Cystic Fibrosis Lab Assignment

Throughout the time that I was watching the video, I felt so bad for Claire. I felt as though I wished there was something that I could do to help her. In a sense, I also felt that I was being reminded of why I wanted to become a nurse in the first place.

The condition the Claire has, is cystic fibrosis, also known as CF. It is an autosomal recessive disease, that causes the exocrine gland to malfunction. With this condition, the exocrine glands over produce mucus. The mucus that is over produced, is a thick and sticky mucus that builds up in the organs. Primarily, CF can affect the skin, respiratory system, gastrointestinal system, and the reproductive system. Cystic fibrosis is a progressive, and incurable condition. The main problems that I identified in Claire's situation were respiratory issues, and frequent infections. With CF, thick mucus clogs the airways, and makes it difficult to breathe.

From my observation through watching the video, some of Claire's clinical manifestations were increased coughing, shortness of breath, recurrent infections, increased fatigue, increased caloric intake, due to insufficient weight gain, and diabetes. Specific nursing interventions that I would want to take into consideration to provide for a patient with this condition are, airway clearance therapies, administering all prescribed medications, and ensuring that the patient is getting adequate exercise. The patient would also require a high calorie, high protein, and high fat diet. Other nursing interventions would be vitamin A,D,E,K and multivitamins. I would also monitor the patient's weight, for any instances of failure to thrive.

In order to receive good outcomes, other members of the care team that need to be considered are the medical doctors, other nurses, respiratory therapy, nutritionist, and or dietician need to be consulted, as well as the physical therapy team, and social services.

It’s hard to imagine leaving your sick child in a hospital bed, to be cared for, and looked after by others, but sometimes there not another other choice. Unfortunately, bills don’t stop, when we have a family crisis. This was the reality for Claire’s parents. There were times that Claire spoke of, when her parents had to depend on friends, and other family members to help out with Claire’s care, while they worked. To which I can imagine had to be difficult not only for Claire’s parents, but for Claire herself.

I’ve learned that there is so much that can be done with our lives, and the time that we have. We can make a huge mark on the world in even the shortest amount of time. Going forward, I plan to apply what I’ve learned in my practice, by listening to my patients, and really trying to understand from their prospectives. Understanding that having someone that understands, and is supportive, makes a world of difference.

A statement that Claire made that impacted me, was when she said, “It’s hard having spent your entire life taking care of yourself, and feeling that not work.” Those words resonated with me. What Claire’s mother said that inspired me was, “I just think that Claire had this larger-than life perspective on life.” It inspired me, because although Claire knew she was dying, she still had a desire to make an impact on the lives of others.