

WEBVTT

NOTE duration:"00:58:33"

NOTE recognizability:0.644

NOTE language:en-us

NOTE Confidence: 0.42792255

00:00:03.560 --> 00:00:06.704 Able to opt out if you for some

NOTE Confidence: 0.42792255

00:00:06.704 --> 00:00:10.029 reason don't want to be part of the

NOTE Confidence: 0.42792255

00:00:10.029 --> 00:00:11.600 recording where you can opt in,

NOTE Confidence: 0.42792255

00:00:11.600 --> 00:00:13.140 as you probably see on

NOTE Confidence: 0.42792255

00:00:13.140 --> 00:00:14.680 your screen at the moment.

NOTE Confidence: 0.42792255

00:00:14.680 --> 00:00:17.760 So I'd like to get started by

NOTE Confidence: 0.42792255

00:00:17.760 --> 00:00:20.352 just welcoming you on behalf of

NOTE Confidence: 0.42792255

00:00:20.352 --> 00:00:22.960 the Center for Medical Education,

NOTE Confidence: 0.42792255

00:00:22.960 --> 00:00:27.144 formally thought of as the T to the the

NOTE Confidence: 0.42792255

00:00:27.144 --> 00:00:29.516 Teaching and Learning Center or the TLC.

NOTE Confidence: 0.42792255

00:00:29.520 --> 00:00:33.660 So the center is now has now expanded to

NOTE Confidence: 0.42792255

00:00:33.660 --> 00:00:36.160 include continuing medical education as well.

NOTE Confidence: 0.42792255

00:00:36.160 --> 00:00:39.135 So Andrea has just reminded you that

NOTE Confidence: 0.42792255

00:00:39.135 --> 00:00:41.870 you can also get continuing medical  
NOTE Confidence: 0.42792255

00:00:41.870 --> 00:00:44.645 education credit for attending this  
NOTE Confidence: 0.42792255

00:00:44.645 --> 00:00:47.597 session if you go to the link.  
NOTE Confidence: 0.42792255

00:00:47.600 --> 00:00:51.760 So the YES series or the Yale Medical  
NOTE Confidence: 0.42792255

00:00:51.760 --> 00:00:54.354 Education series, Yes for sure.  
NOTE Confidence: 0.42792255

00:00:54.354 --> 00:00:56.944 That occurs every other Friday  
NOTE Confidence: 0.42792255

00:00:56.944 --> 00:00:58.560 approximately each month.  
NOTE Confidence: 0.42792255

00:00:58.560 --> 00:01:00.910 Sometimes when there's a lot  
NOTE Confidence: 0.42792255

00:01:00.910 --> 00:01:03.826 of holidays as coming up soon,  
NOTE Confidence: 0.42792255

00:01:03.826 --> 00:01:07.212 we may not present in that particular month,  
NOTE Confidence: 0.42792255

00:01:07.212 --> 00:01:09.665 but you'll be able to figure that  
NOTE Confidence: 0.42792255

00:01:09.665 --> 00:01:11.609 out by looking at the calendar  
NOTE Confidence: 0.42792255

00:01:11.609 --> 00:01:13.160 at the centre's website.  
NOTE Confidence: 0.42792255

00:01:13.160 --> 00:01:15.650 We also sponsor a meta discussion  
NOTE Confidence: 0.42792255

00:01:15.650 --> 00:01:16.480 group monthly,  
NOTE Confidence: 0.42792255

00:01:16.480 --> 00:01:19.678 so we invite you to check all of our

NOTE Confidence: 0.42792255

00:01:19.678 --> 00:01:21.076 faculty development opportunities

NOTE Confidence: 0.42792255

00:01:21.076 --> 00:01:23.600 out at the centre's website,

NOTE Confidence: 0.42792255

00:01:23.600 --> 00:01:25.952 and maybe Ed can also put the

NOTE Confidence: 0.42792255

00:01:25.952 --> 00:01:28.478 link in in the chat as well.

NOTE Confidence: 0.42792255

00:01:28.480 --> 00:01:30.442 The Doctor Andres Martin from the

NOTE Confidence: 0.42792255

00:01:30.442 --> 00:01:32.518 Child Study Center and Doctor Dana

NOTE Confidence: 0.42792255

00:01:32.518 --> 00:01:34.624 Dunn from Internal Medicine are the

NOTE Confidence: 0.42792255

00:01:34.624 --> 00:01:36.438 Co directors of the Yas series,

NOTE Confidence: 0.42792255

00:01:36.440 --> 00:01:38.440 and Doctor Martin happens to

NOTE Confidence: 0.42792255

00:01:38.440 --> 00:01:40.040 be our presenter today.

NOTE Confidence: 0.42792255

00:01:40.040 --> 00:01:43.280 Most of you know, but in case you don't,

NOTE Confidence: 0.42792255

00:01:43.280 --> 00:01:46.305 Doctor Martin is the Riva

NOTE Confidence: 0.42792255

00:01:46.305 --> 00:01:48.120 Ariella Rifa Professor.

NOTE Confidence: 0.42792255

00:01:48.120 --> 00:01:49.880 It's a tongue tie,

NOTE Confidence: 0.42792255

00:01:49.880 --> 00:01:52.608 a tongue twister in the Child Study

NOTE Confidence: 0.42792255

00:01:52.608 --> 00:01:54.720 Center and is professor of psychiatry.

NOTE Confidence: 0.42792255

00:01:54.720 --> 00:01:57.240 He also facilitates a discussion series

NOTE Confidence: 0.42792255

00:01:57.240 --> 00:01:58.920 on qualitative research methods,

NOTE Confidence: 0.42792255

00:01:58.920 --> 00:02:01.062 so some of you may also want

NOTE Confidence: 0.42792255

00:02:01.062 --> 00:02:02.998 to check that out with him.

NOTE Confidence: 0.42792255

00:02:03.000 --> 00:02:05.160 So rather than taking more time,

NOTE Confidence: 0.42792255

00:02:05.160 --> 00:02:07.878 I I want to turn the rest of the

NOTE Confidence: 0.42792255

00:02:07.878 --> 00:02:09.845 afternoon session over to Doctor

NOTE Confidence: 0.42792255

00:02:09.845 --> 00:02:12.000 Martin and to give him a break.

NOTE Confidence: 0.42792255

00:02:12.000 --> 00:02:14.200 I'll also monitor the chat as we go.

NOTE Confidence: 0.711635771428571

00:02:15.360 --> 00:02:16.212 Thank you, John,

NOTE Confidence: 0.711635771428571

00:02:16.212 --> 00:02:17.916 and thank you all for coming

NOTE Confidence: 0.711635771428571

00:02:17.916 --> 00:02:19.679 here on this Friday afternoon.

NOTE Confidence: 0.711635771428571

00:02:19.680 --> 00:02:23.635 I'm excited to share some stuff today.

NOTE Confidence: 0.711635771428571

00:02:23.640 --> 00:02:25.728 So we're going to talk about

NOTE Confidence: 0.711635771428571

00:02:25.728 --> 00:02:27.120 teaching in small groups,

NOTE Confidence: 0.711635771428571  
00:02:27.120 --> 00:02:29.360 something that is very useful  
NOTE Confidence: 0.711635771428571  
00:02:29.360 --> 00:02:32.048 when it comes to workshops and  
NOTE Confidence: 0.711635771428571  
00:02:32.048 --> 00:02:33.888 many other formats that we  
NOTE Confidence: 0.711635771428571  
00:02:33.888 --> 00:02:35.960 that we that we use. Oops,  
NOTE Confidence: 0.6851699  
00:02:38.760 --> 00:02:42.918 yeah. So I have nothing to  
NOTE Confidence: 0.6851699  
00:02:42.920 --> 00:02:45.400 disclose there. You have that.  
NOTE Confidence: 0.6851699  
00:02:45.400 --> 00:02:47.956 And to get your CME credits,  
NOTE Confidence: 0.6851699  
00:02:47.960 --> 00:02:49.060 we'll remind you a couple  
NOTE Confidence: 0.6851699  
00:02:49.060 --> 00:02:50.160 of times during the talk.  
NOTE Confidence: 0.6851699  
00:02:50.160 --> 00:02:53.958 But you can text that number,  
NOTE Confidence: 0.6851699  
00:02:53.960 --> 00:02:54.968 39539 to that other  
NOTE Confidence: 0.6851699  
00:02:54.968 --> 00:02:56.480 number and we have a beast  
NOTE Confidence: 0.31483325  
00:02:57.120 --> 00:02:58.200 in one Merit. Lava  
NOTE Confidence: 0.31483325  
00:02:59.520 --> 00:03:03.312 the Left. So we encourage you  
NOTE Confidence: 0.31483325  
00:03:03.312 --> 00:03:08.120 to get those credits. OK, first  
NOTE Confidence: 0.33429953

00:03:10.240 --> 00:03:12.520 quiz here. Can anyone tell me,  
NOTE Confidence: 0.33429953

00:03:12.520 --> 00:03:14.580 does anyone know recognize  
NOTE Confidence: 0.33429953

00:03:14.580 --> 00:03:17.155 where my pointer is pointing?  
NOTE Confidence: 0.33429953

00:03:17.160 --> 00:03:18.756 Does anyone know what that means?  
NOTE Confidence: 0.33429953

00:03:22.760 --> 00:03:28.572 No. So so this means that this image was  
NOTE Confidence: 0.33429953

00:03:28.572 --> 00:03:31.232 created with artificial intelligence and  
NOTE Confidence: 0.33429953

00:03:31.232 --> 00:03:34.440 specifically with a program called Dali  
NOTE Confidence: 0.557732117777778

00:03:36.480 --> 00:03:39.396 DADAL EE. And what I did is that I  
NOTE Confidence: 0.557732117777778

00:03:39.400 --> 00:03:40.960 knowing that I was going to come here,  
NOTE Confidence: 0.557732117777778

00:03:40.960 --> 00:03:44.080 I said give me an image in watercolours  
NOTE Confidence: 0.557732117777778

00:03:44.080 --> 00:03:46.532 about medical students solving  
NOTE Confidence: 0.557732117777778

00:03:46.532 --> 00:03:49.340 problems together and this is what  
NOTE Confidence: 0.557732117777778

00:03:49.340 --> 00:03:50.920 artificial intelligence spit out.  
NOTE Confidence: 0.557732117777778

00:03:50.920 --> 00:03:53.119 Pretty cool, right?  
NOTE Confidence: 0.557732117777778

00:03:53.120 --> 00:03:55.402 Now I I start with with this  
NOTE Confidence: 0.557732117777778

00:03:55.402 --> 00:03:57.597 image and with the idea of AI.

NOTE Confidence: 0.557732117777778  
00:03:57.600 --> 00:03:59.378 To make the point that in in  
NOTE Confidence: 0.557732117777778  
00:03:59.378 --> 00:04:00.780 my comments today I'm going  
NOTE Confidence: 0.557732117777778  
00:04:00.780 --> 00:04:02.240 to try to bring technology,  
NOTE Confidence: 0.557732117777778  
00:04:02.240 --> 00:04:05.876 not as \*\*\*\*\* technology as AI,  
NOTE Confidence: 0.557732117777778  
00:04:05.880 --> 00:04:06.759 but some technology,  
NOTE Confidence: 0.557732117777778  
00:04:06.759 --> 00:04:07.638 to the teaching.  
NOTE Confidence: 0.7907837  
00:04:10.480 --> 00:04:14.956 OK, so a couple of core  
NOTE Confidence: 0.7907837  
00:04:14.960 --> 00:04:16.720 points to start off with.  
NOTE Confidence: 0.7907837  
00:04:16.720 --> 00:04:18.920 This is how teaching unfortunately  
NOTE Confidence: 0.7907837  
00:04:18.920 --> 00:04:19.800 traditionally happens.  
NOTE Confidence: 0.7907837  
00:04:19.800 --> 00:04:23.091 There's an orange person pontificating  
NOTE Confidence: 0.7907837  
00:04:23.091 --> 00:04:25.797 on a bunch of blue people,  
NOTE Confidence: 0.7907837  
00:04:25.800 --> 00:04:30.756 and the information exchange is limited.  
NOTE Confidence: 0.7907837  
00:04:30.760 --> 00:04:33.000 The fun is very minimal,  
NOTE Confidence: 0.7907837  
00:04:33.000 --> 00:04:35.076 and not a whole lot happens.  
NOTE Confidence: 0.7907837

00:04:35.080 --> 00:04:37.194 And yet this is historically how teaching  
NOTE Confidence: 0.7907837

00:04:37.194 --> 00:04:39.480 has been done and how most most of us,  
NOTE Confidence: 0.7907837

00:04:39.480 --> 00:04:41.328 certainly I learned when we were  
NOTE Confidence: 0.7907837

00:04:41.328 --> 00:04:43.360 in medical school and other places.  
NOTE Confidence: 0.7907837

00:04:43.360 --> 00:04:44.920 But fortunately things have changed.  
NOTE Confidence: 0.7907837

00:04:44.920 --> 00:04:45.856 And here at Yale,  
NOTE Confidence: 0.7907837

00:04:45.856 --> 00:04:47.605 we are in an environment of a  
NOTE Confidence: 0.7907837

00:04:47.605 --> 00:04:49.035 lot of innovation and teaching,  
NOTE Confidence: 0.7907837

00:04:49.040 --> 00:04:51.520 which is very exciting.  
NOTE Confidence: 0.7907837

00:04:51.520 --> 00:04:52.879 And after whoops,  
NOTE Confidence: 0.7907837

00:04:52.879 --> 00:04:54.238 after these innovations,  
NOTE Confidence: 0.7907837

00:04:54.240 --> 00:04:56.715 what we hope for is something more like this,  
NOTE Confidence: 0.7907837

00:04:56.720 --> 00:04:58.912 that there's very active  
NOTE Confidence: 0.7907837

00:04:58.912 --> 00:05:00.556 iterative interaction between  
NOTE Confidence: 0.7907837

00:05:00.556 --> 00:05:03.286 all the participants .1 and .2.  
NOTE Confidence: 0.7907837

00:05:03.286 --> 00:05:05.458 That it doesn't have this verticality



NOTE Confidence: 0.7907837

00:05:05.458 --> 00:05:08.196 and this hierarchy of the left image,

NOTE Confidence: 0.7907837

00:05:08.200 --> 00:05:10.984 but rather it's a more horizontal

NOTE Confidence: 0.7907837

00:05:10.984 --> 00:05:13.800 everybody can learn from each other.

NOTE Confidence: 0.7907837

00:05:13.800 --> 00:05:15.081 In so doing,

NOTE Confidence: 0.7907837

00:05:15.081 --> 00:05:18.070 the number of arrows increase and the

NOTE Confidence: 0.7907837

00:05:18.161 --> 00:05:21.239 number of teaching moments per hour,

NOTE Confidence: 0.7907837

00:05:21.240 --> 00:05:22.080 if you will,

NOTE Confidence: 0.7907837

00:05:22.080 --> 00:05:22.360 increase,

NOTE Confidence: 0.7907837

00:05:22.360 --> 00:05:24.040 and that's what we're going to

NOTE Confidence: 0.7907837

00:05:24.101 --> 00:05:25.157 be aiming for today.

NOTE Confidence: 0.7907837

00:05:25.160 --> 00:05:29.800 How can we unleash those educational units?

NOTE Confidence: 0.77908844

00:05:33.320 --> 00:05:34.320 Those images, by the way,

NOTE Confidence: 0.77908844

00:05:34.320 --> 00:05:36.474 come from this very nice reviewed

NOTE Confidence: 0.77908844

00:05:36.474 --> 00:05:39.228 paper by Burgess on how to facilitate

NOTE Confidence: 0.77908844

00:05:39.228 --> 00:05:41.712 small groups if anyone is interested.

NOTE Confidence: 0.77908844

00:05:41.720 --> 00:05:44.296 And another image that I sort of like, but  
NOTE Confidence: 0.77908844

00:05:44.296 --> 00:05:46.960 not fully like from that paper is this one.  
NOTE Confidence: 0.77908844

00:05:46.960 --> 00:05:48.060 I think that the starting  
NOTE Confidence: 0.77908844

00:05:48.060 --> 00:05:49.160 premise is a good one.  
NOTE Confidence: 0.77908844

00:05:49.160 --> 00:05:51.200 When you are teaching in a small group,  
NOTE Confidence: 0.77908844

00:05:51.200 --> 00:05:53.480 you have three tasks at hand.  
NOTE Confidence: 0.77908844

00:05:53.480 --> 00:05:55.396 You have to manage the learning, the  
NOTE Confidence: 0.77908844

00:05:55.396 --> 00:05:58.600 content of what it is that you are sharing.  
NOTE Confidence: 0.77908844

00:05:58.600 --> 00:06:01.798 You need to manage the group,  
NOTE Confidence: 0.77908844

00:06:01.800 --> 00:06:02.840 those who talk too much,  
NOTE Confidence: 0.77908844

00:06:02.840 --> 00:06:03.880 those who talk too little,  
NOTE Confidence: 0.77908844

00:06:03.880 --> 00:06:05.225 those who, this, those who, that,  
NOTE Confidence: 0.77908844

00:06:05.225 --> 00:06:07.920 and you need to manage the activities.  
NOTE Confidence: 0.77908844

00:06:07.920 --> 00:06:09.268 Whatever those activities are.  
NOTE Confidence: 0.77908844

00:06:09.268 --> 00:06:11.680 We're going to see examples of those.  
NOTE Confidence: 0.77908844

00:06:11.680 --> 00:06:13.240 So far, so good.

NOTE Confidence: 0.77908844

00:06:13.240 --> 00:06:16.960 But what I think is missing from this

NOTE Confidence: 0.77908844

00:06:16.960 --> 00:06:21.350 paper from the ancient year 2020 is this,

NOTE Confidence: 0.77908844

00:06:21.350 --> 00:06:24.955 that you also have to manage the

NOTE Confidence: 0.77908844

00:06:24.955 --> 00:06:27.559 technology and its discontents.

NOTE Confidence: 0.77908844

00:06:27.560 --> 00:06:29.792 You need to be really ready to do that.

NOTE Confidence: 0.77908844

00:06:29.800 --> 00:06:31.516 Even as I speak to you,

NOTE Confidence: 0.77908844

00:06:31.520 --> 00:06:32.960 you're not seeing this.

NOTE Confidence: 0.77908844

00:06:32.960 --> 00:06:34.130 But in my I,

NOTE Confidence: 0.77908844

00:06:34.130 --> 00:06:36.466 I have to be dealing not just with

NOTE Confidence: 0.77908844

00:06:36.466 --> 00:06:38.716 a PowerPoint and with my screen,

NOTE Confidence: 0.77908844

00:06:38.720 --> 00:06:40.784 but also with a zoom screen which happens

NOTE Confidence: 0.77908844

00:06:40.784 --> 00:06:42.599 to interfere with my PowerPoint screen.

NOTE Confidence: 0.77908844

00:06:42.600 --> 00:06:45.120 And this is just a very basic task.

NOTE Confidence: 0.77908844

00:06:45.120 --> 00:06:47.478 As you start including other things,

NOTE Confidence: 0.77908844

00:06:47.480 --> 00:06:48.482 it gets complex.

