

Reflection

1. I felt amazed when watching this video, it was very inspiring how she carried herself and her attitude and outlook on life. I felt such intense positivity throughout.
2. Clair had cystic fibrosis which is an excess production of mucus by the body. This was shown throughout the video with her coughing throughout and needing continuous oxygen use.
3. Claire's clinical manifestations were coughing due to the excess production of mucus, and continuous supplemental oxygen usage. When the body overproduces mucus such as with cystic fibrosis it will cause the lungs to become filled with the mucus which decreases the proper functioning making it harder for her to breathe.
4. One nursing intervention for Claire's condition would be to promote periods of rest. Claire's condition causes her to become easily short of breath and fatigued due to the excess mucus production. Also to administer prescribed medications as ordered such as mucolytics and breathing treatments to help her breathe easier and decrease mucus production. Maintaining adequate oxygenation, and ensuring adequate fluid and dietary intake.
5. Some important members of the care team for Claire would include the nurses the physicians, respiratory therapist, and nutritionist.
6. Claire's family faced financial challenges that affected them not being able to always be with their daughter. They still had to worry about paying their bills and mortgage even though their daughter was consistently in the hospital.
7. I learned to not take your health for granted. And to live in the present and live your best life every day because you never know what tomorrow will bring and while you are on this earth you need to be the best person you can be and give back.

8. This video showed me the perspective from the actual patient themselves. I will apply what I have learned to my clinical practice by remembering that it's not just the patient that needs support but the family as well. And to not come across as giving pity to the patient as she had mentioned.
9. I love how Claire said to "live a life you can be proud of." It also really hit me when she said, "it's not about being healthy, it's what you do with the health." I have never thought about it from the perspective that she put it in. She made me realize it's a true blessing to be able to be healthy and that you should never abuse that or take it for granted but instead use it to serve others and give back.
10. Overall, I could tell from this video that Claire had such a beautiful and caring soul. She was so full of life and positivity and inspired me to want to do more in life. She never let her illness control her or make up excuses as to why she couldn't do something.