

WEBVTT

NOTE duration:"00:55:00"

NOTE recognizability:0.917

NOTE language:en-us

NOTE Confidence: 0.942819766111111

00:00:00.000 --> 00:00:01.720 Seeking to articulate questions

NOTE Confidence: 0.942819766111111

00:00:01.720 --> 00:00:04.699 that are kind of right there below

NOTE Confidence: 0.942819766111111

00:00:04.699 --> 00:00:06.953 my skin that are eating at me.

NOTE Confidence: 0.942819766111111

00:00:06.960 --> 00:00:09.918 And sometimes those are questions like

NOTE Confidence: 0.942819766111111

00:00:09.920 --> 00:00:12.958 should I be doing CPR on somebody

NOTE Confidence: 0.942819766111111

00:00:12.958 --> 00:00:15.660 who's got an irreversible underlying

NOTE Confidence: 0.942819766111111

00:00:15.660 --> 00:00:19.554 condition And ABMI of 16 right?

NOTE Confidence: 0.942819766111111

00:00:19.560 --> 00:00:21.940 That was a question that really got

NOTE Confidence: 0.942819766111111

00:00:21.940 --> 00:00:24.557 under my skin when I was a resident,

NOTE Confidence: 0.942819766111111

00:00:24.560 --> 00:00:27.806 and I wasn't facile in understanding

NOTE Confidence: 0.942819766111111

00:00:27.806 --> 00:00:31.686 how you translate what you want to say

NOTE Confidence: 0.942819766111111

00:00:31.686 --> 00:00:35.334 into how you actually say it to somebody

NOTE Confidence: 0.942819766111111

00:00:35.334 --> 00:00:38.388 grappling with a decision before you.

NOTE Confidence: 0.942819766111111

00:00:38.388 --> 00:00:42.035 And I think part of what I ended up
NOTE Confidence: 0.942819766111111

00:00:42.035 --> 00:00:45.259 learning as I wrote more and more was
NOTE Confidence: 0.942819766111111

00:00:45.259 --> 00:00:48.799 that memoir and first person narrative.
NOTE Confidence: 0.942819766111111

00:00:48.800 --> 00:00:50.500 Far from being navel,
NOTE Confidence: 0.942819766111111

00:00:50.500 --> 00:00:54.320 gazing is a way to Nestle the universal
NOTE Confidence: 0.942819766111111

00:00:54.320 --> 00:00:57.000 by writing about the personal.
NOTE Confidence: 0.942819766111111

00:00:57.000 --> 00:00:59.478 And that is no easy task,
NOTE Confidence: 0.942819766111111

00:00:59.480 --> 00:01:02.070 because I think part of what makes
NOTE Confidence: 0.942819766111111

00:01:02.070 --> 00:01:03.799 writing really compelling and good,
NOTE Confidence: 0.942819766111111

00:01:03.800 --> 00:01:05.875 good writing compelling is the
NOTE Confidence: 0.942819766111111

00:01:05.875 --> 00:01:08.640 willingness to put yourself on the line.
NOTE Confidence: 0.942819766111111

00:01:08.640 --> 00:01:10.885 The willingness to be utterly
NOTE Confidence: 0.942819766111111

00:01:10.885 --> 00:01:14.216 human means that you are kind of
NOTE Confidence: 0.942819766111111

00:01:14.216 --> 00:01:17.210 turning your skin out and everything
NOTE Confidence: 0.942819766111111

00:01:17.210 --> 00:01:19.791 underneath that lining of the colon
NOTE Confidence: 0.942819766111111

00:01:19.791 --> 00:01:22.704 that has to be exposed to the world.

NOTE Confidence: 0.942819766111111
00:01:22.704 --> 00:01:25.360 And that's not an easy thing to do.
NOTE Confidence: 0.942819766111111
00:01:25.360 --> 00:01:28.600 And I was very bad at it early on
NOTE Confidence: 0.942819766111111
00:01:28.600 --> 00:01:31.642 until I started really noticing what
NOTE Confidence: 0.942819766111111
00:01:31.642 --> 00:01:33.898 are The Who are the writers and what
NOTE Confidence: 0.942819766111111
00:01:33.898 --> 00:01:36.195 are the stories that stick with me?
NOTE Confidence: 0.942819766111111
00:01:36.200 --> 00:01:37.700 That like those questions that
NOTE Confidence: 0.942819766111111
00:01:37.700 --> 00:01:40.080 I had a hard time articulating,
NOTE Confidence: 0.942819766111111
00:01:40.080 --> 00:01:42.480 the things that stayed under
NOTE Confidence: 0.942819766111111
00:01:42.480 --> 00:01:44.400 my skin like splinters.
NOTE Confidence: 0.942819766111111
00:01:44.400 --> 00:01:46.680 Who are the writers that helped
NOTE Confidence: 0.942819766111111
00:01:46.680 --> 00:01:48.200 me to do that?
NOTE Confidence: 0.942819766111111
00:01:48.200 --> 00:01:52.448 One of them, Sherwin Nuland,
NOTE Confidence: 0.942819766111111
00:01:52.448 --> 00:01:54.176 worked here,
NOTE Confidence: 0.942819766111111
00:01:54.176 --> 00:01:55.040 right?
NOTE Confidence: 0.942819766111111
00:01:55.040 --> 00:01:58.289 And so much of what he wrote and articulated
NOTE Confidence: 0.942819766111111

00:01:58.289 --> 00:02:00.796 were things that were on my mind,
NOTE Confidence: 0.9428197661111111

00:02:00.800 --> 00:02:04.301 but I had no way of bringing to the
NOTE Confidence: 0.9428197661111111

00:02:04.301 --> 00:02:07.959 surface until I saw some examples like his,
NOTE Confidence: 0.9428197661111111

00:02:07.960 --> 00:02:10.550 where he was willing to be totally
NOTE Confidence: 0.9428197661111111

00:02:10.550 --> 00:02:10.920 vulnerable.
NOTE Confidence: 0.9428197661111111

00:02:10.920 --> 00:02:13.811 He was willing to be much less
NOTE Confidence: 0.9428197661111111

00:02:13.811 --> 00:02:14.637 than omnipotent,
NOTE Confidence: 0.9428197661111111

00:02:14.640 --> 00:02:18.352 and that's a type of humility that is
NOTE Confidence: 0.9428197661111111

00:02:18.352 --> 00:02:22.067 the absolute pathway into good medical
NOTE Confidence: 0.9428197661111111

00:02:22.067 --> 00:02:24.759 memoir and nonfiction narrative.
NOTE Confidence: 0.9428197661111111

00:02:24.760 --> 00:02:26.920 Richard Seltzer was another
NOTE Confidence: 0.9428197661111111

00:02:26.920 --> 00:02:29.620 person also here whose writing
NOTE Confidence: 0.9428197661111111

00:02:29.620 --> 00:02:32.600 was incredibly inspiring to me.
NOTE Confidence: 0.9428197661111111

00:02:32.600 --> 00:02:34.693 And I remember an essay of his
NOTE Confidence: 0.9428197661111111

00:02:34.693 --> 00:02:36.760 where he wrote about a patient
NOTE Confidence: 0.9428197661111111

00:02:36.760 --> 00:02:38.956 who was dying of pancreatic cancer

NOTE Confidence: 0.942819766111111

00:02:38.956 --> 00:02:41.316 that he had operated on years ago.

NOTE Confidence: 0.942819766111111

00:02:41.320 --> 00:02:44.036 And this patient was skin and bones,

NOTE Confidence: 0.942819766111111

00:02:44.040 --> 00:02:47.094 and his family was very ready

NOTE Confidence: 0.942819766111111

00:02:47.094 --> 00:02:49.560 to let the patient go.

NOTE Confidence: 0.942819766111111

00:02:49.560 --> 00:02:52.437 The patient was ready to let go,

NOTE Confidence: 0.942819766111111

00:02:52.440 --> 00:02:55.239 but the doctor was not ready to let go.

NOTE Confidence: 0.942819766111111

00:02:55.240 --> 00:02:56.000 And I don't know,

NOTE Confidence: 0.942819766111111

00:02:56.000 --> 00:02:57.600 I don't remember the name of the piece,

NOTE Confidence: 0.942819766111111

00:02:57.600 --> 00:03:01.424 but I do remember that he was giving

NOTE Confidence: 0.942819766111111

00:03:01.424 --> 00:03:04.279 the patient doses of morphine,

NOTE Confidence: 0.942819766111111

00:03:04.280 --> 00:03:06.359 so much so that he thought this one is

NOTE Confidence: 0.942819766111111

00:03:06.359 --> 00:03:08.195 definitely going to take the patient's life.

NOTE Confidence: 0.942819766111111

00:03:08.200 --> 00:03:10.454 And the patient stopped breathing for a

NOTE Confidence: 0.942819766111111

00:03:10.454 --> 00:03:12.916 minute but was right back up and taken.

NOTE Confidence: 0.942819766111111

00:03:12.920 --> 00:03:15.530 And I remember he went outside

NOTE Confidence: 0.942819766111111

00:03:15.530 --> 00:03:19.080 the room of the patient and the
NOTE Confidence: 0.942819766111111

00:03:19.080 --> 00:03:21.480 patient's wife and mother were there.
NOTE Confidence: 0.942819766111111

00:03:21.480 --> 00:03:25.844 And he said to them, he's not ready yet.
NOTE Confidence: 0.942819766111111

00:03:25.844 --> 00:03:29.360 And they responded, he's ready.
NOTE Confidence: 0.942819766111111

00:03:29.360 --> 00:03:32.840 You ain't. And I will never forget them.
NOTE Confidence: 0.925858634705882

00:03:32.840 --> 00:03:34.532 This is a piece I actually
NOTE Confidence: 0.925858634705882

00:03:34.532 --> 00:03:36.068 teach to my medical students
NOTE Confidence: 0.925858634705882

00:03:36.068 --> 00:03:38.120 and to my students of writing,
NOTE Confidence: 0.925858634705882

00:03:38.120 --> 00:03:40.920 because I think so much of what's
NOTE Confidence: 0.925858634705882

00:03:40.920 --> 00:03:43.363 going on there in the interior
NOTE Confidence: 0.925858634705882

00:03:43.363 --> 00:03:46.051 are things that go on for many
NOTE Confidence: 0.925858634705882

00:03:46.135 --> 00:03:48.634 of us in life and in medicine.
NOTE Confidence: 0.925858634705882

00:03:48.640 --> 00:03:51.321 But the full range of humanity that's
NOTE Confidence: 0.925858634705882

00:03:51.321 --> 00:03:54.120 in that very short piece has nothing
NOTE Confidence: 0.925858634705882

00:03:54.120 --> 00:03:57.418 to do with the heroism of this doctor.
NOTE Confidence: 0.925858634705882

00:03:57.418 --> 00:04:00.094 It has everything to do with

NOTE Confidence: 0.925858634705882
00:04:00.094 --> 00:04:02.960 the conflicts of this doctor.
NOTE Confidence: 0.925858634705882
00:04:02.960 --> 00:04:04.886 And even though in medicine I'm
NOTE Confidence: 0.925858634705882
00:04:04.886 --> 00:04:07.883 going to go out on a limb and
NOTE Confidence: 0.925858634705882
00:04:07.883 --> 00:04:09.933 say we're slightly obsessed with
NOTE Confidence: 0.925858634705882
00:04:09.933 --> 00:04:11.918 uncomplicated narratives of heroism,
NOTE Confidence: 0.925858634705882
00:04:11.920 --> 00:04:14.640 how many of you might agree with that?
NOTE Confidence: 0.925858634705882
00:04:14.640 --> 00:04:17.234 Nobody. Well, I know.
NOTE Confidence: 0.925858634705882
00:04:17.234 --> 00:04:20.160 OK, I have two people agree with me there.
NOTE Confidence: 0.925858634705882
00:04:20.160 --> 00:04:23.100 But I think what it means to be a good
NOTE Confidence: 0.925858634705882
00:04:23.184 --> 00:04:26.005 writer is to venture into that places
NOTE Confidence: 0.925858634705882
00:04:26.005 --> 00:04:28.796 with really no clear, easy answers.
NOTE Confidence: 0.925858634705882
00:04:28.796 --> 00:04:31.386 And sometimes all you have
NOTE Confidence: 0.925858634705882
00:04:31.386 --> 00:04:34.040 is the questions themselves.
NOTE Confidence: 0.925858634705882
00:04:34.040 --> 00:04:37.802 And so I wanted to start by reading from
NOTE Confidence: 0.925858634705882
00:04:37.802 --> 00:04:41.558 the piece in The New Yorker about CPR.
NOTE Confidence: 0.925858634705882

00:04:41.560 --> 00:04:44.044 And I think one of my approaches to this
NOTE Confidence: 0.925858634705882

00:04:44.044 --> 00:04:46.477 piece and to much of what I try to write,
NOTE Confidence: 0.925858634705882

00:04:46.480 --> 00:04:47.800 what I try to do.
NOTE Confidence: 0.925858634705882

00:04:47.800 --> 00:04:49.200 Not that I'm an expert.
NOTE Confidence: 0.925858634705882

00:04:49.200 --> 00:04:51.760 Not that I'm, you know,
NOTE Confidence: 0.925858634705882

00:04:51.760 --> 00:04:53.172 I'm not Shep Newland.
NOTE Confidence: 0.925858634705882

00:04:53.172 --> 00:04:56.777 But what I try to do is put myself on
NOTE Confidence: 0.925858634705882

00:04:56.777 --> 00:04:59.279 the line and hold my feet to the fire.
NOTE Confidence: 0.925858634705882

00:04:59.280 --> 00:05:01.374 Because it was only through the
NOTE Confidence: 0.925858634705882

00:05:01.374 --> 00:05:04.129 things I did wrong or the things that
NOTE Confidence: 0.925858634705882

00:05:04.129 --> 00:05:06.760 stayed under my skin like a splinter.
NOTE Confidence: 0.925858634705882

00:05:06.760 --> 00:05:08.794 All those memories of what went
NOTE Confidence: 0.925858634705882

00:05:08.794 --> 00:05:11.359 awry or what was less than ideal,
NOTE Confidence: 0.925858634705882

00:05:11.360 --> 00:05:12.916 or what I regretted,
NOTE Confidence: 0.925858634705882

00:05:12.916 --> 00:05:15.250 Those were the things from which
NOTE Confidence: 0.925858634705882

00:05:15.328 --> 00:05:17.678 the most honest writing bloomed.

NOTE Confidence: 0.925858634705882
00:05:17.680 --> 00:05:19.760 And the best writing is the honest writing,
NOTE Confidence: 0.925858634705882
00:05:19.760 --> 00:05:22.560 'cause we can all tell when somebody
NOTE Confidence: 0.925858634705882
00:05:22.560 --> 00:05:25.435 is going through a storyline that has
NOTE Confidence: 0.925858634705882
00:05:25.435 --> 00:05:28.338 been pruned like those bushes on the
NOTE Confidence: 0.925858634705882
00:05:28.338 --> 00:05:30.900 streets of outside every house in
NOTE Confidence: 0.925858634705882
00:05:30.900 --> 00:05:33.371 Beverly Hills versus the overgrown
NOTE Confidence: 0.925858634705882
00:05:33.371 --> 00:05:36.593 lush on the streets of Oakland.
NOTE Confidence: 0.925858634705882
00:05:36.600 --> 00:05:39.120 And I prefer the streets of Oakland
NOTE Confidence: 0.925858634705882
00:05:39.120 --> 00:05:40.860 because the streets of Oakland
NOTE Confidence: 0.925858634705882
00:05:40.860 --> 00:05:42.040 feel real to me.
NOTE Confidence: 0.925858634705882
00:05:42.040 --> 00:05:43.080 So before I read,
NOTE Confidence: 0.925858634705882
00:05:43.080 --> 00:05:45.190 the last thing I will say is that
NOTE Confidence: 0.925858634705882
00:05:45.190 --> 00:05:46.884 part of what it has meant for
NOTE Confidence: 0.925858634705882
00:05:46.884 --> 00:05:49.044 me as someone who is trained in
NOTE Confidence: 0.925858634705882
00:05:49.044 --> 00:05:50.280 ethics and in writing,
NOTE Confidence: 0.925858634705882

00:05:50.280 --> 00:05:52.366 is to look to the story as
NOTE Confidence: 0.925858634705882

00:05:52.366 --> 00:05:54.760 a type of narrative ethics.
NOTE Confidence: 0.925858634705882

00:05:54.760 --> 00:05:56.476 Are folks familiar with that term,
NOTE Confidence: 0.925858634705882

00:05:56.480 --> 00:05:57.474 narrative ethics.
NOTE Confidence: 0.925858634705882

00:05:57.474 --> 00:06:00.620 So it's this idea that ethical
NOTE Confidence: 0.925858634705882

00:06:00.620 --> 00:06:05.240 conflicts exist in the realm of story,
NOTE Confidence: 0.925858634705882

00:06:05.240 --> 00:06:08.495 that one way of approaching how we
NOTE Confidence: 0.925858634705882

00:06:08.495 --> 00:06:10.608 think about articulating ethical
NOTE Confidence: 0.925858634705882

00:06:10.608 --> 00:06:13.000 conflict and approaching the resolution,
NOTE Confidence: 0.925858634705882

00:06:13.000 --> 00:06:15.640 or moving closer to a mutual
NOTE Confidence: 0.925858634705882

00:06:15.718 --> 00:06:18.326 understanding of a way forward is
NOTE Confidence: 0.925858634705882

00:06:18.326 --> 00:06:20.762 through the stories and the unique
NOTE Confidence: 0.925858634705882

00:06:20.762 --> 00:06:23.837 lenses of everybody involved in the conflict.
NOTE Confidence: 0.925858634705882

00:06:23.840 --> 00:06:26.320 And so I You can be a memoirist
NOTE Confidence: 0.925858634705882

00:06:26.320 --> 00:06:29.280 or a writer of nonfiction and use
NOTE Confidence: 0.925858634705882