NOTE Confidence: 0.77908844

00:06:48.482 --> 00:06:50.820 And many of these things really love  
NOTE Confidence: 0.77908844

00:06:50.884 --> 00:06:53.060 to crash and breakdown and you need  
NOTE Confidence: 0.77908844

00:06:53.060 --> 00:06:56.119 to know how to March on and not be,  
NOTE Confidence: 0.77908844

00:06:56.120 --> 00:06:59.078 you know, taken down by that.  
NOTE Confidence: 0.77908844

00:06:59.080 --> 00:07:00.998 And the third image from that paper,  
NOTE Confidence: 0.77908844

00:07:01.000 --> 00:07:03.296 which I also sort of but not  
NOTE Confidence: 0.77908844

00:07:03.296 --> 00:07:04.866 really agree with, is this.  
NOTE Confidence: 0.77908844

00:07:04.866 --> 00:07:06.038 For a long time,  
NOTE Confidence: 0.77908844

00:07:06.040 --> 00:07:08.416 the idea of small groups has  
NOTE Confidence: 0.77908844

00:07:08.416 --> 00:07:10.000 been this 3P approach.  
NOTE Confidence: 0.77908844

00:07:10.000 --> 00:07:13.400 You pose a question to the whole group,  
NOTE Confidence: 0.77908844

00:07:13.400 --> 00:07:15.920 You pause, you allow them to think.  
NOTE Confidence: 0.77908844

00:07:15.920 --> 00:07:17.040 And then like a tiger,  
NOTE Confidence: 0.77908844

00:07:17.040 --> 00:07:20.400 you pounce on some unsuspecting person  
NOTE Confidence: 0.77908844

00:07:20.400 --> 00:07:22.801 and you tell them by their name and  
NOTE Confidence: 0.77908844

00:07:22.801 --> 00:07:24.199 they feel humiliated and frozen.

NOTE Confidence: 0.77908844  
00:07:24.200 --> 00:07:26.640 And it's not a particularly  
NOTE Confidence: 0.77908844  
00:07:26.640 --> 00:07:27.900 good learning environment.  
NOTE Confidence: 0.77908844  
00:07:27.900 --> 00:07:31.680 But I invite you as we go on to  
NOTE Confidence: 0.77908844  
00:07:31.680 --> 00:07:33.954 think of this third P instead  
NOTE Confidence: 0.77908844  
00:07:33.954 --> 00:07:36.352 of pouncing as an invitation to  
NOTE Confidence: 0.77908844  
00:07:36.352 --> 00:07:38.720 playing because there can be  
NOTE Confidence: 0.77908844  
00:07:38.720 --> 00:07:40.680 these very playful elements.  
NOTE Confidence: 0.77908844  
00:07:40.680 --> 00:07:42.792 I think particularly when we bring  
NOTE Confidence: 0.77908844  
00:07:42.792 --> 00:07:44.564 technology and we bring some  
NOTE Confidence: 0.77908844  
00:07:44.564 --> 00:07:46.340 of these things that that make  
NOTE Confidence: 0.77908844  
00:07:46.340 --> 00:07:48.839 the the learning different.  
NOTE Confidence: 0.7980641  
00:07:51.840 --> 00:07:52.080 OK,  
NOTE Confidence: 0.7980641  
00:07:54.760 --> 00:07:58.960 one final thought on background and theory.  
NOTE Confidence: 0.7980641  
00:07:58.960 --> 00:08:02.240 Ish is about small groups,  
NOTE Confidence: 0.7980641  
00:08:02.240 --> 00:08:03.960 small group learning in TBL,  
NOTE Confidence: 0.7980641

00:08:03.960 --> 00:08:05.468 and team based learning,  
NOTE Confidence: 0.7980641

00:08:05.468 --> 00:08:08.600 which is the classic way of doing this.  
NOTE Confidence: 0.6631679

00:08:10.680 --> 00:08:12.624 I think that there's a lot to be said  
NOTE Confidence: 0.6631679

00:08:12.624 --> 00:08:15.708 for TBLS, but it's rare in this day and  
NOTE Confidence: 0.6631679

00:08:15.708 --> 00:08:18.559 age that they're done in the absolute  
NOTE Confidence: 0.6631679

00:08:18.559 --> 00:08:21.277 classic way that they were described.  
NOTE Confidence: 0.6631679

00:08:21.280 --> 00:08:27.320 And yet, there are elements of TBS.  
NOTE Confidence: 0.6631679

00:08:27.320 --> 00:08:30.530 There are elements of TBL that  
NOTE Confidence: 0.6631679

00:08:30.530 --> 00:08:32.808 can be maintained and be useful.  
NOTE Confidence: 0.6631679

00:08:32.808 --> 00:08:34.712 So in TBL, for those of you  
NOTE Confidence: 0.6631679

00:08:34.712 --> 00:08:36.440 who have or have not tried it,  
NOTE Confidence: 0.6631679

00:08:36.440 --> 00:08:39.200 the idea is that the learning  
NOTE Confidence: 0.6631679

00:08:39.200 --> 00:08:41.040 starts before the class.  
NOTE Confidence: 0.6631679

00:08:41.040 --> 00:08:45.156 It starts in home based preparation,  
NOTE Confidence: 0.6631679

00:08:45.160 --> 00:08:49.480 at home in the library individually  
NOTE Confidence: 0.6631679

00:08:49.480 --> 00:08:52.200 and that's an important precondition.

NOTE Confidence: 0.6631679

00:08:52.200 --> 00:08:55.016 Without which it is very hard to do

NOTE Confidence: 0.6631679

00:08:55.016 --> 00:08:57.466 what follows because what follows

NOTE Confidence: 0.6631679

00:08:57.466 --> 00:09:00.416 is the content at the class.

NOTE Confidence: 0.6631679

00:09:00.416 --> 00:09:01.956 Don't pay too much attention

NOTE Confidence: 0.6631679

00:09:01.956 --> 00:09:04.200 to the to these little arrows.

NOTE Confidence: 0.6631679

00:09:04.200 --> 00:09:07.048 Let's let's look above.

NOTE Confidence: 0.6631679

00:09:07.048 --> 00:09:11.120 Here the second phase of TBL is what's

NOTE Confidence: 0.6631679

00:09:11.120 --> 00:09:15.680 called readiness and and and assurance.

NOTE Confidence: 0.6631679

00:09:15.680 --> 00:09:17.227 And the idea is that during some

NOTE Confidence: 0.6631679

00:09:17.227 --> 00:09:19.077 period of time it says here 40 minutes,

NOTE Confidence: 0.6631679

00:09:19.080 --> 00:09:22.080 but it can be 20 minutes, it can be brief.

NOTE Confidence: 0.6631679

00:09:22.080 --> 00:09:25.187 You do some test in which you

NOTE Confidence: 0.6631679

00:09:25.187 --> 00:09:27.401 assess how much the learners took

NOTE Confidence: 0.6631679

00:09:27.401 --> 00:09:30.037 in and what questions they have.

NOTE Confidence: 0.6631679

00:09:30.040 --> 00:09:32.040 Traditionally there's an individual test,

NOTE Confidence: 0.6631679

00:09:32.040 --> 00:09:33.204 then a team test.  
NOTE Confidence: 0.6631679

00:09:33.204 --> 00:09:34.077 There can be,  
NOTE Confidence: 0.6631679

00:09:34.080 --> 00:09:35.260 which again doesn't sound  
NOTE Confidence: 0.6631679

00:09:35.260 --> 00:09:36.440 very nice written appeals,  
NOTE Confidence: 0.6631679

00:09:36.440 --> 00:09:39.638 which is more like clarifying questions.  
NOTE Confidence: 0.6631679

00:09:39.640 --> 00:09:41.080 And this part is done in  
NOTE Confidence: 0.62339705

00:09:43.120 --> 00:09:45.430 with the knowledge that the  
NOTE Confidence: 0.62339705

00:09:45.430 --> 00:09:47.278 students should really have.  
NOTE Confidence: 0.62339705

00:09:47.280 --> 00:09:49.440 But the really fun part comes in the end.  
NOTE Confidence: 0.62339705

00:09:49.440 --> 00:09:50.440 You see the much longer,  
NOTE Confidence: 0.62339705

00:09:50.440 --> 00:09:53.440 longer piece which is application  
NOTE Confidence: 0.62339705

00:09:53.440 --> 00:09:56.015 oriented in which you apply everything  
NOTE Confidence: 0.62339705

00:09:56.015 --> 00:10:00.640 that came here and in which for optimal  
NOTE Confidence: 0.62339705

00:10:00.640 --> 00:10:04.360 results there isn't 1 correct answer.  
NOTE Confidence: 0.62339705

00:10:04.360 --> 00:10:05.676 We're going to come back to that.  
NOTE Confidence: 0.9077066

00:10:08.720 --> 00:10:13.934 So when we have both the individual



NOTE Confidence: 0.9077066

00:10:13.934 --> 00:10:17.566 work that happened at home and in the

NOTE Confidence: 0.9077066

00:10:17.566 --> 00:10:20.118 readiness in the classroom and then

NOTE Confidence: 0.9077066

00:10:20.118 --> 00:10:22.392 small groups coming together and total

NOTE Confidence: 0.9077066

00:10:22.392 --> 00:10:24.480 discussion that what has the the big,

NOTE Confidence: 0.9077066

00:10:24.480 --> 00:10:25.790 the big impact on learning

NOTE Confidence: 0.9077066

00:10:25.790 --> 00:10:26.838 what we're going after,

NOTE Confidence: 0.8185944

00:10:30.480 --> 00:10:32.757 I don't know how to get rid of this.

NOTE Confidence: 0.8185944

00:10:32.760 --> 00:10:36.344 OK. So what we're going to do now

NOTE Confidence: 0.8185944

00:10:36.344 --> 00:10:39.240 is I'm going to do a little bit of

NOTE Confidence: 0.8185944

00:10:39.240 --> 00:10:41.727 an exercise with you guys and rest

NOTE Confidence: 0.8185944

00:10:41.727 --> 00:10:44.083 assured that we're not going to go

NOTE Confidence: 0.8185944

00:10:44.083 --> 00:10:47.128 into breakout rooms because my in my

NOTE Confidence: 0.8185944

00:10:47.128 --> 00:10:48.855 experience whenever we go into breakout

NOTE Confidence: 0.8185944

00:10:48.855 --> 00:10:50.677 rooms we lose half of the people

NOTE Confidence: 0.8185944

00:10:50.677 --> 00:10:52.469 and that can be awkward if you're

NOTE Confidence: 0.8185944

00:10:52.469 --> 00:10:54.237 you're not in a group that you know.  
NOTE Confidence: 0.8185944

00:10:54.240 --> 00:10:56.214 I also assure you there's going to  
NOTE Confidence: 0.8185944

00:10:56.214 --> 00:10:58.117 be no assessment in it of any time.  
NOTE Confidence: 0.8185944

00:10:58.120 --> 00:10:59.149 And very importantly,  
NOTE Confidence: 0.8185944

00:10:59.149 --> 00:11:01.207 it doesn't matter what your area  
NOTE Confidence: 0.8185944

00:11:01.207 --> 00:11:03.345 is of expertise, what specialty of  
NOTE Confidence: 0.8185944

00:11:03.345 --> 00:11:04.920 your physician or what whatever.  
NOTE Confidence: 0.8185944

00:11:04.920 --> 00:11:05.760 If you're not a physician,  
NOTE Confidence: 0.8185944

00:11:05.760 --> 00:11:08.280 it doesn't matter.  
NOTE Confidence: 0.8185944

00:11:08.280 --> 00:11:10.404 I'm going to ask you for this to be  
NOTE Confidence: 0.8185944

00:11:10.404 --> 00:11:13.680 a general is not an expert and we'll  
NOTE Confidence: 0.8185944

00:11:13.680 --> 00:11:18.720 assess some general breadth of of knowledge.  
NOTE Confidence: 0.8185944

00:11:18.720 --> 00:11:21.490 So you're in luck today because I think  
NOTE Confidence: 0.8185944

00:11:21.490 --> 00:11:23.240 John mentioned I'm a psychiatrist,  
NOTE Confidence: 0.8185944

00:11:23.240 --> 00:11:24.113 a child psychiatrist.  
NOTE Confidence: 0.8185944

00:11:24.113 --> 00:11:25.277 So because of that,

NOTE Confidence: 0.8185944

00:11:25.280 --> 00:11:26.505 I guess that my default is that

NOTE Confidence: 0.8185944

00:11:26.505 --> 00:11:27.917 we're going to have a little bit

NOTE Confidence: 0.8185944

00:11:27.917 --> 00:11:28.757 of a psychiatry refresher.

NOTE Confidence: 0.8185944

00:11:28.760 --> 00:11:33.158 So sit far away from Doctor Wilkins,

NOTE Confidence: 0.8185944

00:11:33.160 --> 00:11:35.680 who I saw my fellow psychiatrist here,

NOTE Confidence: 0.8185944

00:11:35.680 --> 00:11:37.520 so she will know some of these answers.

NOTE Confidence: 0.8185944

00:11:37.520 --> 00:11:38.660 But it doesn't matter.

NOTE Confidence: 0.8185944

00:11:38.660 --> 00:11:39.515 It doesn't matter.

NOTE Confidence: 0.8185944

00:11:39.520 --> 00:11:41.095 It's more about the process

NOTE Confidence: 0.8185944

00:11:41.095 --> 00:11:42.355 that we're going after.

NOTE Confidence: 0.8185944

00:11:42.360 --> 00:11:44.735 So let's start with some

NOTE Confidence: 0.8185944

00:11:44.735 --> 00:11:46.635 basic facts about depression.

NOTE Confidence: 0.8185944

00:11:46.640 --> 00:11:50.811 It's a worldwide hidden burden.

NOTE Confidence: 0.8185944

00:11:50.811 --> 00:11:54.993 It's a disorder that affects over

NOTE Confidence: 0.8185944

00:11:55.000 --> 00:11:56.560 350 million people in the world,

NOTE Confidence: 0.8185944

00:11:56.560 --> 00:12:00.600 and that's dated by now.

NOTE Confidence: 0.8185944

00:12:00.600 --> 00:12:02.064 Almost one people,

NOTE Confidence: 0.8185944

00:12:02.064 --> 00:12:03.388 11 million people,

NOTE Confidence: 0.8185944

00:12:03.388 --> 00:12:05.476 take their own lives every year.

NOTE Confidence: 0.8185944

00:12:05.480 --> 00:12:07.928 This is a disorder that disproportionately

NOTE Confidence: 0.8185944

00:12:07.928 --> 00:12:11.131 effects women in general and women during the

NOTE Confidence: 0.8185944

00:12:11.131 --> 00:12:13.393 childbearing years of life in particular.

NOTE Confidence: 0.8185944

00:12:13.400 --> 00:12:18.514 So that's just to Orient us to the

NOTE Confidence: 0.8185944

00:12:18.514 --> 00:12:21.999 the severity of this condition.

NOTE Confidence: 0.8185944

00:12:22.000 --> 00:12:23.876 Now I want you to now take,

NOTE Confidence: 0.8185944

00:12:23.880 --> 00:12:25.944 I don't know,

NOTE Confidence: 0.8185944

00:12:25.944 --> 00:12:28.660 a minute and just think in

NOTE Confidence: 0.8185944

00:12:28.660 --> 00:12:30.812 your own mind's eye what your

NOTE Confidence: 0.8185944

00:12:30.812 --> 00:12:32.436 understanding is of depression.

NOTE Confidence: 0.8185944

00:12:32.440 --> 00:12:34.480 What are some of the symptoms of depression,

NOTE Confidence: 0.8185944

00:12:34.480 --> 00:12:38.348 What it looks like you can think about

NOTE Confidence: 0.8185944

00:12:38.348 --> 00:12:41.217 it if you want to jot it down South.

NOTE Confidence: 0.8185944

00:12:41.217 --> 00:12:44.015 Clinically, what does it look like next?

NOTE Confidence: 0.8185944

00:12:44.015 --> 00:12:46.080 What are some of the causes of

NOTE Confidence: 0.8185944

00:12:46.080 --> 00:12:47.918 depression that you can come up with?

NOTE Confidence: 0.8185944

00:12:47.920 --> 00:12:50.040 And finally, what treatments do you know of?

NOTE Confidence: 0.8185944

00:12:50.040 --> 00:12:52.680 Have you heard from a patient?

NOTE Confidence: 0.8185944

00:12:52.680 --> 00:12:54.480 From a relative?

NOTE Confidence: 0.8185944

00:12:54.480 --> 00:12:55.760 From a loved one?

NOTE Confidence: 0.8185944

00:12:55.760 --> 00:12:56.448 From oneself?

NOTE Confidence: 0.8185944

00:12:56.448 --> 00:12:58.512 What are some of the treatments

NOTE Confidence: 0.8185944

00:12:58.512 --> 00:12:59.200 of depression?

NOTE Confidence: 0.8185944

00:12:59.200 --> 00:13:01.120 So let's just give you a

NOTE Confidence: 0.8185944

00:13:01.120 --> 00:13:02.880 few seconds to do that.

NOTE Confidence: 0.7280769

00:13:12.290 --> 00:13:13.781 Doctor Wilkins, I'm so happy to see

NOTE Confidence: 0.7280769

00:13:13.781 --> 00:13:15.326 you here. May I give you a task?

NOTE Confidence: 0.70288122

00:13:16.730 --> 00:13:18.440 Yes. Your task is going  
NOTE Confidence: 0.6965823

00:13:18.440 --> 00:13:20.750 to be to take the most contrarian  
NOTE Confidence: 0.6965823

00:13:20.750 --> 00:13:22.328 responses and answers that you  
NOTE Confidence: 0.6965823

00:13:22.328 --> 00:13:25.440 can think of. OK OK OK All right.  
NOTE Confidence: 0.6965823

00:13:29.280 --> 00:13:33.580 All right. So let's move on.  
NOTE Confidence: 0.6965823

00:13:33.580 --> 00:13:36.432 And what I'm going to do now is show  
NOTE Confidence: 0.6965823

00:13:36.432 --> 00:13:38.840 you a clip. It's a 2 minute clip,  
NOTE Confidence: 0.6965823

00:13:41.120 --> 00:13:42.640 2 minute and 22nd clip.  
NOTE Confidence: 0.6965823

00:13:42.640 --> 00:13:44.677 And I'll just let the tape roll.  
NOTE Confidence: 0.6965823

00:13:44.680 --> 00:13:46.530 And you've thought a little  
NOTE Confidence: 0.6965823

00:13:46.530 --> 00:13:47.640 bit about depression.  
NOTE Confidence: 0.6965823

00:13:47.640 --> 00:13:49.780 Let's see how your thoughts  
NOTE Confidence: 0.6965823

00:13:49.780 --> 00:13:51.920 change after you do this.  
NOTE Confidence: 0.6137225

00:13:54.520 --> 00:13:57.319 By the way, if we had been in a  
NOTE Confidence: 0.6137225

00:13:57.319 --> 00:13:59.634 classroom rather than zoom at this point,  
NOTE Confidence: 0.6137225

00:13:59.634 --> 00:14:01.300 I might have given you some initial

NOTE Confidence: 0.6137225

00:14:01.349 --> 00:14:03.240 assessments, some little paper and pencil,

NOTE Confidence: 0.6137225

00:14:03.240 --> 00:14:04.584 something to write along

NOTE Confidence: 0.6137225

00:14:04.584 --> 00:14:06.600 the lines that I asked you.

NOTE Confidence: 0.6137225

00:14:06.600 --> 00:14:07.480 But here we're going to,

NOTE Confidence: 0.6137225

00:14:07.480 --> 00:14:10.200 we're going to move on. OK.

