

Klarysa Torrez

IM5 Pedi Simulation

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EOL Video

After watching the documentary about Claire, I felt very empowered, encouraged, and happy despite knowing that this woman was living with a terminal illness. I knew throughout the whole video that the possibility of Claire not living much longer was huge, but I still was able to see the amazing light of her life along with the positivity and encouragement that she exemplified. Claire was a young woman who was living with Cystic Fibrosis. This disease is a terminal disease which means that it was very likely that she was never going to live past her 20s. This disease caused an overproduction of mucus in her lungs that would eventually land her in lung/respiratory failure. Her diagnosis gave her limitations on what she could do, or show she could live, or so everyone thought. She later proved them very wrong.

From what I could tell she struggled with simply breathing. She had to have constant oxygen which meant that she carried around a tank. I also saw that she dealt with coughing spells and lethargy. I even saw clubbing of her fingers which is an indicator of respiratory disease. As a nurse I would make sure to do proper respiratory assessments on her as well as monitoring O₂ saturations to make sure that she is getting the proper amount of oxygen that she needs. I would also encourage exercise as tolerated such as taking walks. I would also make sure that she had the proper meals to keep up with the high caloric intake that her body requires. If Claire was a patient in the pediatric floor, I would make sure to get different departments involved such as respiratory therapists, child life, chaplain, social worker and physical therapy in order to better serve Claire as well as her family. I saw Claire's family face a variety of financial challenges such as medical bills, medical equipment costs, medication costs, etc. I also saw how hard it was for her parents to spend the much-needed time with her in the hospital as a child due to needing to work in order to pay these costs. The main thing I learned from this is that the children who

battle sickness do not want to be viewed by their disease. They want to be empowered and encouraged and not pitied. That is what I will take with me on my career. I want to empower patients that they can do whatever they set their minds to, and that they can achieve all that they would have planned as if they were just as healthy as the rest of us. The thing that really stuck with me about Claire and her mother was the positive encouraging outlook that they gave. It showed me that with all lives there is so much potential to make a difference with the world. I will use this lesson as encouragement to make an impact on the world around me, a positive one.