

### Claire: The Documentary Reflection

Watching "Claire: The Documentary," I had many feelings throughout the video. My first feeling was just complete amazement and respect for Claire. She did not let her disease affect the way she wanted to live her life and accomplished so many things at a young age. She was very mature for her age, aspired to be a role model for many people, and was able to accomplish that. She used her illness to make a better life for people who were sick and inspired people with and without cystic fibrosis. It was amazing to see her journey and see how big of an impact she made on people during her short lifetime. This video also completely shocked me. I did not expect her to pass away from a complication of surgery. She had the type of personality that had people rooting for her. She seem invincible and the fact that she passed away from getting a lung transplant she turned down many times before, was just an odd twist of fate.

Claire had a disease called Cystic Fibrosis, which is a genetic condition that caused an overproduction of sticky mucus that makes it difficult to breathe. It was obvious throughout the video that Claire had a very hard time breathing. She was continuously on oxygen and had many coughing fits that caused her to stop talking to try to control her breathing. Many of the times she coughed, she was coughing up that mucus that was accumulating in her lungs. She was also very short of breath, was easily tired, and was underweight. She had to eat a high caloric diet to keep her weight up because she was at risk to lose weight easily. She may have had other symptoms but these were the ones that she talked about or were seen throughout the video. The breathing treatments and vest treatments she would do helped with the mucus accumulation by breathing the mucus down to help open up the airways better. It is completely understandable that she would be tired after have to do these treatments multiple times a day.

Some nursing interventions that would be beneficial for someone with cystic fibrosis, is to closely monitor oxygen saturation by checking for cyanosis, pallor, tachypnea, or if they are having any changes in breathing pattern. It is also important to monitor the patients' blood glucose and nutrition to make sure they are having a well-balanced diet. Nursing and doctors are not the only important members of a care team. With someone with cystic fibrosis, respiratory therapist, nutritionist, nurse aides, child life specialist (if they are young), and having the support system of friends and family are incredibly important. It takes a village to make sure all areas of someone with an illness are covered and closely monitored for quality care.

Claire's family had some financial struggles once she decided she wanted to have a lung transplant. Lung transplants are incredibly expensive because they require more out of hospital care on top of the hospital stays that are required. There are anti-rejection medications they will have to be on as well as therapy and doctors' visits. She created a GoFundMe Page with a goal of \$50,000, and surpassed that in only 3 months because of the support she had from her community.

I think after watching this video, it is important to realize just how precious each life that we take care of are. Not everyone may have this view on life and if they require many hospital stays, nurses are going to be the ones they see for a huge part of their life, so we can make a huge impact on how they handle their sickness. I think hearing Claire's story can really have an impact on my clinical practice because now I can see someone's point of view that has gone through being sick and in the hospital for a large part of their life. I think it will still be very sad taking care of someone, especially children, who are actively dying but it makes our presence and actions we do for them that much more important for these patients.