

Daisy Cerda

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

This video has brought me an extreme sense of sadness while I was watching it, but it was also very empowering to see someone's extreme love for life above all the health complications they have. It made me feel like I suffered a huge loss for never having met someone so amazing and so full of life.

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

Claire has Cystic Fibrosis which is a hereditary disease in which the body produces thick, sticky mucus that affects the lungs as well as other vital organs. The main problems that I noticed were her difficulty breathing as well as severe cough and fatigue.

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

Claire had a severe and productive cough, shortness of breath, fatigue, and small body frame even though she had a healthy appetite. These clinical manifestations are all due to the fact that her disease produces abnormal thick, sticky mucus that causes difficulty in breathing and requires a high caloric and fluid intake.

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

Maintaining good oxygenation et airway clearance, Maintaining good hydration and nutrition, preventing infection, and maintaining a positive environment along with good education on medication/treatment that she is taking and doing.

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

The members of the care team who are important are respiratory therapy, physical/occupational therapy, nutritionist, multidisciplinary physicians, nurses, CNA's, family/friends, support groups, pharmacist.

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

Her parents both had to work full-time jobs and there were many medicines and treatments that she had to have on a daily basis that are costly. She also states in the video that she spent a 1/4 of her life in the hospital and hospital stays are expensive. She also had to open a go fund me to get her lung transplant because she was unable to work herself.

7. What did you learn from this experience?

This experience helped me realize how intense this disease is and how quickly it can take a turn for the worse. I was aware of this disease being a difficult one to grow up with, but I never could have imagined how much until I saw Claire's story.

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

I will attempt to remember that each and every person is a human who doesn't want to be pitied because they are sick. We tend to dehumanize people when we get into the routine of seeing so many sick people on a daily basis and we treat them as a job instead of as a human who needs our love and compassion. I will try to make sure to stay connected to my humanity and see each person for who they are and not for the disease they may have.

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

"The cure to illness isn't actually anything to do with being healthy, fixing yourself when your sick has nothing to do with being healthy or fixing your body, fundamentally what it has to do with is fixing the way that you view your part in society and in the world. We are all just trying to not feel so alone and to feel like we have something worth giving. And people will see that, and people won't see you, they won't see your sickness, they won't see how you cut, fall short of this standard and they will only see what you're giving and that has been the only way that I've gotten through. That's what has led me to do everything that I've done." It is so amazing to see her strive to give back to the world when she didn't receive the same chance as everyone else did.

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

It has helped me come out and see not to focus so much on what is going on in my life and see that I connect with others and see what is going on in others lives as well, because we are all capable of so much and we just don't know who we can help and who can help us. We were not intended to carry any burden on our own and that is why we have the connections we do with

other people. It is so important that we stay connected to our humanity especially in our line of work.