NOTE Confidence: 0.6137225

00:14:10.200 --> 00:14:14.360 So let's, let's meet this pair. I

NOTE Confidence: 0.6137225

00:14:14.400 --> 00:14:19.438 I've had depression on and off my whole life,

NOTE Confidence: 0.6137225

00:14:19.440 --> 00:14:22.520 but I've I've never had anything like this.

NOTE Confidence: 0.6137225

00:14:22.520 --> 00:14:24.720 This is worse than anything.

NOTE Confidence: 0.6137225

00:14:24.720 --> 00:14:26.496 This is the worst that I've

NOTE Confidence: 0.6137225

00:14:26.496 --> 00:14:28.599 seen her in my entire life,

NOTE Confidence: 0.6137225

00:14:28.600 --> 00:14:33.920 and I'm honestly really scared by it.

NOTE Confidence: 0.6137225

00:14:33.920 --> 00:14:36.205 I yeah, it's terrifying me

NOTE Confidence: 0.6137225

00:14:36.205 --> 00:14:38.033 to be completely honest.

NOTE Confidence: 0.6137225

00:14:38.040 --> 00:14:39.531 Depression can look like a lot of

NOTE Confidence: 0.6137225

00:14:39.531 --> 00:14:40.879 different things for different people.  
NOTE Confidence: 0.6137225

00:14:40.880 --> 00:14:43.112 Can you maybe describe to me what your  
NOTE Confidence: 0.6137225

00:14:43.112 --> 00:14:44.838 depression has looked like recently?  
NOTE Confidence: 0.6137225

00:14:44.840 --> 00:14:49.760 I just don't have any energy,  
NOTE Confidence: 0.6137225

00:14:49.760 --> 00:14:51.640 no energy to do anything.  
NOTE Confidence: 0.6137225

00:14:51.640 --> 00:14:52.200 I just want to.  
NOTE Confidence: 0.6503782

00:14:54.560 --> 00:14:55.480 I want to sleep.  
NOTE Confidence: 0.6503782

00:14:55.520 --> 00:14:56.480 I can't sleep.  
NOTE Confidence: 0.6503782

00:14:58.880 --> 00:15:01.274 Every time I come over to come see her,  
NOTE Confidence: 0.6503782

00:15:01.280 --> 00:15:04.705 I I'm there every day now because she  
NOTE Confidence: 0.6503782

00:15:04.705 --> 00:15:07.145 just doesn't have the energy to get out  
NOTE Confidence: 0.6503782

00:15:07.145 --> 00:15:09.718 of bed or just take care of her cat.  
NOTE Confidence: 0.6503782

00:15:09.720 --> 00:15:13.320 Or she used to help me with my sons,  
NOTE Confidence: 0.6503782

00:15:13.320 --> 00:15:15.448 help them come up from daycare and from  
NOTE Confidence: 0.6503782

00:15:15.448 --> 00:15:18.072 school, and she just doesn't have the  
NOTE Confidence: 0.6503782

00:15:18.072 --> 00:15:21.160 energy to leave her apartment anymore.



NOTE Confidence: 0.6503782

00:15:21.160 --> 00:15:24.004 Are you able to do things like pay your

NOTE Confidence: 0.6503782

00:15:24.004 --> 00:15:26.760 bills on time? No, I help her with that.

NOTE Confidence: 0.6503782

00:15:26.760 --> 00:15:28.920 OK. And has that always been the case?

NOTE Confidence: 0.6503782

00:15:28.920 --> 00:15:30.560 No. No, that's been recently.

NOTE Confidence: 0.6503782

00:15:30.560 --> 00:15:33.150 How about things as simple as getting

NOTE Confidence: 0.6503782

00:15:33.150 --> 00:15:35.079 out of bed to brush your teeth,

NOTE Confidence: 0.6503782

00:15:35.080 --> 00:15:36.838 take a shower in the morning?

NOTE Confidence: 0.6503782

00:15:36.840 --> 00:15:39.399 I mean eventually.

NOTE Confidence: 0.6503782

00:15:39.400 --> 00:15:41.440 Have there been days this week for example,

NOTE Confidence: 0.6503782

00:15:41.440 --> 00:15:43.596 that you were unable to do any

NOTE Confidence: 0.6503782

00:15:43.596 --> 00:15:44.520 of those things?

NOTE Confidence: 0.6503782

00:15:44.520 --> 00:15:46.120 I had to call her and remind her.

NOTE Confidence: 0.3619554

00:15:48.760 --> 00:15:51.040 When you're in low energy,

NOTE Confidence: 0.3619554

00:15:51.040 --> 00:15:54.032 sleep is not great.

NOTE Confidence: 0.3619554

00:15:54.032 --> 00:15:56.276 Difficulty falling asleep.

NOTE Confidence: 0.3619554

00:15:56.280 --> 00:15:58.544 Difficulty falling asleep,  
NOTE Confidence: 0.3619554

00:15:58.544 --> 00:16:00.920 difficulty staying asleep,  
NOTE Confidence: 0.3619554

00:16:00.920 --> 00:16:03.695 Waking up in the morning  
NOTE Confidence: 0.3619554

00:16:03.695 --> 00:16:05.360 earlier than usual.  
NOTE Confidence: 0.3619554

00:16:05.360 --> 00:16:06.760 I don't want to get out of bed.  
NOTE Confidence: 0.3619554

00:16:06.760 --> 00:16:08.440 Like wake up.  
NOTE Confidence: 0.3193134

00:16:10.520 --> 00:16:11.800 Have you been feeling sad? I  
NOTE Confidence: 0.3193134

00:16:14.880 --> 00:16:14.970 don't  
NOTE Confidence: 0.3193134

00:16:18.590 --> 00:16:19.110 know if I can  
NOTE Confidence: 0.3193134

00:16:19.150 --> 00:16:21.570 even really like describe  
NOTE Confidence: 0.3193134

00:16:21.570 --> 00:16:24.428 exactly how I feel. Kind of numb.  
NOTE Confidence: 0.3193134

00:16:26.870 --> 00:16:29.228 Does that sound like being numb?  
NOTE Confidence: 0.3193134

00:16:29.230 --> 00:16:31.870 She's just like she doesn't.  
NOTE Confidence: 0.3193134

00:16:31.870 --> 00:16:34.286 I don't want to say care, but that's  
NOTE Confidence: 0.3193134

00:16:34.286 --> 00:16:37.142 probably the best word I can find.  
NOTE Confidence: 0.65529436

00:16:46.800 --> 00:16:49.728 OK, so again, I want you in your

NOTE Confidence: 0.65529436

00:16:49.728 --> 00:16:52.558 mind site to to put that together

NOTE Confidence: 0.65529436

00:16:52.560 --> 00:16:54.625 and what I'm going to ask you now,

NOTE Confidence: 0.65529436

00:16:54.625 --> 00:16:57.320 you only need to do this once

NOTE Confidence: 0.65529436

00:16:57.320 --> 00:17:01.016 but it would be great if you all

NOTE Confidence: 0.65529436

00:17:01.016 --> 00:17:03.256 could log on to pull everywhere.

NOTE Confidence: 0.65529436

00:17:03.256 --> 00:17:05.880 Some of you I know have used it,

NOTE Confidence: 0.65529436

00:17:05.880 --> 00:17:07.236 but these there are three ways,

NOTE Confidence: 0.65529436

00:17:07.240 --> 00:17:09.158 whatever all of them are the same.

NOTE Confidence: 0.65529436

00:17:09.160 --> 00:17:11.424 The easiest one is take your your cell

NOTE Confidence: 0.65529436

00:17:11.424 --> 00:17:13.904 phone and aim it at that QR code and

NOTE Confidence: 0.65529436

00:17:13.904 --> 00:17:15.997 it'll take exactly where you need to be.

NOTE Confidence: 0.65529436

00:17:16.000 --> 00:17:17.855 You can also do it through the

NOTE Confidence: 0.65529436

00:17:17.855 --> 00:17:19.417 website and Linda if you're kind

NOTE Confidence: 0.65529436

00:17:19.417 --> 00:17:21.076 enough to also put it on the

NOTE Confidence: 0.9320276

00:17:23.280 --> 00:17:26.720 on the on the chat. And if for some

NOTE Confidence: 0.9320276

00:17:26.720 --> 00:17:28.628 reason you you lose it, it will be

NOTE Confidence: 0.9320276

00:17:28.628 --> 00:17:30.760 in all all the relevant slides. So

NOTE Confidence: 0.9320276

00:17:32.840 --> 00:17:34.100 by the way, it'll ask you

NOTE Confidence: 0.9320276

00:17:34.100 --> 00:17:35.240 for your for your name.

NOTE Confidence: 0.9320276

00:17:35.240 --> 00:17:37.040 You don't need to put your name, so

NOTE Confidence: 0.9320276

00:17:39.360 --> 00:17:40.680 you can just move on.

NOTE Confidence: 0.71080786

00:17:45.440 --> 00:17:48.105 OK, so let's get started

NOTE Confidence: 0.71080786

00:17:48.105 --> 00:17:50.656 and let's start with this.

NOTE Confidence: 0.71080786

00:17:50.656 --> 00:17:52.410 Let's start with, we're going to

NOTE Confidence: 0.71080786

00:17:52.410 --> 00:17:53.616 have four questions, by the way.

NOTE Confidence: 0.71080786

00:17:53.616 --> 00:17:54.680 It's not going to be 100 questions,

NOTE Confidence: 0.71080786

00:17:54.680 --> 00:17:57.108 but each one is going to have

NOTE Confidence: 0.71080786

00:17:57.108 --> 00:18:01.356 a different goal. So this one,

NOTE Confidence: 0.71080786

00:18:01.360 --> 00:18:03.515 what lab abnormality is most

NOTE Confidence: 0.71080786

00:18:03.515 --> 00:18:05.239 commonly associated with depression?

NOTE Confidence: 0.71080786

00:18:05.240 --> 00:18:08.198 Vitamin B12, hematocrit,

NOTE Confidence: 0.6531148  
00:18:10.680 --> 00:18:12.332 thyroid hormone,  
NOTE Confidence: 0.6531148  
00:18:12.332 --> 00:18:16.168 warfarin or VDRL for syphilis.  
NOTE Confidence: 0.6531148  
00:18:16.168 --> 00:18:18.280 So you can just.  
NOTE Confidence: 0.6531148  
00:18:18.280 --> 00:18:19.240 I see that five of you,  
NOTE Confidence: 0.6531148  
00:18:19.240 --> 00:18:20.596 six of you have already voted.  
NOTE Confidence: 0.6531148  
00:18:20.600 --> 00:18:21.680 So people are getting it.  
NOTE Confidence: 0.6531148  
00:18:21.680 --> 00:18:22.320 That's great.  
NOTE Confidence: 0.6531148  
00:18:26.520 --> 00:18:27.640 Oh, 15 good. OK,  
NOTE Confidence: 0.6531148  
00:18:31.080 --> 00:18:32.560 so let's see, let's see  
NOTE Confidence: 0.6531148  
00:18:32.560 --> 00:18:34.080 people's thoughts about this.  
NOTE Confidence: 0.6531148  
00:18:36.400 --> 00:18:36.840 All right,  
NOTE Confidence: 0.64994115  
00:18:39.160 --> 00:18:41.995 once I found, oh, there we go.  
NOTE Confidence: 0.64994115  
00:18:42.000 --> 00:18:45.080 OK, we have 17 responses,  
NOTE Confidence: 0.64994115  
00:18:45.080 --> 00:18:47.600 and this is what it looks like.  
NOTE Confidence: 0.64994115  
00:18:47.600 --> 00:18:50.920 So TSH was a big winner.  
NOTE Confidence: 0.64994115

00:18:50.920 --> 00:18:56.600 Thyroid. The DRL was a big loser.  
NOTE Confidence: 0.64994115

00:18:56.600 --> 00:18:59.480 OK, does anyone want to just  
NOTE Confidence: 0.64994115

00:18:59.480 --> 00:19:01.788 talk about what they voted for?  
NOTE Confidence: 0.64994115

00:19:01.788 --> 00:19:03.146 We we know who's going to be  
NOTE Confidence: 0.64994115

00:19:03.146 --> 00:19:04.477 the contrarian in the group.  
NOTE Confidence: 0.64994115

00:19:04.480 --> 00:19:05.560 But does anyone want to?  
NOTE Confidence: 0.6352541

00:19:09.120 --> 00:19:10.440 Kristen, you're you're you as a  
NOTE Confidence: 0.6352541

00:19:10.440 --> 00:19:11.880 contrarian and my fellow psychiatrist,  
NOTE Confidence: 0.6352541

00:19:11.880 --> 00:19:13.616 do you want to break the ice here  
NOTE Confidence: 0.6352541

00:19:13.616 --> 00:19:15.800 with why you decided the VDRL?  
NOTE Confidence: 0.6352541

00:19:15.800 --> 00:19:16.552 Look, look at that.  
NOTE Confidence: 0.6352541

00:19:16.552 --> 00:19:17.680 No one else voted with you.  
NOTE Confidence: 0.6352541

00:19:17.680 --> 00:19:19.120 Kristen, why did you do that?  
NOTE Confidence: 0.6352541

00:19:20.240 --> 00:19:22.732 Well, I just, I think I remember  
NOTE Confidence: 0.6352541

00:19:22.732 --> 00:19:24.192 reading somewhere that people  
NOTE Confidence: 0.6352541

00:19:24.192 --> 00:19:26.152 with depression had risk taking

NOTE Confidence: 0.6352541

00:19:26.152 --> 00:19:28.080 behaviors or something like that.

NOTE Confidence: 0.6352541

00:19:28.080 --> 00:19:30.768 And so I figured if they were maybe

NOTE Confidence: 0.6352541

00:19:30.768 --> 00:19:32.130 sexually promiscuous that they might

NOTE Confidence: 0.6352541

00:19:32.130 --> 00:19:33.280 be likely to contract syphilis.

NOTE Confidence: 0.6352541

00:19:34.040 --> 00:19:34.952 That's great. That's great.

NOTE Confidence: 0.6352541

00:19:34.952 --> 00:19:37.395 And you know, let me add to that

NOTE Confidence: 0.6352541

00:19:37.395 --> 00:19:39.709 very good thought that 100 years ago,

NOTE Confidence: 0.6352541

00:19:39.709 --> 00:19:41.527 the number one leading cause of

NOTE Confidence: 0.6352541

00:19:41.527 --> 00:19:43.793 mental illness of all types was

NOTE Confidence: 0.6352541

00:19:43.793 --> 00:19:45.317 syphilis through tertiary syphilis.

NOTE Confidence: 0.6352541

00:19:45.320 --> 00:19:48.665 So for those of you lovers of history,

NOTE Confidence: 0.6352541

00:19:48.665 --> 00:19:51.382 if you went to an asylum 150 years ago,

NOTE Confidence: 0.6352541

00:19:51.382 --> 00:19:52.352 you would have seen a

NOTE Confidence: 0.6352541

00:19:52.352 --> 00:19:53.599 lot of tertiary syphilis.

NOTE Confidence: 0.6352541

00:19:53.600 --> 00:19:56.296 But yeah, I think that the most of

NOTE Confidence: 0.6352541

00:19:56.296 --> 00:19:58.120 you didn't go for it and I understand.

NOTE Confidence: 0.6352541

00:19:58.120 --> 00:20:00.038 So do we have anyone for porphyrin?

NOTE Confidence: 0.68778217

00:20:04.960 --> 00:20:06.040 All right. You're going to, you're shy.

NOTE Confidence: 0.68778217

00:20:06.040 --> 00:20:06.760 So I'm going to,

NOTE Confidence: 0.68778217

00:20:06.760 --> 00:20:08.116 I'm going to speak for porphyrin.

NOTE Confidence: 0.68778217

00:20:08.120 --> 00:20:09.770 So, you know, porphyrin is there

NOTE Confidence: 0.68778217

00:20:09.770 --> 00:20:11.988 because it always has to be in the

NOTE Confidence: 0.68778217

00:20:11.988 --> 00:20:13.318 differential and it never happens.

NOTE Confidence: 0.68778217

00:20:13.320 --> 00:20:15.560 And it was invented only for the boards.

NOTE Confidence: 0.68778217

00:20:15.560 --> 00:20:17.317 But you know, we put it there.

NOTE Confidence: 0.68778217

00:20:17.320 --> 00:20:18.340 It's a rare thing.

NOTE Confidence: 0.68778217

00:20:18.340 --> 00:20:19.360 It's a classic zebra.

NOTE Confidence: 0.68778217

00:20:19.360 --> 00:20:22.051 But yeah, could it relate to depression?

NOTE Confidence: 0.68778217

00:20:22.051 --> 00:20:22.804 Sure. It can't.

NOTE Confidence: 0.68778217

00:20:22.804 --> 00:20:23.557 And you know,

NOTE Confidence: 0.68778217

00:20:23.560 --> 00:20:25.499 there was that famous movie of King



NOTE Confidence: 0.68778217

00:20:25.499 --> 00:20:27.680 George the Third who had some psychotic

NOTE Confidence: 0.68778217

00:20:27.680 --> 00:20:29.520 disorder related to porphyrin.

NOTE Confidence: 0.68778217

00:20:29.520 --> 00:20:33.320 So very, very rare, but there you go.

NOTE Confidence: 0.68778217

00:20:33.320 --> 00:20:36.344 I'm curious about those of you who

NOTE Confidence: 0.68778217

00:20:36.344 --> 00:20:38.336 talked about hematocrit and blood.

NOTE Confidence: 0.68778217

00:20:38.336 --> 00:20:40.076 Can anyone speak to that?

NOTE Confidence: 0.42724985

00:20:46.320 --> 00:20:47.040 I can do it. Go

NOTE Confidence: 0.42724985

00:20:48.160 --> 00:20:49.876 for it, go for it can't

NOTE Confidence: 0.42724985

00:20:49.880 --> 00:20:50.996 be on for you right now.

NOTE Confidence: 0.42724985

00:20:51.000 --> 00:20:54.720 But I put H&H just because

NOTE Confidence: 0.42724985

00:20:54.720 --> 00:20:56.760 women of childbearing age are

NOTE Confidence: 0.42724985

00:20:57.200 --> 00:20:58.720 commonly anemic and they're

NOTE Confidence: 0.42724985

00:20:58.720 --> 00:21:00.240 commonly affected by depression.

NOTE Confidence: 0.42724985

00:21:00.240 --> 00:21:02.680 And that's really it. Well,

NOTE Confidence: 0.5841252

00:21:02.680 --> 00:21:03.560 I think that that's great.

NOTE Confidence: 0.5841252

00:21:03.560 --> 00:21:05.040 I think that that's great.  
NOTE Confidence: 0.5841252

00:21:05.040 --> 00:21:06.715 Certainly a high risk population  
NOTE Confidence: 0.5841252

00:21:06.715 --> 00:21:08.760 and when we do Routine Labs,  
NOTE Confidence: 0.5841252

00:21:08.760 --> 00:21:10.968 that's one place where we can  
NOTE Confidence: 0.5841252

00:21:10.968 --> 00:21:12.072 commonly find abnormality.  
NOTE Confidence: 0.5841252

00:21:12.080 --> 00:21:13.568 So I think that you're thinking  
NOTE Confidence: 0.5841252

00:21:13.568 --> 00:21:17.160 is spot on and that's great B12.  
NOTE Confidence: 0.3642959

00:21:23.880 --> 00:21:26.575 So again not not common, not very common,  
NOTE Confidence: 0.3642959

00:21:26.575 --> 00:21:28.285 but it's something that can happen  
NOTE Confidence: 0.3642959

00:21:28.285 --> 00:21:30.237 and we don't routinely test for it,  
NOTE Confidence: 0.3642959

00:21:30.240 --> 00:21:31.398 but you know it can happen.  
NOTE Confidence: 0.3642959

00:21:31.400 --> 00:21:33.516 And and it sounds like TCTSH is  
NOTE Confidence: 0.3642959

00:21:33.516 --> 00:21:34.944 something that many of you thought  
NOTE Confidence: 0.3642959

00:21:34.944 --> 00:21:36.640 about and I think that that's right.  
NOTE Confidence: 0.3642959

00:21:36.640 --> 00:21:38.240 Does anyone want to speak  
NOTE Confidence: 0.3642959

00:21:38.240 --> 00:21:39.840 on behalf of the thyroid?