00:06:29.280 --> 00:06:32.647 those skills to look at very complex

NOTE Confidence: 0.925858634705882
00:06:32.647 --> 00:06:34.719 ethical issues as well.
NOTE Confidence: 0.925858634705882
00:06:34.720 --> 00:06:36.519 And that was part of my intention,
NOTE Confidence: 0.925858634705882
00:06:36.520 --> 00:06:40.560 not just with the piece, but with the book.
NOTE Confidence: 0.925858634705882
00:06:40.560 --> 00:06:43.592 So I'm going to read from my piece
NOTE Confidence: 0.925858634705882
00:06:43.592 --> 00:06:46.199 in the beginning sections.
NOTE Confidence: 0.959655028
00:06:51.640 --> 00:06:54.760 Shortly after his 67th birthday,
NOTE Confidence: 0.959655028
00:06:54.760 --> 00:06:57.802 Ernesto Chavez retired from his job
NOTE Confidence: 0.959655028
00:06:57.802 --> 00:07:01.399 at a Los Angeles food warehouse.
NOTE Confidence: 0.959655028
00:07:01.400 --> 00:07:04.796 Sara, his wife of 45 years,
NOTE Confidence: 0.959655028
00:07:04.800 --> 00:07:06.950 told me that he meticulously
NOTE Confidence: 0.959655028
00:07:06.950 --> 00:07:09.100 took his medications for high
NOTE Confidence: 0.959655028
00:07:09.179 --> 00:07:11.479 blood pressure and cholesterol,
NOTE Confidence: 0.959655028
00:07:11.480 --> 00:07:14.180 hoping to enjoy his time
NOTE Confidence: 0.959655028
00:07:14.180 --> 00:07:15.800 with his grandchildren.
NOTE Confidence: 0.959655028
00:07:15.800 --> 00:07:19.072 But one morning in January 2021,
NOTE Confidence: 0.959655028

00:07:19.072 --> 00:07:21.280 Ernesto burned with fever,
NOTE Confidence: 0.959655028

00:07:21.280 --> 00:07:24.458 his chest heaving as though he were
NOTE Confidence: 0.959655028

00:07:24.458 --> 00:07:26.920 once again lifting heavy boxes.
NOTE Confidence: 0.959655028

00:07:26.920 --> 00:07:28.480 At the hospital,
NOTE Confidence: 0.959655028

00:07:28.480 --> 00:07:31.080 he tested positive for COVID-19.
NOTE Confidence: 0.959655028

00:07:31.080 --> 00:07:34.866 His oxygen levels plummeted and he
NOTE Confidence: 0.959655028

00:07:34.866 --> 00:07:38.113 was quickly intubated 10 days later.
NOTE Confidence: 0.959655028

00:07:38.113 --> 00:07:39.917 His lungs were failing,
NOTE Confidence: 0.959655028

00:07:39.920 --> 00:07:42.095 his face was bloated from
NOTE Confidence: 0.959655028

00:07:42.095 --> 00:07:43.835 liters of intravenous fluid,
NOTE Confidence: 0.959655028

00:07:43.840 --> 00:07:48.079 and his hands and feet had begun to cool.
NOTE Confidence: 0.959655028

00:07:48.080 --> 00:07:50.876 As his chances of survival waned,
NOTE Confidence: 0.959655028

00:07:50.880 --> 00:07:53.864 I arranged to speak with his family about
NOTE Confidence: 0.959655028

00:07:53.864 --> 00:07:56.877 a subject inseparable from death itself,
NOTE Confidence: 0.959655028

00:07:56.880 --> 00:08:01.120 Cardio pulmonary resuscitation, or CPR.
NOTE Confidence: 0.959655028

00:08:01.120 --> 00:08:02.042 For decades,

NOTE Confidence: 0.959655028

00:08:02.042 --> 00:08:04.808 physicians have debated whether CPR should

NOTE Confidence: 0.959655028

00:08:04.808 --> 00:08:07.685 be offered to people who suffer from

NOTE Confidence: 0.959655028

00:08:07.685 --> 00:08:10.200 the final blows of incurable illness,

NOTE Confidence: 0.959655028

00:08:10.200 --> 00:08:12.620 be it heart failure,

NOTE Confidence: 0.959655028

00:08:12.620 --> 00:08:15.040 advanced cancer or dementia.

NOTE Confidence: 0.959655028

00:08:15.040 --> 00:08:17.280 Although CPR has become

NOTE Confidence: 0.959655028

00:08:17.280 --> 00:08:19.520 synonymous with medical heroism,

NOTE Confidence: 0.959655028

00:08:19.520 --> 00:08:21.884 nearly 85% of those who receive

NOTE Confidence: 0.959655028

00:08:21.884 --> 00:08:23.880 it in a hospital die,

NOTE Confidence: 0.959655028

00:08:23.880 --> 00:08:28.360 their final moments marked by pain and chaos.

NOTE Confidence: 0.959655028

00:08:28.360 --> 00:08:31.438 The pandemic only deepened the risks.

NOTE Confidence: 0.959655028

00:08:31.440 --> 00:08:33.552 Every chest compression spewed

NOTE Confidence: 0.959655028

00:08:33.552 --> 00:08:36.192 contagious particles into the air,

NOTE Confidence: 0.959655028

00:08:36.200 --> 00:08:37.266 and intubation,

NOTE Confidence: 0.959655028

00:08:37.266 --> 00:08:39.398 which often follows compressions,

NOTE Confidence: 0.959655028

00:08:39.400 --> 00:08:43.360 exposed doctors to virus laden saliva.
NOTE Confidence: 0.959655028

00:08:43.360 --> 00:08:45.472 Hospitals in Michigan and
NOTE Confidence: 0.959655028

00:08:45.472 --> 00:08:48.112 Georgia reported that no COVID
NOTE Confidence: 0.959655028

00:08:48.112 --> 00:08:50.598 patients survived the procedure.
NOTE Confidence: 0.959655028

00:08:50.600 --> 00:08:53.840 An old question acquired new urgency.
NOTE Confidence: 0.959655028

00:08:53.840 --> 00:08:56.400 Why was CPR default treatment,
NOTE Confidence: 0.959655028

00:08:56.400 --> 00:08:58.640 even for people as sick as Ernesto?
NOTE Confidence: 0.963947786

00:09:02.040 --> 00:09:03.680 As a palliative care physician,
NOTE Confidence: 0.963947786

00:09:03.680 --> 00:09:05.560 I help people with serious,
NOTE Confidence: 0.963947786

00:09:05.560 --> 00:09:08.670 often terminal illness consider a
NOTE Confidence: 0.963947786

00:09:08.670 --> 00:09:11.060 path forward during the pandemic.
NOTE Confidence: 0.963947786

00:09:11.060 --> 00:09:13.340 This involved weekly ZOOM meetings with
NOTE Confidence: 0.963947786

00:09:13.340 --> 00:09:15.994 each family whose loved one was in the ICU.
NOTE Confidence: 0.963947786

00:09:16.000 --> 00:09:19.262 With COVID, we discussed how the virus
NOTE Confidence: 0.963947786

00:09:19.262 --> 00:09:22.359 could damage the lungs irreversibly,
NOTE Confidence: 0.963947786

00:09:22.360 --> 00:09:25.036 how we gauged a patient's condition,

NOTE Confidence: 0.963947786

00:09:25.040 --> 00:09:26.438 and what we would do if,

NOTE Confidence: 0.963947786

00:09:26.440 --> 00:09:28.280 despite being on life support,

NOTE Confidence: 0.963947786

00:09:28.280 --> 00:09:30.560 that patient died.

NOTE Confidence: 0.963947786

00:09:30.560 --> 00:09:33.232 On a Gray afternoon, I logged on to

NOTE Confidence: 0.963947786

00:09:33.232 --> 00:09:35.660 Zoom to speak with Ernesto's family.

NOTE Confidence: 0.963947786

00:09:35.660 --> 00:09:38.360 I would be joined by Sarah,

NOTE Confidence: 0.963947786

00:09:38.360 --> 00:09:40.440 her daughter Nancy, and Neil,

NOTE Confidence: 0.963947786

00:09:40.440 --> 00:09:42.608 an internal medicine resident

NOTE Confidence: 0.963947786

00:09:42.608 --> 00:09:44.234 covering the ICU.

NOTE Confidence: 0.963947786

00:09:44.240 --> 00:09:45.122 Before the meeting,

NOTE Confidence: 0.963947786

00:09:45.122 --> 00:09:46.886 I asked Neil whether he'd been

NOTE Confidence: 0.963947786

00:09:46.886 --> 00:09:48.678 taught to have these conversations.

NOTE Confidence: 0.963947786

00:09:48.680 --> 00:09:49.847 Nope, he said.

NOTE Confidence: 0.963947786

00:09:49.847 --> 00:09:52.181 I asked him what he might

NOTE Confidence: 0.963947786

00:09:52.181 --> 00:09:53.766 say to Ernesto's family.

NOTE Confidence: 0.963947786

00:09:53.766 --> 00:09:54.229 Unfortunately,
NOTE Confidence: 0.963947786

00:09:54.229 --> 00:09:57.939 he still needs the ventilator for his lungs
NOTE Confidence: 0.963947786

00:09:57.939 --> 00:10:00.718 and he's not showing signs of improvement.
NOTE Confidence: 0.963947786

00:10:00.720 --> 00:10:04.760 We want you to know that he is very sick
NOTE Confidence: 0.963947786

00:10:04.760 --> 00:10:08.200 because he's so sick his heart could stop.
NOTE Confidence: 0.963947786

00:10:08.200 --> 00:10:09.496 If that happened,
NOTE Confidence: 0.963947786

00:10:09.496 --> 00:10:13.960 would you want us to do CPR to revive him?
NOTE Confidence: 0.963947786

00:10:13.960 --> 00:10:16.746 He used his hands to simulate chest
NOTE Confidence: 0.963947786

00:10:16.746 --> 00:10:19.000 compressions on a phantom body.
NOTE Confidence: 0.963947786

00:10:19.000 --> 00:10:20.508 In my own residency,
NOTE Confidence: 0.963947786

00:10:20.508 --> 00:10:22.770 I'd been taught to ask patients
NOTE Confidence: 0.963947786

00:10:22.849 --> 00:10:25.027 whether they wanted CPR and to
NOTE Confidence: 0.963947786

00:10:25.027 --> 00:10:27.280 go along with their decisions.
NOTE Confidence: 0.963947786

00:10:27.280 --> 00:10:29.012 But an informed decision,
NOTE Confidence: 0.963947786

00:10:29.012 --> 00:10:31.896 I learned, required more from me.
NOTE Confidence: 0.963947786

00:10:31.896 --> 00:10:34.920 One night I cared for Andrew,

NOTE Confidence: 0.963947786

00:10:34.920 --> 00:10:38.189 a man with incurable colon cancer who'd

NOTE Confidence: 0.963947786

00:10:38.189 --> 00:10:41.200 stop urinating and become disoriented.

NOTE Confidence: 0.963947786

00:10:41.200 --> 00:10:44.320 Unable to hold a conversation,

NOTE Confidence: 0.963947786

00:10:44.320 --> 00:10:46.120 he needed immediate dialysis.

NOTE Confidence: 0.963947786

00:10:46.120 --> 00:10:49.491 So I admitted him to the ICU when

NOTE Confidence: 0.963947786

00:10:49.491 --> 00:10:51.477 I discussed CPR with his wife.

NOTE Confidence: 0.963947786

00:10:51.480 --> 00:10:54.066 I didn't explain that Andrew's cancer

NOTE Confidence: 0.963947786

00:10:54.066 --> 00:10:57.359 had caused his heart and kidneys to fail,

NOTE Confidence: 0.963947786

00:10:57.360 --> 00:10:59.040 that he was dying,

NOTE Confidence: 0.963947786

00:10:59.040 --> 00:11:01.162 that CPR wouldn't change, that.

NOTE Confidence: 0.963947786

00:11:01.162 --> 00:11:03.814 I placed the entire burden of

NOTE Confidence: 0.963947786

00:11:03.814 --> 00:11:06.399 the decision onto her shoulders,

NOTE Confidence: 0.963947786

00:11:06.400 --> 00:11:09.396 reducing what should have been in a

NOTE Confidence: 0.963947786

00:11:09.396 --> 00:11:12.039 conversation into highly consequential yes,

NOTE Confidence: 0.963947786

00:11:12.040 --> 00:11:13.280 no questions.

NOTE Confidence: 0.963947786

00:11:13.280 --> 00:11:15.760 If Andrew stops breathing,
NOTE Confidence: 0.963947786

00:11:15.760 --> 00:11:18.040 do you want a ventilator?
NOTE Confidence: 0.963947786

00:11:18.040 --> 00:11:22.400 If his heart stops, do you want me to do CPR?
NOTE Confidence: 0.963947786

00:11:22.400 --> 00:11:25.074 To Andrew's wife and to most people,
NOTE Confidence: 0.963947786

00:11:25.080 --> 00:11:27.345 these questions mean Do you
NOTE Confidence: 0.963947786

00:11:27.345 --> 00:11:30.599 want us to try and save him?
NOTE Confidence: 0.963947786

00:11:30.600 --> 00:11:34.023 I offered CPR as though it were
NOTE Confidence: 0.963947786

00:11:34.023 --> 00:11:37.119 a choice between life and death.
NOTE Confidence: 0.963947786

00:11:37.120 --> 00:11:39.136 On the zoom call,
NOTE Confidence: 0.963947786

00:11:39.136 --> 00:11:42.160 my screen split into three rectangles.
NOTE Confidence: 0.963947786

00:11:42.160 --> 00:11:45.640 Sarah and Nancy were huddled on a bed.
NOTE Confidence: 0.963947786

00:11:45.640 --> 00:11:48.240 Dark circles ringed Sarah's eyes,
NOTE Confidence: 0.963947786

00:11:48.240 --> 00:11:50.852 and she told me that Ernesto's last
NOTE Confidence: 0.963947786

00:11:50.852 --> 00:11:54.114 words to her echoed in her mind.
NOTE Confidence: 0.963947786

00:11:54.120 --> 00:11:55.620 He said he wants everything
NOTE Confidence: 0.963947786

00:11:55.620 --> 00:11:57.120 done to save his life.

NOTE Confidence: 0.963947786
00:11:57.120 --> 00:11:59.316 If he's going to die anyway,
NOTE Confidence: 0.963947786
00:11:59.320 --> 00:12:01.880 why not try the heroics?
NOTE Confidence: 0.963947786
00:12:01.880 --> 00:12:06.158 She disappeared, her rectangle suddenly dark.
NOTE Confidence: 0.963947786
00:12:06.160 --> 00:12:06.597 Sorry,
NOTE Confidence: 0.963947786
00:12:06.597 --> 00:12:09.656 I just don't want you to see
NOTE Confidence: 0.963947786
00:12:09.656 --> 00:12:12.024 me cry again in residency.
NOTE Confidence: 0.963947786
00:12:12.024 --> 00:12:14.184 I would have assumed that
NOTE Confidence: 0.963947786
00:12:14.184 --> 00:12:15.480 because Ernesto wanted,
NOTE Confidence: 0.963947786
00:12:15.480 --> 00:12:17.720 quote UN quote, everything done,
NOTE Confidence: 0.963947786
00:12:17.720 --> 00:12:20.240 he would want CPR.
NOTE Confidence: 0.963947786
00:12:20.240 --> 00:12:23.440 But this conversation was about
NOTE Confidence: 0.963947786
00:12:23.440 --> 00:12:25.360 more than resuscitation.
NOTE Confidence: 0.963947786
00:12:25.360 --> 00:12:28.448 It was about death and how Ernesto would
NOTE Confidence: 0.963947786
00:12:28.448 --> 00:12:31.957 want to be cared for as he approached it.
NOTE Confidence: 0.963947786
00:12:31.960 --> 00:12:33.040 Speaking with Sarah,
NOTE Confidence: 0.963947786

00:12:33.040 --> 00:12:35.560 I tried to be frank about a
NOTE Confidence: 0.963947786

00:12:35.642 --> 00:12:37.578 procedure that symbolized both
NOTE Confidence: 0.963947786

00:12:37.578 --> 00:12:39.998 to doctors and to patients,
NOTE Confidence: 0.963947786

00:12:40.000 --> 00:12:42.360 something other than its reality.
NOTE Confidence: 0.972152011428572

00:12:48.880 --> 00:12:51.736 And to read very briefly from a
NOTE Confidence: 0.972152011428572

00:12:51.736 --> 00:12:54.688 section of the book that really looks
NOTE Confidence: 0.972152011428572

00:12:54.688 --> 00:12:58.120 at how do you ask these questions,
NOTE Confidence: 0.972152011428572

00:12:58.120 --> 00:13:01.372 how do you develop a different
NOTE Confidence: 0.972152011428572

00:13:01.372 --> 00:13:03.480 relationship to language than
NOTE Confidence: 0.972152011428572

00:13:03.480 --> 00:13:05.880 that we're taught in medicine?
NOTE Confidence: 0.972152011428572

00:13:05.880 --> 00:13:07.308 Because in my training,
NOTE Confidence: 0.972152011428572

00:13:07.308 --> 00:13:09.800 the question of do you want CPR,
NOTE Confidence: 0.972152011428572

00:13:09.800 --> 00:13:12.450 do you want more chemo or hearing
NOTE Confidence: 0.972152011428572

00:13:12.450 --> 00:13:14.275 things like he's a fighter,
NOTE Confidence: 0.972152011428572

00:13:14.280 --> 00:13:16.280 he wants everything done,
NOTE Confidence: 0.972152011428572

00:13:16.280 --> 00:13:19.880 he's awaiting a miracle, these words,

NOTE Confidence: 0.972152011428572
00:13:19.880 --> 00:13:22.280 fighter, miracle, everything.
NOTE Confidence: 0.972152011428572
00:13:22.280 --> 00:13:24.200 And even the ones we use,
NOTE Confidence: 0.972152011428572
00:13:24.200 --> 00:13:26.360 like stable multi system,
NOTE Confidence: 0.972152011428572
00:13:26.360 --> 00:13:29.279 organ failure, things like that,
NOTE Confidence: 0.972152011428572
00:13:29.279 --> 00:13:31.118 protecting an airway.
NOTE Confidence: 0.972152011428572
00:13:31.120 --> 00:13:34.678 These phrases mean everything and nothing.
NOTE Confidence: 0.972152011428572
00:13:34.680 --> 00:13:36.444 They require translation.
NOTE Confidence: 0.972152011428572
00:13:36.444 --> 00:13:40.560 But we're not taught to be translators.
NOTE Confidence: 0.972152011428572
00:13:40.560 --> 00:13:42.560 We're not taught to be
NOTE Confidence: 0.972152011428572
00:13:42.560 --> 00:13:43.760 interpreters of language,
NOTE Confidence: 0.972152011428572
00:13:43.760 --> 00:13:46.532 the language that we are socialized
NOTE Confidence: 0.972152011428572
00:13:46.532 --> 00:13:49.598 into when we start our medical training.
NOTE Confidence: 0.972152011428572
00:13:49.600 --> 00:13:52.344 And so how do we develop a
NOTE Confidence: 0.972152011428572
00:13:52.344 --> 00:13:54.280 different relationship to language,
NOTE Confidence: 0.972152011428572
00:13:54.280 --> 00:13:59.075 one that will enable true informed consent,
NOTE Confidence: 0.972152011428572

00:13:59.080 --> 00:14:01.840 which is the bedrock of biomedical
NOTE Confidence: 0.972152011428572

00:14:01.840 --> 00:14:04.816 ethics And everybody's right to enjoy.
NOTE Confidence: 0.972152011428572

00:14:04.816 --> 00:14:06.358 But asking somebody,
NOTE Confidence: 0.972152011428572

00:14:06.360 --> 00:14:09.489 do you want X or Y intervention
NOTE Confidence: 0.972152011428572

00:14:09.489 --> 00:14:12.238 strips the question of the context.
NOTE Confidence: 0.972152011428572

00:14:12.240 --> 00:14:14.487 And it is only within a specific
NOTE Confidence: 0.972152011428572

00:14:14.487 --> 00:14:16.976 context that we must learn to talk
NOTE Confidence: 0.972152011428572

00:14:16.976 --> 00:14:18.796 about with honesty and clarity
NOTE Confidence: 0.972152011428572

00:14:18.800 --> 00:14:21.894 that we can really ask the right
NOTE Confidence: 0.972152011428572

00:14:21.894 --> 00:14:23.668 questions and articulate the
NOTE Confidence: 0.972152011428572

00:14:23.668 --> 00:14:25.852 dilemmas that are on our minds
NOTE Confidence: 0.972152011428572

00:14:25.852 --> 00:14:28.039 and those of our patients.
NOTE Confidence: 0.972152011428572

00:14:28.040 --> 00:14:29.558 So very briefly,
NOTE Confidence: 0.91430620875

00:14:36.000 --> 00:14:38.440 around the time that I met Joe Brown,
NOTE Confidence: 0.91430620875

00:14:38.440 --> 00:14:40.595 I realized that I doubled
NOTE Confidence: 0.91430620875

00:14:40.595 --> 00:14:42.319 as an accidental linguist,

NOTE Confidence: 0.91430620875

00:14:42.320 --> 00:14:44.925 helping patients and families to

NOTE Confidence: 0.91430620875

00:14:44.925 --> 00:14:48.082 excavate the many layers of meaning

NOTE Confidence: 0.91430620875

00:14:48.082 --> 00:14:51.274 they assigned to a word or phrase.

