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Claire Documentary

As I watched this little girl transform into a woman in this video, it made me feel happy and sad. Sad because such a powerful person with a magnificent voice and who had the most positive attitude had to perish because of this disease I was happy because she taught me some things about how I will react to others who are sick in a different manner. She taught me to not pity those who are sick but to acknowledge that the sick have way more to teach and give to us other than a diagnosis. What a powerful story!

Claire was born with Cystic Fibrosis. Claire gives a description that CF is a genetic disease in which the lungs are filled with excessive mucus. The mucus is thicker and harder for the person to remove which traps germs and allows infections to manifest which will continue to compound the disease. Because of frequent infections, Claire was in and out of the hospital and even when home had to take medications and wear O2 and stick to a regimented treatment program just to stay out of the hospital.

Watching the video, Claire explained what Cystic Fibrosis is and how this disease produces large amounts of mucus that eventually causes organ failure. In researching this disease I learned that not only does Cystic Fibrosis produce large amounts of mucus, but this mucus is thick and sticky. Other aspects of this disease that Claire did not mention and I really did not understand, is that this mucus affects the lungs, and prevents the release of digestive enzymes from the pancreas that help the body absorb food and key nutrients. Claire's clinical manifestations are that her lungs were continually filled with the thick mucus which clogs the airways and helped to trap germs causing many respiratory infections and inflammation as well as wheezing and persistent cough and shortness of breath.

. Based on the video, my feelings are that Claire wanted to live a normal life although she was sick. She taught us that even the sick have something to give. The interventions that I would want to

achieve for her is to set goals for improvement of her quality of life. She exhibits this in the manner that she was not tied to the house at all times. She apparently went out and lived her life but she was always on oxygen but she appeared to be out and about when she was well enough. Also, I would want to achieve the promotion of self-care which I believe Claire did. In most of the video, she appears to know exactly what her treatment regimen consist of and performed it daily. I believe that intervention was well achieved as she seemed to take full control of her own self-care.

There are many members of the care team that are important to the good care outcome. The members that I would name would be her Pulmonologist, Respiratory Therapy, Nutritionist, Physical and Occupational Therapies. All of these members are important as she was in and out of the hospital many times. Claire mentioned that she was in and out of the hospital many times and during the hospital stays, sometimes she would be there weeks at a time. She did mention that her parents were not always able to stay with her because they needed to work to offset the financial burden. I am sure that insurance would only pay for a period of time. At other times there were donations raised but these would only pay for a period of time. Claire only mentioned the financial burden prior to getting the lung transplant and the monty was raised on a Go Fund Me account. I am sure there were massive financial challenges for her parents.

I watched this video and was amazed at how Claire acted more as an adult than most adults. She taught me that as nurse I need to change the way I view patients that are sick. She embraced the position that she was in and tried to show everyone that just because you are sick does not mean you have nothing to give. She gave me more knowledge in 40 minutes that I have received for the better part of my life. I am blessed to have watched someone so vibrant and beautiful enrich my soul because she gave me reason to change how I view my own perspective on my life.

This will change the way I view life in general. Claire taught me to live my life like I was dying. To be a better nurse is to take what Claire said and treat everyone like they have something to give and to better my teaching to patients and individuals that I care for.

I am privileged to have watched Claire and her journey. Just watching how she dealt with her situation makes me understand that I have not given fully of myself in my life as a rule. She gave me the courage to believe in myself and that I need to live my life because I do have something to give and I am not sick. She said that we have so much that we are capable of doing as human beings.

I am humbled. I have never given myself much credit in this life. She live a life being sick that most of would dream to live healthy.