NOTE Confidence: 0.3642959

00:21:44.080 --> 00:21:45.724 Great, I will. OK.

NOTE Confidence: 0.3642959

00:21:45.724 --> 00:21:47.779 So hypothyroidism is very common

NOTE Confidence: 0.3642959

00:21:47.779 --> 00:21:51.300 as we know and it can be related to

NOTE Confidence: 0.3642959

00:21:51.300 --> 00:21:54.008 subclinical or clinical depression.

NOTE Confidence: 0.3642959

00:21:54.008 --> 00:21:56.240 So it's a wise thing to check it out.

NOTE Confidence: 0.3642959

00:21:56.240 --> 00:21:57.460 Good, good, good, good.

NOTE Confidence: 0.3642959

00:21:57.460 --> 00:21:59.984 Now you maybe had some of the tools

NOTE Confidence: 0.3642959

00:21:59.984 --> 00:22:01.925 to answer this, maybe you didn't.

NOTE Confidence: 0.3642959

00:22:01.925 --> 00:22:03.600 So that was entirely fair.

NOTE Confidence: 0.3642959

00:22:03.600 --> 00:22:06.799 But we'll we'll come back to that.

NOTE Confidence: 0.3642959

00:22:06.800 --> 00:22:08.000 OK. Now

NOTE Confidence: 0.66117555

00:22:11.520 --> 00:22:13.464 what I want you to do now is you

NOTE Confidence: 0.66117555

00:22:13.464 --> 00:22:14.944 you've already been thinking

NOTE Confidence: 0.66117555

00:22:14.944 --> 00:22:16.556 about symptoms of depression.

NOTE Confidence: 0.66117555

00:22:16.560 --> 00:22:18.690 It'd be great if you could just jot

NOTE Confidence: 0.66117555

00:22:18.690 --> 00:22:20.440 down the symptoms that you can remember.  
NOTE Confidence: 0.66117555

00:22:20.440 --> 00:22:22.400 And to help you remember,  
NOTE Confidence: 0.66117555

00:22:22.400 --> 00:22:24.941 some of you may have heard of  
NOTE Confidence: 0.66117555

00:22:24.941 --> 00:22:26.919 this acronym called CIGGY CAPS.  
NOTE Confidence: 0.66117555

00:22:26.920 --> 00:22:29.120 It's common for depressive symptoms.  
NOTE Confidence: 0.66117555

00:22:29.120 --> 00:22:31.090 So try to name as many symptoms as you can  
NOTE Confidence: 0.66117555

00:22:31.145 --> 00:22:33.262 and if they fit within that acronym, great.  
NOTE Confidence: 0.66117555

00:22:33.262 --> 00:22:35.794 If not, just put down whatever.  
NOTE Confidence: 0.66117555

00:22:35.800 --> 00:22:37.530 We all know what depression  
NOTE Confidence: 0.66117555

00:22:37.530 --> 00:22:38.914 is in the vernacular,  
NOTE Confidence: 0.66117555

00:22:38.920 --> 00:22:40.840 so I think it's, you know,  
NOTE Confidence: 0.66117555

00:22:40.840 --> 00:22:43.960 perfectly fine too.  
NOTE Confidence: 0.66117555

00:22:43.960 --> 00:22:44.680 So let's see  
NOTE Confidence: 0.70482874

00:23:16.280 --> 00:23:19.978 Very good. So we have well 1314 of  
NOTE Confidence: 0.70482874

00:23:19.978 --> 00:23:21.653 you have responded. So let let's  
NOTE Confidence: 0.70482874

00:23:21.653 --> 00:23:22.799 see what you what you thought.

NOTE Confidence: 0.70482874

00:23:27.440 --> 00:23:31.684 OK. Sleep disturbance. Sleep OK

NOTE Confidence: 0.70482874

00:23:31.684 --> 00:23:35.480 Sleep is going strong. Sleep sadness.

NOTE Confidence: 0.70482874

00:23:39.880 --> 00:23:42.799 Interest Decrease Insomnia,

NOTE Confidence: 0.59426486

00:23:46.560 --> 00:23:47.760 Comorbidities.

NOTE Confidence: 0.59426486

00:23:50.880 --> 00:23:51.440 Sleep,

NOTE Confidence: 0.59426486

00:23:54.800 --> 00:23:57.080 Don't eat even when hungry.

NOTE Confidence: 0.59426486

00:23:57.080 --> 00:23:58.118 Change an appetite.

NOTE Confidence: 0.59426486

00:24:01.840 --> 00:24:02.360 Appetite.

NOTE Confidence: 0.25270197

00:24:08.200 --> 00:24:12.288 OK, so it sounds that that you as a

NOTE Confidence: 0.25270197

00:24:12.288 --> 00:24:15.672 as a group are adding some stuff.

NOTE Confidence: 0.25270197

00:24:15.672 --> 00:24:19.386 Sleeplessness, crying energy, low anhedonia,

NOTE Confidence: 0.25270197

00:24:19.386 --> 00:24:23.776 which is inability to enjoy things.

NOTE Confidence: 0.25270197

00:24:23.776 --> 00:24:25.840 Sadness. Irritability. Lethargy.

NOTE Confidence: 0.25270197

00:24:25.840 --> 00:24:28.840 Sadness. Homniacs asleep. Great.

NOTE Confidence: 0.25270197

00:24:28.840 --> 00:24:30.440 So I think that the the picture is,

NOTE Confidence: 0.25270197

00:24:30.440 --> 00:24:32.164 is is is thickening.  
NOTE Confidence: 0.25270197

00:24:32.164 --> 00:24:35.492 You're doing a great job force happiness.  
NOTE Confidence: 0.25270197

00:24:35.492 --> 00:24:37.836 That's that's very interesting.  
NOTE Confidence: 0.25270197

00:24:37.840 --> 00:24:40.366 Crankiness. Terrific.  
NOTE Confidence: 0.25270197

00:24:40.366 --> 00:24:44.254 So let's now move to this because I  
NOTE Confidence: 0.25270197

00:24:44.254 --> 00:24:48.079 think that you hit most of the symptoms.  
NOTE Confidence: 0.25270197

00:24:48.080 --> 00:24:50.920 Everybody talked about sleep.  
NOTE Confidence: 0.25270197

00:24:50.920 --> 00:24:52.606 I think that interests were mentioned  
NOTE Confidence: 0.25270197

00:24:52.606 --> 00:24:54.479 both by you and in the video.  
NOTE Confidence: 0.25270197

00:24:54.480 --> 00:24:57.245 Guilt. I can't remember if it  
NOTE Confidence: 0.25270197

00:24:57.245 --> 00:24:58.720 was mentioned or put in there,  
NOTE Confidence: 0.25270197

00:24:58.720 --> 00:25:02.032 but this refers to feeling like a burden  
NOTE Confidence: 0.25270197

00:25:02.032 --> 00:25:05.100 on the other, especially on loved ones.  
NOTE Confidence: 0.25270197

00:25:05.100 --> 00:25:06.720 Low energy for sure.  
NOTE Confidence: 0.25270197

00:25:06.720 --> 00:25:08.640 Appetite was mentioned.  
NOTE Confidence: 0.25270197

00:25:08.640 --> 00:25:11.200 Suicide, suicidality was mentioned.

NOTE Confidence: 0.25270197

00:25:11.200 --> 00:25:14.160 Perhaps Les mentioned was psychomotor

NOTE Confidence: 0.25270197

00:25:14.160 --> 00:25:15.600 agitation and retardation.

NOTE Confidence: 0.25270197

00:25:15.600 --> 00:25:19.440 Feeling shaky, feeling very slowed down.

NOTE Confidence: 0.25270197

00:25:19.440 --> 00:25:20.160 Concentration.

NOTE Confidence: 0.25270197

00:25:20.160 --> 00:25:24.240 But this is a way of remembering

NOTE Confidence: 0.25270197

00:25:24.240 --> 00:25:24.920 these symptoms.

NOTE Confidence: 0.25270197

00:25:24.920 --> 00:25:28.443 So This is why I'm giving you this acronym,

NOTE Confidence: 0.25270197

00:25:28.443 --> 00:25:30.144 and this is the same acronym and

NOTE Confidence: 0.25270197

00:25:30.144 --> 00:25:32.016 some of the same things that we

NOTE Confidence: 0.25270197

00:25:32.016 --> 00:25:33.351 use with our medical students.

NOTE Confidence: 0.25270197

00:25:33.360 --> 00:25:35.815 So today you're pretending

NOTE Confidence: 0.25270197

00:25:35.815 --> 00:25:37.040 to be a medical student.

NOTE Confidence: 0.7755783

00:25:40.440 --> 00:25:43.310 Now, now that we know what depression

NOTE Confidence: 0.7755783

00:25:43.310 --> 00:25:46.557 is a little bit what it looks like,

NOTE Confidence: 0.7755783

00:25:46.560 --> 00:25:47.640 the news is not all bad.

NOTE Confidence: 0.7755783

00:25:47.640 --> 00:25:49.200 Because once we recognize depression,  
NOTE Confidence: 0.7755783

00:25:49.200 --> 00:25:52.116 there's a lot that we can do to help.  
NOTE Confidence: 0.7755783

00:25:52.120 --> 00:25:56.760 Now, fortunately, yesterday you  
NOTE Confidence: 0.7755783

00:25:56.760 --> 00:25:58.878 we're going to start with this.  
NOTE Confidence: 0.7755783

00:25:58.880 --> 00:26:00.940 Let's start with any antidepressant  
NOTE Confidence: 0.7755783

00:26:00.940 --> 00:26:03.603 that you can mention and you can  
NOTE Confidence: 0.7755783

00:26:03.603 --> 00:26:05.739 put more than one in the in the  
NOTE Confidence: 0.7755783

00:26:05.817 --> 00:26:07.672 field but but let's see how many  
NOTE Confidence: 0.7755783

00:26:07.672 --> 00:26:08.680 antidepressants you can name  
NOTE Confidence: 0.73339355

00:26:10.760 --> 00:26:12.839 if any antidepressant treatments you can name  
NOTE Confidence: 0.73339355

00:26:16.800 --> 00:26:18.634 doesn't have to just be a medication.  
NOTE Confidence: 0.37432352

00:26:41.400 --> 00:26:43.500 OK, so let's let's see  
NOTE Confidence: 0.37432352

00:26:43.500 --> 00:26:45.600 what you what you answered  
NOTE Confidence: 0.37432352

00:26:49.520 --> 00:26:50.200 Prosaic  
NOTE Confidence: 0.37432352

00:26:52.760 --> 00:26:53.800 ethics or  
NOTE Confidence: 0.37432352

00:27:00.560 --> 00:27:02.960 CBT. So cognitive behavioral therapy good.



NOTE Confidence: 0.37432352

00:27:02.960 --> 00:27:05.678 So a non medication meditation good.

NOTE Confidence: 0.5798583

00:27:08.960 --> 00:27:10.840 Excise the depression through exercise.

NOTE Confidence: 0.5798583

00:27:10.840 --> 00:27:12.720 Exercise problem. Raw cookie dough.

NOTE Confidence: 0.5798583

00:27:12.720 --> 00:27:13.998 I like that. I like that.

NOTE Confidence: 0.5798583

00:27:14.000 --> 00:27:15.392 Although that may be more of

NOTE Confidence: 0.5798583

00:27:15.392 --> 00:27:16.800 the problem than the solution.

NOTE Confidence: 0.5798583

00:27:16.800 --> 00:27:19.440 Oh, we're getting fancy Lyrica Zoloft.

NOTE Confidence: 0.5798583

00:27:19.440 --> 00:27:20.932 Prozac, electrotherapy.

NOTE Confidence: 0.5798583

00:27:20.932 --> 00:27:22.424 Cognitive behavioral

NOTE Confidence: 0.5798583

00:27:22.424 --> 00:27:24.760 therapy exercise sertraline

NOTE Confidence: 0.5798583

00:27:27.560 --> 00:27:29.639 good. So what I'm seeing here is

NOTE Confidence: 0.5798583

00:27:29.639 --> 00:27:32.183 that most of you are familiar with at

NOTE Confidence: 0.5798583

00:27:32.183 --> 00:27:34.560 least some at least one medication,

NOTE Confidence: 0.5798583

00:27:34.560 --> 00:27:39.200 usually medication fewer of you are as

NOTE Confidence: 0.5798583

00:27:39.200 --> 00:27:40.920 familiar with non medication treatments.

NOTE Confidence: 0.5798583

00:27:40.920 --> 00:27:43.662 That's fine. And for those non  
NOTE Confidence: 0.5798583

00:27:43.662 --> 00:27:45.490 medication treatments things like  
NOTE Confidence: 0.5798583

00:27:45.565 --> 00:27:48.840 exercise and puppies are you know,  
NOTE Confidence: 0.5798583

00:27:48.840 --> 00:27:51.080 common things that can that can help.  
NOTE Confidence: 0.5798583

00:27:51.080 --> 00:27:53.717 OK, So what do we do with this information?  
NOTE Confidence: 0.90830684

00:27:57.120 --> 00:28:01.705 So as you recall, you're part of this course  
NOTE Confidence: 0.90830684

00:28:01.705 --> 00:28:04.466 and you got your homework and you were  
NOTE Confidence: 0.90830684

00:28:04.466 --> 00:28:07.200 at home and you studied it very closely.  
NOTE Confidence: 0.90830684

00:28:07.200 --> 00:28:09.195 And now you're going to use the  
NOTE Confidence: 0.90830684

00:28:09.195 --> 00:28:10.478 information from your homework  
NOTE Confidence: 0.90830684

00:28:10.478 --> 00:28:12.318 assignment to answer a question.  
NOTE Confidence: 0.90830684

00:28:12.320 --> 00:28:14.516 Now I know that the dog ate your homework,  
NOTE Confidence: 0.90830684

00:28:14.520 --> 00:28:15.039 so that's fine.  
NOTE Confidence: 0.90830684

00:28:15.039 --> 00:28:16.560 So we're going to give it back to you.  
NOTE Confidence: 0.90830684

00:28:16.560 --> 00:28:17.840 We're going to put it in the text.  
NOTE Confidence: 0.90830684

00:28:17.840 --> 00:28:20.880 It's A1 pager, Linda, if you don't mind.

NOTE Confidence: 0.90830684

00:28:20.880 --> 00:28:22.364 And I'm also going to go over

NOTE Confidence: 0.90830684

00:28:22.364 --> 00:28:23.440 it on the screen.

NOTE Confidence: 0.90830684

00:28:23.440 --> 00:28:25.036 We're going to spend, you know,

NOTE Confidence: 0.90830684

00:28:25.040 --> 00:28:27.881 a minute or two or three going over this.

NOTE Confidence: 0.90830684

00:28:27.881 --> 00:28:29.429 And with the information

NOTE Confidence: 0.90830684

00:28:29.429 --> 00:28:31.120 that you're going to see,

NOTE Confidence: 0.90830684

00:28:31.120 --> 00:28:33.865 we're then going to ask you to put your

NOTE Confidence: 0.90830684

00:28:33.865 --> 00:28:36.675 heads together and come up with an answer.

NOTE Confidence: 0.90830684

00:28:36.680 --> 00:28:38.408 OK, Again, I'm not going to

NOTE Confidence: 0.90830684

00:28:38.408 --> 00:28:40.040 divide you into small groups,

NOTE Confidence: 0.90830684

00:28:40.040 --> 00:28:42.080 but we're going to do something

NOTE Confidence: 0.90830684

00:28:42.080 --> 00:28:43.440 quite similar to that.

NOTE Confidence: 0.90830684

00:28:43.440 --> 00:28:44.620 OK.

NOTE Confidence: 0.90830684

00:28:44.620 --> 00:28:47.802 So in this list of you know the

NOTE Confidence: 0.90830684

00:28:47.802 --> 00:28:50.433 notes that you took at home from the

NOTE Confidence: 0.90830684

00:28:50.433 --> 00:28:52.800 lectures and the podcasts and whatever,  
NOTE Confidence: 0.90830684

00:28:52.800 --> 00:28:54.800 you have these five treatments  
NOTE Confidence: 0.90830684

00:28:54.800 --> 00:28:56.000 that you remember.  
NOTE Confidence: 0.90830684

00:28:56.000 --> 00:28:59.320 And you took some notes about aripiprazole  
NOTE Confidence: 0.90830684

00:28:59.320 --> 00:29:02.624 or Abilify any typical antipsychotic.  
NOTE Confidence: 0.90830684

00:29:02.624 --> 00:29:05.072 It acts on dopamine and serotonin,  
NOTE Confidence: 0.90830684

00:29:05.080 --> 00:29:06.532 traditionally used for schizophrenia,  
NOTE Confidence: 0.90830684

00:29:06.532 --> 00:29:08.710 but has also been used in  
NOTE Confidence: 0.90830684

00:29:08.772 --> 00:29:10.560 treatment resistant depression,  
NOTE Confidence: 0.90830684

00:29:10.560 --> 00:29:13.670 especially as a adjunct in  
NOTE Confidence: 0.90830684

00:29:13.670 --> 00:29:16.158 addition to an antidepressant.  
NOTE Confidence: 0.90830684

00:29:16.160 --> 00:29:17.420 Weight gain liability can  
NOTE Confidence: 0.90830684

00:29:17.420 --> 00:29:18.995 be a common side effect.  
NOTE Confidence: 0.90830684

00:29:19.000 --> 00:29:21.368 So that's one treatment,  
NOTE Confidence: 0.90830684

00:29:21.368 --> 00:29:21.960 aripiprazole,  
NOTE Confidence: 0.8033114

00:29:24.040 --> 00:29:28.455 very different treatment is non medication

NOTE Confidence: 0.8033114

00:29:28.455 --> 00:29:30.875 and they're organized alphabetically.

NOTE Confidence: 0.8033114

00:29:30.880 --> 00:29:33.896 Electroconvulsive therapy is

NOTE Confidence: 0.8033114

00:29:33.896 --> 00:29:35.672 an old treatment that goes back

NOTE Confidence: 0.8033114

00:29:35.672 --> 00:29:38.229 to the 1920s and it's the first

NOTE Confidence: 0.8033114

00:29:38.229 --> 00:29:39.833 effective antidepressant we had,

NOTE Confidence: 0.8033114

00:29:39.840 --> 00:29:42.720 can be safe and can have a rapid

NOTE Confidence: 0.8033114

00:29:42.720 --> 00:29:44.512 onset treatment of choice for

NOTE Confidence: 0.8033114

00:29:44.512 --> 00:29:45.944 depression with psychotic features

NOTE Confidence: 0.8033114

00:29:45.944 --> 00:29:48.240 and for severe depression including,

NOTE Confidence: 0.8033114

00:29:48.240 --> 00:29:50.760 which may sound really counterintuitive

NOTE Confidence: 0.8033114

00:29:50.760 --> 00:29:52.200 or depression during pregnancy,

NOTE Confidence: 0.8033114

00:29:52.200 --> 00:29:52.920 for example.

