

## Claire Wineland Documentary Reflection

The Claire Wineland Documentary made me feel so inspired and yet somewhat mediocre. Realizing that someone with such a debilitating illness can have a much more positive outlook on life and accomplish greater things than people without illness was a true eye-opener. Claire was born with Cystic Fibrosis which is a disorder that affects the cells that produce mucus, sweat and digestive juices causing the fluids to become thick and sticky; this eventually causes obstructions of tubes, ducts and passageways. Claire's lungs appeared to be mostly affected by her disease causing her to be dependent on oxygen supplementation and around-the-clock breathing treatments. As her nurse, I would take this into consideration and schedule procedures leniently to allow for rest times. Monitoring her respiratory status and effort would be a priority to ensure adequate gas exchange and avoid imbalances of arterial blood gases. Ensuring that all breathing treatments and chest physiotherapy were performed vigorously would also be a priority in caring for her as a patient. Respiratory therapists, CF specialty doctors, critical care nurses and family/friends would all be considered essential to achieve good care outcomes for her. In watching her videos and listening to her stories about her hospital stays, it was clear that her family was left with no options but to leave her alone in order to continue to work and provide for her medical needs. Unfortunately, this is something that many families with chronically ill children must face. Claire's videos were so inspirational in that she fully lived her life despite her illness. She was able to start a foundation to help others with Cystic Fibrosis, not just financially but also emotionally. Her videos helped other people with CF feel like they weren't separated from the rest of the world and inspired them to live happier lives. Her positive look on life exerted resilience, it really made me take a step back and reconsider how I look at simple challenges of day-to-day life. Her documentary has opened a new perspective for me of ways to encourage people with illnesses to continue to live life to the fullest. I feel that it will help me while caring for patients by simply remembering Claire's motto: "Live a life you can be proud of."