

**1. How did you feel throughout the time that you were watching the video?**

Claire was such an inspiring soul that wanted to be seen as a normal person and not a walking illness. She uses her humor to cope with her illness. Claire educated many on her condition and how she understood that no matter she was going to die because of her condition.

**2. Give a description of Claire's condition and identify the main problems that you identified?**

Cystic fibrosis is a terminal illness. Claire described her everyday routine of breathing treatments, medications, therapy, nap then do it all over again. There was only time for caring for her illness. Claire made many attempts to see the light of her illness and cracked the joke of life expectancy of wanting to make it to 21 so she could go clubbing for once in her life.

**3. Based on your observations, what were her clinical manifestations and how would you explain these clinical manifestations?**

Claire was born with cystic fibrosis. Claire described the abnormal over production of mucus build up that causes organs to fail. Claire described how there would be a time when she would be unable to get better to how to overcome a spell would be come increasingly difficult. The mucus build up is produced by a bacteria or a group of bacteria that flourish within the cystic fibrosis patients body. They have to be very careful and cautious and that is usually the biggest obstacle for those with CF suffer with.

**4. What specific nursing interventions would you want to take into consideration to provide for this patient's unique care needs?**

Learning specifically what the patient loves to do and find a way to make that happen. If its music, painting, writing, drawing find a way to make it happen. Being able to build specific care that is unique for that patient is an amazing gift.

**5. What other members of the care team should you consider important to achieving good care outcomes?**

Respiratory therapist, physicians, nurses, nurse techs, pcas, any and all that come into contact with these patients are important. Treating these patients as human beings and individuals is key to them getting better!

**6. What financial challenges did this family face because of Claire's condition?**

Both of Claire's parents work full time jobs to be able to have a stable household and provide care for Claire. Many do not understand how expensive chronic illness can be. Between hospital stays, doctor's visits, medications, and therapy, insurance companies will only pay so much.

**7. What did you learn from this experience?**

I have cared for a cystic fibrosis patient who always dreamed of her wedding day and we made that happen. From the dress, to hair, to make up and music we made it happen. It was the best day of her life besides the day she gave birth to her daughter. Going above and beyond for my patients is what I strive to do daily. Learning who your patient is as a person is greatly important. Not looking at your patient strictly as a walking diagnosis is very important in our job as nurses.

**8. How will you apply what you learned by watching this video to your clinical practice?**

I will always strive to take care of my patients as the human beings that they are. They are important and how I care for them is important for them. Building the patient and keeping a positive attitude helps for better outcomes.

**9. Are there other significant words that Claire or her mother shared that impacted or inspired you?**

At the portion of new lungs around the 31 minute mark when Claire was talking about how we don't usually know who we are or fundamentally never know who we will become in this life. When her mother discussed how Claire suffered a stroke and how Claire always had a larger than life personality. Both of these topics reach out to me for my patients who go into surgery and we do not know if it will be their time. We always want our patients to pull through surgery but we never truly know. We as nurses should strive to be the light for our patients in a time of darkness. We should always have our patients in a peaceful mindset rolling into the

OR. Claire was an inspiration in many aspects that I cannot even begin to appreciate how amazing she was.

**10. Is there anything else you would like to include in your reflection of this experience?**

I want to always be the positive light for my patients and provide them with amazing care that they can remember the good in their hospital stay instead of the bad. I strive to treat my patients as the individuals they are. As Claire said all you can do is try. I will continue to try.