NOTE Confidence: 0.7613038

00:29:55.240 --> 00:29:57.928 And the electric stimuli stimuli are

NOTE Confidence: 0.7613038

00:29:57.928 --> 00:30:00.425 delivered either one side or both

NOTE Confidence: 0.7613038

00:30:00.425 --> 00:30:04.080 sides of the head, so that's ECT.

NOTE Confidence: 0.7613038

00:30:04.080 --> 00:30:06.212 And so that's the second one that  
NOTE Confidence: 0.7613038

00:30:06.212 --> 00:30:07.400 you remember from your notes.  
NOTE Confidence: 0.7613038

00:30:09.480 --> 00:30:10.676 Third one is ketamine,  
NOTE Confidence: 0.7613038

00:30:10.676 --> 00:30:13.639 which is a very the new kid on the block,  
NOTE Confidence: 0.7613038

00:30:13.640 --> 00:30:15.448 it's an NMDA receptor.  
NOTE Confidence: 0.7613038

00:30:15.448 --> 00:30:17.708 It actually started in anaesthesia  
NOTE Confidence: 0.7613038

00:30:17.708 --> 00:30:20.280 as a dissociative anaesthetic.  
NOTE Confidence: 0.7613038

00:30:20.280 --> 00:30:21.628 It acts very quickly.  
NOTE Confidence: 0.7613038

00:30:21.628 --> 00:30:23.650 Within the first dose you can  
NOTE Confidence: 0.7613038

00:30:23.720 --> 00:30:25.439 see dramatic improvements.  
NOTE Confidence: 0.7613038

00:30:25.440 --> 00:30:28.280 Unfortunately it has a very short half life.  
NOTE Confidence: 0.7613038

00:30:28.280 --> 00:30:29.900 Unfortunately it has to  
NOTE Confidence: 0.7613038

00:30:29.900 --> 00:30:31.115 be given intravenously.  
NOTE Confidence: 0.7613038

00:30:31.120 --> 00:30:33.400 But in this day and age we're using  
NOTE Confidence: 0.7613038

00:30:33.400 --> 00:30:34.704 more something called esketamine  
NOTE Confidence: 0.7613038

00:30:34.704 --> 00:30:37.013 that's given as a nasal spray and

NOTE Confidence: 0.7613038

00:30:37.013 --> 00:30:39.064 this treatment can also be used in

NOTE Confidence: 0.7613038

00:30:39.064 --> 00:30:41.120 addition to others as a combination.

NOTE Confidence: 0.7613038

00:30:41.120 --> 00:30:45.199 But it's a very current treatment.

NOTE Confidence: 0.5749758

00:30:48.560 --> 00:30:52.120 4th and and ultimate one is RTMS.

NOTE Confidence: 0.5749758

00:30:52.120 --> 00:30:55.000 Repetitive transcranial magnetic stimulation.

NOTE Confidence: 0.5749758

00:30:55.000 --> 00:30:58.480 Non invasive, it uses magnetic fields

NOTE Confidence: 0.5749758

00:30:58.480 --> 00:31:01.840 that are put surrounding the the head.

NOTE Confidence: 0.5749758

00:31:01.840 --> 00:31:04.486 The magnetic fields can go some 2

NOTE Confidence: 0.5749758

00:31:04.486 --> 00:31:07.532 inches into the cortex. Very safe.

NOTE Confidence: 0.5749758

00:31:07.532 --> 00:31:10.116 Does not require anaesthesia,

NOTE Confidence: 0.5749758

00:31:10.120 --> 00:31:11.660 essentially no side effects.

NOTE Confidence: 0.5749758

00:31:11.660 --> 00:31:14.406 One in a million people can have

NOTE Confidence: 0.5749758

00:31:14.406 --> 00:31:16.308 seizures is very rare and given

NOTE Confidence: 0.5749758

00:31:16.308 --> 00:31:17.478 its low side effect burden,

NOTE Confidence: 0.5749758

00:31:17.480 --> 00:31:21.085 it's it's often really liked and preferred

NOTE Confidence: 0.5749758

00:31:21.085 --> 00:31:23.799 by patients because it's so easy.  
NOTE Confidence: 0.5749758

00:31:23.800 --> 00:31:25.885 And the final treatment is  
NOTE Confidence: 0.5749758

00:31:25.885 --> 00:31:27.714 another medication, venlafaxine.  
NOTE Confidence: 0.5749758

00:31:27.714 --> 00:31:31.690 It's an SNRI serotonin  
NOTE Confidence: 0.5749758

00:31:31.690 --> 00:31:33.678 norepinephrine inhibitor.  
NOTE Confidence: 0.5749758

00:31:33.680 --> 00:31:36.207 It's commonly used as a second line  
NOTE Confidence: 0.5749758

00:31:36.207 --> 00:31:38.118 antidepressant when let's say the SSRI,  
NOTE Confidence: 0.5749758

00:31:38.120 --> 00:31:40.120 the pro sex of the world haven't worked  
NOTE Confidence: 0.44843912

00:31:42.720 --> 00:31:46.476 it. We use it in children.  
NOTE Confidence: 0.44843912

00:31:46.480 --> 00:31:49.300 Duloxetine, which is a cousin is  
NOTE Confidence: 0.44843912

00:31:49.300 --> 00:31:51.180 particularly used for patients  
NOTE Confidence: 0.44843912

00:31:51.262 --> 00:31:53.277 who have Co occurring pain.  
NOTE Confidence: 0.44843912

00:31:53.280 --> 00:31:56.325 OK, so now this was a reminder  
NOTE Confidence: 0.44843912

00:31:56.325 --> 00:31:57.800 of your your homework.  
NOTE Confidence: 0.44843912

00:31:57.800 --> 00:31:59.000 Again, you have it,  
NOTE Confidence: 0.44843912

00:31:59.000 --> 00:32:00.560 it's a Word document if you



NOTE Confidence: 0.44843912

00:32:00.560 --> 00:32:02.320 want it for this next phase.

NOTE Confidence: 0.44843912

00:32:04.480 --> 00:32:10.640 So whoops. So the question is what

NOTE Confidence: 0.44843912

00:32:10.640 --> 00:32:13.320 treatment use for the patient that you saw.

NOTE Confidence: 0.44843912

00:32:13.320 --> 00:32:15.576 And don't don't rush it, just take your time.

NOTE Confidence: 0.44843912

00:32:15.576 --> 00:32:17.653 What I'm going to ask you is

NOTE Confidence: 0.44843912

00:32:17.653 --> 00:32:20.700 not just to put your vote down,

NOTE Confidence: 0.44843912

00:32:20.700 --> 00:32:24.515 but then it'll really help make all

NOTE Confidence: 0.44843912

00:32:24.515 --> 00:32:27.313 the teaching points if you then defend

NOTE Confidence: 0.44843912

00:32:27.313 --> 00:32:30.384 if you will, or justify your choice.

NOTE Confidence: 0.44843912

00:32:30.384 --> 00:32:31.280 OK. So

NOTE Confidence: 0.41485068

00:32:34.680 --> 00:32:36.836 you'll be able to pick just one.

NOTE Confidence: 0.41485068

00:32:36.840 --> 00:32:39.199 If we were in a room together,

NOTE Confidence: 0.41485068

00:32:39.200 --> 00:32:43.015 I would ask you to form little

NOTE Confidence: 0.41485068

00:32:43.015 --> 00:32:45.720 groups and it's less about the group.

NOTE Confidence: 0.41485068

00:32:45.720 --> 00:32:49.800 You know, we could do groups in in,

NOTE Confidence: 0.41485068

00:32:49.800 --> 00:32:50.922 in breakout rooms,  
NOTE Confidence: 0.41485068

00:32:50.922 --> 00:32:54.080 but it's more about the continuity of groups.  
NOTE Confidence: 0.41485068

00:32:54.080 --> 00:32:56.370 So I find that if it's a class where the same  
NOTE Confidence: 0.41485068

00:32:56.370 --> 00:32:58.530 students are meeting and they form groups,  
NOTE Confidence: 0.41485068

00:32:58.530 --> 00:33:00.840 then this really works very well.  
NOTE Confidence: 0.41485068

00:33:00.840 --> 00:33:03.848 When the group is a 11 only  
NOTE Confidence: 0.41485068

00:33:03.848 --> 00:33:05.240 time getting together,  
NOTE Confidence: 0.41485068

00:33:05.240 --> 00:33:06.680 it doesn't work quite as well.  
NOTE Confidence: 0.41485068

00:33:06.680 --> 00:33:07.435 But for now you're going  
NOTE Confidence: 0.41485068

00:33:07.435 --> 00:33:08.039 to do it individually.  
NOTE Confidence: 0.41485068

00:33:08.040 --> 00:33:10.490 And let me give you a minute  
NOTE Confidence: 0.41485068

00:33:10.490 --> 00:33:11.560 and make up your mind  
NOTE Confidence: 0.5376718

00:33:38.960 --> 00:33:40.340 now, Andrea says. As people  
NOTE Confidence: 0.5376718

00:33:40.340 --> 00:33:41.915 are making up their minds,  
NOTE Confidence: 0.5376718

00:33:41.920 --> 00:33:43.820 could I just remind people  
NOTE Confidence: 0.5376718

00:33:43.820 --> 00:33:45.436 that with so many in the room,

NOTE Confidence: 0.5376718

00:33:45.440 --> 00:33:48.198 it's difficult to see hand hands raised.

NOTE Confidence: 0.5376718

00:33:48.200 --> 00:33:51.796 So just feel free to defend

NOTE Confidence: 0.5376718

00:33:51.796 --> 00:33:53.976 your answer orally by unmuting

NOTE Confidence: 0.5376718

00:33:53.976 --> 00:33:55.720 and defending your answer.

NOTE Confidence: 0.5376718

00:33:55.720 --> 00:33:58.360 Or you can also put information,

NOTE Confidence: 0.5376718

00:33:58.360 --> 00:34:00.600 questions, comments and chat

NOTE Confidence: 0.5376718

00:34:00.600 --> 00:34:02.840 and I'll monitor that.

NOTE Confidence: 0.5376718

00:34:02.840 --> 00:34:04.480 Thanks. Great.

NOTE Confidence: 0.8907409

00:34:33.360 --> 00:34:36.320 And remember, we're we're choosing

NOTE Confidence: 0.8907409

00:34:36.320 --> 00:34:37.900 treatment for the patient.

NOTE Confidence: 0.8907409

00:34:37.900 --> 00:34:40.622 We saw in the video, a woman

NOTE Confidence: 0.8907409

00:34:40.622 --> 00:34:43.560 probably in her early 60s, mid 60s,

NOTE Confidence: 0.38627335

00:34:46.400 --> 00:34:47.708 recurrent episodes of depression.

NOTE Confidence: 0.38627335

00:34:47.708 --> 00:34:50.387 But by far this is the worst and

NOTE Confidence: 0.38627335

00:34:50.387 --> 00:34:52.355 her usual treatment has not worked,

NOTE Confidence: 0.38627335

00:34:52.360 --> 00:34:55.120 and it's having an impact on  
NOTE Confidence: 0.38627335

00:34:55.120 --> 00:34:57.124 her family life, taking care of  
NOTE Confidence: 0.38627335

00:34:57.124 --> 00:34:58.880 her grandchildren and so forth.  
NOTE Confidence: 0.38627335

00:35:05.280 --> 00:35:08.768 OK, let's let's see what what  
NOTE Confidence: 0.38627335

00:35:08.768 --> 00:35:09.880 do you guys thought? OK,  
NOTE Confidence: 0.9482648

00:35:17.560 --> 00:35:26.560 OK, very interesting. OK. So first of all,  
NOTE Confidence: 0.9482648

00:35:31.040 --> 00:35:34.152 I I think it's important to say that  
NOTE Confidence: 0.9482648

00:35:34.152 --> 00:35:37.238 none of the options are horrific.  
NOTE Confidence: 0.9482648

00:35:37.240 --> 00:35:39.418 You know, no one would send you to psychiatry  
NOTE Confidence: 0.9482648

00:35:39.418 --> 00:35:41.320 jail for doing any of the five things.  
NOTE Confidence: 0.9482648

00:35:41.320 --> 00:35:43.091 I think that they're so and and  
NOTE Confidence: 0.9482648

00:35:43.091 --> 00:35:44.640 that's why we want to hear.  
NOTE Confidence: 0.9482648

00:35:44.640 --> 00:35:45.780 Now you're thinking, right,  
NOTE Confidence: 0.9482648

00:35:45.780 --> 00:35:48.790 it's not about I won and you lost, but why?  
NOTE Confidence: 0.9482648

00:35:48.790 --> 00:35:51.230 So it it's interesting and and curiously  
NOTE Confidence: 0.9482648

00:35:51.230 --> 00:35:52.560 it's not what I would have predicted,

NOTE Confidence: 0.9482648

00:35:52.560 --> 00:35:55.080 which is what makes this always fun.

NOTE Confidence: 0.9482648

00:35:55.080 --> 00:36:00.520 So why don't we start with our contrarian?

NOTE Confidence: 0.9482648

00:36:00.520 --> 00:36:02.256 Kristen, Why, Kristen, why?

NOTE Confidence: 0.9482648

00:36:02.256 --> 00:36:05.600 Why did you pick erypiprazole augmentation?

NOTE Confidence: 0.7981876

00:36:07.720 --> 00:36:08.800 Well, just looking at the woman,

NOTE Confidence: 0.7981876

00:36:08.800 --> 00:36:11.691 I was concerned about psychosis and she

NOTE Confidence: 0.7981876

00:36:11.691 --> 00:36:15.240 just seemed so flat and so withdrawn.

NOTE Confidence: 0.7981876

00:36:15.240 --> 00:36:16.410 Although we didn't ask her about

NOTE Confidence: 0.7981876

00:36:16.410 --> 00:36:17.560 psychotic symptoms in the interview,

NOTE Confidence: 0.7981876

00:36:17.560 --> 00:36:19.024 I'm just I I worry that's

NOTE Confidence: 0.7981876

00:36:19.024 --> 00:36:20.000 the direction she's going.

NOTE Confidence: 0.7981876

00:36:20.000 --> 00:36:21.488 So I feel like she's going

NOTE Confidence: 0.7981876

00:36:21.488 --> 00:36:22.480 to need an antipsychotic.

NOTE Confidence: 0.7981876

00:36:22.480 --> 00:36:23.754 And it could help her depression too.

NOTE Confidence: 0.7981876

00:36:24.600 --> 00:36:26.859 Yeah. And can you tell us what made you

NOTE Confidence: 0.7981876

00:36:26.859 --> 00:36:28.956 think of the possibility of psychosis?  
NOTE Confidence: 0.3609687

00:36:30.520 --> 00:36:32.772 Well, she just looked so, you know,  
NOTE Confidence: 0.3609687

00:36:32.772 --> 00:36:34.214 just sort of flat and withdrawn and  
NOTE Confidence: 0.3609687

00:36:34.214 --> 00:36:35.639 and was kind of slow to respond.  
NOTE Confidence: 0.3609687

00:36:35.640 --> 00:36:37.224 I almost wondered if she was  
NOTE Confidence: 0.3609687

00:36:37.224 --> 00:36:38.280 having some thought blocking.  
NOTE Confidence: 0.3609687

00:36:38.280 --> 00:36:40.380 Maybe she was paranoid about the whole  
NOTE Confidence: 0.3609687

00:36:40.380 --> 00:36:42.499 situation that was going on with her  
NOTE Confidence: 0.3609687

00:36:42.499 --> 00:36:44.239 daughter there talking to the doctor.  
NOTE Confidence: 0.3609687

00:36:44.240 --> 00:36:44.920 And I wondered if she  
NOTE Confidence: 0.3609687

00:36:44.920 --> 00:36:46.036 might, you know, might be having  
NOTE Confidence: 0.3609687

00:36:46.040 --> 00:36:48.440 some kind of violence and delusions,  
NOTE Confidence: 0.3609687

00:36:48.440 --> 00:36:49.200 that sort of thing.  
NOTE Confidence: 0.3609687

00:36:49.800 --> 00:36:52.192 No, that's good. And I would also add  
NOTE Confidence: 0.3609687

00:36:52.192 --> 00:36:54.836 to your thinking that she had been on  
NOTE Confidence: 0.3609687

00:36:54.836 --> 00:36:56.812 her previous medication for a while and

NOTE Confidence: 0.3609687

00:36:56.812 --> 00:36:58.756 she had been doing well for a while.

NOTE Confidence: 0.3609687

00:36:58.760 --> 00:37:00.460 So that's maybe the ideals

NOTE Confidence: 0.3609687

00:37:00.460 --> 00:37:01.480 of augmentation right?

NOTE Confidence: 0.3609687

00:37:01.480 --> 00:37:03.496 Now let's not take out something that

NOTE Confidence: 0.3609687

00:37:03.496 --> 00:37:05.320 was at least helpful for a long time.

NOTE Confidence: 0.3609687

00:37:05.320 --> 00:37:06.916 So, so thank you, but you know,

NOTE Confidence: 0.3609687

00:37:06.920 --> 00:37:07.799 unfortunately, you, you,

NOTE Confidence: 0.3609687

00:37:07.799 --> 00:37:09.557 you're you're alone on this one.

NOTE Confidence: 0.3609687

00:37:09.560 --> 00:37:11.798 Let's see what your buddies thought.

NOTE Confidence: 0.3609687

00:37:11.800 --> 00:37:16.360 OK, so ECT Does anyone?

NOTE Confidence: 0.3609687

00:37:16.360 --> 00:37:18.012 I'm going to go in in their

NOTE Confidence: 0.3609687

00:37:18.012 --> 00:37:19.220 order of frequency, ECT.

NOTE Confidence: 0.3609687

00:37:19.220 --> 00:37:19.720 Anyone.

NOTE Confidence: 0.5041619

00:37:28.880 --> 00:37:30.635 Come on, people. You. You know who you are.

NOTE Confidence: 0.5041619

00:37:38.160 --> 00:37:39.399 No, no, ECT.

NOTE Confidence: 0.5041619

00:37:41.600 --> 00:37:44.960 OK, well, I'll. I'll come to your  
NOTE Confidence: 0.5041619

00:37:44.960 --> 00:37:47.040 rescue and maybe you'll pipe in.  
NOTE Confidence: 0.5041619

00:37:47.040 --> 00:37:49.000 I actually think that ECT would be  
NOTE Confidence: 0.5041619

00:37:49.000 --> 00:37:51.800 a really good option for this woman.  
NOTE Confidence: 0.8393241

00:37:54.160 --> 00:37:55.456 As far as she we know she doesn't  
NOTE Confidence: 0.8393241

00:37:55.456 --> 00:37:56.880 have a a complex medical history,  
NOTE Confidence: 0.8393241

00:37:56.880 --> 00:37:59.640 but she does look a little bit frail.  
NOTE Confidence: 0.8393241

00:37:59.640 --> 00:38:01.268 She has not responded.  
NOTE Confidence: 0.8393241

00:38:01.268 --> 00:38:04.479 She has responded very well in the past,  
NOTE Confidence: 0.8393241

00:38:04.480 --> 00:38:07.434 but now has had this very dramatic  
NOTE Confidence: 0.8393241

00:38:07.440 --> 00:38:12.120 decrease in in her function.  
NOTE Confidence: 0.8393241

00:38:12.120 --> 00:38:16.188 She is missing out on a lot of things  
NOTE Confidence: 0.8393241

00:38:16.188 --> 00:38:19.916 and this could very quickly get worse,  
NOTE Confidence: 0.8393241

00:38:19.920 --> 00:38:21.495 worse in the direction of  
NOTE Confidence: 0.8393241

00:38:21.495 --> 00:38:22.755 depression as Kirsten mentioned,  
NOTE Confidence: 0.8393241

00:38:22.760 --> 00:38:24.965 or worse in the depression of the



NOTE Confidence: 0.8393241

00:38:24.965 --> 00:38:27.128 depression getting really, really frozen.

