

Matthew Mieux

- 1) How did you feel throughout the time that you were watching the video?
 - a) I felt inspired by Claire. I didn't feel bad knowing that she had passed away because I knew how much she was able to accomplish with her life and the level of impact she was able to achieve by just telling her story. I think that she is able to inspire even those that aren't dying to really take charge of their lives.
- 2) Give a description of Claire's condition and identify the main problems that you identified?
 - a) Claire is suffering from cystic fibrosis, which is a lifelong, progressive, irreversible disease. Her lungs slowly filled up with thick mucous until she eventually had to receive an implant or pass away.
- 3) Based on your observations, what were her clinical manifestations and how would you explain these clinical manifestations?
 - a) Her clinical manifestations appeared to be shortness of breath, increased respiratory rate, wheezes, decreased lung volume, productive cough, failure to gain weight due to increased BMR, fatigue, and I believe I saw clubbing in her finger nails. These manifestations are due to the build up of mucous in her lungs and increased heart rate and BMR due to low oxygen levels.
- 4) What specific nursing interventions would you want to take into consideration to provide for this patient's unique care needs?
 - a) I would provide as much freedom as possible and encourage visits from friends and family. I would ensure she had oxygen extension tubing and access to portable oxygen. I would also have different oxygenation devices such as a venturi mask bedside and always a BVM. I would encourage plenty of fluids, calorie dense foods, and movement to keep secretions moving.

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

a) I would definitely have respiratory therapy on board along with PT to possibly come up with a routine to help her maintain strength and mobility within her parameters. I would suggest social services, but Claire already has an amazing support system and has developed her own community resource.

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

a) Claire did not receive payment from her foundation, so it was up to her family to pay for her surgery and hospital stays. Without working, she needed to use crowdsourcing to come pay her copay for the transplant.

7) What did you learn from this experience?

a) I learned that just because someone is in the hospital with a terminal illness does not mean their life is over. Their life is not over until they take their last breath and can still do as much as they want and give as much as they can until then.

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

a) I got into nursing because I wanted to really help people because I have been the one scared and hopeless and I feel that I can really help people past the depression and look forward to their future.

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

a) People who are sick have something beautiful to give to the world. I believe that people that have suffered are able to produce amazing things with their lives. I don't think suffering is necessary, but I think it opens a person's eyes on what can be done differently to help others and make a change.

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

- a) I had actually seen this video before and we followed her videos in a class I took called Death and Dying. In that class we learned that death is inevitable but beautiful because once you are over the denial, anger, and grief, you can really focus on what you have done with your life and what you can still do. I think the greatest idea that holds people back is the fear of death. If you are constantly trying to avoid death and hiding in fear, then I don't think you are really living.