NOTE Confidence: 0.91430620875

00:14:51.280 --> 00:14:53.600 In the first few minutes of our conversation,

NOTE Confidence: 0.91430620875

00:14:53.600 --> 00:14:57.198 Teresa would describe Joe as a fighter.

NOTE Confidence: 0.91430620875

00:14:57.200 --> 00:14:58.730 Countless patients describe

NOTE Confidence: 0.91430620875

00:14:58.730 --> 00:15:01.280 themselves this way to me.

NOTE Confidence: 0.91430620875

00:15:01.280 --> 00:15:02.880 When I first met her,

NOTE Confidence: 0.91430620875

00:15:02.880 --> 00:15:05.952 Linda described herself as a warrior

NOTE Confidence: 0.91430620875

00:15:05.952 --> 00:15:08.000 against her failing kidneys.

NOTE Confidence: 0.91430620875

00:15:08.000 --> 00:15:09.161 Back in fellowship,

NOTE Confidence: 0.91430620875

00:15:09.161 --> 00:15:12.400 Dave told me he felt more like a

NOTE Confidence: 0.91430620875

00:15:12.400 --> 00:15:15.118 soldier in his battle against emphysema

NOTE Confidence: 0.91430620875

00:15:15.120 --> 00:15:18.880 than he did when he was in Vietnam.

NOTE Confidence: 0.91430620875

00:15:18.880 --> 00:15:20.885 Recently, I'd seen an elderly

NOTE Confidence: 0.91430620875

00:15:20.885 --> 00:15:23.554 patient with end stage lung cancer
NOTE Confidence: 0.91430620875

00:15:23.554 --> 00:15:25.918 hospitalized with severe pneumonia.
NOTE Confidence: 0.91430620875

00:15:25.920 --> 00:15:28.000 Her granddaughter superimposed an
NOTE Confidence: 0.91430620875

00:15:28.000 --> 00:15:31.800 image of her face thinned by cancer,
NOTE Confidence: 0.91430620875

00:15:31.800 --> 00:15:34.488 crusted over with a slowly healing
NOTE Confidence: 0.91430620875

00:15:34.488 --> 00:15:37.400 zoster rash onto Hulk Hogan's body,
NOTE Confidence: 0.91430620875

00:15:37.400 --> 00:15:39.885 and hung photocopies on every
NOTE Confidence: 0.91430620875

00:15:39.885 --> 00:15:41.873 wall in her room.
NOTE Confidence: 0.91430620875

00:15:41.880 --> 00:15:44.760 Don't be fooled by her looks.
NOTE Confidence: 0.91430620875

00:15:44.760 --> 00:15:48.680 My grandma is every bit as tough as the Hulk,
NOTE Confidence: 0.91430620875

00:15:48.680 --> 00:15:50.906 and there's no way she's losing
NOTE Confidence: 0.91430620875

00:15:50.906 --> 00:15:53.000 to this wimpy old cancer,
NOTE Confidence: 0.91430620875

00:15:53.000 --> 00:15:54.140 her granddaughter said.
NOTE Confidence: 0.91430620875

00:15:54.140 --> 00:15:56.040 When I first met her.
NOTE Confidence: 0.91430620875

00:15:56.040 --> 00:15:57.076 As a side note,
NOTE Confidence: 0.91430620875

00:15:57.076 --> 00:15:59.360 I did not know who Hulk Hogan was,

NOTE Confidence: 0.91430620875
00:15:59.360 --> 00:16:02.078 so it made for very interesting,
NOTE Confidence: 0.91430620875
00:16:02.080 --> 00:16:04.408 just like certain cultural
NOTE Confidence: 0.91430620875
00:16:04.408 --> 00:16:07.318 things that passed me by,
NOTE Confidence: 0.91430620875
00:16:07.320 --> 00:16:10.546 I understood this impulse to fight when
NOTE Confidence: 0.91430620875
00:16:10.546 --> 00:16:13.076 faced with anything life threatening.
NOTE Confidence: 0.91430620875
00:16:13.080 --> 00:16:15.474 Our instinct to preserve our lives
NOTE Confidence: 0.91430620875
00:16:15.474 --> 00:16:18.232 is so strong that it's practically
NOTE Confidence: 0.91430620875
00:16:18.232 --> 00:16:20.922 A biological response or biological
NOTE Confidence: 0.91430620875
00:16:20.922 --> 00:16:23.807 response to fight an enemy in
NOTE Confidence: 0.91430620875
00:16:23.807 --> 00:16:24.998 every way possible.
NOTE Confidence: 0.91430620875
00:16:25.000 --> 00:16:27.640 Our bodies want to keep living,
NOTE Confidence: 0.91430620875
00:16:27.640 --> 00:16:30.356 which is why they have so many
NOTE Confidence: 0.91430620875
00:16:30.356 --> 00:16:32.552 built in mechanisms to stay
NOTE Confidence: 0.91430620875
00:16:32.552 --> 00:16:35.396 alive even when faced with life
NOTE Confidence: 0.91430620875
00:16:35.396 --> 00:16:37.199 threatening illnesses or injury.
NOTE Confidence: 0.91430620875

00:16:37.200 --> 00:16:39.958 But what do we fight for when,
NOTE Confidence: 0.91430620875

00:16:39.960 --> 00:16:42.288 despite the best possible effort made
NOTE Confidence: 0.91430620875

00:16:42.288 --> 00:16:45.240 by the body and mind and medicine,
NOTE Confidence: 0.91430620875

00:16:45.240 --> 00:16:48.900 the disease grows stronger in residency?
NOTE Confidence: 0.91430620875

00:16:48.900 --> 00:16:51.480 In the early months of fellowships,
NOTE Confidence: 0.91430620875

00:16:51.480 --> 00:16:53.988 I had the impression that self-described
NOTE Confidence: 0.91430620875

00:16:53.988 --> 00:16:56.280 fighters would be difficult patients.
NOTE Confidence: 0.91430620875

00:16:56.280 --> 00:16:58.236 Fighters were the ones who didn't
NOTE Confidence: 0.91430620875

00:16:58.236 --> 00:16:59.880 understand how sick they were.
NOTE Confidence: 0.91430620875

00:16:59.880 --> 00:17:02.960 They demanded unrealistic treatments and
NOTE Confidence: 0.91430620875

00:17:02.960 --> 00:17:06.520 berated doctors who wouldn't provide them.
NOTE Confidence: 0.91430620875

00:17:06.520 --> 00:17:09.130 They vocalized their strength and courage
NOTE Confidence: 0.91430620875

00:17:09.130 --> 00:17:12.518 ever more loudly as their bodies weakened,
NOTE Confidence: 0.91430620875

00:17:12.520 --> 00:17:14.705 as though the militaristic ferocity
NOTE Confidence: 0.91430620875

00:17:14.705 --> 00:17:17.404 of their wards alone could halt
NOTE Confidence: 0.91430620875

00:17:17.404 --> 00:17:19.624 or reverse the territorial gains

NOTE Confidence: 0.91430620875
00:17:19.624 --> 00:17:21.400 of their invisible enemy,
NOTE Confidence: 0.91430620875
00:17:21.400 --> 00:17:24.226 be it cancer or heart disease
NOTE Confidence: 0.91430620875
00:17:24.226 --> 00:17:25.639 or liver failure.
NOTE Confidence: 0.91430620875
00:17:25.640 --> 00:17:27.425 When fighters died,
NOTE Confidence: 0.91430620875
00:17:27.425 --> 00:17:30.400 their obituaries underscored these battles.
NOTE Confidence: 0.91430620875
00:17:30.400 --> 00:17:32.480 Celebrities who died of cancer,
NOTE Confidence: 0.91430620875
00:17:32.480 --> 00:17:33.785 quote UN quote,
NOTE Confidence: 0.91430620875
00:17:33.785 --> 00:17:35.960 lost their long battles or
NOTE Confidence: 0.91430620875
00:17:35.960 --> 00:17:37.560 succumbed despite fighting.
NOTE Confidence: 0.91430620875
00:17:37.560 --> 00:17:39.750 But what did these fighting words
NOTE Confidence: 0.91430620875
00:17:39.750 --> 00:17:42.637 actually mean to the people who use them?
NOTE Confidence: 0.91430620875
00:17:42.640 --> 00:17:45.727 Their use had become so pervasive that
NOTE Confidence: 0.91430620875
00:17:45.727 --> 00:17:49.100 they were now de rigor descriptors
NOTE Confidence: 0.91430620875
00:17:49.100 --> 00:17:51.716 for anyone confronting mortality.
NOTE Confidence: 0.91430620875
00:17:51.720 --> 00:17:53.960 Fighters wanted everything done.
NOTE Confidence: 0.91430620875

00:17:53.960 --> 00:17:56.200 They hoped for miracles.
NOTE Confidence: 0.91430620875

00:17:56.200 --> 00:17:58.620 They refused to entertain any
NOTE Confidence: 0.91430620875

00:17:58.620 --> 00:18:01.040 discussion of quote giving up.
NOTE Confidence: 0.91430620875

00:18:01.040 --> 00:18:03.010 Some physicians I knew interpreted
NOTE Confidence: 0.91430620875

00:18:03.010 --> 00:18:04.980 the description fighter as an
NOTE Confidence: 0.91430620875

00:18:05.045 --> 00:18:06.861 indication that they should
NOTE Confidence: 0.91430620875

00:18:06.861 --> 00:18:08.677 provide all treatments possible
NOTE Confidence: 0.91430620875

00:18:08.680 --> 00:18:13.480 regardless of their effectiveness.
NOTE Confidence: 0.91430620875

00:18:13.480 --> 00:18:15.412 I had seen many a conversation
NOTE Confidence: 0.91430620875

00:18:15.412 --> 00:18:17.366 stalled with the use of these
NOTE Confidence: 0.91430620875

00:18:17.366 --> 00:18:19.148 phrases and began to wonder if
NOTE Confidence: 0.91430620875

00:18:19.148 --> 00:18:21.403 the way to advance a challenging
NOTE Confidence: 0.91430620875

00:18:21.403 --> 00:18:23.791 conversation was to explore these word
NOTE Confidence: 0.956644422727273

00:18:23.800 --> 00:18:26.950 choices to force clarity about what
NOTE Confidence: 0.956644422727273

00:18:26.950 --> 00:18:30.416 fighting for a miracle might mean in
NOTE Confidence: 0.956644422727273

00:18:30.416 --> 00:18:33.391 a very specific context or set of

NOTE Confidence: 0.956644422727273
00:18:33.486 --> 00:18:36.800 unfortunate circumstances. After all,
NOTE Confidence: 0.956644422727273
00:18:36.800 --> 00:18:40.160 didn't the word fight imply a conflict?
NOTE Confidence: 0.956644422727273
00:18:40.160 --> 00:18:42.416 Did the fighter grasp the complexity
NOTE Confidence: 0.956644422727273
00:18:42.416 --> 00:18:44.480 and nuance of the battle?
NOTE Confidence: 0.956644422727273
00:18:44.480 --> 00:18:46.904 What did the fighter know about
NOTE Confidence: 0.956644422727273
00:18:46.904 --> 00:18:48.520 his or her enemy?
NOTE Confidence: 0.956644422727273
00:18:48.520 --> 00:18:49.574 How, specifically,
NOTE Confidence: 0.956644422727273
00:18:49.574 --> 00:18:52.209 did they understand the consequences
NOTE Confidence: 0.956644422727273
00:18:52.209 --> 00:18:56.360 of the fight and what they were fighting for?
NOTE Confidence: 0.956644422727273
00:18:56.360 --> 00:18:59.866 What was worth fighting for with what
NOTE Confidence: 0.956644422727273
00:18:59.866 --> 00:19:02.158 consequences for the battleground,
NOTE Confidence: 0.956644422727273
00:19:02.160 --> 00:19:05.996 which was inevitably one's body and life?
NOTE Confidence: 0.956644422727273
00:19:06.000 --> 00:19:08.530 Could there be miracles aside
NOTE Confidence: 0.956644422727273
00:19:08.530 --> 00:19:10.554 from curing a disease,
NOTE Confidence: 0.956644422727273
00:19:10.560 --> 00:19:13.600 especially if that wasn't possible?
NOTE Confidence: 0.81676

00:19:16.680 --> 00:19:19.120 All right. Thank you so much.

NOTE Confidence: 0.32902798

00:19:29.200 --> 00:19:29.480 So,

NOTE Confidence: 0.752562079166667

00:19:36.560 --> 00:19:37.664 so we're going to, I'm just

NOTE Confidence: 0.752562079166667

00:19:37.664 --> 00:19:39.200 going to ask a couple questions,

NOTE Confidence: 0.880106454

00:19:43.600 --> 00:19:44.880 10 or 12 minutes and then we'll

NOTE Confidence: 0.69259363

00:19:47.920 --> 00:19:50.200 open it up to your questions.

NOTE Confidence: 0.795065017272727

00:19:50.200 --> 00:19:52.006 OK. I'm going to converse and then

NOTE Confidence: 0.795065017272727

00:19:52.006 --> 00:19:53.448 we'll open it up. We'll converse.

NOTE Confidence: 0.795065017272727

00:19:53.448 --> 00:19:56.040 I'm not going to converse,

NOTE Confidence: 0.7144035625

00:19:56.040 --> 00:19:57.360 OK. As you're talking,

NOTE Confidence: 0.94426971625

00:19:57.360 --> 00:19:59.536 I was like looking through all like my

NOTE Confidence: 0.94426971625

00:19:59.536 --> 00:20:01.357 50 questions that I came up with and

NOTE Confidence: 0.700395555

00:20:02.320 --> 00:20:04.160 I talked for a little too, no, no, no,

NOTE Confidence: 0.9640541

00:20:04.160 --> 00:20:06.036 not at all. That was really wonderful.

NOTE Confidence: 0.9640541

00:20:06.040 --> 00:20:07.604 So I wouldn't, I think I'm going to

NOTE Confidence: 0.9640541

00:20:07.604 --> 00:20:09.396 just come back to the CPR article.

NOTE Confidence: 0.9640541

00:20:09.400 --> 00:20:12.200 So first. When I saw that you

NOTE Confidence: 0.9640541

00:20:12.200 --> 00:20:13.720 had written about CPRI thought,

NOTE Confidence: 0.9640541

00:20:13.720 --> 00:20:17.400 is there anything new to say about CPR?

NOTE Confidence: 0.9640541

00:20:17.400 --> 00:20:18.764 It's been like literally

NOTE Confidence: 0.9640541

00:20:18.764 --> 00:20:20.316 like beaten to death.

NOTE Confidence: 0.9734452775

00:20:21.520 --> 00:20:22.560 But you did and

NOTE Confidence: 0.94328027

00:20:22.560 --> 00:20:25.311 you you explained I think I think

NOTE Confidence: 0.94328027

00:20:25.311 --> 00:20:27.396 your combination of personal history

NOTE Confidence: 0.94328027

00:20:27.396 --> 00:20:30.301 and and the history of the the

NOTE Confidence: 0.94328027

00:20:30.301 --> 00:20:32.124 practice itself at least for me.

NOTE Confidence: 0.94328027

00:20:32.124 --> 00:20:34.288 Kenneth gave me a a new way of looking

NOTE Confidence: 0.94328027

00:20:34.288 --> 00:20:36.108 at it which I thought was really

NOTE Confidence: 0.94328027

00:20:36.163 --> 00:20:38.432 great and I wanted to just kind of

NOTE Confidence: 0.94328027

00:20:38.432 --> 00:20:41.688 pick apart 11 thing that goes along

NOTE Confidence: 0.94328027

00:20:41.688 --> 00:20:44.750 with CPR which is DNR and ask you

NOTE Confidence: 0.94328027

00:20:44.750 --> 00:20:46.760 about I think people everybody knows

NOTE Confidence: 0.94328027

00:20:46.760 --> 00:20:48.917 what that means in this audience.

NOTE Confidence: 0.94328027

00:20:48.920 --> 00:20:52.886 But you know and it's simplest terms

NOTE Confidence: 0.94328027

00:20:52.886 --> 00:20:55.040 it means just don't do CPR and do

NOTE Confidence: 0.94328027

00:20:55.040 --> 00:20:57.784 do comfort care and let people be.

NOTE Confidence: 0.94328027

00:20:57.784 --> 00:20:59.956 But of course it's it's it's taken

NOTE Confidence: 0.94328027

00:20:59.956 --> 00:21:02.332 on this meaning of ignoring people

NOTE Confidence: 0.94328027

00:21:02.332 --> 00:21:04.862 and letting them suffer and just not

NOTE Confidence: 0.94328027

00:21:04.862 --> 00:21:06.416 even not even stopping by the room.

