

Christina Bruce

Claire The Documentary

During this documentary I felt a lot of emotions. It was inspiring to watch all the things that Claire accomplished in her short life, but I also felt guilty for taking life and health for granted. It was sad at the end when they said she passed after the lung transplant, I was really hoping she would get to be healthy and continue to live her life to the fullest. Claire has cystic fibrosis (CF), CF is a genetic condition that affects the proteins in the body. People who have CF have a buildup (overload) of mucus in their lungs, and it makes it exceedingly difficult to breathe, and slowly causes the organs to fail. During the video Claire had on a nasal cannula meaning she had oxygen continuously. You could also hear Claire coughing and it sounded like a wet cough. The clinical manifestations of CF are a persistent cough that produces thick mucus, repeated lung infections, and activity intolerance. Claire does state in the video that after doing her breathing treatments and ordered exercise she had to take a nap because she was worn out. Claire spent $\frac{1}{4}$ of her life in the hospital d/t lung infections. When caring for a patient with CF, you must consider the activity intolerance and the susceptibility of infection. Proper hand washing and PPE is necessary. I would consider a respiratory therapist to be one of the utmost important care team members. Claire's parents had to send their friends and other family members to visit her during the times she was in the hospital, because they could not afford to miss work. The times they took off to be with Claire when she was in a critical state, they missed work and it was hard to maintain the household. Watching this documentary, I learned more about CF and the struggles that families face when their children are sick. By watching this I also learned not to look at someone as their illness, to look at them as the person they are. They deserve to live and do and be all they can. I will take that with me in my practice. There were so many things Claire said in the video that stuck with me. I love that she said, she grew up to be who she needed as a role model when she was a child. She said when she was young there was no one who looked like her or was like her. I also liked it when she said she wanted the world to change how they look at someone who is sick, for us to stop pitying them and start empowering them. Claire is such an inspiration and accomplished so much in her short life. She was a beautiful soul!