NOTE Confidence: 0.8393241

00:38:27.128 --> 00:38:29.438 We already see some frozenness

NOTE Confidence: 0.8393241

00:38:29.438 --> 00:38:30.920 in her movement.

NOTE Confidence: 0.8393241

00:38:30.920 --> 00:38:31.944 She's very slowed down.

NOTE Confidence: 0.8393241

00:38:31.944 --> 00:38:33.480 We don't know her from before,

NOTE Confidence: 0.8393241

00:38:33.480 --> 00:38:35.919 but I would bet that that's not her baseline.

NOTE Confidence: 0.8393241

00:38:35.920 --> 00:38:37.513 So I think that ECT would be a very,

NOTE Confidence: 0.8393241

00:38:37.520 --> 00:38:39.711 very good option and I think that

NOTE Confidence: 0.8393241

00:38:39.711 --> 00:38:41.683 someone in this crowd might be

NOTE Confidence: 0.8393241

00:38:41.683 --> 00:38:43.923 with me because does anyone want to

NOTE Confidence: 0.8393241

00:38:43.990 --> 00:38:46.036 support that view and that vote.

NOTE Confidence: 0.48062402

00:38:50.120 --> 00:38:54.552 OK, OK. All right. So what about ketamine

NOTE Confidence: 0.48062402

00:38:54.552 --> 00:38:57.319 and venlafaxine seem to be tied.

NOTE Confidence: 0.48062402

00:38:57.320 --> 00:38:59.240 Anyone I want to speak for either one.

NOTE Confidence: 0.48062402

00:39:05.940 --> 00:39:08.420 Deb, I'm going to pick on you before

NOTE Confidence: 0.48062402

00:39:08.420 --> 00:39:10.340 because little earlier you had you

NOTE Confidence: 0.48062402

00:39:10.340 --> 00:39:12.200 were about to say something and

NOTE Confidence: 0.48062402

00:39:12.200 --> 00:39:13.960 and I think that I skipped it if

NOTE Confidence: 0.48062402

00:39:13.960 --> 00:39:15.360 I'm right, is that is that fair?

NOTE Confidence: 0.62444115

00:39:17.240 --> 00:39:18.374 I was going to say something

NOTE Confidence: 0.62444115

00:39:18.374 --> 00:39:19.835 when I was I can't even remember

NOTE Confidence: 0.62444115

00:39:19.835 --> 00:39:21.354 back that far now but yet I

NOTE Confidence: 0.62444115

00:39:23.080 --> 00:39:24.640 was oh, it was on anemia

NOTE Confidence: 0.62444115

00:39:24.640 --> 00:39:25.840 and B12 being leaked

NOTE Confidence: 0.62444115

00:39:27.760 --> 00:39:28.798 on the RTMS,

NOTE Confidence: 0.62444115

00:39:29.440 --> 00:39:30.600 on anything on whatever you

NOTE Confidence: 0.62444115

00:39:30.600 --> 00:39:33.560 voted or whatever you want. So I

NOTE Confidence: 0.761278492857143

00:39:34.960 --> 00:39:37.186 hooked, I choose RTMS and I

NOTE Confidence: 0.761278492857143

00:39:37.186 --> 00:39:39.879 happy to be picked on by the way.

NOTE Confidence: 0.761278492857143

00:39:39.880 --> 00:39:42.337 But no, I chose it because it's

NOTE Confidence: 0.761278492857143

00:39:42.337 --> 00:39:44.400 something that you introduced,

NOTE Confidence: 0.761278492857143  
00:39:44.400 --> 00:39:45.984 something that I'm not familiar  
NOTE Confidence: 0.761278492857143  
00:39:45.984 --> 00:39:47.640 with and in my clinical setting  
NOTE Confidence: 0.761278492857143  
00:39:47.696 --> 00:39:48.996 it wouldn't be an option.  
NOTE Confidence: 0.761278492857143  
00:39:49.000 --> 00:39:52.120 So I was intrigued by the lower side effect  
NOTE Confidence: 0.761278492857143  
00:39:52.120 --> 00:39:54.560 profile for someone caring for children.  
NOTE Confidence: 0.761278492857143  
00:39:54.560 --> 00:39:56.919 And a lot of these other options  
NOTE Confidence: 0.761278492857143  
00:39:56.920 --> 00:39:59.680 would have a risk of either,  
NOTE Confidence: 0.761278492857143  
00:39:59.680 --> 00:40:02.520 you know, altering sedation level,  
NOTE Confidence: 0.761278492857143  
00:40:02.520 --> 00:40:03.720 either sedation or overstimulation  
NOTE Confidence: 0.761278492857143  
00:40:03.720 --> 00:40:06.600 kind of in either direction.  
NOTE Confidence: 0.761278492857143  
00:40:06.600 --> 00:40:09.502 And some might interact with her  
NOTE Confidence: 0.761278492857143  
00:40:09.502 --> 00:40:12.034 desire to say be independently caring  
NOTE Confidence: 0.52976376  
00:40:12.040 --> 00:40:12.919 for small children.  
NOTE Confidence: 0.52976376  
00:40:14.000 --> 00:40:15.240 Yeah no I'm I'm so,  
NOTE Confidence: 0.52976376  
00:40:15.240 --> 00:40:17.088 I'm so glad that you're thinking with  
NOTE Confidence: 0.52976376

00:40:17.088 --> 00:40:18.548 with the children in mind, right.  
NOTE Confidence: 0.52976376

00:40:18.548 --> 00:40:19.916 That's not typically how we think.  
NOTE Confidence: 0.52976376

00:40:19.920 --> 00:40:21.078 We think just patient in mind.  
NOTE Confidence: 0.52976376

00:40:21.080 --> 00:40:22.490 But I think that here thinking  
NOTE Confidence: 0.52976376

00:40:22.490 --> 00:40:24.580 generationally is, is very important.  
NOTE Confidence: 0.52976376

00:40:24.580 --> 00:40:26.953 So that's good, you know RTMS.  
NOTE Confidence: 0.52976376

00:40:26.953 --> 00:40:28.208 The the advantage would be  
NOTE Confidence: 0.52976376

00:40:28.208 --> 00:40:29.400 that it's non invasive,  
NOTE Confidence: 0.52976376

00:40:29.400 --> 00:40:30.795 it's user friendly.  
NOTE Confidence: 0.52976376

00:40:30.795 --> 00:40:33.120 She would go for it.  
NOTE Confidence: 0.52976376

00:40:33.120 --> 00:40:35.595 I think that probably it wouldn't be my top,  
NOTE Confidence: 0.52976376

00:40:35.600 --> 00:40:37.160 top, top choice because I don't  
NOTE Confidence: 0.52976376

00:40:37.160 --> 00:40:39.062 know that it would take her out  
NOTE Confidence: 0.52976376

00:40:39.062 --> 00:40:40.397 of this depth of depression.  
NOTE Confidence: 0.52976376

00:40:40.400 --> 00:40:44.040 But if she is not as accepting or  
NOTE Confidence: 0.52976376

00:40:44.040 --> 00:40:46.240 exciting about ECT for example,

NOTE Confidence: 0.52976376

00:40:46.240 --> 00:40:48.052 this could be a pathway to

NOTE Confidence: 0.52976376

00:40:48.052 --> 00:40:49.837 get her more comfortable with

NOTE Confidence: 0.52976376

00:40:49.837 --> 00:40:51.877 interventional approaches for example.

NOTE Confidence: 0.52976376

00:40:51.880 --> 00:40:55.328 So you know, thank you for that, William.

NOTE Confidence: 0.52976376

00:40:55.328 --> 00:40:58.640 Bill, did you do you want to defend a vote?

NOTE Confidence: 0.52976376

00:40:58.640 --> 00:40:59.000 Any vote.

NOTE Confidence: 0.46927333

00:41:00.840 --> 00:41:03.192 I I Full disclosure,

NOTE Confidence: 0.46927333

00:41:03.192 --> 00:41:05.400 not a psychiatrist. So no

NOTE Confidence: 0.46927333

00:41:05.560 --> 00:41:06.640 one's perfect, no one's perfect.

NOTE Confidence: 0.46927333

00:41:09.240 --> 00:41:12.570 But my my rationale was the

NOTE Confidence: 0.46927333

00:41:12.570 --> 00:41:15.240 non invasive aspect of it.

NOTE Confidence: 0.46927333

00:41:15.240 --> 00:41:16.680 I understand that previously

NOTE Confidence: 0.46927333

00:41:16.680 --> 00:41:18.480 she was on a medication,

NOTE Confidence: 0.46927333

00:41:18.480 --> 00:41:22.500 so this does represent a real change in

NOTE Confidence: 0.46927333

00:41:22.500 --> 00:41:26.000 therapy that might itself just give her

NOTE Confidence: 0.46927333

00:41:26.000 --> 00:41:28.280 some hope and positiveness about it.  
NOTE Confidence: 0.46927333

00:41:28.280 --> 00:41:33.956 I worried maybe it won't be strong enough,  
NOTE Confidence: 0.46927333

00:41:33.960 --> 00:41:36.172 but I thought it was a good  
NOTE Confidence: 0.46927333

00:41:36.172 --> 00:41:37.709 first intervention as you said  
NOTE Confidence: 0.46927333

00:41:37.709 --> 00:41:40.464 to get her used to the idea of  
NOTE Confidence: 0.46927333

00:41:40.464 --> 00:41:44.240 something other than medication.  
NOTE Confidence: 0.46927333

00:41:44.240 --> 00:41:45.880 And so those were those  
NOTE Confidence: 0.46927333

00:41:45.880 --> 00:41:47.520 were my thoughts on that.  
NOTE Confidence: 0.6840543

00:41:48.120 --> 00:41:49.640 Thank you. No, that's great.  
NOTE Confidence: 0.6840543

00:41:49.640 --> 00:41:51.292 And venlafaxine could also  
NOTE Confidence: 0.6840543

00:41:51.292 --> 00:41:53.357 be a very good choice.  
NOTE Confidence: 0.6840543

00:41:53.360 --> 00:41:55.960 It would be a substitution of of the  
NOTE Confidence: 0.6840543

00:41:55.960 --> 00:41:58.517 SSRI that she is on for venlafaxine.  
NOTE Confidence: 0.6840543

00:41:58.520 --> 00:42:02.214 As I say any of the five options could be,  
NOTE Confidence: 0.6840543

00:42:02.214 --> 00:42:04.530 could be a good one and that that was a  
NOTE Confidence: 0.6840543

00:42:04.530 --> 00:42:06.252 point to start thinking about these these

NOTE Confidence: 0.6840543

00:42:06.308 --> 00:42:08.135 issues and we saw some nice examples

NOTE Confidence: 0.6840543

00:42:08.135 --> 00:42:09.245 thinking about the grandchildren.

NOTE Confidence: 0.6840543

00:42:09.245 --> 00:42:11.195 We typically don't do that thinking

NOTE Confidence: 0.6840543

00:42:11.195 --> 00:42:12.800 about the medical comorbidity,

NOTE Confidence: 0.6840543

00:42:12.800 --> 00:42:13.952 thinking about previous treatments.

NOTE Confidence: 0.6840543

00:42:13.952 --> 00:42:15.680 These are some of the things

NOTE Confidence: 0.6840543

00:42:15.733 --> 00:42:17.083 that as future physicians you're

NOTE Confidence: 0.6840543

00:42:17.083 --> 00:42:18.433 going to be thinking about.

NOTE Confidence: 0.6840543

00:42:18.440 --> 00:42:20.918 So, so good job with that.

NOTE Confidence: 0.6840543

00:42:20.920 --> 00:42:21.320 Now,

NOTE Confidence: 0.77206933

00:42:25.680 --> 00:42:27.440 I'm going to say that,

NOTE Confidence: 0.8802364

00:42:30.000 --> 00:42:33.024 well, I'm gonna ask beforehand how many

NOTE Confidence: 0.8802364

00:42:33.024 --> 00:42:37.278 of you have seen ECT, know what ECT is?

NOTE Confidence: 0.8802364

00:42:40.080 --> 00:42:41.945 And this time I probably

NOTE Confidence: 0.8802364

00:42:41.945 --> 00:42:44.319 anticipate a few hands will go up.

NOTE Confidence: 0.8802364

00:42:44.320 --> 00:42:45.028 Not even Kirsten.  
NOTE Confidence: 0.8802364

00:42:45.028 --> 00:42:46.680 I I know Kirsten has seen it.  
NOTE Confidence: 0.8802364

00:42:46.680 --> 00:42:49.368 So, Kirsten. OK, Deb.  
NOTE Confidence: 0.8802364

00:42:49.368 --> 00:42:53.278 OK, so since we talked about ECT and  
NOTE Confidence: 0.8802364

00:42:53.278 --> 00:42:55.758 there was so much discussion about it,  
NOTE Confidence: 0.8802364

00:42:55.760 --> 00:42:57.760 I want you to see what it looks like and  
NOTE Confidence: 0.8802364

00:42:57.813 --> 00:42:59.893 then give you an opportunity to ask any  
NOTE Confidence: 0.8802364

00:42:59.893 --> 00:43:01.918 questions or thoughts that you might have.  
NOTE Confidence: 0.8802364

00:43:01.920 --> 00:43:04.248 This is a video of this  
NOTE Confidence: 0.8802364

00:43:04.248 --> 00:43:05.795 patient during one minute.  
NOTE Confidence: 0.8802364

00:43:05.795 --> 00:43:08.880 It's a one minute video of ECT.  
NOTE Confidence: 0.8802364

00:43:08.880 --> 00:43:12.496 And this is done with real doctors,  
NOTE Confidence: 0.8802364

00:43:12.496 --> 00:43:15.520 real nurses and a non real patient.  
NOTE Confidence: 0.8802364

00:43:15.520 --> 00:43:17.240 This is a simulated participant.  
NOTE Confidence: 0.8802364

00:43:17.240 --> 00:43:21.279 We filmed this in the simulation center,  
NOTE Confidence: 0.8802364

00:43:21.280 --> 00:43:22.212 so here we go.



NOTE Confidence: 0.8802364  
00:43:22.212 --> 00:43:22.678 One minute  
NOTE Confidence: 0.4716982  
00:43:23.240 --> 00:43:24.892 I'm ready. Green light.  
NOTE Confidence: 0.4716982  
00:43:24.892 --> 00:43:26.957 It's been about 90 seconds.  
NOTE Confidence: 0.4716982  
00:43:26.960 --> 00:43:29.600 Treat delivering the stimulus.  
NOTE Confidence: 0.50552356  
00:44:11.240 --> 00:44:12.336 Looks like the convulsions have  
NOTE Confidence: 0.50552356  
00:44:12.336 --> 00:44:13.440 ended, but she's still seasoned  
NOTE Confidence: 0.50552356  
00:44:17.800 --> 00:44:19.074 all right and the seizure has stopped.  
NOTE Confidence: 0.50552356  
00:44:23.280 --> 00:44:24.680 OK, so  
NOTE Confidence: 0.50552356  
00:44:27.080 --> 00:44:28.920 does anyone have any thoughts,  
NOTE Confidence: 0.50552356  
00:44:28.920 --> 00:44:31.384 observations, reflections about the  
NOTE Confidence: 0.50552356  
00:44:31.384 --> 00:44:33.200 ECT or about the treatment in general?  
NOTE Confidence: 0.54819137  
00:44:37.800 --> 00:44:38.760 Yes Chelsea, I see.  
NOTE Confidence: 0.54819137  
00:44:38.760 --> 00:44:40.200 I see your your hand up.  
NOTE Confidence: 0.54819137  
00:44:40.200 --> 00:44:41.600 Tell him go ahead What what are?  
NOTE Confidence: 0.54819137  
00:44:41.600 --> 00:44:42.560 What are some of your thoughts?  
NOTE Confidence: 0.54819137

00:44:42.560 --> 00:44:43.440 Please share with us.  
NOTE Confidence: 0.54819137

00:44:47.360 --> 00:44:49.436 I was grabbing my water bottle.  
NOTE Confidence: 0.54819137

00:44:49.440 --> 00:44:50.480 If you're talking to me  
NOTE Confidence: 0.54819137

00:44:52.840 --> 00:44:54.350 and and any thoughts and  
NOTE Confidence: 0.54819137

00:44:54.350 --> 00:44:55.558 and and any reflections  
NOTE Confidence: 0.4152637

00:44:59.840 --> 00:45:02.528 I do not have any at this moment  
NOTE Confidence: 0.4152637

00:45:02.528 --> 00:45:05.137 I'm just you're taking it all in  
NOTE Confidence: 0.4152637

00:45:05.137 --> 00:45:07.674 not not coming from a clinical  
NOTE Confidence: 0.4152637

00:45:07.674 --> 00:45:09.600 background so I'm just here  
NOTE Confidence: 0.4152637

00:45:10.000 --> 00:45:10.399 but you know  
NOTE Confidence: 0.4152637

00:45:11.040 --> 00:45:12.832 I I that's exactly why I wanted  
NOTE Confidence: 0.4152637

00:45:12.832 --> 00:45:14.596 to reach out to you as a non.  
NOTE Confidence: 0.4152637

00:45:14.600 --> 00:45:16.328 I know you're not a clinician  
NOTE Confidence: 0.4152637

00:45:16.328 --> 00:45:18.386 and but just as a, you know,  
NOTE Confidence: 0.4152637

00:45:18.386 --> 00:45:19.798 member of society what,  
NOTE Confidence: 0.4152637

00:45:19.800 --> 00:45:21.396 what are your thoughts when you,

NOTE Confidence: 0.4152637

00:45:21.400 --> 00:45:23.356 you know, as you saw ECT,

NOTE Confidence: 0.4152637

00:45:23.360 --> 00:45:25.614 Did you have any idea in your

NOTE Confidence: 0.4152637

00:45:25.614 --> 00:45:28.077 mind's eye of what it was or not?

NOTE Confidence: 0.7866538

00:45:30.080 --> 00:45:31.914 I didn't exactly have anything in mind.

NOTE Confidence: 0.7866538

00:45:31.920 --> 00:45:33.736 I just wonder, I just had a question

NOTE Confidence: 0.7866538

00:45:33.736 --> 00:45:35.678 that I was questioning for myself.

NOTE Confidence: 0.7866538

00:45:35.680 --> 00:45:38.704 I was just wondering at what point do you

NOTE Confidence: 0.7866538

00:45:38.704 --> 00:45:41.920 know if ECT is is working for the patient is

NOTE Confidence: 0.7866538

00:45:41.920 --> 00:45:44.160 what I was was really reflecting on.

NOTE Confidence: 0.7866538

00:45:44.400 --> 00:45:46.398 Yeah. Yeah, yeah. No, so that's,

NOTE Confidence: 0.7866538

00:45:46.400 --> 00:45:48.488 I mean that that's a great question.

