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End-of-Life Scenario Video Reflection

The first thing I noticed in this documentary was how positive Claire was and how she said “I don’t want my life to be defined by just being sick”. That positivity is contagious and was definitely uplifting. I think what helped her stay so positive and realistic is that she fully understood the nature of her condition. Cystic Fibrosis is a genetic and fatal disease where the body has a overproduction and over secretion of mucus primarily in the lungs. Claire exhibited signs of coughing spells, audible wheezing, shortness of breath during her testing, all due to the fact that she has so much extra fluid in her lungs. With all of the extra fluid, it makes breathing 10 times harder and requires that much more energy to actually get enough oxygen. She described her exacerbations as “suffocating while conscious” and from the clinical manifestations we saw, I can believe it. If I was a nurse caring for Claire, I would help her keep up with the rigorous nebulizer and medication treatments as well as allowing her time to rest in between treatments. She explained how after all of the things she has to do for treatment, she is exhausted and has to get rest in order to do it all again later in the day. I think that in order to maintain good care outcomes, a respiratory therapist and a mental health counselor would be necessary members of the care team especially getting closer to end-of-life. I really broke my heart when they showed her video discussing the GoFundMe for her lung transplant because it was too much for her and her family to afford. I think seeing the toll it has on the family as well as the patient is definitely something that will stick with me throughout my future nursing career. This condition is lifelong and I’m sure many families struggle with the financial aspect of providing care. Another big thing that I learned from this would be how important it is to try and keep your patient positive in order to help provide a better quality of life for your patient. Both Claire and her mother emphasized that Claire lived a full life and was not afraid of the “now” part of life and I think that is what impacted me the most.