

End of Life Simulation Questions

1. How did you feel throughout the time that you were watching the video?
 - Something Claire said stuck with me, “People who have suffered have something beautiful to give to the world”. Claire’s outlook at life is not only inspirational but empowering. She put so much beauty into the world without feeling like she was owed anything. In this module, the instructors told us children are resilient. This is an understatement to me. Throughout the video I was reminded of my brother, who grew up with a disability, and the struggles we felt growing up and the amount of strength he had during his lifetime. This was a very eye opening and emotional experience that will stay with me forever.
2. Give a description of Claire’s condition and identify the main problems that you identified?
 - Claire has Cystic Fibrosis, an autosomal recessive disease that makes the secretions of the body much thicker. While CF affects all of the organs in the body, for most patients the lungs are heavily attacked. This was Claire’s primary problem, experiencing lung failure in her teen years, which ultimately required for her to get a lung transplant.
3. Based on your observations, what were her clinical manifestations and how would you explain these clinical manifestations?
 - Some of the classic manifestations I saw with Claire was her constant deep coughing, her use of oxygen, her thin frame, and hearing her explain her rigorous time consuming and exhaustive treatment (vest, nebulizer, enzymes, eating 5000 calories/day and plenty other medications). They can be easily explained by the mucus built up in her body, that you could hear even when she talked. Her treatment ultimately is an attempt to clear mucus and preserve body functions.
4. What specific nursing interventions would you want to take into consideration to provide for this patient’s unique care needs?
 - I think each patient will have a different outlook on their own illness, and as the nurse we should meet the patient where they are comfortable. For Claire, that is treating her as any normal child, not walking on eggshells or treating her as fragile. Empowering the patient and allowing her to perform as much self-care as possible and encouraging her when she does need help. More specifically, just ensuring she is as comfortable as possible during her exhaustive treatment and continuous respiratory monitoring.

5. What other members of the care team should you consider important to achieving good care outcomes?
 - While Claire was very independent and resilient, we have to consider that she cannot handle everything on her own. We need respiratory therapy on board, to provide extensive care and the best possible education for the patient. We will need nutrition involved to meet the very specific needs of a CF patient. We know from the video that this disease can cause financial burden, so we need to consult with organizations that assist with medical costs. We also know the emotional toll this can take on the parents and family, so provided support for them is very important as well.
6. What financial challenges did this family face because of Claire's condition?
 - Claire's condition got worse and she needed a lung transplant. She mentioned she never made any money from the foundation she started, and she didn't want to. A lung transplant is extremely expensive and even though the transplant she received had a devastating outcome, Claire's foundation continues to raise money to support families who struggle financially.
7. What did you learn from this experience?
 - I learned that even when I am struggling with school, money, family issues etc., to be grateful. I have the ability to pursue my dreams with no limitations on my health, and for that I am extremely blessed. I learned not to always feel sorry for myself, and to look at the bigger picture. We can always learn something from those that have struggled and make a beautiful life for ourselves. I also learned to believe in myself more. We only have so much time on earth, and we can turn any hard situation into lessons to carry for our lifetime.
8. How will you apply what you learned by watching this video to your clinical practice?
 - I think just being compassionate while allowing the patient to empower themselves. Giving encouragement while providing care and realizing that sickness does not define the patient.
9. Are there other significant words that Claire or her mother shared that impacted or inspired you?
 - Almost everything Clair said was impactful. She was the type of girl who said things with true purpose, everything she said had a deeper meaning. You could tell that she gave her mother strength and hope.
10. Is there anything else you would like to include in your reflection of this experience?

- I just want to thank the instructors for including this in our simulation. It's important that we as nurses have a sense of compassion and empathy, but also that we use our knowledge and training to empower our patients and show them how strong they truly are.