00:00:00.000 --> 00:00:02.160 OK, everybody set.

00:00:04.710 --> 00:00:06.530 OK, to you. You got to sneeze.

00:00:06.530 --> 00:00:09.277 Now is your chance. Too late.

00:00:09.277 --> 00:00:10.339 I'm going to start to start

00:00:10.339 --> 00:00:11.288 to record. Here we go.

00:00:26.710 --> 00:00:29.830 Well, good evening and thanks for coming.

00:00:29.830 --> 00:00:31.686 We haven't. We have a special night tonight,

00:00:31.690 --> 00:00:32.964 which we'll get to in a minute.

00:00:32.970 --> 00:00:35.634 But as we always do, because it's a hybrid

00:00:35.634 --> 00:00:37.380 program between in person and zoom,

00:00:37.380 --> 00:00:38.885 we're going to give a couple more

00:00:38.885 --> 00:00:40.430 minutes as the zoom room fills up.

00:00:40.430 --> 00:00:41.942 We have some wonderful panelists tonight

00:00:41.942 --> 00:00:43.790 to talk about an interesting issue,

NOTE Confidence: 0.87979415

00:00:43.790 --> 00:00:45.212 and I'm going to turn the

NOTE Confidence: 0.87979415

00:00:45.212 --> 00:00:46.709 the podium over in a minute,

NOTE Confidence: 0.87979415

00:00:46.710 --> 00:00:48.040 but I'm going to say just please

NOTE Confidence: 0.87979415

00:00:48.040 --> 00:00:49.530 hang on for a couple of minutes.

NOTE Confidence: 0.87979415

00:00:49.530 --> 00:00:51.954 To those on zoom world and everyone else,

NOTE Confidence: 0.87979415

00:00:51.960 --> 00:00:54.120 welcome to the program for Biomedical

NOTE Confidence: 0.87979415

00:00:54.120 --> 00:00:55.990 Ethics Evening Ethics Seminar series.

NOTE Confidence: 0.87979415

00:00:55.990 --> 00:00:57.760 My name is Mark. Mercurial,

NOTE Confidence: 0.87979415

00:00:57.760 --> 00:00:59.699 I'm the director of the program tonight.

NOTE Confidence: 0.87979415

00:00:59.700 --> 00:01:00.426 Doctor Sarah Hall,

NOTE Confidence: 0.87979415

00:01:00.426 --> 00:01:02.427 who is the associate director of our program

NOTE Confidence: 0.87979415

00:01:02.427 --> 00:01:04.240 and a member of our cardiology faculty,

NOTE Confidence: 0.87979415

00:01:04.240 --> 00:01:05.620 will be moderating our

NOTE Confidence: 0.87979415

00:01:05.620 --> 00:01:07.260 discussion on trigger warnings.

NOTE Confidence: 0.87979415

00:01:07.260 --> 00:01:09.335 It was Doctor Doug Shenson who

NOTE Confidence: 0.87979415

00:01:09.335 --> 00:01:10.810 contacted us sometime back with

NOTE Confidence: 0.87979415

00:01:10.870 --> 00:01:12.515 what I think was an excellent idea

NOTE Confidence: 0.87979415

00:01:12.515 --> 00:01:14.179 that we have this conversation.

NOTE Confidence: 0.87979415

00:01:14.180 --> 00:01:15.636 So we're really looking forward to it.

NOTE Confidence: 0.87979415

00:01:15.640 --> 00:01:17.696 I'm going to turn the podium over now

NOTE Confidence: 0.87979415

00:01:17.696 --> 00:01:19.718 to Sarah and suggest you wait until

NOTE Confidence: 0.87979415

00:01:19.718 --> 00:01:22.424 like 503 or five O 4 as they come

NOTE Confidence: 0.87979415

00:01:22.424 --> 00:01:24.392 filling in and then we'll rock'n'roll.

NOTE Confidence: 0.87979415

00:01:24.400 --> 00:01:24.790 So anyway,

NOTE Confidence: 0.87979415

00:01:24.790 --> 00:01:26.155 thanks so much for coming you guys,

NOTE Confidence: 0.87979415

00:01:26.160 --> 00:01:28.218 and look forward to a good conversation.

NOTE Confidence: 0.87979415

00:01:28.220 --> 00:01:29.030 Doctor hall.

NOTE Confidence: 0.9133626

00:01:35.890 --> 00:01:37.669 So thank you, Mark.

