

Charity Lara

Reflection

10/27/21

During the video I felt inspired by Claire. She was positive and encouraging despite her condition. Claire had cystic fibrosis. It is a disorder that affects the lungs, pancreas, liver, kidneys, and intestine. Some of the long-term issues are difficulty breathing due to frequent lung infections. Some of the problems I identified from Clair were difficulty breathing. She wore oxygen most of the time. She would sometimes cough up mucous and she would be taking treatments. She had the clinical manifestations of cystic fibrosis. She has shortness of breath, a cough with phlegm and fatigue. She was hospitalized often. Nursing interventions I would take into consideration is to have patient wear a pulse oximeter to monitor her oxygen level. I would have to be patient with patient as she would have shortness of breath during daily activities. Other care teams that would be important in her care would be a respiratory therapist. Another team would be dietary as she was on a high calorie diet. Claire's parents would both have to work while she was in the hospital to provide for their financial needs. What I learned from this experience is to see sick patients have a purpose and life even if they are sick. To not pity them but to see them for who they are. I will apply this in my clinical practice by being more understanding of my sick patients. To listen to them and get to know them better. To see what inspires them each day.