

### Reflection on Claire: The Documentary

When I first started watching the video, I felt I had a significant understanding of the disease. I thought the video was going to describe living w/ CF from a patient's perspective. But I was genuinely taken in by Claire's charm and positive attitude. I found myself feeling sadness that such a vibrant and determined person was battling such a devastating disease. But I was left with a sense of amazement of her strength. In the end I didn't pity her, I applauded her.

Claire had Cystic Fibrosis which is a genetic disease that results in the over-production of mucus that attacks the organs, primarily the lungs. Claire suffered from the typical respiratory symptoms, i.e., a chronic productive cough, frequent infections, small stature (likely from dietary malabsorption), and the need for a high-caloric intake.

The specific nursing interventions would include pulmonary hygiene and toileting, masking when in public to decrease the risk of transmissible respiratory infections, and nebulizer and CPT treatments. Also included would be the use of dietary enzymes necessary for adequate digestion and nutrient absorption.

Respiratory therapists, a Registered Dietician or Nutritionists, and perhaps a pulmonologist along with the nursing staff would all be important in collaborating and formulating a plan of care for a patient with CF.

The financial challenges faced by her family included loss of time from work, medical and prescription and drug costs as well as lengthy hospital stays and surgeries. Medical equipment and possibly large grocery bills related to the need for high-caloric intake could also be a financial burden.

I learned that despite a patient's chronic and terminal condition, they still deserve respect, compassion, kindness and the right to be involved in decision-making regarding their plan of care.

Although most health care providers join the medical profession to help others, we do tend to dismiss their voices at times. I felt a revelation through her eyes and it gave me a sense of revitalization in how I plan to care for my patients.

Claire's overall positive message and her determination to be a voice for millions of chronically ill patients did make me take a step back and look at how I and many other medical professionals do tend to treat disease and illness and can forget to treat the person. We tend to focus on the disease and not the emotional and psychological aspect of a patient.