NOTE Confidence: 0.735075266666667

00:01:37.670 --> 00:01:40.790 I I will indeed wait until about

NOTE Confidence: 0.735075266666667

00:01:40.790 --> 00:01:42.730 503504 for us to get started.

NOTE Confidence: 0.735075266666667

00:01:42.730 --> 00:01:44.690 So everyone else, settle in.

NOTE Confidence: 0.735075266666667

00:01:44.690 --> 00:01:46.819 If you're at home, now's the time

NOTE Confidence: 0.735075266666667

00:01:46.819 --> 00:01:48.656 to pull a few shots of espresso,

NOTE Confidence: 0.735075266666667

00:01:48.656 --> 00:01:50.722 maybe, maybe some decaf depending

NOTE Confidence: 0.735075266666667

00:01:50.722 --> 00:01:52.811 on the what your cutoff time is.

NOTE Confidence: 0.735075266666667

00:01:52.811 --> 00:01:54.316 But we'll be starting shortly.

NOTE Confidence: 0.759176396

00:02:02.200 --> 00:02:03.764 Yes, everything. There's no

NOTE Confidence: 0.759176396

00:02:03.764 --> 00:02:06.110 hard answer but like the whole

NOTE Confidence: 0.766998233333333

00:02:06.720 --> 00:02:07.788 so there's no

NOTE Confidence: 0.71859171

00:02:08.880 --> 00:02:11.120 questions must, must start right.

NOTE Confidence: 0.71859171

00:02:11.120 --> 00:02:13.580 You know we give everyone.

NOTE Confidence: 0.71859171

00:02:13.580 --> 00:02:15.150 The hard stuff, and I'll be clear, yeah.

NOTE Confidence: 0.834988821666667

00:03:23.560 --> 00:03:25.498 Alright, in the interest of time,

NOTE Confidence: 0.834988821666667

00:03:25.500 --> 00:03:27.546 because we really have a wonderfully

NOTE Confidence: 0.834988821666667

00:03:27.546 --> 00:03:30.005 packed night with a lot of wonderful

NOTE Confidence: 0.834988821666667

00:03:30.005 --> 00:03:31.720 speakers who have joined us.

NOTE Confidence: 0.834988821666667

00:03:31.720 --> 00:03:32.818 I think we should get started.

NOTE Confidence: 0.834988821666667

00:03:32.820 --> 00:03:34.052 Can everyone hear me?

NOTE Confidence: 0.834988821666667

00:03:34.052 --> 00:03:36.580 OK. All right, great.

NOTE Confidence: 0.834988821666667

00:03:36.580 --> 00:03:39.714 And so I will what were the way

NOTE Confidence: 0.834988821666667

00:03:39.714 --> 00:03:41.235 this is going to work for those

NOTE Confidence: 0.834988821666667

00:03:41.235 --> 00:03:42.699 of you've heard the spiel before

NOTE Confidence: 0.834988821666667

00:03:42.699 --> 00:03:44.169 if you've come to our events,

NOTE Confidence: 0.834988821666667

00:03:44.170 --> 00:03:46.230 but if not just to be so that we have

NOTE Confidence: 0.834988821666667

00:03:46.292 --> 00:03:48.468 a sense of how tonight's going to work,

NOTE Confidence: 0.834988821666667

00:03:48.470 --> 00:03:50.990 I'm going to introduce our panelists.

NOTE Confidence: 0.834988821666667

00:03:50.990 --> 00:03:52.476 We have two in person, of course,

NOTE Confidence: 0.834988821666667

00:03:52.476 --> 00:03:54.457 one on zoom and then we're going

NOTE Confidence: 0.834988821666667

00:03:54.457 --> 00:03:56.768 to turn it over to a moderated Q&amp;A.

NOTE Confidence: 0.834988821666667

00:03:56.770 --> 00:03:59.134 We have some special guest medical

NOTE Confidence: 0.834988821666667

00:03:59.134 --> 00:04:01.748 students who have come to also share,

NOTE Confidence: 0.834988821666667

00:04:01.750 --> 00:04:03.375 who have prepared some remarks

NOTE Confidence: 0.834988821666667

00:04:03.375 --> 00:04:05.000 to share their experiences and

NOTE Confidence: 0.834988821666667

00:04:05.054 --> 00:04:06.599 their insights on this issue.

NOTE Confidence: 0.834988821666667

00:04:06.600 --> 00:04:08.424 And so we're really pleased to

NOTE Confidence: 0.834988821666667

00:04:08.424 --> 00:04:11.448 have them as well and and we do

NOTE Confidence: 0.834988821666667

00:04:11.448 --> 00:04:14.640 have a hard stop at 6:30 PM.

