

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

This video was inspirational. I loved Claire's spirit that she had even as a young child. She embraced her diagnosis with grace and dignity and did not let CF bring her down one bit. You of course feel a sense of remorse that she had to go through the treatments, and hospital visits, and times of utter fatigue but I wanted to keep watching because she had a light that just shined when she spoke and smiled.

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

Cystic fibrosis affects the cells that produce mucus, sweat, and digestive juices. It causes these fluids to become thick and sticky and you could hear her that when she coughed during the film. It was apparent how much medical treatment Claire had to perform everyday and you could see how exhausting it was at times. Breathing and fatigue were the main problems I could identify while watching her.

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

Some of the clinical manifestations that Claire experienced was chronic coughing, shortness of breath, fatigue, and weight loss. It looked like she may have had some abdominal pain as well. I would explain this as thick mucus that forms in the lungs and other organs that make it difficult for oxygen exchange and can cause frequent infections.

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

Impaired gas exchange, ineffective airway clearance, imbalanced nutrition: less than body requirements, infection, impaired body image

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

I would want to consider a respiratory therapist or pulmonologist to the team. Also a dietician that can help a patient maintain a proper weight while also considering her decreased digestive track.

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

This family found themselves having to pay for multiple medications needed on a daily basis, breathing treatments and equipment, numerous hospital visits staying for weeks at a time and many doctor consultations. Both parents found themselves needing to

work full time jobs to help with finances so they would have friends and family members visit Claire when they were unable to.

7. What did you learn from this experience?

I learned so much from watching Claire's story. I would hope that I would have her spirit and empowerment with such a devastating disease. I think it takes a special person to embrace life like she did. I love how she taught people to not treat her like a sick person everyday but just as a normal girl that had normal interest and loved normal things like other girls her age. She wanted people to see her for her "messy, beautiful parts" of her life, not just a person who has cystic fibrosis.

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

I believe that this video will help me treat sick people just like I would anyone else, with compassion, friendliness, and encouragement. Working in the hospital, we may have times where we see a patient and there family often due to a terrible diagnosis. I hope that I can be a friend to them as well as a good caretaker. I do not want to look at them as any different than just another beautiful creature that God has made.

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

There were many things that Claire said that impacted me. I loved how she said, "be who you are in that moment, because we don't know how many moments we will have." Towards the end of the film, Claire said "everything good in her life has come from her sickness." I thought that statement was impactful. She saw how many lives she had touched, how she had changed the point-of-view of others, she realized that CF may have been a terrible disease, but it was apart of her and she did not let it change who she truly was.

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

I thought it was interesting when Claire stated that sometimes she hid behind her illness and that it was sort of "get out jail free card" when it came to things in life you have to do. Many people can use their illness as an excuse. But she would not always let CF get the best of her. She wanted to inspire others and especially share knowledge about CF, how to treat those patients, and always live your best life every day!