

My Reflection of Clair's Documentary

How did you feel throughout the time that you were watching the video?

How I felt watching this video was WOW!!! This girl has gone through so much due to her illness. We think we have it hard, imagining having her life and still having the motivation and willpower to go out and do something that's going to help others. She wanted to get rid of that stigma of people who are sick and aren't able to live life to their fullest while giving hope and inspiration to those who were physically, mentally, emotionally sick. I was impressed.

Give a description of Claire's condition and identify the main problems that you identified?

Claire had CF which is Cystic Fibrosis Disease which is a dysfunction of the exocrine gland secretes mucus that is thick and sticky. This disease blocks her airway and causes infection to her lungs such as PNE. This illness makes it impossible for someone to breathe and have proper air exchange since it blocks those paths for oxygen exchange. She has taken several medications, wears a vest that provides percussion to break up the mucus, takes inhalers, wear oxygen that could limit her travels, eat 5,000 calories a day to maintain her body fuel, and take her insulin. It's a routine that can be hard to get out of since you are trying to maintain your health; It becomes hard to travel and have friends over since you don't want to get sick when you are struggling as it is. I think it could be lonely for some people, but she made the best out of her situation.

Based on your observations, what were her clinical manifestations and how would you explain these clinical manifestations?

Her clinical manifestations were coughing, SOB, wheezing, infections, lack of oxygen, surgeries. All these complications affected her airway and her lung function that was slowly decreasing each year, slowly causing her organs to fail.

What specific nursing interventions would you want to take into consideration to provide for this patient's unique care needs?

First, intervention is to provide quality of life allowing her to have interactions with others. This could pose a risk for infection due to lung function not working properly due to the over production of mucus so she wouldn't be able to go outside when wind was blowing strong due to allergies making it even harder for her to breathe. Making sure she had an air filter or air purifier for her to breathe clean fresh air, which can become very isolated having to be inside. Pt would always need oxygen and monitoring her oxygen levels so having a portable oxygen tank that she could carry as a purse. Staying close by but not smothering where she feels like she has no freedom. Plus being able to manage medication and to pack medication to prevent further complications, making sure she ate frequent meals or snacks to maintain her calorie intake.

What other members of the care team should you consider important to achieving good care outcomes?

Nurses, Doctors, Social Workers, Mental Health (counseling), Nutritionist, Specialist for Lungs, Parents, Family, Friends

What financial challenges did this family face because of Claire's condition?

They had to go back to work to pay their bills and their cars, they had to ask others to be there with her while they were working. They weren't always able to be by her side.

What did you learn from this experience?

Life is precious, we all think we are going to live into our 80s or hopefully more, her way of thinking is that she could die anytime and knew she wouldn't live as long as most and could only hope for was mid-twenties. I learned how we should approach our patients differently and not just someone who is

sick. Try to give them more meaning to their lives, providing support and encouragement not just mentally, physically, but also financially.

How will you apply what you learned by watching this video to your clinical practice.

Not only providing patient care but my time and support to those foundations that help families in need while their loved one is sick in the hospital. Get to know the patient and try and make them feel apart of your life. I have to admit at times I don't always take the time to know my patients because I have gotten into the routine of running labs, noticing odd behaviors, doing reports and charting, it can be hard but there is time to always get to know your patients. That is why I have grown so attached to the place I worked at in New Mexico because I knew my patients their likes, wants, and needs. My heart melted for them since they had hardly any visitors, no family and just wanted someone to care for them like a person.

Are there other significant words that Claire or her mother shared that impacted or inspired you?

Those small everyday decisions to show up and apply yourself that makes the most impact in your life is to show up; Running ahead even though you are terrified. Its crazy this little girl was so determined and full of life, so sad and upsetting her time was short but still impacting others from her words to this day.

Is there anything else you would like to include in your reflection of this experience?

It 's heart breaking for her situation when you thought she would be ok coming out of a transplant, It was upsetting that she made such and impact at such a young age but like she said we grow from our traumas. Life is a painting and part of our inspiration and if she hadn't been sick would there have been something started for families like her own and others. We Grow from our traumas and try and do better for others not just for ourselves.