NOTE Confidence: 0.834988821666667

00:04:14.640 --> 00:04:16.536 So I just because we want to make

NOTE Confidence: 0.834988821666667

00:04:16.536 --> 00:04:18.620 sure that we respect everybody's time.

NOTE Confidence: 0.834988821666667

00:04:18.620 --> 00:04:21.221 So I will try to call on as many

NOTE Confidence: 0.834988821666667

00:04:21.221 --> 00:04:23.559 people as possible both in person

NOTE Confidence: 0.834988821666667

00:04:23.559 --> 00:04:25.139 and through the zoom.

NOTE Confidence: 0.834988821666667

00:04:25.140 --> 00:04:26.827 So we will be looking at monitoring

NOTE Confidence: 0.834988821666667

00:04:26.827 --> 00:04:27.960 the zoom questions as well.

NOTE Confidence: 0.834988821666667

00:04:27.960 --> 00:04:30.165 So please feel free to submit your

NOTE Confidence: 0.834988821666667

00:04:30.165 --> 00:04:32.119 questions through the zoom as the

NOTE Confidence: 0.834988821666667

00:04:32.119 --> 00:04:33.694 panel progresses and otherwise for

NOTE Confidence: 0.834988821666667

00:04:33.694 --> 00:04:35.982 in person save your questions and we.

NOTE Confidence: 0.834988821666667

00:04:35.982 --> 00:04:37.287 Are looking forward to having

NOTE Confidence: 0.834988821666667

00:04:37.287 --> 00:04:38.670 a really robust discussion.

NOTE Confidence: 0.834988821666667

00:04:38.670 --> 00:04:40.686 So thank you all for coming.

NOTE Confidence: 0.834988821666667

00:04:40.690 --> 00:04:42.406 So we're going to get started.

NOTE Confidence: 0.834988821666667

00:04:42.410 --> 00:04:46.540 Our first speaker is the one who as

NOTE Confidence: 0.834988821666667

00:04:46.540 --> 00:04:48.710 Mark said had approached us with

NOTE Confidence: 0.834988821666667

00:04:48.710 --> 00:04:51.002 this really great idea to talk about

NOTE Confidence: 0.834988821666667

00:04:51.002 --> 00:04:53.017 some of the ethical considerations

NOTE Confidence: 0.834988821666667

00:04:53.017 --> 00:04:54.629 involved in trigger warnings.

NOTE Confidence: 0.834988821666667

00:04:54.630 --> 00:04:55.671 Dr Doug Shenson,

NOTE Confidence: 0.834988821666667

00:04:55.671 --> 00:04:57.753 who is an associate clinical professor

NOTE Confidence: 0.834988821666667

00:04:57.753 --> 00:04:59.622 of epidemiology and public health

NOTE Confidence: 0.834988821666667

00:04:59.622 --> 00:05:02.332 at the School of Public Health and

NOTE Confidence: 0.834988821666667

00:05:02.332 --> 00:05:03.964 Associate Professor Adjunct section

NOTE Confidence: 0.834988821666667

00:05:03.964 --> 00:05:05.749 of General Internal Medicine at

NOTE Confidence: 0.834988821666667

00:05:05.749 --> 00:05:07.400 the School of Medicine.

NOTE Confidence: 0.834988821666667

00:05:07.400 --> 00:05:10.704 He is also the director of our preclinical

NOTE Confidence: 0.834988821666667

00:05:10.704 --> 00:05:12.420 course populations and methods,

NOTE Confidence: 0.834988821666667

00:05:12.420 --> 00:05:14.595 the application of epidemiology and

NOTE Confidence: 0.834988821666667

00:05:14.595 --> 00:05:16.335 Biostatistics to public health,

NOTE Confidence: 0.834988821666667

00:05:16.340 --> 00:05:18.713 and he's the deputy leader of the

NOTE Confidence: 0.834988821666667

00:05:18.713 --> 00:05:20.251 School of Medicine HealthEquity

NOTE Confidence: 0.834988821666667

00:05:20.251 --> 00:05:21.619 thread at Yale.

NOTE Confidence: 0.834988821666667

00:05:21.620 --> 00:05:22.866 Earlier in his career,

NOTE Confidence: 0.834988821666667

00:05:22.866 --> 00:05:24.610 he worked in the division of

NOTE Confidence: 0.834988821666667

00:05:24.610 --> 00:05:26.100 Bioethics within the Department of

NOTE Confidence: 0.834988821666667

00:05:26.156 --> 00:05:27.946 Epidemiology and Social Medicine at

NOTE Confidence: 0.834988821666667

00:05:27.946 --> 00:05:29.736 Albert Einstein College of Medicine.