NOTE Confidence: 0.94328027

00:21:06.416 --> 00:21:08.450 So how did that happen and what

NOTE Confidence: 0.94328027

00:21:08.450 --> 00:21:10.400 how can we change that.

NOTE Confidence: 0.86793957

00:21:11.360 --> 00:21:15.540 So that's that's a great question. No.

NOTE Confidence: 0.86793957

00:21:15.540 --> 00:21:19.080 This is on but can people hear me even.

NOTE Confidence: 0.86793957

00:21:19.080 --> 00:21:22.517 OK. So I'm just going to project.

NOTE Confidence: 0.86793957

00:21:22.520 --> 00:21:25.748 So I think there is this

NOTE Confidence: 0.86793957

00:21:25.748 --> 00:21:29.319 binary that is in our lives.

NOTE Confidence: 0.86793957

00:21:29.320 --> 00:21:31.924 Oh, OK Is this on? Is this on?

NOTE Confidence: 0.86793957

00:21:31.924 --> 00:21:33.182 OK, this is on. OK.

NOTE Confidence: 0.86793957

00:21:33.182 --> 00:21:37.671 A second ago it was not on So OK.

NOTE Confidence: 0.86793957

00:21:37.671 --> 00:21:40.497 So I think there's this binary

NOTE Confidence: 0.86793957

00:21:40.497 --> 00:21:43.142 in medicine and that consists

NOTE Confidence: 0.86793957

00:21:43.142 --> 00:21:46.376 of do everything or do nothing.

NOTE Confidence: 0.86793957

00:21:46.376 --> 00:21:49.448 And I think the practice of

NOTE Confidence: 0.86793957

00:21:49.448 --> 00:21:52.159 resuscitation falls into that binary.

NOTE Confidence: 0.86793957

00:21:52.160 --> 00:21:55.824 Because when we think about just in popular

NOTE Confidence: 0.86793957

00:21:55.824 --> 00:21:59.720 culture or on ER or any of these other shows,

NOTE Confidence: 0.86793957

00:21:59.720 --> 00:22:03.269 what it means to do everything for

NOTE Confidence: 0.86793957

00:22:03.269 --> 00:22:05.652 someone inevitably includes CPR, right?

NOTE Confidence: 0.86793957

00:22:05.652 --> 00:22:07.912 Without the understanding that CPR

NOTE Confidence: 0.86793957

00:22:07.912 --> 00:22:10.999 is not there to reverse a debt.

NOTE Confidence: 0.86793957

00:22:11.000 --> 00:22:11.694 What, sorry,

NOTE Confidence: 0.86793957

00:22:11.694 --> 00:22:14.880 CPR is not there necessarily to save a life.

NOTE Confidence: 0.86793957

00:22:14.880 --> 00:22:16.560 It's about reversing a death.

NOTE Confidence: 0.86793957

00:22:16.560 --> 00:22:18.674 And those are not the same thing.

NOTE Confidence: 0.86793957

00:22:18.680 --> 00:22:20.810 And reversing a death is not

NOTE Confidence: 0.86793957

00:22:20.810 --> 00:22:22.799 the same as restoring a life.

NOTE Confidence: 0.86793957

00:22:22.800 --> 00:22:26.076 And so I think when we get into this,

NOTE Confidence: 0.86793957

00:22:26.080 --> 00:22:28.240 do everything or do nothing,

NOTE Confidence: 0.86793957

00:22:28.240 --> 00:22:30.862 we don't actually know what we're

NOTE Confidence: 0.86793957

00:22:30.862 --> 00:22:33.400 talking about with respect to what

NOTE Confidence: 0.86793957

00:22:33.400 --> 00:22:35.542 CPR symbolizes versus what it is

NOTE Confidence: 0.86793957

00:22:35.542 --> 00:22:38.079 and what its intent actually was.

NOTE Confidence: 0.86793957

00:22:38.080 --> 00:22:42.399 And so DNR evolved in the 80s,

NOTE Confidence: 0.86793957

00:22:42.400 --> 00:22:45.640 really as a corollary to CPR,

NOTE Confidence: 0.86793957

00:22:45.640 --> 00:22:48.398 especially as people were kind of saying,

NOTE Confidence: 0.86793957

00:22:48.400 --> 00:22:49.240 I don't know,

NOTE Confidence: 0.86793957

00:22:49.240 --> 00:22:51.879 that I want my life prolonged at all costs,

NOTE Confidence: 0.86793957

00:22:51.880 --> 00:22:54.646 including the cost of bodily integrity

NOTE Confidence: 0.86793957

00:22:54.646 --> 00:22:57.883 and suffering writ large in the many

NOTE Confidence: 0.86793957

00:22:57.883 --> 00:23:00.078 definitions of suffering that exist.

NOTE Confidence: 0.86793957

00:23:00.080 --> 00:23:01.480 I don't know that I want that,

NOTE Confidence: 0.86793957

00:23:01.480 --> 00:23:04.360 but I also don't know what else to say.

NOTE Confidence: 0.86793957

00:23:04.360 --> 00:23:08.808 And so the DNR order evolved specifically to

NOTE Confidence: 0.86793957

00:23:08.808 --> 00:23:13.640 say when someone's heart stop and they die,

NOTE Confidence: 0.86793957

00:23:13.640 --> 00:23:17.035 do not perform any part of ACLS,

NOTE Confidence: 0.86793957

00:23:17.040 --> 00:23:17.500 right.

NOTE Confidence: 0.86793957

00:23:17.500 --> 00:23:19.800 But that's all it meant.

NOTE Confidence: 0.86793957

00:23:19.800 --> 00:23:21.360 It didn't mean that it,

NOTE Confidence: 0.86793957

00:23:21.360 --> 00:23:25.584 let's say somebody was in the ICU with

NOTE Confidence: 0.86793957

00:23:25.584 --> 00:23:28.308 terrible sepsis who and they need

NOTE Confidence: 0.86793957

00:23:28.308 --> 00:23:30.393 antibiotics and they need pressors.

NOTE Confidence: 0.86793957

00:23:30.400 --> 00:23:35.600 You can still be DNR and have all of that,

NOTE Confidence: 0.86793957

00:23:35.600 --> 00:23:38.470 but because of that thinking of it's
NOTE Confidence: 0.86793957

00:23:38.470 --> 00:23:40.875 either everything or nothing DNR
NOTE Confidence: 0.86793957

00:23:40.875 --> 00:23:45.040 which literally stands for Do not do
NOTE Confidence: 0.86793957

00:23:45.040 --> 00:23:47.740 something people began to fear and
NOTE Confidence: 0.86793957

00:23:47.740 --> 00:23:50.364 with good reason because this played
NOTE Confidence: 0.86793957

00:23:50.364 --> 00:23:53.508 out in practice and sometimes still
NOTE Confidence: 0.86793957

00:23:53.508 --> 00:23:57.688 does that do not perform CPR sometimes
NOTE Confidence: 0.86793957

00:23:57.688 --> 00:24:00.060 becomes do not provide pressors,
NOTE Confidence: 0.86793957

00:24:00.060 --> 00:24:01.800 do not provide BIPAP,
NOTE Confidence: 0.86793957

00:24:01.800 --> 00:24:04.074 do not provide these other life
NOTE Confidence: 0.86793957

00:24:04.074 --> 00:24:06.067 extending things that may actually
NOTE Confidence: 0.86793957

00:24:06.067 --> 00:24:08.515 be within someone's goals of care.
NOTE Confidence: 0.86793957

00:24:08.520 --> 00:24:11.840 I like the term allow natural death better.
NOTE Confidence: 0.86793957

00:24:11.840 --> 00:24:13.694 Have has anyone heard this term
NOTE Confidence: 0.86793957

00:24:13.694 --> 00:24:15.917 because I think this is actually the
NOTE Confidence: 0.86793957

00:24:15.917 --> 00:24:18.080 way we should be talking about this.

NOTE Confidence: 0.86793957
00:24:18.080 --> 00:24:20.000 Not do not resuscitate,
NOTE Confidence: 0.86793957
00:24:20.000 --> 00:24:21.920 but allow natural death,
NOTE Confidence: 0.86793957
00:24:21.920 --> 00:24:24.839 which I think to my mind #1
NOTE Confidence: 0.86793957
00:24:24.839 --> 00:24:27.360 doesn't imply A withholding,
NOTE Confidence: 0.86793957
00:24:27.360 --> 00:24:29.467 it implies A stepping out of the
NOTE Confidence: 0.86793957
00:24:29.467 --> 00:24:31.838 way for an unfolding to happen.
NOTE Confidence: 0.86793957
00:24:31.840 --> 00:24:32.644 That's natural.
NOTE Confidence: 0.86793957
00:24:32.644 --> 00:24:35.458 But you can still have a whole
NOTE Confidence: 0.86793957
00:24:35.458 --> 00:24:37.724 lot of other interventions up
NOTE Confidence: 0.86793957
00:24:37.724 --> 00:24:39.954 to that point of arrest.
NOTE Confidence: 0.86793957
00:24:39.960 --> 00:24:40.000 I
NOTE Confidence: 0.81111355
00:24:43.040 --> 00:24:45.840 just thank you. I I just worry
NOTE Confidence: 0.81111355
00:24:45.840 --> 00:24:46.960 that allow natural death,
NOTE Confidence: 0.866322268181818
00:24:46.960 --> 00:24:48.832 which is now kind of I I guess a
NOTE Confidence: 0.866322268181818
00:24:48.832 --> 00:24:50.284 newer phrase, 'cause I haven't
NOTE Confidence: 0.866322268181818

00:24:50.284 --> 00:24:52.080 heard it other than from what I
NOTE Confidence: 0.866322268181818

00:24:52.080 --> 00:24:54.024 read in your piece that soon like
NOTE Confidence: 0.866322268181818

00:24:54.024 --> 00:24:56.320 in two years it'll be another like
NOTE Confidence: 0.866322268181818

00:24:56.320 --> 00:24:58.880 allow natural death ignore. Yeah.
NOTE Confidence: 0.916031294166667

00:25:00.280 --> 00:25:02.782 And I think you know and I hear this
NOTE Confidence: 0.916031294166667

00:25:02.782 --> 00:25:05.060 a lot that well the person's DNR,
NOTE Confidence: 0.916031294166667

00:25:05.060 --> 00:25:07.600 so why are we doing XY and Z.
NOTE Confidence: 0.916031294166667

00:25:07.600 --> 00:25:10.995 And it's like a constant process of
NOTE Confidence: 0.916031294166667

00:25:10.995 --> 00:25:14.360 education and re education to say I
NOTE Confidence: 0.916031294166667

00:25:14.360 --> 00:25:16.600 understand why you might feel that way
NOTE Confidence: 0.916031294166667

00:25:16.600 --> 00:25:19.232 but a do not resuscitate only applies
NOTE Confidence: 0.916031294166667

00:25:19.232 --> 00:25:22.075 to the point of cardiac arrest and
NOTE Confidence: 0.916031294166667

00:25:22.075 --> 00:25:24.685 it's like a continual reminding people
NOTE Confidence: 0.916031294166667

00:25:24.685 --> 00:25:27.637 that that's not giving up on somebody
NOTE Confidence: 0.916031294166667

00:25:27.640 --> 00:25:29.685 that's respecting their dignity if
NOTE Confidence: 0.916031294166667

00:25:29.685 --> 00:25:33.290 indeed that is not only their choice but

NOTE Confidence: 0.916031294166667
00:25:33.290 --> 00:25:35.760 what's appropriate in a given circumstance.
NOTE Confidence: 0.95272833
00:25:37.920 --> 00:25:41.390 So in during COVID a family
NOTE Confidence: 0.95272833
00:25:41.390 --> 00:25:43.558 member was hospitalized with
NOTE Confidence: 0.718559562857143
00:25:43.560 --> 00:25:48.040 in early COVID and pre vaccine when
NOTE Confidence: 0.718559562857143
00:25:48.040 --> 00:25:49.958 we were doing all the zoom stuff
NOTE Confidence: 0.718559562857143
00:25:49.958 --> 00:25:52.158 that you were you were talking about
NOTE Confidence: 0.718559562857143
00:25:52.160 --> 00:25:55.835 and there was a great pressure from
NOTE Confidence: 0.718559562857143
00:25:55.835 --> 00:26:02.756 this person's PCP to make them DNR
NOTE Confidence: 0.718559562857143
00:26:02.760 --> 00:26:05.800 and it felt really pushy and it was
NOTE Confidence: 0.718559562857143
00:26:05.800 --> 00:26:08.356 very aggressive and horrible and of
NOTE Confidence: 0.718559562857143
00:26:08.356 --> 00:26:11.598 course we thought DNR would just meant
NOTE Confidence: 0.718559562857143
00:26:11.598 --> 00:26:14.065 ignore and let die and this person
NOTE Confidence: 0.718559562857143
00:26:14.065 --> 00:26:16.120 was not intubated like it wasn't.
NOTE Confidence: 0.718559562857143
00:26:16.120 --> 00:26:18.798 It wasn't like a situation where allow
NOTE Confidence: 0.718559562857143
00:26:18.798 --> 00:26:20.226 natural death would have been the
NOTE Confidence: 0.718559562857143

00:26:20.226 --> 00:26:21.954 right thing to do because natural death

NOTE Confidence: 0.718559562857143

00:26:21.954 --> 00:26:23.720 may have been years later post COVID.

NOTE Confidence: 0.718559562857143

00:26:23.720 --> 00:26:25.505 So I don't know if you have

NOTE Confidence: 0.718559562857143

00:26:25.505 --> 00:26:27.440 something to say about that kind of.

NOTE Confidence: 0.718559562857143

00:26:27.440 --> 00:26:29.120 I'm sure you experienced that also.

NOTE Confidence: 0.969872835

00:26:30.120 --> 00:26:31.809 I think sometimes,

NOTE Confidence: 0.969872835

00:26:31.809 --> 00:26:35.187 especially some of what I have

NOTE Confidence: 0.969872835

00:26:35.187 --> 00:26:38.357 seen in the palliative world,

NOTE Confidence: 0.969872835

00:26:38.360 --> 00:26:40.768 but also in just like the general

NOTE Confidence: 0.969872835

00:26:40.768 --> 00:26:42.560 world of medical practices,

NOTE Confidence: 0.969872835

00:26:42.560 --> 00:26:46.288 there can be an overzealousness to

NOTE Confidence: 0.969872835

00:26:46.288 --> 00:26:49.622 jump to certain recommendations that

NOTE Confidence: 0.969872835

00:26:49.622 --> 00:26:52.154 are coming from well meaning people

NOTE Confidence: 0.969872835

00:26:52.154 --> 00:26:55.452 who may not be listening to what the

NOTE Confidence: 0.969872835

00:26:55.452 --> 00:26:57.720 patient or the family or even some

NOTE Confidence: 0.969872835

00:26:57.799 --> 00:27:00.199 of the other providers are saying.

NOTE Confidence: 0.969872835

00:27:00.200 --> 00:27:03.626 So I've definitely been in situations

NOTE Confidence: 0.969872835

00:27:03.626 --> 00:27:06.140 where some family member to usually

NOTE Confidence: 0.969872835

00:27:06.140 --> 00:27:08.552 with someone who can't speak for

NOTE Confidence: 0.969872835

00:27:08.552 --> 00:27:10.557 themselves but somebody speaking on

NOTE Confidence: 0.969872835

00:27:10.557 --> 00:27:13.240 their behalf will be very insistent.

NOTE Confidence: 0.969872835

00:27:13.240 --> 00:27:15.158 No, we should not be doing this.

NOTE Confidence: 0.969872835

00:27:15.160 --> 00:27:17.190 We need to take them home on

NOTE Confidence: 0.969872835

00:27:17.190 --> 00:27:18.587 Hospice and I'm thinking,

NOTE Confidence: 0.969872835

00:27:18.587 --> 00:27:20.801 well actually they don't have like

NOTE Confidence: 0.969872835

00:27:20.801 --> 00:27:22.644 a Hospice admitting diagnosis.

NOTE Confidence: 0.969872835

00:27:22.644 --> 00:27:24.954 They're just 90 years old.

NOTE Confidence: 0.969872835

00:27:24.960 --> 00:27:26.280 But that doesn't mean they've

NOTE Confidence: 0.969872835

00:27:26.280 --> 00:27:27.600 no reason to be on.

NOTE Confidence: 0.969872835

00:27:27.600 --> 00:27:31.120 I cannot certify them to be on Hospice.

NOTE Confidence: 0.969872835

00:27:31.120 --> 00:27:33.196 They were well, 90 year old.

NOTE Confidence: 0.969872835

00:27:33.200 --> 00:27:35.816 And so some of that we never really
NOTE Confidence: 0.969872835

00:27:35.816 --> 00:27:38.523 know what's where these intentions and
NOTE Confidence: 0.969872835

00:27:38.523 --> 00:27:40.998 conversations are really coming from,
NOTE Confidence: 0.969872835

00:27:41.000 --> 00:27:41.360 right.
NOTE Confidence: 0.969872835

00:27:41.360 --> 00:27:43.880 We are a privileged part of our
NOTE Confidence: 0.969872835

00:27:43.880 --> 00:27:46.063 patients lives for a brief snapshot
NOTE Confidence: 0.969872835

00:27:46.063 --> 00:27:48.145 but as much digging and trying
NOTE Confidence: 0.969872835

00:27:48.214 --> 00:27:50.119 to get people to articulate.
NOTE Confidence: 0.969872835

00:27:50.120 --> 00:27:52.088 So tell me what you understand
NOTE Confidence: 0.969872835

00:27:52.088 --> 00:27:53.400 about what's going on?
NOTE Confidence: 0.969872835

00:27:53.400 --> 00:27:56.020 What is worrying you about
NOTE Confidence: 0.969872835

00:27:56.020 --> 00:27:58.116 the situation to make,
NOTE Confidence: 0.969872835

00:27:58.120 --> 00:28:02.154 to have you be very insistent on Hospice?
NOTE Confidence: 0.969872835

00:28:02.154 --> 00:28:02.531 Like,
NOTE Confidence: 0.969872835

00:28:02.531 --> 00:28:04.793 could we imagine another way that
NOTE Confidence: 0.969872835

00:28:04.793 --> 00:28:07.476 we could care for your mother given

NOTE Confidence: 0.969872835

00:28:07.480 --> 00:28:09.592 that right now she doesn't qualify

NOTE Confidence: 0.969872835

00:28:09.592 --> 00:28:12.162 for Hospice and you just almost need

NOTE Confidence: 0.969872835

00:28:12.162 --> 00:28:14.352 to keep digging and digging and

NOTE Confidence: 0.969872835

00:28:14.352 --> 00:28:16.596 digging to kind of get a sense of

NOTE Confidence: 0.969872835

00:28:16.596 --> 00:28:18.920 where is this conflict coming from?

