

Brynn Bower
04/13/2023
1300 LVN-RN

Claire: The Documentary Reflection

I felt very inspired by what Claire had to say, because even despite her sickness she really wanted to do something with her life and she wanted to help others. I really loved how she said that sick people don't want pity, and she wanted to show people that she wasn't just sick, she was so much more. Claire had Cystic Fibrosis which is a condition that affects the cells that are involved in mucous production, sweat glands, and digestive juices. This condition causes mucus in the lungs to be very thick and this thick mucus can block and plug up the alveoli and bronchioles. It is really hard to clear this mucus because it is very thick. This condition can also cause other organs in the body to fail. The main problems that I identified with Claire are that she had a hard time coughing and clearing the mucus from her lungs and throat.

The clinical manifestation in Claire that I noticed most in the video was her coughing. Her body was trying to cough up some of that mucus which resulted in coughing fits etc. I also noticed her lean appearance, which she had mentioned was because her body expends a lot of energy to breathe causing her to burn more calories and have to eat more to maintain her weight. Some other manifestations I noticed were low energy, which again is because her body has to use a lot of energy to breathe. Some nursing interventions that I would use to take care of a patient with CF would be to provide rest in between activities, elevate the HOB to help with gas exchange, and provide the patient with therapeutic communication to help them cope and talk about what is going on.

Patient outcomes are very important and to achieve good care outcomes for a patient with CF, I would consider many other members as important such as the respiratory therapist, the hospital chaplain, the physical therapist, and the occupational therapist. All of these members are vital in helping the patient achieve better outcomes.

Brynn Bower
04/13/2023
1300 LVN-RN

Claire and her family definitely required a lot of support because having a child with CF comes with a lot of challenges and hardships. Claire's family faced many challenges because of CF, but one of the larger ones was the financial challenges. The care for CF patients is very expensive, as a lot of equipment and medication is required. One of the bigger financial challenges that Claire talked about was paying for her lung transplant, however, thankfully she got a lot of donations through gofundme to help her pay for it.

I learned a lot about Claire's experience and what she had to say. But one of the biggest takeaways for me is that life is short and precious, so don't take anything for granted and do something cool while you are here on earth. I will apply what I learned from Claire in my clinical practice because Claire talked about how much she hated when people would pity her or feel bad for her. So, I will make sure that I never make anyone feel that way. Claire said a lot of things that impacted/inspired me, but when she talked about wanting to do something with her life and helping others despite her condition. That really inspired me because I also want to do great things and help others and I have no excuses because nothing is holding me back.