

Helping Others

As I was watching the interview of Claire, it made me realize that we as nurses need to not pity our patients because I now understand that it takes the power they have over their health away from them which can be devastating. I need to ask patients if they would like to do more with their care than what is expected or given. Although Claire's illness was terminal, at times in her interview she had to take time to breathe and catch her breath, but she continued to help and speak to others about overcoming their health issues. Claire did not stop doing what she loved even when she was connected to her machines because her goal in life was to help others. I believed Claire learned all this from her parents despite them having to work full-time jobs to care for her and not being with her every day they sent family and friends to watch over her but it seems that she was very grateful for what they sacrificed. It was heartbreaking to see her embarrassed to ask for financial help when she needed it the most because she worked so hard to raise money for others. If I ever have the opportunity to care for a CF patient I would make my patient comfortable and make sure every aspect of their health is being cared for and have different specialists on board for their care such as a psychiatrist because their mental health is a major factor in the healing process due to depression, a nutritionist for the increased calorie intake that is needed to survive, a respiratory therapist for the lung function and breathing machines that are required, and a chaplain for spiritual health. One thing that I learned after listening to Claire is to let my patients continue to have the power in their health and not have pity on them. Also, never give up and you can change someone's world with your words and kindness.