NOTE Confidence: 0.969872835

00:28:18.920 --> 00:28:20.552 And can you help people see

NOTE Confidence: 0.969872835

00:28:20.552 --> 00:28:21.640 it a different way,

NOTE Confidence: 0.969872835

00:28:21.640 --> 00:28:24.400 especially if it's overzealous and

NOTE Confidence: 0.969872835

00:28:24.400 --> 00:28:27.160 pushy and disempowering and weird,

NOTE Confidence: 0.897198310666667

00:28:29.240 --> 00:28:30.296 Totally agree. Thank you.

NOTE Confidence: 0.897198310666667

00:28:30.296 --> 00:28:31.616 I'll ask one more question

NOTE Confidence: 0.897198310666667

00:28:31.616 --> 00:28:32.919 and then I'll open it up.

NOTE Confidence: 0.897198310666667

00:28:32.920 --> 00:28:34.789 Just thinking about training.

NOTE Confidence: 0.897198310666667

00:28:34.789 --> 00:28:38.221 And so the what the example that you

NOTE Confidence: 0.897198310666667

00:28:38.221 --> 00:28:41.437 just gave was so well articulated and

NOTE Confidence: 0.897198310666667

00:28:41.440 --> 00:28:43.105 like that should be what everybody
NOTE Confidence: 0.897198310666667

00:28:43.105 --> 00:28:45.004 is capable of doing and having
NOTE Confidence: 0.897198310666667

00:28:45.004 --> 00:28:46.859 these conversations not just the
NOTE Confidence: 0.897198310666667

00:28:46.859 --> 00:28:48.680 palliative care doctors and team.
NOTE Confidence: 0.897198310666667

00:28:48.680 --> 00:28:51.160 And so you wrote I,
NOTE Confidence: 0.897198310666667

00:28:51.160 --> 00:28:52.872 I I can't remember where I read it
NOTE Confidence: 0.897198310666667

00:28:52.872 --> 00:28:54.852 but you wrote about how we received
NOTE Confidence: 0.897198310666667

00:28:54.852 --> 00:28:56.352 so much training in procedures.
NOTE Confidence: 0.897198310666667

00:28:56.360 --> 00:29:00.257 We're watched as we learn how to do an
NOTE Confidence: 0.897198310666667

00:29:00.257 --> 00:29:03.765 ABG or whatever and G tube and even,
NOTE Confidence: 0.897198310666667

00:29:03.765 --> 00:29:05.475 like drawing blood and you know,
NOTE Confidence: 0.897198310666667

00:29:05.480 --> 00:29:07.178 the simplest to the most complicated
NOTE Confidence: 0.897198310666667

00:29:07.178 --> 00:29:09.040 procedure where we have to be watched and
NOTE Confidence: 0.897198310666667

00:29:09.040 --> 00:29:11.239 we have to do it a certain number of times.
NOTE Confidence: 0.897198310666667

00:29:11.240 --> 00:29:13.240 And yet with learning how
NOTE Confidence: 0.897198310666667

00:29:13.240 --> 00:29:14.840 to have these conversations,

NOTE Confidence: 0.897198310666667
00:29:14.840 --> 00:29:17.420 it's just kind of expected that we're smart.
NOTE Confidence: 0.897198310666667
00:29:17.420 --> 00:29:18.800 So we could just do that.
NOTE Confidence: 0.897198310666667
00:29:18.800 --> 00:29:20.200 It's just talking to people.
NOTE Confidence: 0.897198310666667
00:29:20.200 --> 00:29:21.244 Do you really need to be
NOTE Confidence: 0.897198310666667
00:29:21.244 --> 00:29:22.318 watched and taught how to do it?
NOTE Confidence: 0.897198310666667
00:29:22.320 --> 00:29:23.436 And I know in palliative care,
NOTE Confidence: 0.897198310666667
00:29:23.440 --> 00:29:25.036 you guys spend time doing that.
NOTE Confidence: 0.897198310666667
00:29:25.040 --> 00:29:27.476 But on the rest of medicine,
NOTE Confidence: 0.897198310666667
00:29:27.480 --> 00:29:27.600 Yep.
NOTE Confidence: 0.94658948
00:29:29.040 --> 00:29:30.320 And I think, you know,
NOTE Confidence: 0.94658948
00:29:30.320 --> 00:29:32.959 in palliative care, words are our tools
NOTE Confidence: 0.94658948
00:29:32.959 --> 00:29:35.039 and communication is our procedure.
NOTE Confidence: 0.94658948
00:29:35.040 --> 00:29:36.798 Really, that's kind of how I
NOTE Confidence: 0.94658948
00:29:36.798 --> 00:29:38.790 think about it, that you know,
NOTE Confidence: 0.94658948
00:29:38.790 --> 00:29:41.380 you go in as a cardiologist and
NOTE Confidence: 0.94658948

00:29:41.464 --> 00:29:44.097 you learn to do a cardiac Cath and
NOTE Confidence: 0.94658948

00:29:44.097 --> 00:29:46.440 you do it and you do it and you do
NOTE Confidence: 0.94658948

00:29:46.440 --> 00:29:48.360 it and sometimes things go South.
NOTE Confidence: 0.94658948

00:29:48.360 --> 00:29:50.988 And so part of it is not just the
NOTE Confidence: 0.94658948

00:29:50.988 --> 00:29:54.928 scripts we teach, which I mean,
NOTE Confidence: 0.94658948

00:29:54.928 --> 00:29:59.920 I'm all for the scripts as the basics,
NOTE Confidence: 0.94658948

00:29:59.920 --> 00:30:03.850 but it's not just about knowing
NOTE Confidence: 0.94658948

00:30:03.850 --> 00:30:05.234 what questions to ask.
NOTE Confidence: 0.94658948

00:30:05.240 --> 00:30:08.192 It's about learning how to navigate
NOTE Confidence: 0.94658948

00:30:08.192 --> 00:30:10.497 the answers people give 'cause
NOTE Confidence: 0.94658948

00:30:10.497 --> 00:30:12.519 that's where things can go South.
NOTE Confidence: 0.94658948

00:30:12.520 --> 00:30:15.130 You can ask things like tell me what you
NOTE Confidence: 0.94658948

00:30:15.130 --> 00:30:17.024 understand about your illness, right?
NOTE Confidence: 0.94658948

00:30:17.024 --> 00:30:18.880 We teach these questions,
NOTE Confidence: 0.94658948

00:30:18.880 --> 00:30:20.585 but someone can say something
NOTE Confidence: 0.94658948

00:30:20.585 --> 00:30:22.751 that if you're so busy thinking

NOTE Confidence: 0.94658948

00:30:22.751 --> 00:30:24.716 ahead to the next question,

NOTE Confidence: 0.94658948

00:30:24.720 --> 00:30:26.820 you're not present with their

NOTE Confidence: 0.94658948

00:30:26.820 --> 00:30:29.369 answer or with the emotion in

NOTE Confidence: 0.94658948

00:30:29.369 --> 00:30:31.559 the room or trying to decipher.

NOTE Confidence: 0.94658948

00:30:31.560 --> 00:30:34.640 Here's the text. What is the subtext?

NOTE Confidence: 0.94658948

00:30:34.640 --> 00:30:37.594 What are they really trying to say?

NOTE Confidence: 0.94658948

00:30:37.600 --> 00:30:40.568 Is there a discrepancy between what they're

NOTE Confidence: 0.94658948

00:30:40.568 --> 00:30:43.720 saying and what you can feel in the room?

NOTE Confidence: 0.94658948

00:30:43.720 --> 00:30:46.000 And that's where I think this

NOTE Confidence: 0.94658948

00:30:46.000 --> 00:30:47.520 becomes a true procedure.

NOTE Confidence: 0.94658948

00:30:47.520 --> 00:30:49.608 Someone goes to the OR and you think

NOTE Confidence: 0.94658948

00:30:49.608 --> 00:30:51.072 it's gonna be a straightforward

NOTE Confidence: 0.94658948

00:30:51.072 --> 00:30:52.836 Whipple and you get in there

NOTE Confidence: 0.94658948

00:30:52.836 --> 00:30:54.639 and there's Mets in the liver.

NOTE Confidence: 0.94658948

00:30:54.640 --> 00:30:56.182 It is not what you anticipated

NOTE Confidence: 0.94658948

00:30:56.182 --> 00:30:57.800 and your plan has to change.
NOTE Confidence: 0.94658948

00:30:57.800 --> 00:31:01.603 Or somebody has a very tortuous femoral
NOTE Confidence: 0.94658948

00:31:01.603 --> 00:31:03.301 artery and you're up there trying
NOTE Confidence: 0.94658948

00:31:03.301 --> 00:31:05.715 to do a cap and it is not working.
NOTE Confidence: 0.94658948

00:31:05.720 --> 00:31:07.118 Now what are you gonna do?
NOTE Confidence: 0.94658948

00:31:07.120 --> 00:31:08.368 And in that way,
NOTE Confidence: 0.94658948

00:31:08.368 --> 00:31:10.629 the analogy is really apartment that how
NOTE Confidence: 0.94658948

00:31:10.629 --> 00:31:13.197 we think about a structure of a conversation,
NOTE Confidence: 0.94658948

00:31:13.200 --> 00:31:13.705 troubleshooting,
NOTE Confidence: 0.94658948

00:31:13.705 --> 00:31:15.725 really excavating the meaning
NOTE Confidence: 0.94658948

00:31:15.725 --> 00:31:18.760 of the words that we're using,
NOTE Confidence: 0.94658948

00:31:18.760 --> 00:31:20.926 not just what someone else is
NOTE Confidence: 0.94658948

00:31:20.926 --> 00:31:23.220 using and asking them to help
NOTE Confidence: 0.94658948

00:31:23.220 --> 00:31:24.864 you understand what they mean
NOTE Confidence: 0.94658948

00:31:24.864 --> 00:31:26.592 when they say they're a fighter.
NOTE Confidence: 0.94658948

00:31:26.600 --> 00:31:29.168 But what do you mean when you say

NOTE Confidence: 0.94658948

00:31:29.168 --> 00:31:30.977 the patient is stable, right.

NOTE Confidence: 0.94658948

00:31:30.977 --> 00:31:33.239 I've heard that a million times.

NOTE Confidence: 0.94658948

00:31:33.240 --> 00:31:33.718 And like,

NOTE Confidence: 0.94658948

00:31:33.718 --> 00:31:35.880 I don't know what stayed stable in what way,

NOTE Confidence: 0.94658948

00:31:35.880 --> 00:31:38.757 right? Like stable to in whose eyes?

NOTE Confidence: 0.94658948

00:31:38.760 --> 00:31:39.908 And they're better, OK.

NOTE Confidence: 0.94658948

00:31:39.908 --> 00:31:42.080 I don't know what that means either.

NOTE Confidence: 0.94658948

00:31:42.080 --> 00:31:45.086 And so being helping people to

NOTE Confidence: 0.94658948

00:31:45.086 --> 00:31:47.090 articulate what's happening and

NOTE Confidence: 0.94658948

00:31:47.175 --> 00:31:49.520 helping yourself to be clear,

NOTE Confidence: 0.94658948

00:31:49.520 --> 00:31:52.334 that's the only way that that procedure

NOTE Confidence: 0.94658948

00:31:52.334 --> 00:31:54.599 of a conversation is gonna work.

NOTE Confidence: 0.94658948

00:31:54.600 --> 00:31:55.696 But we do not.

NOTE Confidence: 0.94658948

00:31:55.696 --> 00:31:58.524 And I wrote about this in the book many

NOTE Confidence: 0.94658948

00:31:58.524 --> 00:32:01.114 different places that no one watched me.

NOTE Confidence: 0.94658948

00:32:01.120 --> 00:32:03.658 I was just sent in as an intern to
NOTE Confidence: 0.94658948

00:32:03.658 --> 00:32:06.104 go talk to somebody and I was well
NOTE Confidence: 0.94658948

00:32:06.104 --> 00:32:07.880 meaning and I wanted to do it well.
NOTE Confidence: 0.94658948

00:32:07.880 --> 00:32:09.714 And I screwed up a million times,
NOTE Confidence: 0.94658948

00:32:09.720 --> 00:32:11.658 even knowing that this is something
NOTE Confidence: 0.94658948

00:32:11.658 --> 00:32:13.200 I should be good at.
NOTE Confidence: 0.94658948

00:32:13.200 --> 00:32:15.264 And so for those of us who don't
NOTE Confidence: 0.94658948

00:32:15.264 --> 00:32:17.200 care or who are kind of like,
NOTE Confidence: 0.94658948

00:32:17.200 --> 00:32:19.120 well, I'm a normal person.
NOTE Confidence: 0.94658948

00:32:19.120 --> 00:32:20.436 I'm a nice person.
NOTE Confidence: 0.94658948

00:32:20.436 --> 00:32:23.399 I can just go talk to this family
NOTE Confidence: 0.94658948

00:32:23.400 --> 00:32:24.952 like that's you, Nick.
NOTE Confidence: 0.94658948

00:32:24.952 --> 00:32:27.280 You may be normal and nice,
NOTE Confidence: 0.957505297

00:32:27.280 --> 00:32:30.664 but that's not a normal circumstance
NOTE Confidence: 0.957505297

00:32:30.664 --> 00:32:32.920 that you're walking into.
NOTE Confidence: 0.957505297

00:32:32.920 --> 00:32:34.760 That's a conversation someone's going

NOTE Confidence: 0.957505297

00:32:34.760 --> 00:32:37.559 to remember for the rest of their lives.

NOTE Confidence: 0.957505297

00:32:37.560 --> 00:32:40.210 And we need to take it as seriously as if

NOTE Confidence: 0.957505297

00:32:40.276 --> 00:32:43.172 we're going to the operating room and opening

NOTE Confidence: 0.957505297

00:32:43.172 --> 00:32:46.160 someone up for the first time in their lives.

NOTE Confidence: 0.957505297

00:32:46.160 --> 00:32:49.301 Because for me, it's never lost on me that

NOTE Confidence: 0.957505297

00:32:49.301 --> 00:32:52.600 I walk in A room and I talk about CPR.

NOTE Confidence: 0.957505297

00:32:52.600 --> 00:32:55.480 For me, that I do that many times a day,

NOTE Confidence: 0.957505297

00:32:55.480 --> 00:32:57.556 for the people listening to me,

NOTE Confidence: 0.957505297

00:32:57.560 --> 00:32:59.088 that will be something.

NOTE Confidence: 0.957505297

00:32:59.088 --> 00:33:00.234 They will remember.

NOTE Confidence: 0.957505297

00:33:00.240 --> 00:33:01.680 They will remember what I said.

NOTE Confidence: 0.957505297

00:33:01.680 --> 00:33:03.140 But more importantly, they're going

NOTE Confidence: 0.957505297

00:33:03.140 --> 00:33:05.160 to remember how I made them feel.

NOTE Confidence: 0.957505297

00:33:05.160 --> 00:33:07.554 We are not teaching that in medical

NOTE Confidence: 0.957505297

00:33:07.554 --> 00:33:09.040 school across the board.

NOTE Confidence: 0.957505297

00:33:09.040 --> 00:33:10.504 If you get it,
NOTE Confidence: 0.957505297

00:33:10.504 --> 00:33:13.240 you're lucky I did not get that.
NOTE Confidence: 0.957505297

00:33:13.240 --> 00:33:15.616 I screwed up a bunch of times and
NOTE Confidence: 0.957505297

00:33:15.616 --> 00:33:17.910 was super hard on myself and cried
NOTE Confidence: 0.957505297

00:33:17.910 --> 00:33:20.539 and didn't feel like I could go to
NOTE Confidence: 0.957505297

00:33:20.539 --> 00:33:23.057 my supervisors and say I need you to
NOTE Confidence: 0.957505297

00:33:23.057 --> 00:33:25.753 come in here with me because I want
NOTE Confidence: 0.957505297

00:33:25.753 --> 00:33:28.660 to do this well and I don't think
NOTE Confidence: 0.957505297

00:33:28.660 --> 00:33:31.528 I'm doing it well and I need help.
NOTE Confidence: 0.957505297

00:33:31.528 --> 00:33:34.059 And it just was not the sort
NOTE Confidence: 0.957505297

00:33:34.059 --> 00:33:36.754 of place where I could do that.
NOTE Confidence: 0.957505297

00:33:36.760 --> 00:33:38.916 And I hope that that's changing more.
NOTE Confidence: 0.763845434285714

00:33:42.280 --> 00:33:43.834 I have a lot of opinions also.
NOTE Confidence: 0.82402363

00:33:44.680 --> 00:33:46.558 We love your opinions. OK, I'm going
NOTE Confidence: 0.82402363

00:33:46.560 --> 00:33:49.234 to open it up first to students.
NOTE Confidence: 0.82402363

00:33:49.240 --> 00:33:50.960 Any questions from our students?

