

Throughout the Claire Wineland video, I was cognizant of what an amazing life she was able to have in a short time. She clearly had a strong foundation and support system in her family and her resources. She had the support and resources to be able to make a difference in the lives of many other people whether they were CF patients or not.

Claire's condition was Cystic Fibrosis. Cystic Fibrosis is a condition in which the body produces thick, sticky mucous that block airways and pathways instead of the normally thin, slippery mucous that form the linings of the airway, digestive tract, and other organs. Instead of protecting these organs, the mucous of CF patients are destroying them. These complications make it difficult to breathe and digest nutrients from food among other things. Claire, like many CF patients, had an obvious mucous build up which was evident when she spoke by the sound of her voice and in the frequency of her cough.

A priority in nursing care with a patient such as Claire would be hydration, to attempt to thin secretions to a more manageable consistency, maintain oxygen saturation at an acceptable level through airway management and oxygen administration, and ensure adequate nutrition through diet or enteral feeding if necessary. Involving multiple departments, such as RT, dietary, and support services would certainly improve patient outcomes.

It goes without saying that families such as Claire's, or any family dealing with chronic disease for that matter, would be faced with astronomical financial burdens. Even with insurance absorbing some of the medical costs, there are still the matters of transportation to and from medical appointments and treatments, the potential relocation costs to have the patient near the centers that can benefit her the most, and insurance premiums, just to name a few. The cost of nutrition alone would be substantial in Claire's case, as she had to eat a minimum of 5000 calories a day of nutrient dense foods.

There are many lessons to be learned from Claire's video. Among these lessons, positivity amid struggle. Claire and her family chose to use her experience with Cystic Fibrosis to reach others in similar circumstances or struggles and attempt to be a beacon of joy. All patients should be treated as human beings, not diseases. Though there was no one thing that Claire or her mother said that inspired me, personally, it is very easy to see where she would be an inspiration to young people and their families in crisis or dealing with chronic illness, medical professionals, and the general population in which she is involved, be it physical or social media.

Claire's story is one that will make a significant impact on those new to the medical profession and young people that may be dealing with a situation, be it illness, abuse, or otherwise. In the beginning of this video, Claire says something to the effect of, "I'm dying, faster than most people." Although I disagree with this statement, I do appreciate the sentiment as she made it her motivation. The lost art of "choosing joy" is evident in Claire's story. Many people in today's society are not able to have joy outside of their present circumstances. Many are able to have this joy through Jesus, and, although He was not mentioned in the video, one cannot completely rule out His presence in this story. It is for this reason that I disagree with Claire's initial statement. No one knows the speed at which he or she is dying. It is my belief that we should all live as if we were dying faster than most. Chronic illness does not kill any one person faster than it is their time to go. Everyone has an appointed time and no one knows that time. I was sorry to hear that parts of Claire's journey were "terrifying" after the first part of the story led me to believe that she had a clearer understanding of death and was comfortable with the knowledge. In the life of a Christian, death is certainly not terrifying, which is why we can make the most of the time here. My mother used to tell us, through her own chronic illness, that death is like working your whole life for a dream cruise. You have done all the work and, in the end, no matter your age, you will get to retire and go on your dream vacation with someone whose love

knows no bounds. She would tell my children, "So if I plan my whole life for my dream cruise and FINALLY get to go delight in it, don't y'all be on the dock weeping and bawling, 'oh, nana, please don't go!'" She would tell them, "It will be ok for you to be sad for a minute because you'll miss me until you get to get on the cruise, but then go about your business." This is "death" as I know it. It is by no means "terrifying", and I am sorry that Claire, or anyone else, for that matter, may experience fear. I have had many, many friends die at young ages, some suddenly, some not so suddenly and one from CF. This is why no one person "dies faster" than another. This is why I have never treated a patient as a disease. My very dear friend in elementary school had CF and no one treated her any differently than the rest of us. If Stacey had to take a break, we just all took a break. We each had different needs and we all met them for each other when we could. That is nursing. Today, nursing is sometimes difficult with all the entitlement and demands of patients and families, but, in my experience, when you find where you "belong," it becomes so much easier to meet the needs of others. Live while you can, if possible, make a difference and be kind to others. You are your brother's keeper.