

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

Throughout this video I kept asking myself am I living a stagnant life. Ever since February 2020 I have told myself just focus on school keep everything else out of the way graduate and then you can start chapter two of your life. This video made my wonder why I'm waiting and if I need to do something different. I can't just stop studying but I can use the non-study time more effectively to do the things I want to do in my life. Because believe it or not studying isn't what I want to do for the rest of my life, I want to impact peoples lives both at work and outside of it. Everyday that passes is a missed opportunity to make an impact no matter how big or how small. Going forward I want to remind myself daily am I not giving the world something of value because I'm not doing what makes me happy.

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

Cystic Fibrosis- An over accumulation of mucus in the body that slowly causes your organs to start to fail
Her cause of death was a stroke related to lung transplant surgery

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

The biggest S/S she presented with was persistent cough and then it showed footage of her being hospitalized with pneumonia in the past as well. Both of these manifestations are due to the thick and sticky mucus settling in the lungs and then eventually getting infected.

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

The way the care team communicates with Claire has to be in a positive and uplifting light, she talks about in the video that there were family or friends that would come visit and be so somber and sad about her condition and she is there in the bed living her best life. The care team has help establish that positive environment no matter how dire her prognosis. I saw that Claire did a majority of her care herself such as breathing treatments, exercising, and wearing the shaking vest.

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

Respiratory therapy would have a large role to play due to her decreased respiratory function. Chaplain services would also play a key role both Claire and her family talk

about going with the angels when she was going to the OR for the lung transplant. This isn't hard confirmation that she is religious but I think it was a good hint that her and her family are spiritual to some extent.

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

The documentary talks about how Claire would have to stay in the hospital alone sometimes months at a time and all the family could do was send other friends and family to see her because they were having to work to try to pay the bills and provide the highest level of medical care for their daughter. Also Claire had to start a GO-FUND-ME page to even have a chance at a lung transplant.

7. What did you learn from this experience?

Sick children and adults are still people with a family, hopes and dreams. Just because they are in the hospital those attributes don't go away. As nurses we have an obligation to not only care for the patient's physical well being but their mental health also. Providing mental care isn't the easiest thing in the world but the first step is communicating with the patient. If the patient feels comfortable with you, they are going to share things they have going on in their mind. Being able to accommodate for or help with these internal mental struggles is one of the easiest ways to provide higher level health care to our patients.

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

Every shift from here on out I will do everything in my power to not only empower my patient's but empower myself. Especially right now in the current climate with covid the patients are struggling, the nurses are struggling, there is not a single soul that isn't struggling with something in life no matter how big or small. But in the end it will be all worth it.

² Consider it pure joy, my brothers and sisters, ^[a] whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.- (James 1:2-4)

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

"I'm dieing.... *giggles* just a little faster than everyone else."

"Stop pitying sick people and start empowering them"

“you learn a lot from being sad, you learn a lot from life just kinda beating you up, you learn how to give something that is actually valuable.”

“Mom I’m not okay am I?” “No you’re not okay.”

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

I really enjoyed this documentary I will admit there were many tears that were shed and it really made me thankful for all the blessing I have in my life. Everyday I wake up and I feel like I’m chasing my tail trying to stay on top of work, school, my family life. There are individuals that aren’t so lucky to be in school or to have a good job that teaches them every single shift. And many many people that don’t have any family not to mention the bounding amount of family and support I have every day. The documentary was humbling and has changed my outlook on life a little bit.