NOTE Confidence: 0.7608287
00:33:56.200 --> 00:33:56.880 Student,
NOTE Confidence: 0.949381043333333
00:33:59.600 --> 00:34:00.680 students of life?
NOTE Confidence: 0.967780094285714
00:34:02.800 --> 00:34:04.396 First of all, thank you very much.
NOTE Confidence: 0.967780094285714
00:34:04.400 --> 00:34:05.620 I appreciated the way
NOTE Confidence: 0.967780094285714
00:34:05.620 --> 00:34:08.758 that you kind of brought
NOTE Confidence: 0.910050074
00:34:07.240 --> 00:34:07.840 the conversation around
NOTE Confidence: 0.910050074
00:34:07.840 --> 00:34:08.759 to like, what are your
NOTE Confidence: 0.937055976
00:34:08.760 --> 00:34:10.360 goals? What are your understandings?
NOTE Confidence: 0.937055976
00:34:10.360 --> 00:34:12.280 What's important to you and
NOTE Confidence: 0.939926556666667
00:34:12.280 --> 00:34:13.024 approach the conversation
NOTE Confidence: 0.939926556666667
00:34:13.024 --> 00:34:14.512 a little bit more that way
NOTE Confidence: 0.8628280325
00:34:14.840 --> 00:34:19.800 versus this is what I see medically etcetera.
NOTE Confidence: 0.8628280325
00:34:19.800 --> 00:34:21.765 You were talking about language
NOTE Confidence: 0.8628280325
00:34:21.765 --> 00:34:24.240 and the shift from like DNR to
NOTE Confidence: 0.8628280325
00:34:24.240 --> 00:34:26.000 A&D or allow natural death.
NOTE Confidence: 0.8628280325

00:34:26.000 --> 00:34:28.345 And I'm curious about how the the
NOTE Confidence: 0.8628280325

00:34:28.345 --> 00:34:30.300 pulse or the most forms depending
NOTE Confidence: 0.8628280325

00:34:30.300 --> 00:34:33.140 on which coast you're on have
NOTE Confidence: 0.8628280325

00:34:33.140 --> 00:34:34.835 changed these conversations.
NOTE Confidence: 0.8628280325

00:34:34.840 --> 00:34:37.640 So kind of giving more information about,
NOTE Confidence: 0.8628280325

00:34:37.640 --> 00:34:39.106 you know, the difference between DNR,
NOTE Confidence: 0.8628280325

00:34:39.106 --> 00:34:41.436 but still comfort measures or
NOTE Confidence: 0.8628280325

00:34:41.436 --> 00:34:42.834 comfort measures only.
NOTE Confidence: 0.8628280325

00:34:42.840 --> 00:34:45.010 And if you're seeing kind of that
NOTE Confidence: 0.8628280325

00:34:45.010 --> 00:34:46.400 narrative and those conversations
NOTE Confidence: 0.8628280325

00:34:46.400 --> 00:34:48.200 shifting and getting a little bit
NOTE Confidence: 0.8628280325

00:34:48.200 --> 00:34:49.600 more approachable for people who
NOTE Confidence: 0.797361784

00:34:49.640 --> 00:34:52.160 aren't maybe super palliative inclined,
NOTE Confidence: 0.766665590526316

00:34:52.280 --> 00:34:53.828 that makes sense, Yeah.
NOTE Confidence: 0.766665590526316

00:34:53.828 --> 00:34:56.150 So I think that pulsed and
NOTE Confidence: 0.766665590526316

00:34:56.228 --> 00:34:58.678 most forms definitely give a

NOTE Confidence: 0.766665590526316
00:34:58.678 --> 00:35:00.638 structure to a conversation.
NOTE Confidence: 0.766665590526316
00:35:00.640 --> 00:35:03.832 And I'm all for conversation aids
NOTE Confidence: 0.766665590526316
00:35:03.832 --> 00:35:07.325 or documents that give people some
NOTE Confidence: 0.766665590526316
00:35:07.325 --> 00:35:10.570 language to use with each other and
NOTE Confidence: 0.766665590526316
00:35:10.570 --> 00:35:13.040 with their doctors about what they want,
NOTE Confidence: 0.766665590526316
00:35:13.040 --> 00:35:14.200 what they don't want,
NOTE Confidence: 0.766665590526316
00:35:14.200 --> 00:35:16.876 what they understand and don't understand.
NOTE Confidence: 0.766665590526316
00:35:16.880 --> 00:35:19.400 And I think that last point
NOTE Confidence: 0.766665590526316
00:35:19.400 --> 00:35:21.080 is the potential danger.
NOTE Confidence: 0.766665590526316
00:35:21.080 --> 00:35:23.060 Because if we hand people a
NOTE Confidence: 0.766665590526316
00:35:23.060 --> 00:35:25.160 form or an advanced directive,
NOTE Confidence: 0.766665590526316
00:35:25.160 --> 00:35:26.480 and I think this happened
NOTE Confidence: 0.766665590526316
00:35:26.480 --> 00:35:27.800 a lot during the pandemic,
NOTE Confidence: 0.766665590526316
00:35:27.800 --> 00:35:29.998 like go home and fill this out,
NOTE Confidence: 0.766665590526316
00:35:30.000 --> 00:35:32.198 the thing that's missing is the context,
NOTE Confidence: 0.766665590526316

00:35:32.200 --> 00:35:32.618 right?
NOTE Confidence: 0.766665590526316

00:35:32.618 --> 00:35:35.544 And the context in which we help
NOTE Confidence: 0.766665590526316

00:35:35.544 --> 00:35:37.210 people understand what's going
NOTE Confidence: 0.766665590526316

00:35:37.210 --> 00:35:39.828 on that I think can't be divorced
NOTE Confidence: 0.766665590526316

00:35:39.828 --> 00:35:42.118 from the content of the forms.
NOTE Confidence: 0.766665590526316

00:35:42.120 --> 00:35:44.586 So if I give you a form and you
NOTE Confidence: 0.766665590526316

00:35:44.586 --> 00:35:46.757 are relatively healthy and you're
NOTE Confidence: 0.766665590526316

00:35:46.757 --> 00:35:49.800 65 and maybe you've got some CAD
NOTE Confidence: 0.766665590526316

00:35:49.800 --> 00:35:52.152 and I say go take this form and
NOTE Confidence: 0.766665590526316

00:35:52.152 --> 00:35:53.990 think about these questions and
NOTE Confidence: 0.766665590526316

00:35:53.990 --> 00:35:55.554 what you might want,
NOTE Confidence: 0.766665590526316

00:35:55.560 --> 00:35:57.860 that's very different than if
NOTE Confidence: 0.766665590526316

00:35:57.860 --> 00:35:59.700 someone has metastatic pancreatic
NOTE Confidence: 0.766665590526316

00:35:59.700 --> 00:36:01.755 cancer and they've had three
NOTE Confidence: 0.766665590526316

00:36:01.755 --> 00:36:03.660 lines of chemotherapy and the
NOTE Confidence: 0.766665590526316

00:36:03.660 --> 00:36:05.559 cancer has spread regardless.

NOTE Confidence: 0.766665590526316
00:36:05.560 --> 00:36:08.080 And I give them a form like that
NOTE Confidence: 0.766665590526316
00:36:08.080 --> 00:36:10.786 because the consequences of the choices
NOTE Confidence: 0.766665590526316
00:36:10.786 --> 00:36:13.680 they will make are not the same.
NOTE Confidence: 0.766665590526316
00:36:13.680 --> 00:36:14.960 The form is the same,
NOTE Confidence: 0.766665590526316
00:36:14.960 --> 00:36:16.720 but not the consequence.
NOTE Confidence: 0.766665590526316
00:36:16.720 --> 00:36:19.395 And so I think the danger is
NOTE Confidence: 0.766665590526316
00:36:19.395 --> 00:36:21.751 that we give people a form
NOTE Confidence: 0.766665590526316
00:36:21.751 --> 00:36:24.116 and don't give them guidance.
NOTE Confidence: 0.766665590526316
00:36:24.120 --> 00:36:26.868 We don't help flesh out what
NOTE Confidence: 0.766665590526316
00:36:26.868 --> 00:36:29.651 is the situation in which I'm
NOTE Confidence: 0.766665590526316
00:36:29.651 --> 00:36:31.877 asking you to fill this out.
NOTE Confidence: 0.766665590526316
00:36:31.880 --> 00:36:34.440 I do think the forms are very helpful,
NOTE Confidence: 0.766665590526316
00:36:34.440 --> 00:36:38.008 and I actually have a mentor who is
NOTE Confidence: 0.766665590526316
00:36:38.008 --> 00:36:41.919 part of the pulsed writing committee
NOTE Confidence: 0.766665590526316
00:36:41.920 --> 00:36:44.416 who has talked to me a little bit
NOTE Confidence: 0.766665590526316

00:36:44.416 --> 00:36:47.178 about just even coming up with like
NOTE Confidence: 0.766665590526316

00:36:47.178 --> 00:36:49.740 the phrase comfort measures only, right?
NOTE Confidence: 0.766665590526316

00:36:49.740 --> 00:36:52.240 Like every word was something.
NOTE Confidence: 0.766665590526316

00:36:52.240 --> 00:36:53.491 Not every word,
NOTE Confidence: 0.766665590526316

00:36:53.491 --> 00:36:55.993 but many words and phrasings were
NOTE Confidence: 0.766665590526316

00:36:55.993 --> 00:36:58.875 things that were the subject of debate.
NOTE Confidence: 0.766665590526316

00:36:58.880 --> 00:37:00.100 So there's a whole interesting
NOTE Confidence: 0.766665590526316

00:37:00.100 --> 00:37:01.959 history here and I wish he were here.
NOTE Confidence: 0.766665590526316

00:37:01.960 --> 00:37:04.012 I would invite him to comment
NOTE Confidence: 0.766665590526316

00:37:04.012 --> 00:37:05.038 further on that.
NOTE Confidence: 0.766665590526316

00:37:05.040 --> 00:37:05.550 But yeah,
NOTE Confidence: 0.766665590526316

00:37:05.550 --> 00:37:07.080 but I do think they're helpful,
NOTE Confidence: 0.766665590526316

00:37:07.080 --> 00:37:09.760 but I think they need to be used in a,
NOTE Confidence: 0.766665590526316

00:37:09.760 --> 00:37:11.360 in a way that they're not always used.
NOTE Confidence: 0.766665590526316

00:37:11.360 --> 00:37:12.064 I guess.
NOTE Confidence: 0.766665590526316

00:37:12.064 --> 00:37:13.560 I think I'm conversation

NOTE Confidence: 0.7392641025

00:37:16.800 --> 00:37:18.040 guy versus. Yeah, exactly.

NOTE Confidence: 0.85571561

00:37:20.160 --> 00:37:25.039 Any other students questions in the back?

NOTE Confidence: 0.8410988

00:37:31.280 --> 00:37:34.520 Hi, I'm a first year student.

NOTE Confidence: 0.851815232

00:37:34.520 --> 00:37:35.280 I want to thank you

NOTE Confidence: 0.972755216666667

00:37:35.280 --> 00:37:36.318 for your talk.

NOTE Confidence: 0.86459658

00:37:36.840 --> 00:37:38.440 I my question is

NOTE Confidence: 0.949508183333333

00:37:38.440 --> 00:37:40.780 more you know in terms of learning

NOTE Confidence: 0.949508183333333

00:37:40.780 --> 00:37:43.740 how to have these conversations and

NOTE Confidence: 0.949508183333333

00:37:43.740 --> 00:37:45.800 acknowledging that you are going to mess

NOTE Confidence: 0.844289628333333

00:37:45.800 --> 00:37:48.200 up when you have these conversations.

NOTE Confidence: 0.844289628333333

00:37:48.200 --> 00:37:49.998 What do you recommend that we do

NOTE Confidence: 0.964891686666667

00:37:50.000 --> 00:37:53.573 as we learn how to have better

NOTE Confidence: 0.964891686666667

00:37:53.573 --> 00:37:55.000 conversations around E&R&A&D
and

NOTE Confidence: 0.969484333333333

00:37:56.960 --> 00:37:57.878 stuff like that?

NOTE Confidence: 0.963210866470588

00:38:01.160 --> 00:38:03.632 So I think having the intention

NOTE Confidence: 0.963210866470588
00:38:03.632 --> 00:38:06.604 to do them well and understanding
NOTE Confidence: 0.963210866470588
00:38:06.604 --> 00:38:09.674 that they're just as important,
NOTE Confidence: 0.963210866470588
00:38:09.680 --> 00:38:12.355 if not foundational in your
NOTE Confidence: 0.963210866470588
00:38:12.355 --> 00:38:13.960 interactions with patients,
NOTE Confidence: 0.963210866470588
00:38:13.960 --> 00:38:17.068 I think knowing that and really
NOTE Confidence: 0.963210866470588
00:38:17.068 --> 00:38:20.320 believing that is the first step.
NOTE Confidence: 0.963210866470588
00:38:20.320 --> 00:38:23.518 I think also finding mentors who
NOTE Confidence: 0.963210866470588
00:38:23.518 --> 00:38:27.020 do it well and making an effort to
NOTE Confidence: 0.963210866470588
00:38:27.020 --> 00:38:29.615 learn from them is really important.
NOTE Confidence: 0.963210866470588
00:38:29.615 --> 00:38:33.750 And I think also watching people who do it
NOTE Confidence: 0.963210866470588
00:38:33.750 --> 00:38:37.280 in a way that you don't think is effective,
NOTE Confidence: 0.963210866470588
00:38:37.280 --> 00:38:40.544 they also have something to teach you, right?
NOTE Confidence: 0.963210866470588
00:38:40.544 --> 00:38:43.640 So I think you want to have the intention.
NOTE Confidence: 0.963210866470588
00:38:43.640 --> 00:38:46.032 You want to learn from those around you
NOTE Confidence: 0.963210866470588
00:38:46.032 --> 00:38:48.318 who give you a variety of examples.
NOTE Confidence: 0.963210866470588

00:38:48.320 --> 00:38:51.032 And then the thing I tell my students

NOTE Confidence: 0.963210866470588

00:38:51.032 --> 00:38:54.520 and my trainees and my fellow is that

NOTE Confidence: 0.963210866470588

00:38:54.520 --> 00:38:56.879 bringing her own personality to it.

NOTE Confidence: 0.963210866470588

00:38:56.880 --> 00:38:59.076 I think it sounds very stiff.

NOTE Confidence: 0.963210866470588

00:38:59.080 --> 00:39:01.080 When we read from scripts,

NOTE Confidence: 0.963210866470588

00:39:01.080 --> 00:39:02.480 the scripts are a place to start.

NOTE Confidence: 0.963210866470588

00:39:02.480 --> 00:39:04.398 I feel like I'm bashing the scripts.

NOTE Confidence: 0.963210866470588

00:39:04.400 --> 00:39:06.016 I don't mean to,

NOTE Confidence: 0.963210866470588

00:39:06.016 --> 00:39:09.158 but I want to complicate them and I

NOTE Confidence: 0.963210866470588

00:39:09.158 --> 00:39:11.671 want to complicate the way we inhabit

NOTE Confidence: 0.963210866470588

00:39:11.671 --> 00:39:13.800 ourselves when we're with patients.

NOTE Confidence: 0.963210866470588

00:39:13.800 --> 00:39:16.800 There isn't one way to be a doctor.

NOTE Confidence: 0.963210866470588

00:39:16.800 --> 00:39:19.320 There isn't one way to have a

NOTE Confidence: 0.963210866470588

00:39:19.320 --> 00:39:20.400 conversation with somebody.

NOTE Confidence: 0.963210866470588

00:39:20.400 --> 00:39:21.645 So if anything,

NOTE Confidence: 0.963210866470588

00:39:21.645 --> 00:39:24.550 one of the biggest pieces of feedback

NOTE Confidence: 0.963210866470588
00:39:24.634 --> 00:39:28.800 I tell my trainees is relax,
NOTE Confidence: 0.963210866470588
00:39:28.800 --> 00:39:32.136 take a deep breath and go in there
NOTE Confidence: 0.963210866470588
00:39:32.136 --> 00:39:34.958 and bring your authentic heart
NOTE Confidence: 0.963210866470588
00:39:34.960 --> 00:39:36.673 to these conversations,
NOTE Confidence: 0.963210866470588
00:39:36.673 --> 00:39:39.758 because people can tell when you're
NOTE Confidence: 0.963210866470588
00:39:39.758 --> 00:39:42.551 there as a performance versus when you're
NOTE Confidence: 0.963210866470588
00:39:42.551 --> 00:39:45.517 there with the full force of your humanity.
NOTE Confidence: 0.963210866470588
00:39:45.520 --> 00:39:47.809 So I think there's a couple different
NOTE Confidence: 0.963210866470588
00:39:47.809 --> 00:39:50.010 elements to it that you don't have
NOTE Confidence: 0.963210866470588
00:39:50.010 --> 00:39:52.167 to phrase things the way I would
NOTE Confidence: 0.963210866470588
00:39:52.167 --> 00:39:53.780 phrase them or the way anyone
NOTE Confidence: 0.963210866470588
00:39:53.780 --> 00:39:54.680 else would phrase them.
NOTE Confidence: 0.963210866470588
00:39:54.680 --> 00:39:58.677 Find your own way around your words,
NOTE Confidence: 0.963210866470588
00:39:58.680 --> 00:40:01.914 but have the intention be that
NOTE Confidence: 0.963210866470588
00:40:01.914 --> 00:40:04.993 you're there to listen 1st and
NOTE Confidence: 0.963210866470588

00:40:04.993 --> 00:40:07.558 to really try to understand.
NOTE Confidence: 0.963210866470588

00:40:07.560 --> 00:40:09.290 And you won't always understand
NOTE Confidence: 0.963210866470588

00:40:09.290 --> 00:40:10.674 where someone's coming from,
NOTE Confidence: 0.963210866470588

00:40:10.680 --> 00:40:14.154 but if you speak to them human to human,
NOTE Confidence: 0.963210866470588

00:40:14.160 --> 00:40:16.385 sometimes getting our own medical
NOTE Confidence: 0.963210866470588

00:40:16.385 --> 00:40:19.062 jargon in the ways we've learned
NOTE Confidence: 0.963210866470588

00:40:19.062 --> 00:40:21.998 to be with patients out of the way,
NOTE Confidence: 0.963210866470588

00:40:22.000 --> 00:40:24.163 that helps us to have the most
NOTE Confidence: 0.963210866470588

00:40:24.163 --> 00:40:26.359 authentic goals of care conversations.
NOTE Confidence: 0.571788122857143

00:40:28.720 --> 00:40:30.519 That is my non evidence based to
NOTE Confidence: 0.6813953725

00:40:31.040 --> 00:40:32.200 bring your authentic heart.
NOTE Confidence: 0.9531489

00:40:33.800 --> 00:40:34.480 Next question.
NOTE Confidence: 0.952038715

00:40:39.520 --> 00:40:41.200 So my question is a little
NOTE Confidence: 0.952038715

00:40:41.200 --> 00:40:44.400 more specific to CPR. And
NOTE Confidence: 0.963380128823529

00:40:46.600 --> 00:40:49.442 in your opinion, what is the lowest
NOTE Confidence: 0.963380128823529

00:40:49.442 --> 00:40:52.412 level of care where we should

NOTE Confidence: 0.963380128823529

00:40:52.412 --> 00:40:54.636 start having these discussions?

NOTE Confidence: 0.963380128823529

00:40:54.640 --> 00:40:59.509 So I'm about to be an EMT and so

NOTE Confidence: 0.963380128823529

00:40:59.509 --> 00:41:03.240 obviously we have DNRS, we do CPR

NOTE Confidence: 0.963380128823529

00:41:03.240 --> 00:41:06.080 which would be our main resuscitation

NOTE Confidence: 0.5519116725

00:41:06.800 --> 00:41:08.160 a what? And if

NOTE Confidence: 0.876453512

00:41:08.160 --> 00:41:09.896 we start from you know, EMT basic

NOTE Confidence: 0.876453512

00:41:09.896 --> 00:41:12.192 up to like Level 1 trauma center

NOTE Confidence: 0.707360894

00:41:12.200 --> 00:41:16.120 center like here at Yale, at what level do

NOTE Confidence: 0.969485075555556

00:41:16.120 --> 00:41:18.640 you think that we should start having

NOTE Confidence: 0.969485075555556

00:41:18.640 --> 00:41:20.885 these discussions And do you think it

NOTE Confidence: 0.969485075555556

00:41:20.885 --> 00:41:23.297 would be useful to have several levels

NOTE Confidence: 0.969485075555556

00:41:23.297 --> 00:41:26.132 of DNR depending on what level of

NOTE Confidence: 0.969485075555556

00:41:26.132 --> 00:41:28.598 measures people are comfortable with?