NOTE Confidence: 0.7866538

00:45:48.488 --> 00:45:50.696 And you know typically this treatment

NOTE Confidence: 0.7866538

00:45:50.696 --> 00:45:53.248 is done three times a week for the

NOTE Confidence: 0.7866538

00:45:53.248 --> 00:45:55.765 first week and then after twice a week

NOTE Confidence: 0.7866538

00:45:55.765 --> 00:45:58.943 usually it takes about eight or ten such

NOTE Confidence: 0.7866538

00:45:58.943 --> 00:46:01.757 treatments till we see full recovery.  
NOTE Confidence: 0.7866538

00:46:01.760 --> 00:46:02.858 But as I had mentioned it's  
NOTE Confidence: 0.7866538

00:46:02.858 --> 00:46:04.040 it's a very quick treatment.  
NOTE Confidence: 0.7866538

00:46:04.040 --> 00:46:06.056 So sometimes after one or two treatments  
NOTE Confidence: 0.7866538

00:46:06.056 --> 00:46:08.398 we already see the patient feeling better.  
NOTE Confidence: 0.7866538

00:46:08.400 --> 00:46:10.920 And so yeah, no that that's great.  
NOTE Confidence: 0.7866538

00:46:10.920 --> 00:46:12.216 That's a great question.  
NOTE Confidence: 0.7866538

00:46:12.216 --> 00:46:15.158 And and again I was picking on you Chelsea,  
NOTE Confidence: 0.7866538

00:46:15.160 --> 00:46:18.166 because as a non clinician I I  
NOTE Confidence: 0.7866538

00:46:18.166 --> 00:46:19.504 think that it's very important to  
NOTE Confidence: 0.7866538

00:46:19.504 --> 00:46:20.962 think about what are the perceptions  
NOTE Confidence: 0.7866538

00:46:20.962 --> 00:46:22.640 of the public when they hear ECT.  
NOTE Confidence: 0.7866538

00:46:22.640 --> 00:46:25.118 In general those perceptions are very bad.  
NOTE Confidence: 0.7866538

00:46:25.120 --> 00:46:26.695 You know something terrible is  
NOTE Confidence: 0.7866538

00:46:26.695 --> 00:46:27.640 going to happen.  
NOTE Confidence: 0.7866538

00:46:27.640 --> 00:46:30.592 So part of what we're also doing is

NOTE Confidence: 0.7866538

00:46:30.592 --> 00:46:32.840 breaking that stigma a little bit

NOTE Confidence: 0.7866538

00:46:32.840 --> 00:46:35.009 that not all of you are going to be

NOTE Confidence: 0.7866538

00:46:35.009 --> 00:46:36.676 psychiatrists and for many of you doctors,

NOTE Confidence: 0.7866538

00:46:36.680 --> 00:46:37.256 non psychiatrists,

NOTE Confidence: 0.7866538

00:46:37.256 --> 00:46:39.272 it may elicit all sorts of things.

NOTE Confidence: 0.7866538

00:46:39.280 --> 00:46:41.600 So that's why I thought especially

NOTE Confidence: 0.3095819

00:46:41.600 --> 00:46:44.772 when you hear the Electro, you know

NOTE Confidence: 0.3095819

00:46:44.772 --> 00:46:46.480 again not being clinician, being

NOTE Confidence: 0.3095819

00:46:46.480 --> 00:46:47.960 from just the general public,

NOTE Confidence: 0.3095819

00:46:49.200 --> 00:46:50.720 if I was the patient

NOTE Confidence: 0.3095819

00:46:50.720 --> 00:46:52.040 and one of those treatment

NOTE Confidence: 0.3095819

00:46:52.040 --> 00:46:53.360 options were given to me,

NOTE Confidence: 0.3095819

00:46:53.360 --> 00:46:59.186 I might not go towards ECT because

NOTE Confidence: 0.3095819

00:46:59.186 --> 00:47:00.440 I would hear the word Electro

NOTE Confidence: 0.3095819

00:47:00.440 --> 00:47:01.919 and be like, oh, you know,

NOTE Confidence: 0.3095819

00:47:01.920 --> 00:47:04.080 the stigma around around it.

NOTE Confidence: 0.76009715

00:47:04.600 --> 00:47:06.080 Yeah. And that's why you,

NOTE Confidence: 0.76009715

00:47:06.080 --> 00:47:08.278 you voted for RTMS because you said,

NOTE Confidence: 0.76009715

00:47:08.280 --> 00:47:09.876 Oh well that sounds less invasive,

NOTE Confidence: 0.76009715

00:47:09.880 --> 00:47:10.920 maybe she'll go for it.

NOTE Confidence: 0.76009715

00:47:10.920 --> 00:47:12.192 These are the kind of clinical

NOTE Confidence: 0.76009715

00:47:12.192 --> 00:47:13.040 discussions that we have.

NOTE Confidence: 0.76009715

00:47:13.040 --> 00:47:16.360 So thank you. Thank you. So

NOTE Confidence: 0.76009715

00:47:17.760 --> 00:47:22.112 with with this, I'm gonna just about

NOTE Confidence: 0.76009715

00:47:22.112 --> 00:47:24.560 to close before a cameo appearance,

NOTE Confidence: 0.76009715

00:47:24.560 --> 00:47:26.168 but what we just went through

NOTE Confidence: 0.76009715

00:47:26.168 --> 00:47:28.010 let let's put this into a little

NOTE Confidence: 0.76009715

00:47:28.010 --> 00:47:29.500 bit of a meta level, right?

NOTE Confidence: 0.76009715

00:47:29.500 --> 00:47:31.600 I mean the purpose today was not

NOTE Confidence: 0.76009715

00:47:31.600 --> 00:47:33.799 to have a lecture on depression,

NOTE Confidence: 0.76009715

00:47:33.800 --> 00:47:37.685 but it was to exemplify how to

NOTE Confidence: 0.76009715

00:47:37.685 --> 00:47:40.325 use group based interventions.

NOTE Confidence: 0.76009715

00:47:40.325 --> 00:47:45.136 Now I I feel that having them on Zoom

NOTE Confidence: 0.76009715

00:47:45.136 --> 00:47:48.360 is not the same as doing them in person,

NOTE Confidence: 0.76009715

00:47:48.360 --> 00:47:50.040 you know, and we're going to

NOTE Confidence: 0.76009715

00:47:50.040 --> 00:47:51.160 comment more about that.

NOTE Confidence: 0.76009715

00:47:51.160 --> 00:47:52.840 But when we do it in Zoom,

NOTE Confidence: 0.76009715

00:47:52.840 --> 00:47:55.612 we can also use certain other skills

NOTE Confidence: 0.76009715

00:47:55.612 --> 00:47:59.283 or or tools or tricks like we saw

NOTE Confidence: 0.76009715

00:47:59.283 --> 00:48:01.678 with the electronic response system,

NOTE Confidence: 0.76009715

00:48:01.680 --> 00:48:03.392 ways of engaging students.

NOTE Confidence: 0.76009715

00:48:03.392 --> 00:48:06.453 I think that the more that we

NOTE Confidence: 0.76009715

00:48:06.453 --> 00:48:08.877 can make clinical cases be real,

NOTE Confidence: 0.76009715

00:48:08.880 --> 00:48:11.757 like we saw depression, we saw ECT,

NOTE Confidence: 0.76009715

00:48:11.760 --> 00:48:12.876 the better it's going to be.

NOTE Confidence: 0.76009715

00:48:12.880 --> 00:48:15.132 And sometimes we can bring real patients,

NOTE Confidence: 0.76009715

00:48:15.132 --> 00:48:16.116 sometimes we do that,  
NOTE Confidence: 0.76009715

00:48:16.120 --> 00:48:18.608 sometimes videotape patients rich  
NOTE Confidence: 0.76009715

00:48:18.608 --> 00:48:22.340 clinical vignettes and engaging as much  
NOTE Confidence: 0.76009715

00:48:22.432 --> 00:48:25.080 as we can the participation of the group.  
NOTE Confidence: 0.76009715

00:48:25.080 --> 00:48:27.700 Now what here is a little bit tough to do  
NOTE Confidence: 0.76009715

00:48:27.764 --> 00:48:30.320 in ZOOM is the intergroup participation,  
NOTE Confidence: 0.76009715

00:48:30.320 --> 00:48:30.756 right.  
NOTE Confidence: 0.76009715

00:48:30.756 --> 00:48:33.808 Because if we had PODS that would  
NOTE Confidence: 0.76009715

00:48:33.808 --> 00:48:35.975 have happened as I say and I  
NOTE Confidence: 0.76009715

00:48:35.975 --> 00:48:37.600 learned this the the hard way.  
NOTE Confidence: 0.76009715

00:48:37.600 --> 00:48:39.946 Sometimes when we do the breakout  
NOTE Confidence: 0.76009715

00:48:39.946 --> 00:48:42.736 rooms in ZOOM rapidly in this context,  
NOTE Confidence: 0.76009715

00:48:42.736 --> 00:48:45.160 we can rapidly lose most participants.  
NOTE Confidence: 0.76009715

00:48:45.160 --> 00:48:46.136 So that's not good.  
NOTE Confidence: 0.76009715

00:48:46.136 --> 00:48:47.356 So that's those are the,  
NOTE Confidence: 0.76009715

00:48:47.360 --> 00:48:48.136 the choices.



NOTE Confidence: 0.76009715  
00:48:48.136 --> 00:48:48.912 Last slide,  
NOTE Confidence: 0.76009715  
00:48:48.912 --> 00:48:51.660 I just want to put things into  
NOTE Confidence: 0.76009715  
00:48:51.660 --> 00:48:54.033 a little bit of a meta context  
NOTE Confidence: 0.76009715  
00:48:54.040 --> 00:48:56.560 and this is what we did.  
NOTE Confidence: 0.76009715  
00:48:56.560 --> 00:48:58.478 We start by defining the learning objectives.  
NOTE Confidence: 0.76009715  
00:48:58.480 --> 00:49:01.078 You got it in the invitation.  
NOTE Confidence: 0.76009715  
00:49:01.080 --> 00:49:02.076 You got it a little bit.  
NOTE Confidence: 0.76009715  
00:49:02.080 --> 00:49:03.376 As I describe,  
NOTE Confidence: 0.76009715  
00:49:03.376 --> 00:49:05.968 we're going to be learning about  
NOTE Confidence: 0.76009715  
00:49:05.968 --> 00:49:10.688 depression and then we had some silent  
NOTE Confidence: 0.76009715  
00:49:10.688 --> 00:49:14.959 reflection or individual reflection  
NOTE Confidence: 0.76009715  
00:49:14.960 --> 00:49:16.520 in which you started gelling the  
NOTE Confidence: 0.76009715  
00:49:16.520 --> 00:49:18.040 thoughts based on what you knew,  
NOTE Confidence: 0.76009715  
00:49:18.040 --> 00:49:19.480 based on your prior knowledge,  
NOTE Confidence: 0.76009715  
00:49:19.480 --> 00:49:22.440 maybe based on the homework you had done.  
NOTE Confidence: 0.76009715

00:49:22.440 --> 00:49:24.274 The red letters here, by the way,  
NOTE Confidence: 0.76009715

00:49:24.280 --> 00:49:26.392 are terms that Steve Holt in  
NOTE Confidence: 0.76009715

00:49:26.392 --> 00:49:28.200 Internal Medicine came up with.  
NOTE Confidence: 0.76009715

00:49:28.200 --> 00:49:29.920 I find them very helpful.  
NOTE Confidence: 0.76009715

00:49:29.920 --> 00:49:31.240 And in the purple,  
NOTE Confidence: 0.76009715

00:49:31.240 --> 00:49:33.706 these are the terms from a classic  
NOTE Confidence: 0.76009715

00:49:33.706 --> 00:49:36.510 old paper from 1965 of Tuchman  
NOTE Confidence: 0.76009715

00:49:36.510 --> 00:49:39.160 developmental sequence in small groups.  
NOTE Confidence: 0.76009715

00:49:39.160 --> 00:49:41.160 So how do groups form?  
NOTE Confidence: 0.76009715

00:49:41.160 --> 00:49:42.760 So during the silent reflection  
NOTE Confidence: 0.76009715

00:49:42.760 --> 00:49:43.720 today was individual.  
NOTE Confidence: 0.76009715

00:49:43.720 --> 00:49:45.720 But think that you were in a in  
NOTE Confidence: 0.76009715

00:49:45.720 --> 00:49:47.449 a classroom with with a small  
NOTE Confidence: 0.76009715

00:49:47.449 --> 00:49:49.195 group trying to form that group.  
NOTE Confidence: 0.76009715

00:49:49.200 --> 00:49:51.280 And indeed we formed a kind of group,  
NOTE Confidence: 0.76009715

00:49:51.280 --> 00:49:52.240 all of us together.

NOTE Confidence: 0.83967006

00:49:54.720 --> 00:49:58.200 Then there's this diagnosing learners.

NOTE Confidence: 0.83967006

00:49:58.200 --> 00:50:00.279 I really like this, not not diagnosing

NOTE Confidence: 0.83967006

00:50:00.279 --> 00:50:02.800 in the sense of do you have a pathology,

NOTE Confidence: 0.83967006

00:50:02.800 --> 00:50:04.823 but diagnosing in the sense of where

NOTE Confidence: 0.83967006

00:50:04.823 --> 00:50:07.358 are you in your knowledge about this.

NOTE Confidence: 0.83967006

00:50:07.360 --> 00:50:09.285 And and again, Chelsea, you were a

NOTE Confidence: 0.83967006

00:50:09.285 --> 00:50:11.320 very good sport when I picked on you.

NOTE Confidence: 0.83967006

00:50:11.320 --> 00:50:13.203 You know, that was part of diagnosing

NOTE Confidence: 0.83967006

00:50:13.203 --> 00:50:15.159 the learners and you started by saying,

NOTE Confidence: 0.83967006

00:50:15.160 --> 00:50:16.318 oh, but I'm not a clinician.

NOTE Confidence: 0.83967006

00:50:16.320 --> 00:50:18.120 I said that was a sin and I said no,

NOTE Confidence: 0.83967006

00:50:18.120 --> 00:50:19.640 that's a strength, that's great.

NOTE Confidence: 0.83967006

00:50:19.640 --> 00:50:21.800 But I need probably to pitch it differently

NOTE Confidence: 0.83967006

00:50:21.800 --> 00:50:23.960 to you than I would to someone else.

NOTE Confidence: 0.83967006

00:50:23.960 --> 00:50:25.814 So that's a diagnosing of the

NOTE Confidence: 0.83967006

00:50:25.814 --> 00:50:27.697 learners or let's norm so that we  
NOTE Confidence: 0.83967006

00:50:27.697 --> 00:50:29.240 can get to a unified point.  
NOTE Confidence: 0.9332724

00:50:32.480 --> 00:50:34.000 This is my favorite one,  
NOTE Confidence: 0.9332724

00:50:34.000 --> 00:50:36.196 creating struggle or storming.  
NOTE Confidence: 0.9332724

00:50:36.196 --> 00:50:40.062 And that's what was exemplified in the  
NOTE Confidence: 0.9332724

00:50:40.062 --> 00:50:42.960 choose one of these five treatments.  
NOTE Confidence: 0.9332724

00:50:42.960 --> 00:50:45.078 There isn't one that is right.  
NOTE Confidence: 0.9332724

00:50:45.080 --> 00:50:46.920 And if you said, oh,  
NOTE Confidence: 0.9332724

00:50:46.920 --> 00:50:51.208 this has all the right fills,  
NOTE Confidence: 0.9332724

00:50:51.208 --> 00:50:52.520 all the right boxes,  
NOTE Confidence: 0.9332724

00:50:52.520 --> 00:50:53.600 that's not the right approach.  
NOTE Confidence: 0.9332724

00:50:53.600 --> 00:50:55.584 It's not a multiple question, yes no,  
NOTE Confidence: 0.9332724

00:50:55.584 --> 00:50:58.400 you want to have some internal struggle ECT.  
NOTE Confidence: 0.9332724

00:50:58.400 --> 00:51:01.352 Sounds great, but this lady won't go for it.  
NOTE Confidence: 0.9332724

00:51:01.360 --> 00:51:02.980 RCT sounds user friendly,  
NOTE Confidence: 0.9332724

00:51:02.980 --> 00:51:04.937 but it's probably vanilla etcetera,

NOTE Confidence: 0.9332724

00:51:04.937 --> 00:51:05.611 etcetera, etcetera.

NOTE Confidence: 0.9332724

00:51:05.611 --> 00:51:07.633 So that was a creating struggle.

NOTE Confidence: 0.9332724

00:51:07.640 --> 00:51:11.249 And then finally we can do it either breakout

NOTE Confidence: 0.9332724

00:51:11.249 --> 00:51:14.117 groups or individually the performing,

NOTE Confidence: 0.9332724

00:51:14.120 --> 00:51:16.310 you know the answering the getting

NOTE Confidence: 0.9332724

00:51:16.310 --> 00:51:18.785 in there and doing the task and

NOTE Confidence: 0.9332724

00:51:18.785 --> 00:51:21.095 finally what we're doing now which

NOTE Confidence: 0.9332724

00:51:21.095 --> 00:51:24.640 is the consolidation of the learning

NOTE Confidence: 0.9332724

00:51:24.640 --> 00:51:28.000 in this case less about depression.

NOTE Confidence: 0.9332724

00:51:28.000 --> 00:51:29.944 My heart won't be broken if you don't

NOTE Confidence: 0.9332724

00:51:29.944 --> 00:51:31.759 know these treatments of depression,

NOTE Confidence: 0.9332724

00:51:31.760 --> 00:51:33.794 but more about from a learning point of view,

NOTE Confidence: 0.9332724

00:51:33.800 --> 00:51:35.036 from a pedagogy point of view,

NOTE Confidence: 0.9332724

00:51:35.040 --> 00:51:36.240 what did we learn?

NOTE Confidence: 0.9332724

00:51:36.240 --> 00:51:38.158 And then we close this phase.

NOTE Confidence: 0.9332724

00:51:38.158 --> 00:51:41.480 If the group is a repeated group over time,  
NOTE Confidence: 0.9332724

00:51:41.480 --> 00:51:43.238 the closure has a different meaning.  
NOTE Confidence: 0.9332724

00:51:43.240 --> 00:51:43.908 You know,  
NOTE Confidence: 0.9332724

00:51:43.908 --> 00:51:45.578 we've been together for 10  
NOTE Confidence: 0.9332724

00:51:45.578 --> 00:51:47.439 sessions now we're coming apart,  
NOTE Confidence: 0.9332724

00:51:47.440 --> 00:51:48.000 etcetera.  
NOTE Confidence: 0.9332724

00:51:48.000 --> 00:51:51.360 Now in the last five minutes,  
NOTE Confidence: 0.9332724

00:51:51.360 --> 00:51:51.560 I  
NOTE Confidence: 0.32653

00:51:52.080 --> 00:51:54.520 Andreas, could you do you have time to  
NOTE Confidence: 0.32653

00:51:54.520 --> 00:51:57.077 answer a quick question and chat with.  
NOTE Confidence: 0.32653

00:51:57.080 --> 00:51:58.320 So Deb had a question.  
NOTE Confidence: 0.32653

00:51:58.320 --> 00:52:00.780 Do you have thoughts on finding  
NOTE Confidence: 0.32653

00:52:00.780 --> 00:52:03.120 a balance in engaging students  
NOTE Confidence: 0.32653

00:52:03.120 --> 00:52:05.045 or participants and not focusing  
NOTE Confidence: 0.32653

00:52:05.045 --> 00:52:06.970 too much on what participants  
NOTE Confidence: 0.32653

00:52:07.037 --> 00:52:08.837 feel about being called upon?

