

### Reflection of Claire Documentary

1. How did you feel throughout the time that you were watching the video?  
I mixture of both happy and sad; But very inspired with how she was able to handle her illness and how she explained how she felt and was living for the moments.
2. Give a description of Claire's condition and identify the main problems that you identified?  
Cystic Fibrosis is a respiratory disorder; Characterized by mucus glands that secrete an increase in the quantity of thick, tenacious mucus, which leads to mechanical obstructions of organs. With her lung capacity she only had 25-28%  
She always wore nasal canula throughout her entire life.
3. Based on your observations, what were her clinical manifestations and how would you explain these clinical manifestations?  
She always had paroxysmal cough with some dyspnea, and she was always talking about eating 5,000 calories a day to maintain her weight.
4. What specific nursing interventions would you want to take into consideration to provide for this patient's unique care needs?  
Provide support to patients and family.  
Assess lung sounds and respiratory status.  
Vital signs with oxygen saturation.
5. What other members of the care team should you consider important to achieving good care outcomes?  
Offer interprofessional care such as Respiratory Technicians, physical therapy, social services, infectious disease specialists and dietitians.  
Transplantation resources for more advanced disease.
6. What financial challenges did this family face because of Claire's condition?  
Both parents in her household worked and surely, they had hi premiums or maybe high deductible to facilitate her health.
7. What did you learn from this experience?  
Life is so precious, and we must be able to enjoy the moments for what they are and not for what we want them to be.
8. How will you apply what you learned by watching this video to your clinical practice?  
Most people that have this illness are familiar with their illness, sometimes being their to actively listen to their needs and engage by helping them cope with it. As some we may see again and again, or it might be the last we see them. Be mindful of their time.

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

Don't be afraid of life; Go out and enjoy every moment as some may never get the opportunity.

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

Although we may live in a stressful world. Knowing that my voice may impact someone else's life. I will continue to learn to be bold and beautiful and do what inspires me.