NOTE Confidence: 0.971811151428571

00:41:30.080 --> 00:41:33.195 So I think there's in my mind,

NOTE Confidence: 0.971811151428571

00:41:33.200 --> 00:41:36.038 there's not really levels of DNR.

NOTE Confidence: 0.971811151428571

00:41:36.040 --> 00:41:38.476 If someone goes down in the field,
NOTE Confidence: 0.971811151428571

00:41:38.480 --> 00:41:41.119 you either start CPR or you don't,
NOTE Confidence: 0.971811151428571

00:41:41.120 --> 00:41:43.812 based on documentation that's
NOTE Confidence: 0.971811151428571

00:41:43.812 --> 00:41:48.160 there or or not there, right?
NOTE Confidence: 0.971811151428571

00:41:48.160 --> 00:41:50.160 So if someone has a pulse that says
NOTE Confidence: 0.971811151428571

00:41:50.160 --> 00:41:52.359 DNR and you get called to the house,
NOTE Confidence: 0.971811151428571

00:41:52.360 --> 00:41:54.240 that's something that you respect, right?
NOTE Confidence: 0.971811151428571

00:41:54.240 --> 00:41:56.160 If there's no documentation,
NOTE Confidence: 0.971811151428571

00:41:56.160 --> 00:41:58.412 in the absence of that, you usually
NOTE Confidence: 0.971811151428571

00:41:58.412 --> 00:42:01.611 have to start CPR in between there.
NOTE Confidence: 0.971811151428571

00:42:01.611 --> 00:42:03.633 There's not a whole lot if
NOTE Confidence: 0.971811151428571

00:42:03.633 --> 00:42:05.358 you're coming in as an EMT,
NOTE Confidence: 0.971811151428571

00:42:05.360 --> 00:42:07.502 if you have a pulsed form that
NOTE Confidence: 0.971811151428571

00:42:07.502 --> 00:42:09.079 shows they don't want CPR.
NOTE Confidence: 0.971811151428571

00:42:09.080 --> 00:42:10.265 But for example,
NOTE Confidence: 0.971811151428571

00:42:10.265 --> 00:42:12.240 they would want selective measures,

NOTE Confidence: 0.971811151428571

00:42:12.240 --> 00:42:13.871 which is what is a is not

NOTE Confidence: 0.971811151428571

00:42:13.871 --> 00:42:15.519 a choice on a pulsed form.

NOTE Confidence: 0.971811151428571

00:42:15.520 --> 00:42:18.536 That might mean they would want BIPAP, right?

NOTE Confidence: 0.971811151428571

00:42:18.536 --> 00:42:20.888 Or they would want other types of

NOTE Confidence: 0.971811151428571

00:42:20.888 --> 00:42:22.536 respiratory support or that they would

NOTE Confidence: 0.971811151428571

00:42:22.536 --> 00:42:24.480 even want to go to the hospital,

NOTE Confidence: 0.971811151428571

00:42:24.480 --> 00:42:27.357 but the line would be around CPR.

NOTE Confidence: 0.971811151428571

00:42:27.360 --> 00:42:29.955 So in the absence of that, though,

NOTE Confidence: 0.971811151428571

00:42:29.955 --> 00:42:33.115 I don't know that there's levels of DNR,

NOTE Confidence: 0.971811151428571

00:42:33.120 --> 00:42:33.584 right?

NOTE Confidence: 0.971811151428571

00:42:33.584 --> 00:42:35.440 There's levels of intervention,

NOTE Confidence: 0.971811151428571

00:42:35.440 --> 00:42:39.877 but intervention is not the same as CPR deal.

NOTE Confidence: 0.971811151428571

00:42:39.880 --> 00:42:42.316 I think this is where you know

NOTE Confidence: 0.971811151428571

00:42:42.316 --> 00:42:44.850 in some states they're trying to

NOTE Confidence: 0.971811151428571

00:42:44.850 --> 00:42:47.676 build pulsed registries so that if

NOTE Confidence: 0.971811151428571

00:42:47.676 --> 00:42:50.320 somebody doesn't have documentation,
NOTE Confidence: 0.971811151428571

00:42:50.320 --> 00:42:52.561 there may be a way to pull it up
NOTE Confidence: 0.971811151428571

00:42:52.561 --> 00:42:54.898 and don't know if that's only
NOTE Confidence: 0.971811151428571

00:42:54.898 --> 00:42:56.908 hospital based or whether that's
NOTE Confidence: 0.971811151428571

00:42:56.982 --> 00:42:59.478 something EMTs would have access to.
NOTE Confidence: 0.971811151428571

00:42:59.480 --> 00:43:00.593 In my opinion,
NOTE Confidence: 0.971811151428571

00:43:00.593 --> 00:43:02.819 I think that anybody with any
NOTE Confidence: 0.971811151428571

00:43:02.819 --> 00:43:05.624 sort of serious illness or strong
NOTE Confidence: 0.971811151428571

00:43:05.624 --> 00:43:07.974 feelings about whether they would
NOTE Confidence: 0.971811151428571

00:43:08.055 --> 00:43:09.800 want to go through CPR,
NOTE Confidence: 0.971811151428571

00:43:09.800 --> 00:43:11.819 that those conversations
NOTE Confidence: 0.971811151428571

00:43:11.819 --> 00:43:13.838 should happen whenever.
NOTE Confidence: 0.971811151428571

00:43:13.840 --> 00:43:14.892 A lot of times,
NOTE Confidence: 0.971811151428571

00:43:14.892 --> 00:43:17.040 like if I'm taking care of somebody
NOTE Confidence: 0.972867233

00:43:19.200 --> 00:43:23.520 and they tell me that they lost a loved one,
NOTE Confidence: 0.972867233

00:43:23.520 --> 00:43:25.680 like within the last year,

NOTE Confidence: 0.972867233

00:43:25.680 --> 00:43:29.370 something I will ask is tell me what your

NOTE Confidence: 0.972867233

00:43:29.370 --> 00:43:31.916 experience was of losing that person.

NOTE Confidence: 0.972867233

00:43:31.920 --> 00:43:34.080 What was their death like?

NOTE Confidence: 0.972867233

00:43:34.080 --> 00:43:37.585 And they may say to me it was horrible.

NOTE Confidence: 0.972867233

00:43:37.585 --> 00:43:39.760 She was in an ICU,

NOTE Confidence: 0.972867233

00:43:39.760 --> 00:43:42.182 she was traked and then they did

NOTE Confidence: 0.972867233

00:43:42.182 --> 00:43:44.880 CPR and there was blood everywhere.

NOTE Confidence: 0.972867233

00:43:44.880 --> 00:43:46.920 And you know, something like that.

NOTE Confidence: 0.972867233

00:43:46.920 --> 00:43:49.240 That's a way in, right?

NOTE Confidence: 0.972867233

00:43:49.240 --> 00:43:51.240 So talking about the minute,

NOTE Confidence: 0.972867233

00:43:51.240 --> 00:43:53.120 like what you're asking about,

NOTE Confidence: 0.972867233

00:43:53.120 --> 00:43:55.250 when should this conversation start

NOTE Confidence: 0.972867233

00:43:55.250 --> 00:43:57.760 with the minimum requirement for this.

NOTE Confidence: 0.972867233

00:43:57.760 --> 00:44:00.196 Honestly, I think whenever we lose anybody,

NOTE Confidence: 0.972867233

00:44:00.200 --> 00:44:03.000 it's an opportunity to talk to each other

NOTE Confidence: 0.972867233

00:44:03.000 --> 00:44:06.425 and to have a conversations within us about,
NOTE Confidence: 0.972867233

00:44:06.425 --> 00:44:09.215 would I want my last moments
NOTE Confidence: 0.972867233

00:44:09.215 --> 00:44:11.200 to look like that?
NOTE Confidence: 0.972867233

00:44:11.200 --> 00:44:14.152 If I would want to make a different choice,
NOTE Confidence: 0.972867233

00:44:14.160 --> 00:44:16.608 then I need to tell the people I
NOTE Confidence: 0.972867233

00:44:16.608 --> 00:44:18.474 love and I need to write it down.
NOTE Confidence: 0.972867233

00:44:18.480 --> 00:44:20.202 And I need to tell the doctors
NOTE Confidence: 0.972867233

00:44:20.202 --> 00:44:21.160 taking care of me,
NOTE Confidence: 0.449646515

00:44:24.400 --> 00:44:25.080 buddy, on this, I'd
NOTE Confidence: 0.826925301111111

00:44:25.080 --> 00:44:27.159 like to ask. Yes, somebody in the back row,
NOTE Confidence: 0.957797128571429

00:44:28.440 --> 00:44:30.554 Thank you so much for this conversation.
NOTE Confidence: 0.957797128571429

00:44:30.560 --> 00:44:33.440 I'm. I'm really passionate about this.
NOTE Confidence: 0.957797128571429

00:44:33.440 --> 00:44:34.800 So I'm not a physician.
NOTE Confidence: 0.957797128571429

00:44:34.800 --> 00:44:37.380 I'm a chaplain and I've been
NOTE Confidence: 0.957797128571429

00:44:37.380 --> 00:44:38.670 having conversations with
NOTE Confidence: 0.957797128571429

00:44:38.670 --> 00:44:40.680 patients and families for many,

NOTE Confidence: 0.957797128571429

00:44:40.680 --> 00:44:42.540 many years about this.

NOTE Confidence: 0.957797128571429

00:44:42.540 --> 00:44:45.565 And I have something that's troubling

NOTE Confidence: 0.957797128571429

00:44:45.565 --> 00:44:48.304 me and it has been for years and I

NOTE Confidence: 0.957797128571429

00:44:48.304 --> 00:44:50.837 would love to hear your thoughts on it.

NOTE Confidence: 0.957797128571429

00:44:50.840 --> 00:44:52.824 When I support providers,

NOTE Confidence: 0.957797128571429

00:44:52.824 --> 00:44:56.816 when we have just done a ACPR attempt,

NOTE Confidence: 0.957797128571429

00:44:56.816 --> 00:44:59.920 we all tell each other we would

NOTE Confidence: 0.957797128571429

00:44:59.920 --> 00:45:02.022 never want that for ourselves.

NOTE Confidence: 0.957797128571429

00:45:02.022 --> 00:45:04.800 We're going to be DNRD and I.

NOTE Confidence: 0.957797128571429

00:45:04.800 --> 00:45:05.968 When we're older, you know,

NOTE Confidence: 0.957797128571429

00:45:05.968 --> 00:45:08.160 our family members are going to be D and Rd.

NOTE Confidence: 0.957797128571429

00:45:08.160 --> 00:45:09.996 and I, we would never go

NOTE Confidence: 0.957797128571429

00:45:09.996 --> 00:45:10.914 through that ourselves.

NOTE Confidence: 0.909949882857143

00:45:12.960 --> 00:45:15.200 And you began the talk this evening,

NOTE Confidence: 0.909949882857143

00:45:15.200 --> 00:45:18.266 reminding us that we're so influenced by

NOTE Confidence: 0.909949882857143

00:45:18.266 --> 00:45:21.381 our culture of these medical shows like
NOTE Confidence: 0.909949882857143

00:45:21.381 --> 00:45:24.839 ER and movies and these types of things.
NOTE Confidence: 0.909949882857143

00:45:24.840 --> 00:45:28.377 And what is deeply troubling to me is the
NOTE Confidence: 0.909949882857143

00:45:28.377 --> 00:45:32.920 huge disconnect between medicine and culture.
NOTE Confidence: 0.909949882857143

00:45:32.920 --> 00:45:36.872 And one of my passions is to help patients
NOTE Confidence: 0.909949882857143

00:45:36.872 --> 00:45:40.079 and families experience a good death.
NOTE Confidence: 0.909949882857143

00:45:40.080 --> 00:45:41.880 And what I'm wondering is,
NOTE Confidence: 0.909949882857143

00:45:41.880 --> 00:45:46.670 how do you think we can begin to change
NOTE Confidence: 0.909949882857143

00:45:46.670 --> 00:45:49.424 our culture around resuscitation
NOTE Confidence: 0.909949882857143

00:45:49.424 --> 00:45:53.993 so that people are more open
NOTE Confidence: 0.909949882857143

00:45:53.993 --> 00:45:56.437 to having these conversations,
NOTE Confidence: 0.909949882857143

00:45:56.440 --> 00:45:58.798 seeing them for what they are?
NOTE Confidence: 0.909949882857143

00:45:58.800 --> 00:46:00.360 We're not necessarily like,
NOTE Confidence: 0.909949882857143

00:46:00.360 --> 00:46:02.310 I didn't know that resuscitation
NOTE Confidence: 0.909949882857143

00:46:02.310 --> 00:46:04.199 was someone's already dead and
NOTE Confidence: 0.909949882857143

00:46:04.199 --> 00:46:06.353 we're trying to bring them back.

NOTE Confidence: 0.909949882857143
00:46:06.360 --> 00:46:08.280 And I'm an educated person
NOTE Confidence: 0.943800538
00:46:08.760 --> 00:46:10.280 and I had no clue.
NOTE Confidence: 0.969511806153846
00:46:10.560 --> 00:46:13.416 So I'm like a lot of other people
NOTE Confidence: 0.969511806153846
00:46:13.416 --> 00:46:15.479 probably don't know this either.
NOTE Confidence: 0.969511806153846
00:46:15.480 --> 00:46:18.840 So what are your thoughts about
NOTE Confidence: 0.969511806153846
00:46:18.840 --> 00:46:21.984 changing our culture to be more
NOTE Confidence: 0.969511806153846
00:46:21.984 --> 00:46:24.560 amenable to these conversations?
NOTE Confidence: 0.897919266428572
00:46:26.200 --> 00:46:28.642 So I think George Clooney needs
NOTE Confidence: 0.897919266428572
00:46:28.642 --> 00:46:30.807 to do an infomercial saying
NOTE Confidence: 0.897919266428572
00:46:30.807 --> 00:46:35.000 everything I did was false.
NOTE Confidence: 0.897919266428572
00:46:35.000 --> 00:46:36.871 That would be pretty great though, right?
NOTE Confidence: 0.897919266428572
00:46:36.871 --> 00:46:39.679 If he and forget the guy who played
NOTE Confidence: 0.897919266428572
00:46:39.679 --> 00:46:42.556 the name of the guy who played Mark.
NOTE Confidence: 0.897919266428572
00:46:42.560 --> 00:46:44.000 But I really liked Mark.
NOTE Confidence: 0.897919266428572
00:46:44.000 --> 00:46:46.780 I feel Anthony Edwards,
NOTE Confidence: 0.897919266428572

00:46:46.780 --> 00:46:50.100 he was so great, right?
NOTE Confidence: 0.897919266428572

00:46:50.100 --> 00:46:52.800 He was actually my favorite.
NOTE Confidence: 0.897919266428572

00:46:52.800 --> 00:46:54.634 But if they were to come forward,
NOTE Confidence: 0.897919266428572

00:46:54.640 --> 00:46:57.640 I feel like it would be a lot of fun.
NOTE Confidence: 0.897919266428572

00:46:57.640 --> 00:46:59.520 So, but in all seriousness,
NOTE Confidence: 0.897919266428572

00:46:59.520 --> 00:47:01.080 I think that there's a couple
NOTE Confidence: 0.897919266428572

00:47:01.080 --> 00:47:02.720 different ways to think about this.
NOTE Confidence: 0.897919266428572

00:47:02.720 --> 00:47:06.505 One, I will say hands down of
NOTE Confidence: 0.897919266428572

00:47:06.505 --> 00:47:08.920 the emails I got about my piece,
NOTE Confidence: 0.897919266428572

00:47:08.920 --> 00:47:12.259 the far and above biggest comment was I did
NOTE Confidence: 0.897919266428572

00:47:12.259 --> 00:47:15.640 not know you had to die first to get CPR.
NOTE Confidence: 0.897919266428572

00:47:15.640 --> 00:47:18.792 People do not know this and they don't
NOTE Confidence: 0.897919266428572

00:47:18.792 --> 00:47:21.797 know that it's about death reversal.
NOTE Confidence: 0.897919266428572

00:47:21.800 --> 00:47:27.775 And I think that so much of the cultural
NOTE Confidence: 0.897919266428572

00:47:27.775 --> 00:47:31.302 component to this writ large is the
NOTE Confidence: 0.897919266428572

00:47:31.302 --> 00:47:34.998 expectations we have of doctors and medicine,

NOTE Confidence: 0.897919266428572
00:47:35.000 --> 00:47:36.960 right, This idea that we
NOTE Confidence: 0.897919266428572
00:47:36.960 --> 00:47:39.800 should be able to do anything.
NOTE Confidence: 0.897919266428572
00:47:39.800 --> 00:47:43.922 I think that's a big part of the cultural
NOTE Confidence: 0.897919266428572
00:47:43.922 --> 00:47:46.677 expectations of medicine that are very,
NOTE Confidence: 0.897919266428572
00:47:46.680 --> 00:47:49.760 I don't know where that came from because
NOTE Confidence: 0.897919266428572
00:47:49.760 --> 00:47:54.040 in the words of Doctor Cox from Scrubs,
NOTE Confidence: 0.897919266428572
00:47:54.040 --> 00:47:56.320 which I'm just gonna go with this now,
NOTE Confidence: 0.897919266428572
00:47:56.320 --> 00:47:58.352 I love Doctor Cox.
NOTE Confidence: 0.897919266428572
00:47:58.352 --> 00:48:01.400 He's a personal hero of mine.
NOTE Confidence: 0.897919266428572
00:48:01.400 --> 00:48:03.934 I'm not able to really enact Doctor
NOTE Confidence: 0.897919266428572
00:48:03.934 --> 00:48:06.639 Cox in this current day and age,
NOTE Confidence: 0.897919266428572
00:48:06.640 --> 00:48:08.236 but I wish that I could.
NOTE Confidence: 0.897919266428572
00:48:08.240 --> 00:48:12.755 But he told Zach Braff's character once.
NOTE Confidence: 0.897919266428572
00:48:12.760 --> 00:48:17.226 Everything that we do is a stall, right?
NOTE Confidence: 0.897919266428572
00:48:17.226 --> 00:48:18.624 And he's right.
NOTE Confidence: 0.897919266428572

00:48:18.624 --> 00:48:20.954 But I don't know that.
NOTE Confidence: 0.897919266428572

00:48:20.960 --> 00:48:22.515 Even though the the general
NOTE Confidence: 0.897919266428572

00:48:22.515 --> 00:48:24.719 public and all of us get that,
NOTE Confidence: 0.897919266428572

00:48:24.720 --> 00:48:26.680 I don't know that we really get that.
NOTE Confidence: 0.897919266428572

00:48:26.680 --> 00:48:29.047 And I think that gets in the way when
NOTE Confidence: 0.897919266428572

00:48:29.047 --> 00:48:31.119 we think about what medicine should
NOTE Confidence: 0.897919266428572

00:48:31.119 --> 00:48:33.917 be able to do versus what we can do.
NOTE Confidence: 0.897919266428572

00:48:33.920 --> 00:48:36.626 And I think speaking more realistically
NOTE Confidence: 0.897919266428572

00:48:36.626 --> 00:48:39.135 about medicine's limits is something that
NOTE Confidence: 0.897919266428572

00:48:39.135 --> 00:48:42.560 cannot just be the realm of palliative care.
NOTE Confidence: 0.897919266428572

00:48:42.560 --> 00:48:45.500 That expectation setting has to happen
NOTE Confidence: 0.897919266428572

00:48:45.500 --> 00:48:48.119 whenever somebody comes into the ICU,
NOTE Confidence: 0.897919266428572

00:48:48.120 --> 00:48:50.805 whenever somebody gets a serious
NOTE Confidence: 0.897919266428572

00:48:50.805 --> 00:48:52.953 illness that I understand,
NOTE Confidence: 0.897919266428572

00:48:52.960 --> 00:48:54.370 who I've just told you of
NOTE Confidence: 0.897919266428572

00:48:54.370 --> 00:48:55.075 metastatic lung cancer.