NOTE Confidence: 0.834988821666667

00:05:29.740 --> 00:05:31.405 Doctor Shenson is a co-founder

NOTE Confidence: 0.834988821666667

00:05:31.405 --> 00:05:33.380 of Doctors of the World USA,

NOTE Confidence: 0.834988821666667

00:05:33.380 --> 00:05:35.660 which is now known as Healthright

NOTE Confidence: 0.834988821666667

00:05:35.660 --> 00:05:36.040 International,

NOTE Confidence: 0.834988821666667

00:05:36.040 --> 00:05:37.110 and he's the founding director

NOTE Confidence: 0.834988821666667

00:05:37.110 --> 00:05:38.790 of the Human Rights Clinic at

NOTE Confidence: 0.834988821666667

00:05:38.790 --> 00:05:39.700 Montefiore Medical Center,

NOTE Confidence: 0.834988821666667

00:05:39.700 --> 00:05:42.038 the first clinic in New York City

NOTE Confidence: 0.834988821666667

00:05:42.038 --> 00:05:44.175 to attend exclusively to the needs

NOTE Confidence: 0.834988821666667

00:05:44.175 --> 00:05:45.965 of survivors of torture applying

NOTE Confidence: 0.834988821666667

00:05:45.965 --> 00:05:47.170 for political asylum.

NOTE Confidence: 0.834988821666667

00:05:47.170 --> 00:05:48.994 He is on the board of directors of

NOTE Confidence: 0.834988821666667

00:05:48.994 --> 00:05:50.215 the International Association for

NOTE Confidence: 0.834988821666667

00:05:50.215 --> 00:05:51.888 Indigenous Aging, or I squared,

NOTE Confidence: 0.834988821666667

00:05:51.888 --> 00:05:53.784 which is committed to the provision

NOTE Confidence: 0.834988821666667

00:05:53.784 --> 00:05:56.530 of quality services for indigenous elders.

NOTE Confidence: 0.834988821666667

00:05:56.530 --> 00:05:57.667 He has worked on projects with

NOTE Confidence: 0.834988821666667

00:05:57.667 --> 00:05:59.164 the CDC for 20 years,

NOTE Confidence: 0.834988821666667

00:05:59.164 --> 00:06:00.852 focusing on population wide

NOTE Confidence: 0.834988821666667

00:06:00.852 --> 00:06:02.540 delivery of preventive services.

NOTE Confidence: 0.834988821666667

00:06:02.540 --> 00:06:04.268 Doctor Shenson holds degrees

NOTE Confidence: 0.834988821666667

00:06:04.268 --> 00:06:05.996 from University of Pennsylvania,

NOTE Confidence: 0.834988821666667

00:06:06.000 --> 00:06:08.080 Oxford, Tulane School of Medicine,

NOTE Confidence: 0.834988821666667

00:06:08.080 --> 00:06:09.740 Tulane School of Public Health

NOTE Confidence: 0.834988821666667

00:06:09.740 --> 00:06:10.736 and Tropical Medicine,

NOTE Confidence: 0.834988821666667

00:06:10.740 --> 00:06:13.128 and Harvard School of Public Health.

NOTE Confidence: 0.83510222

00:06:13.130 --> 00:06:13.970 Take it away, Doug.

NOTE Confidence: 0.895783348888889

00:06:20.940 --> 00:06:21.624 Thank you, Sarah,

NOTE Confidence: 0.895783348888889

00:06:21.624 --> 00:06:22.992 and thank you all for coming.

NOTE Confidence: 0.895783348888889

00:06:23.000 --> 00:06:25.052 I've been looking forward to this

NOTE Confidence: 0.895783348888889

00:06:25.052 --> 00:06:28.439 discussion for several months.

NOTE Confidence: 0.895783348888889

00:06:28.440 --> 00:06:30.615 Nora Ephron, who was an accomplished

NOTE Confidence: 0.895783348888889

00:06:30.615 --> 00:06:32.059 journalist and screenplay writer,

00:06:32.060 --> 00:06:34.895 used to say that everything is copy,

00:06:34.900 --> 00:06:36.808 and what that meant to her

00:06:36.808 --> 00:06:38.080 was that every conversation,

00:06:38.080 --> 00:06:39.373 every family gathering,

00:06:39.373 --> 00:06:41.959 every encounter was a legitimate source,

00:06:41.960 --> 00:06:44.340 material and creativity for.

