lifted a weight from her.

7. What did you learn from this experience?

I learned how much life I am capable of living even when I feel like times are tough. Especially this past year with everything going on in the world, it can be hard to not only focus on the negative. Claire's story is inspiring; it was seeing her outlook on life and radiant personality that touched my heart.

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

There is so much wisdom to be taken from Claire and her story. I will apply her view of empowering people who are sick in my clinical practice. I believe that a positive mindset is one of the most important factors in getting through sickness.

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

So many words impacted me! Even from a very young age, Claire was shown speaking with so much encouragement and positivity. That is really special and clearly impacted millions of people around the world. It was significant when Claire talked about making excuses for why you can't or didn't do something in life. I tend to make those same excuses of "when I have/get/complete _____, then I will be happy". Instead I need to focus on being happy with the present while working towards my goals.

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

I enjoyed this experience! I am glad I was able to watch and feel so impacted by Claire's story!