NOTE Confidence: 0.7582966

00:52:09.120 --> 00:52:12.072 Yeah, no, it it it, it's a tricky one

NOTE Confidence: 0.7582966

00:52:12.072 --> 00:52:14.750 And and I think I also exemplified

NOTE Confidence: 0.7582966

00:52:14.750 --> 00:52:17.200 this year because I took some risks.

NOTE Confidence: 0.7582966

00:52:17.200 --> 00:52:18.720 I happened to know Chelsea,

NOTE Confidence: 0.7582966

00:52:18.720 --> 00:52:22.196 so I knew that she was would likely be OK,

NOTE Confidence: 0.7582966

00:52:22.196 --> 00:52:24.320 even though I totally caught her by surprise.

NOTE Confidence: 0.7582966

00:52:24.320 --> 00:52:26.880 I know Kirsten and again,

NOTE Confidence: 0.7582966

00:52:26.880 --> 00:52:28.278 I diagnosed Kirsten. I, you know,

NOTE Confidence: 0.7582966

00:52:28.280 --> 00:52:30.960 she's a very senior psychiatrist.

NOTE Confidence: 0.7582966

00:52:30.960 --> 00:52:33.000 I'm not going to ask her Prozac questions,

NOTE Confidence: 0.7582966

00:52:33.000 --> 00:52:36.717 but to kind of put it on its head.

NOTE Confidence: 0.7582966

00:52:36.720 --> 00:52:39.660 So it's always tricky because you don't

NOTE Confidence: 0.7582966

00:52:39.660 --> 00:52:43.336 want to make anyone feel uncomfortable or

NOTE Confidence: 0.7582966

00:52:43.336 --> 00:52:46.040 ashamed or anything other than positive.

NOTE Confidence: 0.7582966

00:52:46.040 --> 00:52:47.560 So it's a tricky balance.

NOTE Confidence: 0.7582966

00:52:47.560 --> 00:52:50.276 I wish I had more to say.

NOTE Confidence: 0.7582966

00:52:50.280 --> 00:52:52.758 Usually the challenge is one of two

NOTE Confidence: 0.7582966

00:52:52.758 --> 00:52:54.988 either people being quiet and today as

NOTE Confidence: 0.7582966

00:52:54.988 --> 00:52:57.360 a group you are a little bit quiet,

NOTE Confidence: 0.7582966

00:52:57.360 --> 00:52:59.550 or the monopolizer who takes

NOTE Confidence: 0.7582966

00:52:59.550 --> 00:53:02.120 it all right in in in.

NOTE Confidence: 0.7582966

00:53:02.120 --> 00:53:03.940 Trying to balance those is

NOTE Confidence: 0.7582966

00:53:03.940 --> 00:53:05.760 something that just takes time.

NOTE Confidence: 0.7582966

00:53:05.760 --> 00:53:07.867 And that is harder in zoom because

NOTE Confidence: 0.7582966

00:53:07.867 --> 00:53:10.160 I can't quite read your facial

NOTE Confidence: 0.7582966

00:53:10.160 --> 00:53:11.565 expressions as well and for some

NOTE Confidence: 0.7582966

00:53:11.565 --> 00:53:13.159 of you I can't read them at all.

NOTE Confidence: 0.7582966

00:53:13.160 --> 00:53:14.348 So it's tricky,

NOTE Confidence: 0.7582966

00:53:14.348 --> 00:53:16.724 but that's a that's a great

NOTE Confidence: 0.7582966

00:53:16.724 --> 00:53:18.878 question and a great challenge.

NOTE Confidence: 0.7582966

00:53:18.880 --> 00:53:20.224 Now I want to.



NOTE Confidence: 0.7582966  
00:53:20.224 --> 00:53:20.560 Yeah,  
NOTE Confidence: 0.7582966  
00:53:20.560 --> 00:53:21.360 Deb,  
NOTE Confidence: 0.7582966  
00:53:21.360 --> 00:53:22.160 no,  
NOTE Confidence: 0.38897917  
00:53:24.000 --> 00:53:24.944 I was mouthing. Thanks.  
NOTE Confidence: 0.38897917  
00:53:24.944 --> 00:53:26.360 I should have just typed it.  
NOTE Confidence: 0.38897917  
00:53:28.560 --> 00:53:31.030 I'm going to. I do want to have the last  
NOTE Confidence: 0.38897917  
00:53:31.099 --> 00:53:34.280 couple of minutes for Ann Elizabeth.  
NOTE Confidence: 0.38897917  
00:53:34.280 --> 00:53:38.040 Now, I started with,  
NOTE Confidence: 0.38897917  
00:53:38.040 --> 00:53:41.644 I started by showing you an AI image.  
NOTE Confidence: 0.38897917  
00:53:41.644 --> 00:53:43.520 Right. So this is another AI image.  
NOTE Confidence: 0.38897917  
00:53:43.520 --> 00:53:44.864 I'm going to leave it up there  
NOTE Confidence: 0.38897917  
00:53:44.864 --> 00:53:46.032 as Ann Elizabeth comes on board  
NOTE Confidence: 0.38897917  
00:53:46.032 --> 00:53:47.615 and you see here created with AI.  
NOTE Confidence: 0.38897917  
00:53:47.615 --> 00:53:49.354 Again the same question, but this  
NOTE Confidence: 0.38897917  
00:53:49.354 --> 00:53:51.790 time I some other problem because AI.  
NOTE Confidence: 0.38897917

00:53:51.790 --> 00:53:54.640 Elizabeth knows a lot about AI,  
NOTE Confidence: 0.38897917

00:53:54.640 --> 00:53:56.040 but that's not the reason why she's here.  
NOTE Confidence: 0.38897917

00:53:56.040 --> 00:53:57.280 The reason why she's here  
NOTE Confidence: 0.38897917

00:53:57.280 --> 00:53:58.520 is that she has recently.  
NOTE Confidence: 0.38897917

00:53:58.520 --> 00:53:59.600 Well, she'll tell you the story.  
NOTE Confidence: 0.38897917

00:53:59.600 --> 00:54:00.680 And Elizabeth, who are you?  
NOTE Confidence: 0.38897917

00:54:00.680 --> 00:54:01.256 Are you here?  
NOTE Confidence: 0.38897917

00:54:01.256 --> 00:54:01.640 Come on.  
NOTE Confidence: 0.38897917

00:54:01.640 --> 00:54:02.200 Wow us.  
NOTE Confidence: 0.36540633

00:54:03.760 --> 00:54:04.786 Hi everyone.  
NOTE Confidence: 0.36540633

00:54:04.786 --> 00:54:07.622 I'm a second year MDPHD student.  
NOTE Confidence: 0.36540633

00:54:07.622 --> 00:54:10.750 I work with Andres and the child and  
NOTE Confidence: 0.36540633

00:54:10.832 --> 00:54:12.848 adolescent psychiatry interest group.  
NOTE Confidence: 0.36540633

00:54:12.848 --> 00:54:15.760 But that's actually not why I'm here.  
NOTE Confidence: 0.36540633

00:54:15.760 --> 00:54:18.196 I'm here because I can speak to  
NOTE Confidence: 0.36540633

00:54:18.196 --> 00:54:19.768 the student perspective of being

NOTE Confidence: 0.36540633

00:54:19.768 --> 00:54:22.520 in a small group workshop.

NOTE Confidence: 0.36540633

00:54:22.520 --> 00:54:25.520 And specifically, I had the pleasure of being

NOTE Confidence: 0.36540633

00:54:25.520 --> 00:54:28.596 in Dean and Luzzi's workshop last week.

NOTE Confidence: 0.36540633

00:54:28.596 --> 00:54:31.650 That was in OB Guine workshop

NOTE Confidence: 0.36540633

00:54:31.742 --> 00:54:33.440 about preeclampsia.

NOTE Confidence: 0.36540633

00:54:33.440 --> 00:54:35.768 And somehow news of this incredible

NOTE Confidence: 0.36540633

00:54:35.768 --> 00:54:38.016 workshop got all the way to

NOTE Confidence: 0.36540633

00:54:38.016 --> 00:54:39.740 Dean Hafler and then to Andres.

NOTE Confidence: 0.36540633

00:54:39.740 --> 00:54:42.437 And then I am Now here I am to explain

NOTE Confidence: 0.36540633

00:54:42.440 --> 00:54:44.582 a little bit about what what worked

NOTE Confidence: 0.36540633

00:54:44.582 --> 00:54:46.478 really well and talk a little bit about,

NOTE Confidence: 0.36540633

00:54:46.480 --> 00:54:50.240 I guess, how to do this in person.

NOTE Confidence: 0.36540633

00:54:50.240 --> 00:54:52.178 So the diagram that Andre showed

NOTE Confidence: 0.36540633

00:54:52.178 --> 00:54:54.456 at the beginning of trying to have

NOTE Confidence: 0.36540633

00:54:54.456 --> 00:54:56.286 as many connections and as much

NOTE Confidence: 0.36540633

00:54:56.286 --> 00:54:58.365 of a conversation as possible as

NOTE Confidence: 0.36540633

00:54:58.365 --> 00:55:00.353 opposed to the one person sort

NOTE Confidence: 0.36540633

00:55:00.353 --> 00:55:01.718 of lecturing at the others.

NOTE Confidence: 0.36540633

00:55:01.720 --> 00:55:05.675 I think it's a really important point.

NOTE Confidence: 0.36540633

00:55:05.680 --> 00:55:07.440 Dina Luzzi,

NOTE Confidence: 0.36540633

00:55:07.440 --> 00:55:09.938 when she started the workshop,

NOTE Confidence: 0.36540633

00:55:09.938 --> 00:55:10.676 said, you know,

NOTE Confidence: 0.36540633

00:55:10.680 --> 00:55:13.074 you all are going on to clerkships

NOTE Confidence: 0.36540633

00:55:13.074 --> 00:55:16.070 very soon and so I want you all to

NOTE Confidence: 0.36540633

00:55:16.070 --> 00:55:18.124 practice talking amongst a group and

NOTE Confidence: 0.36540633

00:55:18.124 --> 00:55:20.434 trying to figure out what's going on.

NOTE Confidence: 0.36540633

00:55:20.440 --> 00:55:23.114 I want you to ask me for

NOTE Confidence: 0.36540633

00:55:23.114 --> 00:55:23.878 additional information.

NOTE Confidence: 0.36540633

00:55:23.880 --> 00:55:25.756 So she gave us the first page,

NOTE Confidence: 0.36540633

00:55:25.760 --> 00:55:26.760 but then she said, OK,

NOTE Confidence: 0.36540633

00:55:26.760 --> 00:55:28.560 now what labs do you want?

NOTE Confidence: 0.36540633

00:55:28.560 --> 00:55:30.460 What physical exam maneuvers

NOTE Confidence: 0.36540633

00:55:30.460 --> 00:55:32.835 do you want to do?

NOTE Confidence: 0.36540633

00:55:32.840 --> 00:55:34.556 What other information would you want?

NOTE Confidence: 0.36540633

00:55:34.560 --> 00:55:37.115 She said use me as a consultant

NOTE Confidence: 0.36540633

00:55:37.120 --> 00:55:39.382 and feel free to ask questions

NOTE Confidence: 0.36540633

00:55:39.382 --> 00:55:40.513 about the pathophysiology.

NOTE Confidence: 0.36540633

00:55:40.520 --> 00:55:42.039 But I'm trying to help you all,

NOTE Confidence: 0.36540633

00:55:42.040 --> 00:55:45.500 like build a framework for being

NOTE Confidence: 0.36540633

00:55:45.500 --> 00:55:47.600 able to approach a patient where you

NOTE Confidence: 0.36540633

00:55:47.600 --> 00:55:49.399 don't really know what's going on,

NOTE Confidence: 0.36540633

00:55:49.400 --> 00:55:52.070 but you do know vaguely what

NOTE Confidence: 0.36540633

00:55:52.070 --> 00:55:54.959 field you're rotating in.

NOTE Confidence: 0.36540633

00:55:54.960 --> 00:55:55.680 And yeah,

NOTE Confidence: 0.36540633

00:55:55.680 --> 00:55:57.840 so I thought what worked really

NOTE Confidence: 0.36540633

00:55:57.840 --> 00:56:00.147 well about her workshop was that

NOTE Confidence: 0.36540633

00:56:00.147 --> 00:56:02.696 it was quite student driven and  
NOTE Confidence: 0.36540633

00:56:02.696 --> 00:56:05.936 relied on our curiosity and gave  
NOTE Confidence: 0.36540633

00:56:05.936 --> 00:56:07.784 us an opportunity to apply some  
NOTE Confidence: 0.36540633

00:56:07.784 --> 00:56:09.750 of these skills that we've been  
NOTE Confidence: 0.36540633

00:56:09.750 --> 00:56:11.355 working on for a while,  
NOTE Confidence: 0.36540633

00:56:11.360 --> 00:56:13.133 like figuring identifying  
NOTE Confidence: 0.36540633

00:56:13.133 --> 00:56:16.679 what the next step should be.  
NOTE Confidence: 0.36540633

00:56:16.680 --> 00:56:18.661 And it ended up being a really  
NOTE Confidence: 0.36540633

00:56:18.661 --> 00:56:20.005 great group conversation because  
NOTE Confidence: 0.36540633

00:56:20.005 --> 00:56:21.319 everyone felt comfortable.  
NOTE Confidence: 0.36540633

00:56:22.280 --> 00:56:24.280 And Elizabeth  
NOTE Confidence: 0.4254572

00:56:24.280 --> 00:56:26.136 and by the way I placed the the  
NOTE Confidence: 0.4254572

00:56:26.136 --> 00:56:27.399 information for the evaluation.  
NOTE Confidence: 0.4254572

00:56:27.400 --> 00:56:29.000 We really, really appreciate  
NOTE Confidence: 0.4254572

00:56:29.000 --> 00:56:30.600 your doing the evaluation.  
NOTE Confidence: 0.4254572

00:56:30.600 --> 00:56:33.192 But and Elizabeth, can you comment

NOTE Confidence: 0.4254572

00:56:33.192 --> 00:56:35.479 on the difference between an in

NOTE Confidence: 0.4254572

00:56:35.479 --> 00:56:37.480 vivo experience like you just

NOTE Confidence: 0.4254572

00:56:37.480 --> 00:56:39.680 described in the online experience,

NOTE Confidence: 0.4254572

00:56:39.680 --> 00:56:41.955 getting it group engagement like this one?

NOTE Confidence: 0.73025745

00:56:43.000 --> 00:56:45.416 Definitely. I think it is easier for it

NOTE Confidence: 0.73025745

00:56:45.416 --> 00:56:47.920 to be more conversational when you're

NOTE Confidence: 0.73025745

00:56:47.920 --> 00:56:50.460 in person and as as you mentioned

NOTE Confidence: 0.73025745

00:56:50.460 --> 00:56:52.960 it's much easier to read each other's

NOTE Confidence: 0.73025745

00:56:52.960 --> 00:56:55.809 faces and so if someone was confused

NOTE Confidence: 0.73025745

00:56:55.809 --> 00:56:58.944 you know we as a group would be able

NOTE Confidence: 0.73025745

00:56:58.944 --> 00:57:00.800 to tell and then talk about it more,

NOTE Confidence: 0.73025745

00:57:00.800 --> 00:57:02.340 whereas that's harder here.

NOTE Confidence: 0.73025745

00:57:02.340 --> 00:57:04.650 What's useful though about Zoom I

NOTE Confidence: 0.73025745

00:57:04.714 --> 00:57:07.227 think is when you have technology like

NOTE Confidence: 0.73025745

00:57:07.227 --> 00:57:09.826 pull everywhere or if we in TBLS we

NOTE Confidence: 0.73025745

00:57:09.826 --> 00:57:12.272 fill out a self-assessment on our own,  
NOTE Confidence: 0.73025745

00:57:12.272 --> 00:57:15.248 then you can really assess your  
NOTE Confidence: 0.73025745

00:57:15.248 --> 00:57:16.240 individual understanding.  
NOTE Confidence: 0.73025745

00:57:16.240 --> 00:57:18.680 Whereas in a more conversational,  
NOTE Confidence: 0.73025745

00:57:18.680 --> 00:57:20.004 in person based group,  
NOTE Confidence: 0.73025745

00:57:20.004 --> 00:57:21.990 each of us is bringing something  
NOTE Confidence: 0.73025745

00:57:22.054 --> 00:57:23.438 a little bit different.  
NOTE Confidence: 0.73025745

00:57:23.440 --> 00:57:25.750 And so it ends up being collaborative  
NOTE Confidence: 0.73025745

00:57:25.750 --> 00:57:26.976 learning, which is very helpful.  
NOTE Confidence: 0.73025745

00:57:26.976 --> 00:57:28.320 But it doesn't necessarily tell me,  
NOTE Confidence: 0.73025745

00:57:28.320 --> 00:57:29.975 do I know the pathophysiology  
NOTE Confidence: 0.73025745

00:57:29.975 --> 00:57:30.637 of preeclampsia,  
NOTE Confidence: 0.73025745

00:57:30.640 --> 00:57:32.048 yes or no or do I need to  
NOTE Confidence: 0.73025745

00:57:32.048 --> 00:57:33.239 study this when I get home?  
NOTE Confidence: 0.72033

00:57:34.840 --> 00:57:35.080 Yeah,  
NOTE Confidence: 0.72033

00:57:39.040 --> 00:57:42.575 right. Thank you. And Elizabeth any any



NOTE Confidence: 0.72033

00:57:42.575 --> 00:57:44.919 last thoughts, questions, comments,

NOTE Confidence: 0.6690625

00:57:48.480 --> 00:57:50.858 Well thank you all for, for joining us.

NOTE Confidence: 0.6690625

00:57:50.858 --> 00:57:54.604 And I I think that here the slide

NOTE Confidence: 0.6690625

00:57:54.604 --> 00:57:57.432 of what's coming up our very

NOTE Confidence: 0.6690625

00:57:57.432 --> 00:57:59.688 own and Elizabeth is going to

NOTE Confidence: 0.6690625

00:57:59.688 --> 00:58:01.771 be talking about ChatGPT that's

NOTE Confidence: 0.6690625

00:58:01.771 --> 00:58:04.676 going to be on Thursday the 14th.

NOTE Confidence: 0.6690625

00:58:04.680 --> 00:58:07.080 So that would be great.

NOTE Confidence: 0.6690625

00:58:07.080 --> 00:58:08.536 And then in I think the last

NOTE Confidence: 0.6690625

00:58:08.536 --> 00:58:10.239 one of the year December 15th,

NOTE Confidence: 0.6690625

00:58:10.240 --> 00:58:13.232 we're going to, I'll be talking about

NOTE Confidence: 0.6690625

00:58:13.232 --> 00:58:14.600 how to put together an abstract.

NOTE Confidence: 0.6690625

00:58:14.600 --> 00:58:17.840 So hope to see some of you then.

NOTE Confidence: 0.6690625

00:58:17.840 --> 00:58:18.638 Thank you, everyone.

NOTE Confidence: 0.6572405

00:58:19.560 --> 00:58:22.140 Thanks everyone. Thanks

NOTE Confidence: 0.6572405

00:58:22.140 --> 00:58:24.080 Andreas and Elizabeth. Thanks.