00:06:44.340 --> 00:06:47.544 The writer I think there must be some

00:06:47.544 --> 00:06:49.456 equivalent principle in bioethics

00:06:49.456 --> 00:06:51.713 where every difficulty or every

00:06:51.713 --> 00:06:53.583 hesitation encountered in the work

00:06:53.583 --> 00:06:57.062 that we do is legitimate grist for

00:06:57.062 --> 00:06:59.414 reflection and bioethical analysis.

00:06:59.420 --> 00:07:02.155 And that's where this meeting

00:07:02.155 --> 00:07:03.796 and discussion begins.

00:07:03.800 --> 00:07:07.174 I encountered the same issue twice recently,

00:07:07.180 --> 00:07:11.146 and twice in quite short order.

NOTE Confidence: 0.895783348888889

00:07:11.150 --> 00:07:12.362 To backtrack a little,

NOTE Confidence: 0.895783348888889

00:07:12.362 --> 00:07:12.968 rob Holmer,

NOTE Confidence: 0.895783348888889

00:07:12.970 --> 00:07:14.770 who directs the pathology curriculum,

NOTE Confidence: 0.895783348888889

00:07:14.770 --> 00:07:17.322 asked me several years ago if I would

NOTE Confidence: 0.895783348888889

00:07:17.322 --> 00:07:19.470 be willing to incorporate forensic

NOTE Confidence: 0.895783348888889

00:07:19.470 --> 00:07:21.865 pathology and training in death

NOTE Confidence: 0.895783348888889

00:07:21.865 --> 00:07:24.262 certification in my public health

NOTE Confidence: 0.895783348888889

00:07:24.262 --> 00:07:26.086 course populations and methods.

NOTE Confidence: 0.895783348888889

00:07:26.090 --> 00:07:28.610 This struck me as an interesting idea,

NOTE Confidence: 0.895783348888889

00:07:28.610 --> 00:07:32.110 since we could connect a clinical matter,

NOTE Confidence: 0.895783348888889

00:07:32.110 --> 00:07:33.682 that is to say filling in

NOTE Confidence: 0.895783348888889

00:07:33.682 --> 00:07:34.468 a death certificate,

NOTE Confidence: 0.895783348888889

00:07:34.470 --> 00:07:37.770 which involves identifying a chain

NOTE Confidence: 0.895783348888889

00:07:37.770 --> 00:07:39.750 of pathophysiological causation,

NOTE Confidence: 0.895783348888889

00:07:39.750 --> 00:07:41.286 with the emergence.

NOTE Confidence: 0.895783348888889

00:07:41.286 --> 00:07:43.846 Of public health mortality data.

NOTE Confidence: 0.895783348888889

00:07:43.850 --> 00:07:44.236 Furthermore,

NOTE Confidence: 0.895783348888889

00:07:44.236 --> 00:07:45.780 forensic pathology is intimately

NOTE Confidence: 0.895783348888889

00:07:45.780 --> 00:07:48.110 connected with the conditions of living,

NOTE Confidence: 0.895783348888889

00:07:48.110 --> 00:07:50.870 whether it be car wrecks or violent crime,

NOTE Confidence: 0.895783348888889

00:07:50.870 --> 00:07:54.244 or an unexpected death for any reason.

NOTE Confidence: 0.895783348888889

00:07:54.250 --> 00:07:56.474 Rob mentioned to me that he had previously

NOTE Confidence: 0.895783348888889

00:07:56.474 --> 00:07:57.782 invited the Connecticut medical

NOTE Confidence: 0.895783348888889

00:07:57.782 --> 00:07:59.870 examiner to lecture on this topic,

NOTE Confidence: 0.895783348888889

00:07:59.870 --> 00:08:01.037 Doctor Jim Gill,

NOTE Confidence: 0.895783348888889

00:08:01.037 --> 00:08:04.050 and he would make an introduction for me.

NOTE Confidence: 0.895783348888889

00:08:04.050 --> 00:08:07.011 Since it's difficult to turn on cable

NOTE Confidence: 0.895783348888889

00:08:07.011 --> 00:08:09.050 TV without encountering a coroner.

NOTE Confidence: 0.895783348888889

00:08:09.050 --> 00:08:09.953 I thought this.

