

Claire Wineland

Claire Wineland was a young, energetic soul, that made me feel that I should do more with my time while I still have it. She said, "When you pity people who are sick, you take away their power." I will not pity her, but instead I will congratulate her on living a full life. Despite having a physical illness, Claire continued to inspire other people and follow her dreams. She taught me to feel thankful and live my life to the fullest, cherishing everything, small or big.

The condition Claire was diagnosed with was 'Cystic Fibrosis'. Cystic fibrosis is a autosomal recessive disease that causes the exocrine glands, (the mucus producing glands) to dysfunction. Therefore, the glands produce an abnormal amount of thick and sticky mucus, primarily affecting the integumentary, respiratory, gastrointestinal, and reproductive systems.

Claire experienced problems mainly in her lungs, which may have caused her to have several symptoms, including persistent cough with phlegm, wheezing, shortness of breath, recurrent respiratory tract infections. Cough, phlegm, wheezing, shortness of breath, and recurrent respiratory tract infections all originate from having too much mucus in the lungs.

The specific intervention to be utilized is to prevent or minimize pulmonary complications. The use of antibiotics and inhaled medications, like bronchodilators are important to achieve good care outcomes. Other interventions are airway clearance therapies such as chest percussion and postural drainage; physical exercises.

Members of the care team that should be considered important to achieve good care outcomes are the dietitian, respiratory therapist, and physical therapist. The dietitian helps the patient work towards their optimal body weight so that they have the calories and nutrients needed to fight off lung infections and maintain lung function. The respiratory therapist performs pulmonary function tests to measure the air flow and volume in the lungs.

This team member also helps the patient with the pulmonary therapies, which are designed to clear mucus out of the lungs, control bacteria and reduce the inflammation of the airways. The physical therapist is trained to design an exercise or physical activity program to help improve the ability to cough mucus out of the airways, which is critical for better lung function.

In the video, Claire stated that while she was in the hospital, her parents did not have much time to visit her because they had to work full time jobs in order to pay the bills and continue her treatment.

From watching Claire story, I learned that everyone has their own challenges, but what matters is how you deal with it. Claire had death over her shoulder for most of her life, but she continued to spread the message that even though you are ill, that does not mean you are hindered from living a full life. Sick people are not powerless.

Treat all my patients as equals, and not as if they are weak. "When you pity people who are sick, you take away their power." I do not want to make any ill person feel any lesser than I am, because even though life has not been the kindest to them, they still find a way to look on the bright side and stay positive. We are all human beings, no matter our physical condition.

One of the significant words from Claire that impacted me was, "I think everything good in my life has come from my sickness." Claire's cystic fibrosis caused her to want to inspire other patients, empower them, and let them know that they are not alone and can still live a normal life. She was positive all the way to the end, and that inspires me to look on the brighter side of life.

Whatever life throws at you, take it and do not give up. Going through adversities helps you face problems in a stronger way than before.