NOTE Confidence: 0.897919266428572

00:48:55.080 --> 00:48:57.688 I understand there's a lot of info out

NOTE Confidence: 0.897919266428572

00:48:57.688 --> 00:49:00.040 there about what clinical trials are,

NOTE Confidence: 0.897919266428572

00:49:00.040 --> 00:49:02.272 but a lot of clinical trials

NOTE Confidence: 0.897919266428572

00:49:02.272 --> 00:49:03.760 will not benefit you.

NOTE Confidence: 0.897919266428572

00:49:03.760 --> 00:49:06.714 They will benefit someone in the future.

NOTE Confidence: 0.897919266428572

00:49:06.720 --> 00:49:09.048 But people expect that if I'm

NOTE Confidence: 0.897919266428572

00:49:09.048 --> 00:49:10.600 on an experimental therapy

NOTE Confidence: 0.897919266428572

00:49:10.676 --> 00:49:12.476 that that may work for me.

NOTE Confidence: 0.897919266428572

00:49:12.480 --> 00:49:14.844 And I think part of dispelling

NOTE Confidence: 0.897919266428572

00:49:14.844 --> 00:49:17.429 the cultural myths we have is

NOTE Confidence: 0.897919266428572

00:49:17.429 --> 00:49:19.744 confronting them and saying this

NOTE Confidence: 0.897919266428572

00:49:19.744 --> 00:49:22.119 is what's achievable in medicine,

NOTE Confidence: 0.897919266428572

00:49:22.120 --> 00:49:26.872 but this is the realm of ER and fantasy.

NOTE Confidence: 0.897919266428572

00:49:26.880 --> 00:49:29.640 I also just think,

NOTE Confidence: 0.897919266428572

00:49:29.640 --> 00:49:33.434 being somebody who is from a culture,

NOTE Confidence: 0.897919266428572

00:49:33.440 --> 00:49:35.420 again writ large,
NOTE Confidence: 0.897919266428572

00:49:35.420 --> 00:49:38.720 where conversations about this stuff,
NOTE Confidence: 0.897919266428572

00:49:38.720 --> 00:49:41.800 we don't have the language for it,
NOTE Confidence: 0.897919266428572

00:49:41.800 --> 00:49:44.320 like in Hindi.
NOTE Confidence: 0.897919266428572

00:49:44.320 --> 00:49:46.756 When I try to have a goals
NOTE Confidence: 0.897919266428572

00:49:46.756 --> 00:49:47.800 of care conversation,
NOTE Confidence: 0.897919266428572

00:49:47.800 --> 00:49:49.840 there's a lot that just doesn't
NOTE Confidence: 0.897919266428572

00:49:49.840 --> 00:49:51.200 make sense or translate,
NOTE Confidence: 0.897919266428572

00:49:51.200 --> 00:49:54.704 in part because some of the
NOTE Confidence: 0.897919266428572

00:49:54.704 --> 00:49:57.040 actual concepts aren't there.
NOTE Confidence: 0.897919266428572

00:49:57.040 --> 00:49:59.840 And I think it would be a miss for me
NOTE Confidence: 0.914566240769231

00:49:59.917 --> 00:50:03.611 not to acknowledge the diversity of
NOTE Confidence: 0.914566240769231

00:50:03.611 --> 00:50:06.719 perspectives and communication styles
NOTE Confidence: 0.914566240769231

00:50:06.720 --> 00:50:08.748 that come into talking about death
NOTE Confidence: 0.914566240769231

00:50:08.748 --> 00:50:11.398 and dying and and suffering and loss.
NOTE Confidence: 0.914566240769231

00:50:11.400 --> 00:50:14.067 We have a million ways of talking

NOTE Confidence: 0.914566240769231
00:50:14.067 --> 00:50:16.000 about suffering because that is
NOTE Confidence: 0.914566240769231
00:50:16.000 --> 00:50:18.154 the inescapable fact of human life.
NOTE Confidence: 0.914566240769231
00:50:18.160 --> 00:50:20.309 And that's kind of how you deal
NOTE Confidence: 0.914566240769231
00:50:20.309 --> 00:50:22.440 with that is enshrined in many
NOTE Confidence: 0.914566240769231
00:50:22.440 --> 00:50:24.720 of the religions in South Asia.
NOTE Confidence: 0.914566240769231
00:50:24.720 --> 00:50:27.513 So we have vocabulary and ways of
NOTE Confidence: 0.914566240769231
00:50:27.513 --> 00:50:29.599 thinking and talking about that,
NOTE Confidence: 0.914566240769231
00:50:29.600 --> 00:50:31.490 but I literally have no way
NOTE Confidence: 0.914566240769231
00:50:31.490 --> 00:50:33.200 to say goals of care.
NOTE Confidence: 0.914566240769231
00:50:33.200 --> 00:50:36.900 Like talking directly about death
NOTE Confidence: 0.914566240769231
00:50:36.900 --> 00:50:41.128 is not something that it would be
NOTE Confidence: 0.914566240769231
00:50:41.128 --> 00:50:42.634 almost disrespectful sometimes.
NOTE Confidence: 0.914566240769231
00:50:42.640 --> 00:50:44.290 So there's a lot of indirect
NOTE Confidence: 0.914566240769231
00:50:44.290 --> 00:50:45.115 communication around it,
NOTE Confidence: 0.914566240769231
00:50:45.120 --> 00:50:47.640 and I think that's a part of the culture too.
NOTE Confidence: 0.914566240769231

00:50:47.640 --> 00:50:49.755 And I don't think you have to be Asian
NOTE Confidence: 0.914566240769231

00:50:49.755 --> 00:50:52.116 or South Asian for that to be the case.
NOTE Confidence: 0.914566240769231

00:50:52.120 --> 00:50:54.318 I think in families of all backgrounds,
NOTE Confidence: 0.914566240769231

00:50:54.320 --> 00:50:56.440 there's indirect and direct communication.
NOTE Confidence: 0.914566240769231

00:50:56.440 --> 00:50:59.702 There's the text and the subtext and
NOTE Confidence: 0.914566240769231

00:50:59.702 --> 00:51:03.194 raising the subtext into the text,
NOTE Confidence: 0.914566240769231

00:51:03.200 --> 00:51:06.532 really getting into what is our culture
NOTE Confidence: 0.914566240769231

00:51:06.532 --> 00:51:08.999 around talking about hard topics,
NOTE Confidence: 0.914566240769231

00:51:09.000 --> 00:51:11.080 let alone talking about death.
NOTE Confidence: 0.914566240769231

00:51:11.080 --> 00:51:13.952 I think that's a part of the conversation
NOTE Confidence: 0.914566240769231

00:51:13.952 --> 00:51:17.044 around how can we evolve cultures within
NOTE Confidence: 0.914566240769231

00:51:17.044 --> 00:51:21.073 a family, within a group, whatever,
NOTE Confidence: 0.914566240769231

00:51:21.073 --> 00:51:23.638 within a hospital, within medicine.
NOTE Confidence: 0.914566240769231

00:51:23.640 --> 00:51:25.720 I think those are all part of the
NOTE Confidence: 0.914566240769231

00:51:25.720 --> 00:51:28.119 way I would answer your question.
NOTE Confidence: 0.914566240769231

00:51:28.120 --> 00:51:31.600 Right. And also George Clooney.

NOTE Confidence: 0.621364714

00:51:33.800 --> 00:51:35.080 I love George Clooney. OK,

NOTE Confidence: 0.933618865

00:51:35.080 --> 00:51:36.340 we started, I know we

NOTE Confidence: 0.933618865

00:51:36.340 --> 00:51:37.600 started about 3 minutes late.

NOTE Confidence: 0.933618865

00:51:37.600 --> 00:51:39.466 So we have time for one more

NOTE Confidence: 0.933618865

00:51:39.466 --> 00:51:41.000 question and then we will stop. I'm

NOTE Confidence: 0.492140576666667

00:51:43.360 --> 00:51:46.000 good. So we need it for the

NOTE Confidence: 0.763678815

00:51:49.880 --> 00:51:51.560 zoo. I am not a doctor.

NOTE Confidence: 0.763678815

00:51:51.560 --> 00:51:53.200 I'm not a nurse.

NOTE Confidence: 0.763678815

00:51:53.200 --> 00:51:55.628 I'm a writer and I write a lot

NOTE Confidence: 0.763678815

00:51:55.628 --> 00:51:56.600 about Connecticut Hospice,

NOTE Confidence: 0.763678815

00:51:56.600 --> 00:51:58.987 and I know that it was nurses

NOTE Confidence: 0.763678815

00:51:58.987 --> 00:52:00.812 that recognize the need for

NOTE Confidence: 0.763678815

00:52:00.812 --> 00:52:02.637 palliative care back in the

NOTE Confidence: 0.96179486

00:52:02.640 --> 00:52:04.160 70s in this very city.

NOTE Confidence: 0.908386734

00:52:04.760 --> 00:52:08.800 So I wonder, given doctors,

NOTE Confidence: 0.908386734

00:52:08.800 --> 00:52:11.865 seeming like doctors are trained
NOTE Confidence: 0.908386734

00:52:11.865 --> 00:52:15.678 intensively to heal, to fix, to repair,
NOTE Confidence: 0.908386734

00:52:15.680 --> 00:52:18.354 I wonder if the conversation could be,
NOTE Confidence: 0.908386734

00:52:18.360 --> 00:52:21.240 could include nurses.
NOTE Confidence: 0.908386734

00:52:21.240 --> 00:52:22.864 Oh, certainly, yeah, absolutely.
NOTE Confidence: 0.908386734

00:52:22.864 --> 00:52:27.042 I mean, I think that obviously
NOTE Confidence: 0.908386734

00:52:27.042 --> 00:52:29.454 like the backbone of a lot
NOTE Confidence: 0.908386734

00:52:29.454 --> 00:52:31.479 of Hospice groups is nurses.
NOTE Confidence: 0.908386734

00:52:31.480 --> 00:52:34.630 Some of our biggest fans in the hospital are
NOTE Confidence: 0.908386734

00:52:34.630 --> 00:52:37.318 nurses and social workers and chaplains.
NOTE Confidence: 0.908386734

00:52:37.320 --> 00:52:39.520 Some of the hardest people to bring around,
NOTE Confidence: 0.908386734

00:52:39.520 --> 00:52:41.245 though, can also be nurses
NOTE Confidence: 0.908386734

00:52:41.245 --> 00:52:42.893 and social workers, right?
NOTE Confidence: 0.908386734

00:52:42.893 --> 00:52:46.571 I think to deny everybody their
NOTE Confidence: 0.908386734

00:52:46.571 --> 00:52:49.416 complexity means not to say doctors
NOTE Confidence: 0.908386734

00:52:49.416 --> 00:52:52.142 are the only ones that have things

NOTE Confidence: 0.908386734

00:52:52.142 --> 00:52:53.954 to learn and come around to.

NOTE Confidence: 0.908386734

00:52:53.960 --> 00:52:56.151 I've certainly met nurses who are the

NOTE Confidence: 0.908386734

00:52:56.151 --> 00:52:58.399 angels that got me through residency,

NOTE Confidence: 0.908386734

00:52:58.400 --> 00:53:01.289 who taught me how to sit there and not

NOTE Confidence: 0.908386734

00:53:01.289 --> 00:53:04.439 do anything but just be with a person.

NOTE Confidence: 0.908386734

00:53:04.440 --> 00:53:06.834 And I've met nurses who asked me,

NOTE Confidence: 0.908386734

00:53:06.840 --> 00:53:08.196 you know, why are you here?

NOTE Confidence: 0.908386734

00:53:08.200 --> 00:53:10.570 We're going balls to the wall

NOTE Confidence: 0.908386734

00:53:10.570 --> 00:53:11.755 for this patient.

NOTE Confidence: 0.908386734

00:53:11.760 --> 00:53:15.200 And so I think it's medicine and nursing.

NOTE Confidence: 0.908386734

00:53:15.200 --> 00:53:17.440 In both of our schooling.

NOTE Confidence: 0.908386734

00:53:17.440 --> 00:53:20.182 I don't know that we teach

NOTE Confidence: 0.908386734

00:53:20.182 --> 00:53:21.966 these concepts well, right?

NOTE Confidence: 0.908386734

00:53:21.966 --> 00:53:24.402 It's not to diminish the very

NOTE Confidence: 0.908386734

00:53:24.402 --> 00:53:26.866 important role nurses have played and

NOTE Confidence: 0.908386734

00:53:26.866 --> 00:53:29.218 continue to play in seeing things
NOTE Confidence: 0.908386734

00:53:29.218 --> 00:53:31.640 before the physicians do sometimes.
NOTE Confidence: 0.908386734

00:53:31.640 --> 00:53:34.240 But there's many combinations
NOTE Confidence: 0.908386734

00:53:34.240 --> 00:53:37.256 of discomfort and comfort with
NOTE Confidence: 0.908386734

00:53:37.256 --> 00:53:38.920 these subjects that arise,
NOTE Confidence: 0.908386734

00:53:38.920 --> 00:53:41.442 at least in my experience, in the hospital.
NOTE Confidence: 0.908386734

00:53:41.442 --> 00:53:43.686 So I think to not acknowledge
NOTE Confidence: 0.908386734

00:53:43.686 --> 00:53:45.800 nursing would be a huge mistake,
NOTE Confidence: 0.908386734

00:53:45.800 --> 00:53:47.260 'cause they're incredible and
NOTE Confidence: 0.908386734

00:53:47.260 --> 00:53:49.720 they do things I could not do.
NOTE Confidence: 0.908386734

00:53:49.720 --> 00:53:53.752 But I've also seen that it's not
NOTE Confidence: 0.908386734

00:53:53.752 --> 00:53:56.168 a straightforward embrace in
NOTE Confidence: 0.908386734

00:53:56.168 --> 00:53:58.920 every single health profession.
NOTE Confidence: 0.908386734

00:53:58.920 --> 00:53:59.666 In fact,
NOTE Confidence: 0.908386734

00:53:59.666 --> 00:54:03.400 who I actually want to shout out are the PTS.
NOTE Confidence: 0.908386734

00:54:03.400 --> 00:54:07.040 Physical therapists are on it.

NOTE Confidence: 0.908386734

00:54:07.040 --> 00:54:09.080 They will come to me and be like,

NOTE Confidence: 0.908386734

00:54:09.080 --> 00:54:11.080 are you following this person?

NOTE Confidence: 0.908386734

00:54:11.080 --> 00:54:11.692 And I'm like,

NOTE Confidence: 0.908386734

00:54:11.692 --> 00:54:13.120 I don't know who that person is,

NOTE Confidence: 0.908386734

00:54:13.120 --> 00:54:15.280 but they will say,

NOTE Confidence: 0.908386734

00:54:15.280 --> 00:54:18.295 I have no idea why we're giving

NOTE Confidence: 0.908386734

00:54:18.295 --> 00:54:19.435 chemo to this person.

NOTE Confidence: 0.908386734

00:54:19.440 --> 00:54:21.028 He cannot stand up,

NOTE Confidence: 0.908386734

00:54:21.028 --> 00:54:23.960 but we're going to do cytotoxic chemo.

NOTE Confidence: 0.908386734

00:54:23.960 --> 00:54:25.452 So the physical therapists,

NOTE Confidence: 0.908386734

00:54:25.452 --> 00:54:26.198 I think,

NOTE Confidence: 0.908386734

00:54:26.200 --> 00:54:29.405 don't get enough recognition for

NOTE Confidence: 0.908386734

00:54:29.405 --> 00:54:33.040 everything that they see him do.

NOTE Confidence: 0.908386734

00:54:33.040 --> 00:54:37.436 So I just would like everybody to

NOTE Confidence: 0.908386734

00:54:37.440 --> 00:54:38.980 acknowledge your physical therapists

NOTE Confidence: 0.908386734

00:54:38.980 --> 00:54:41.290 and your nurses and your social

NOTE Confidence: 0.908386734

00:54:41.352 --> 00:54:43.277 workers and chaplains and doctors,

NOTE Confidence: 0.908386734

00:54:43.280 --> 00:54:44.040 everybody,

NOTE Confidence: 0.875060895

00:54:45.680 --> 00:54:46.958 all so much for being here.

NOTE Confidence: 0.875060895

00:54:46.960 --> 00:54:48.560 Thank you Sunita Puri,

NOTE Confidence: 0.875060895

00:54:48.560 --> 00:54:50.960 and have a good night everybody.

NOTE Confidence: 0.875060895

00:54:50.960 --> 00:54:52.598 And medical students.

NOTE Confidence: 0.875060895

00:54:52.598 --> 00:54:54.236 And other students.

NOTE Confidence: 0.875060895

00:54:54.240 --> 00:54:55.560 If you would like a book,

NOTE Confidence: 0.875060895

00:54:55.560 --> 00:54:56.238 we have plenty.