NOTE Confidence: 0.895783348888889

00:08:09.953 --> 00:08:11.759 I thought that first year students

NOTE Confidence: 0.895783348888889

00:08:11.759 --> 00:08:13.555 would find this presentation of

NOTE Confidence: 0.895783348888889

00:08:13.555 --> 00:08:15.350 real life events very interesting.

NOTE Confidence: 0.895783348888889

00:08:15.350 --> 00:08:18.590 I mean, what could go wrong?

NOTE Confidence: 0.895783348888889

00:08:18.590 --> 00:08:21.614 So last fall, Jim Gill came to the lecture.

NOTE Confidence: 0.895783348888889

00:08:21.620 --> 00:08:22.690 He is a very open,

NOTE Confidence: 0.895783348888889

00:08:22.690 --> 00:08:24.402 professional and accessible lecturer.

NOTE Confidence: 0.895783348888889

00:08:24.402 --> 00:08:26.970 He told students that there would

NOTE Confidence: 0.895783348888889

00:08:27.037 --> 00:08:29.018 be some slides in the talk that

NOTE Confidence: 0.895783348888889

00:08:29.018 --> 00:08:30.780 might make them uncomfortable,

NOTE Confidence: 0.895783348888889

00:08:30.780 --> 00:08:33.844 but that was the nature of the topic.

NOTE Confidence: 0.895783348888889

00:08:33.850 --> 00:08:35.086 No doubt. This was a lecture.

NOTE Confidence: 0.895783348888889

00:08:35.090 --> 00:08:37.745 He had given many forms and some of the

NOTE Confidence: 0.895783348888889

00:08:37.745 --> 00:08:40.097 slides were indeed very discomforting.

NOTE Confidence: 0.895783348888889

00:08:40.100 --> 00:08:42.218 There were images of bullet wounds

NOTE Confidence: 0.895783348888889

00:08:42.218 --> 00:08:44.289 and head trauma and so forth.

NOTE Confidence: 0.895783348888889

00:08:44.290 --> 00:08:46.482 But there was nothing in the lecture that

NOTE Confidence: 0.895783348888889

00:08:46.482 --> 00:08:48.998 I think could not be found in a pathology.

NOTE Confidence: 0.895783348888889

00:08:49.000 --> 00:08:52.465 Textbook or even say in a 60

NOTE Confidence: 0.895783348888889

00:08:52.465 --> 00:08:55.160 minute TV report or expose.

NOTE Confidence: 0.895783348888889

00:08:55.160 --> 00:08:56.531 A second experience occurred

NOTE Confidence: 0.895783348888889

00:08:56.531 --> 00:08:58.636 after Doctor Shears and I,

NOTE Confidence: 0.895783348888889

00:08:58.640 --> 00:09:01.118 under the banner of HealthEquity thread,

NOTE Confidence: 0.895783348888889

00:09:01.120 --> 00:09:03.423 organized the talk for the 2nd year

NOTE Confidence: 0.895783348888889

00:09:03.423 --> 00:09:05.630 students during their clinical clerkships.

NOTE Confidence: 0.895783348888889

00:09:05.630 --> 00:09:08.600 This was part of the regular

NOTE Confidence: 0.895783348888889

00:09:08.600 --> 00:09:11.239 so-called preceded series which the

NOTE Confidence: 0.895783348888889

00:09:11.239 --> 00:09:13.547 class shares between rotations.

NOTE Confidence: 0.895783348888889

00:09:13.550 --> 00:09:16.322 So we organized the session to

NOTE Confidence: 0.895783348888889

00:09:16.322 --> 00:09:18.875 address in various ways the

NOTE Confidence: 0.895783348888889

00:09:18.875 --> 00:09:21.347 HealthEquity consequences of the

NOTE Confidence: 0.895783348888889

00:09:21.347 --> 00:09:23.819 states monopoly on violence.

NOTE Confidence: 0.895783348888889

15

00:09:23.820 --> 00:09:25.155 In 1993, I,

NOTE Confidence: 0.895783348888889

00:09:25.155 --> 00:09:26.490 as Sarah mentioned,

NOTE Confidence: 0.895783348888889

00:09:26.490 --> 00:09:28.634 I had launched a clinic in the New

NOTE Confidence: 0.895783348888889

00:09:28.634 --> 00:09:31.360 York City bars in the Bronx to address

NOTE Confidence: 0.895783348888889

00:09:31.360 --> 00:09:33.209 the documentation and medical needs

NOTE Confidence: 0.895783348888889

00:09:33.209 --> 00:09:35.069 of persons applying for political

NOTE Confidence: 0.895783348888889

00:09:35.069 --> 00:09:37.664 asylum who claim that they had been

NOTE Confidence: 0.895783348888889

00:09:37.664 --> 00:09:39.872 tortured in their country of origin.

