

Claire's Story

- 1. How did you feel throughout the time that you were watching the video?** I was just wondering how she is so positive. I started to reflect on my life and realizing that I do not have it as bad as she does, and she still tries to make the best of it. She has been dealing with cystic fibrosis all her life and manages to just live with it and not let it define her. She continues to live as normal as she can even though she knows she can die any minute. Yet she still thinks of others and how she can help other people with the same disease as her. It was truly inspiring.
- 2. Give a description of Claire's condition and identify the main problems that you identified?** CF cystic fibrosis. Genetic disease that causes an overload of mucus that accumulates in their body. The main problems I identified were that she would cough a lot and needed constant oxygen.
- 3. Based on your observations, what were her clinical manifestations and how would you explain these clinical manifestations?** Low O₂ needed to be carrying and oxygen tank, productive coughing, eating about 5000 calories a day, and repeated lung infections.
- 4. What specific nursing interventions would you want to take into consideration to provide for this patient's unique care needs?** Monitor respiratory changes, adequate rest, oxygen therapy, lung exercises, activity intolerance.
- 5. What other members of the care team should you consider important to achieving good care outcomes?** Pulmonologist, dietician/nutritionist, social worker, respiratory therapist, physical therapist, psychologist, pharmacist, endocrinologist.
- 6. What financial challenges did this family face because of Claire's condition?** Could not afford lungs.
- 7. What did you learn from this experience?** That regardless of what health condition you acquire, you should not let it stop you from living your life. To know how to adapt to

your own norm and live with it to the fullest because you never know when it will be your last day.

8. **How will you apply what you learned by watching this video to your clinical practice?** By being positive and try and see the good in things. Not be so negative and be thriving with any obstacle that comes my way. To not let anything tear me down and live in the moment and make the best I can.
9. **Are there other significant words that Claire or her mother shared that impacted or inspired you?** : “Live a life you can be proud of” and that is so true because sometimes we get caught up in the bad in our life’s that sometimes defined us and make bad choices, when we can see the positive like Claire did and just live a life that we inspire and proud of.
10. **Is there anything else you would like to include in your reflection of this experience?** Even though she has been in the hospital since she was so young, she still managed to not think so much about herself. She was always thinking about others and how she can help them, and I find that truly inspiring. She did not care about benefiting from the organization she created and that spoke volumes.