Vanessa Pizana

How did you feel throughout the time that you were watching the video? I had different emotions throughout the video. I would catch myself smiling because of how positive she could be from a young age and carry it out until the end. My heart ached when she never came out of the anesthesia. She went in so confident and emotionally ready for this, but she knew she had prepared for death her whole life. It went from her and her family so excited that she was going to get the beautiful lungs and waiting for her to come out, to a day that ended with grief and hurt to lose her from this battle.

Give a description of Claire's condition and identify the main problems that you identified? Cystic fibrosis is terminal and genetic, it affects the lungs with too much mucus gathering. It later causes damage to the other organs. Claire had to constantly be on oxygen and having to excuse herself due to her productive cough. She had a daily routine that hardly gave her to the time in a day to do anything for herself besides resting due to her long day of treatments and staying on top of her medication administration.

Based on your observations, what were her clinical manifestations and how would you explain these clinical manifestations? Claire showed that she was on oxygen. When talking she would become short of breath and had excused herself due to the thick productive cough she had. She also had to assure she had high calorie meals to keep her from losing weight. Claire was at high risk of getting respiratory infections and had to be cautious.

What specific nursing interventions would you want to take into consideration to provide for this patient's unique care needs? Airway would be the priority for Claire. Nursing interventions I would include would be to monitor her respiratory distress symptoms and strongly encourage to increase fluids to thin secretions and cough effectively. Position the patient in semi fowlers for lung expansion. To prevent infections interventions would include good hand hygiene and avoid being around too many

people and those who are ill that could potentially infect the patient. The patients' diet should include high protein and calories with monitoring weight.

What other members of the care team should you consider important to achieving good care outcomes? Other member I would consider benefitting a patent with cystic fibrosis would be respiratory therapist to assist with maintaining a clear airway and a pulmonologist to care for the lungs. A dietitian could help with food choices and make the process easier for the patient when it comes to mealtimes. Teaching of which nutrients are needed and how much of them could allow patient to better plan out meals daily or for the week. A gastroenterologist would be able consulted with symptoms that affect the stomach or intestines in the digestive process.

What financial challenges did this family face because of Claire's condition? Claire mentioned the Claire's Place Foundation that she was able to step up and help many families. The family had to go to work daily while Claire was in the hospital for weeks to months at a time. Parents of a sick child would want to always be next to their child but fear losing their home. Her parents would have close friends and others visit her at the hospital to check up on her for needs and so she wouldn't feel alone. Her mother and father were unable to be next to Claire 24 hours of the day due to work.

What did you learn from this experience? Watching this video has taught me to not treat a terminal sick person with so much pity. They see your face expressions of feeling sorry for them. When this is seen it makes the person feel like they are uncapable of achieving big things and feel powerless. They know they are sick but they would appreciate the motivation to do big things in life rather than waiting to get better and healthy.

How will you apply what you learned by watching this video to your clinical practice? I will inspire my patients to keep standards high. Just because they are sick does not mean they are not apart of normal human beings.

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Are there other significant words that Claire or her mother shared that impacted or inspired you? When Claire mentioned accepting death from the beginning is necessary, it made me realize she was young and actually had an understanding that she would be sick and did not have time to wait to be healthy to make a change in the world. “To fix yourself and act now is what is important.” “ Being healthy doesn’t matter, its what you do with the health.” She mentioned it does not mean anything unless you are doing something with your health. Even though Claire was sick she knew she needed to make a change in others life. That would be her way of inspiring other who are going through the same thing as her to do what they can do. She was so brave and positive throughout the entire illness.

Is there anything else you would like to include in your reflection of this experience? With what Claire accomplished in her life with all her YouTube videos along with her foundation, allowed her parents to be so proud of her for making a difference in the world. With that being done, it made Claire’s death a little bit easier for her parents and it was accepted because they knew Claire did not fear death and she achieved her goal. She proved that anybody has the potential to do anything, rather your healthy or unhealthy. She made me realize that the sick does not need pity, but support and encouragement to make something of yourself and not just somebody who is sick and make excuses to not make a difference due to an illness.