NOTE Confidence: 0.895783348888889

00:09:39.880 --> 00:09:41.470 And even though she would

NOTE Confidence: 0.895783348888889

00:09:41.470 --> 00:09:43.060 have no reason to remember,

NOTE Confidence: 0.833764694

00:09:43.060 --> 00:09:45.650 some of the best practical clinical advice

NOTE Confidence: 0.833764694

00:09:45.650 --> 00:09:48.740 I got in 1993 was from Doctor Tia Powell.

NOTE Confidence: 0.833764694

00:09:48.740 --> 00:09:50.350 So I am particularly pleased

NOTE Confidence: 0.833764694

00:09:50.350 --> 00:09:53.020 that T is with us again tonight.

NOTE Confidence: 0.833764694

00:09:53.020 --> 00:09:55.813 So in this lecture in the precede,

NOTE Confidence: 0.833764694

00:09:55.813 --> 00:09:57.718 after indicating that some of

NOTE Confidence: 0.833764694

00:09:57.718 --> 00:09:59.868 the material would be disturbing,

NOTE Confidence: 0.833764694

00:09:59.870 --> 00:10:01.760 I discussed my experience working

NOTE Confidence: 0.833764694

00:10:01.760 --> 00:10:04.102 at the Human Rights Clinic and

NOTE Confidence: 0.833764694

00:10:04.102 --> 00:10:06.022 I introduced slides which had

NOTE Confidence: 0.833764694

00:10:06.022 --> 00:10:08.122 different types of scarring and

NOTE Confidence: 0.833764694

00:10:08.122 --> 00:10:10.090 burns and musculoskeletal injuries,

NOTE Confidence: 0.833764694

00:10:10.090 --> 00:10:12.146 and discussed the psychological

NOTE Confidence: 0.833764694

00:10:12.146 --> 00:10:15.230 impact of trauma on my patients.

NOTE Confidence: 0.833764694

00:10:15.230 --> 00:10:17.084 I also discussed the advocacy work

NOTE Confidence: 0.833764694

00:10:17.084 --> 00:10:19.409 that we did writing medical affidavits

NOTE Confidence: 0.833764694

00:10:19.410 --> 00:10:21.590 and defending them under cross

NOTE Confidence: 0.833764694

00:10:21.590 --> 00:10:23.490 examination and Immigration court.

NOTE Confidence: 0.833764694

00:10:23.490 --> 00:10:25.474 All the slides were presented as they would

NOTE Confidence: 0.833764694

00:10:25.474 --> 00:10:27.327 have been in any professional setting.

NOTE Confidence: 0.833764694

00:10:27.330 --> 00:10:29.647 Now to get to the number that

NOTE Confidence: 0.833764694

00:10:29.650 --> 00:10:31.830 on both occasions we received

NOTE Confidence: 0.833764694

00:10:31.830 --> 00:10:33.650 among positive feedback,

NOTE Confidence: 0.833764694

00:10:33.650 --> 00:10:35.738 several stinging student reviews,

NOTE Confidence: 0.833764694

00:10:35.738 --> 00:10:38.870 that there were insufficient or no

NOTE Confidence: 0.833764694

00:10:38.956 --> 00:10:41.566 trigger warnings for the sessions.

NOTE Confidence: 0.833764694

00:10:41.570 --> 00:10:43.570 The students seemed appalled.

NOTE Confidence: 0.833764694

00:10:43.570 --> 00:10:46.860 The ones who wrote this one student

NOTE Confidence: 0.833764694

00:10:46.860 --> 00:10:49.230 noted in direct conversation with me

NOTE Confidence: 0.833764694

00:10:49.230 --> 00:10:51.489 that Doctor Gill had discussed his

NOTE Confidence: 0.833764694

00:10:51.489 --> 00:10:54.050 offices work on a recent plane crash.

NOTE Confidence: 0.833764694

00:10:54.050 --> 00:10:55.152 Outside Hartford,

NOTE Confidence: 0.833764694

00:10:55.152 --> 00:10:57.356 which you may remember,

NOTE Confidence: 0.833764694

00:10:57.360 --> 00:10:59.706 and that she had known someone

NOTE Confidence: 0.833764694

00:10:59.706 --> 00:11:02.141 affected by the crash and so

NOTE Confidence: 0.833764694

00:11:02.141 --> 00:11:04.126 found the talk very upsetting.

