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After watching the documentary I felt sad but happy that Clarie was speaking about chronic diseases. She knew since having cystic fibrosis, she would have a short life full of doctors appointments and hospital trips. She was able to keep a positive outlook, despite her chronic condition and short life. Claire's outlook on her life and how she wanted to lead her life were inspiring. She was able to pass away without regrets or anyone feeling bad for her.

Cystic fibrosis is a genetic condition that causes your body to secrete excess mucus. The extra mucus makes the rest of the body work harder and wear out faster. Also, the excess mucus can make it more likely to get a chronic lung infection, wearing out the lungs even more than usual.

It seemed like her main problem was not being able to breathe. She had oxygen on the entire documentary, and took pauses trying to catch her breath. You can hear the oxygen flowing in her nose during the documentary at different rates.

Her clinical manifestations included, shortness of breath, coughing, mucus production, wheezing, and poor weight gain. These are all a result of the increased mucus production in her body. These could also be a part of a lung infection that she could have on top of her cystic fibrosis.

For Claire, I would make sure that proper PPE was worn, she had a schedule of turn cough deep breath to help break up the mucus, and make sure that she is pain free as possible.

For Claire, her care team probably consisted of her primary doctor, pulmonologist, dietary, physical therapy, social workers, nurses, and home health. Every specialty would serve a specific and meaningful purpose. With all of these team members, the best possible health outcomes would be achievable.

Claire's family had to work during her hospital stays, this was the only way they were able to afford her insurance and keep her going to routine doctor's appointments. If Claire was

younger, it would have been even harder to leave her in the hospital. If Claire's mom or dad had to not work and stay with Claire in the hospital, that could have meant that Claire's insurance would have run out.

I learned from Claire that it is important to not focus on someone's chronic diseases and struggles. Instead, it is important to look at the positives and what the person does well. Claire's positive outlook on life made an impact on her nurses, her mom and dad, her friends, and her younger sister.

I plan to apply what I learned from this video to my clinical practice. Sometimes it is easier to focus on the negatives and the "woe is me/you" aspect of chronic illness. Unlike an acute illness, a chronic illness may easily become a part of your identity. If you have an acute illness, you do not become "that sinus infection kid" but with a chronic illness, it would be very easy to become "that Cystic Fibrosis kid". A young child does not want to be seen as the illness first then the personality. They want to be seen as individual people with different personalities that happen to have a chronic illness.

In caring for a child that is actively dying, I believe it would be hard to make sure that child and their family is taken care of. Even though they are the only one with the chronic illness, I believe everyone in the family can suffer. Parents can miss their child and siblings can miss their playmate. I also believe it would be hard to separate home from work. Working in an ICU now, I can see how hard it is on some of the nurses to not take the weight of the sick individual upon themselves. With adults, it may be easier since they have lived their lives and were able to experience the world. With kids, they have not lived as long and have not been able to experience the world as much. They may only know what the inside of their house, the inside of the hospital, and the inside of the doctor's offices look like.

I though Claire's story was inspiring, even though she was so sick, she was able to have a positive outlook on life all the way to the end.