

Reflection of Claire Documentary

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

I felt multiple of emotions like happiness, sadness, and empathy towards Claire's documentary. She had such a positive outlook on her diagnosis and knew certain that her diagnosis was incurable.

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

Claire condition was Cystic Fibrosis a respiratory disorder that results from inheriting a mutated gene which is characterized by mucus glands secreting the quality of thick, tenacious mucus, that leads to mechanical obstruction of organs (pancreas, lungs, liver, small intestines, and reproductive system). Claire's main problems with her diagnosis of CF was not being able to breath on her own without use of oxygen. Another main problem for Claire was being prone to infections.

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

SOB that is managed by oxygen therapy.

Nonproductive cough.

High calorie, high protein, unrestricted fat diet to meet health care needs.

These clinical manifestations occur due to the over production of mucus from the mucus glands, making it difficult for breathing.

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

The nurse is going to assess respiratory status/patterns, auscultate lungs sounds, check oxygen saturation, educate on oral care, provide oxygen, teach positioning for better lung expansion, initiate CPT to help with airway clearance, and patient and family support.

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

Respiratory therapist, dietary, environmental services, and pulmonologist to be a part of the interdisciplinary team.

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

Family faced challenges with both parents having to work to pay bills. This affected Claire by not having much time to have family bonding, even though Claire understood that her parents had to work to make living.

7. What did you learn from this experience?

I learned that life should be treasured more for people who don't suffer from a medical illness like Cystic Fibrosis. Life is too short to take for granted.

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

My takeaway from this documentary is to always do my best when providing patient care and be more empathetic towards each patient I encounter. I will make sure to include family members more in the patient care delivered to have a positive patient outcome.

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

I think when Claire shared that she wanted to live more by getting the transplant to help others with the same diagnosis of CF. Claire to the day she died would think of others before herself which is very admirable and humble.

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

I think just remaining positive and having less doubts with things that occur in our everyday life we must live in this world with an open mind...