NOTE Confidence: 0.833764694

00:11:04.130 --> 00:11:06.054 So these this is difficult

00:11:06.054 --> 00:11:08.274 material and there was difficult

00:11:08.274 --> 00:11:10.050 material in the presentations,

00:11:10.050 --> 00:11:13.062 but I have to say that I found the

00:11:13.062 --> 00:11:15.577 reactions that they perplexed me.

00:11:15.580 --> 00:11:17.122 In both circumstances,

00:11:17.122 --> 00:11:21.146 the lecture had given a caution and I'm

00:11:21.146 --> 00:11:23.954 completely supportive and think that it's

00:11:23.954 --> 00:11:27.309 important to give this type type of warning.

00:11:27.310 --> 00:11:29.744 But I think it really goes without

00:11:29.744 --> 00:11:32.030 saying that generally in medicine there

00:11:32.094 --> 00:11:34.430 is no such thing as a trigger warning.

00:11:34.430 --> 00:11:37.427 We are trained to be to try to be

00:11:37.427 --> 00:11:40.313 ready no matter what comes into the

00:11:40.313 --> 00:11:43.330 clinic or into the emergency room.

00:11:43.330 --> 00:11:43.781 So.

00:11:43.781 --> 00:11:46.938 In thinking about how perplexed I was,
NOTE Confidence: 0.833764694

00:11:46.940 --> 00:11:49.388 I wonder it is this just a reflection of
NOTE Confidence: 0.833764694

00:11:49.388 --> 00:11:51.667 early days of professional development?
NOTE Confidence: 0.833764694

00:11:51.670 --> 00:11:53.965 Perhaps this was a different
NOTE Confidence: 0.833764694

00:11:53.965 --> 00:11:56.260 conception of what the medical
NOTE Confidence: 0.833764694

00:11:56.345 --> 00:11:58.036 student experience will be?
NOTE Confidence: 0.833764694

00:11:58.036 --> 00:12:00.328 Could this have been avoided if
NOTE Confidence: 0.833764694

00:12:00.328 --> 00:12:02.538 Doctor Gill's lecture had stayed
NOTE Confidence: 0.833764694

00:12:02.538 --> 00:12:04.733 under pathology rather than public
NOTE Confidence: 0.8961735625

00:12:04.750 --> 00:12:07.138 health? And had we
NOTE Confidence: 0.909966198

00:12:07.150 --> 00:12:10.050 more generally, as medical educators,
NOTE Confidence: 0.909966198

00:12:10.050 --> 00:12:14.033 failed to prepare or frame the content
NOTE Confidence: 0.909966198

00:12:14.033 --> 00:12:16.900 of medical education adequately?
NOTE Confidence: 0.909966198

00:12:16.900 --> 00:12:19.260 And so with all these questions,
NOTE Confidence: 0.909966198

00:12:19.260 --> 00:12:20.674 I did what I'm trained to do.
NOTE Confidence: 0.909966198

00:12:20.680 --> 00:12:22.340 I thought about a differential

00:12:22.340 --> 00:12:24.660 diagnosis and I called in a consult,

00:12:24.660 --> 00:12:25.928 which is you guys?

00:12:27.650 --> 00:12:28.530 It seems to me that

00:12:28.540 --> 00:12:31.888 there are four interlocking components here.

00:12:31.890 --> 00:12:35.310 One what are reasonable expectations of

00:12:35.310 --> 00:12:38.469 students when encountering forms of trauma?

00:12:38.470 --> 00:12:41.286 Is there any kind of obligation for

00:12:41.286 --> 00:12:44.368 students to do the difficult emotional work

00:12:44.368 --> 00:12:47.400 of engaging with this kind of material?

00:12:47.400 --> 00:12:49.824 Secondly, what are our

00:12:49.824 --> 00:12:52.240 responsibilities as medical educators?

00:12:52.240 --> 00:12:55.446 How do we help build a professional

00:12:55.446 --> 00:12:57.969 identity that enables and empowers

00:12:57.969 --> 00:13:00.624 students to handle exposure to

00:13:00.624 --> 00:13:02.928 situations that either describe

00:13:02.928 --> 00:13:06.078 trauma or are themselves traumatizing?

NOTE Confidence: 0.928798691666667

00:13:06.080 --> 00:13:07.808 Are there medical students?

NOTE Confidence: 0.928798691666667

00:13:07.808 --> 00:13:10.400 Whose own personal histories of are

NOTE Confidence: 0.928798691666667

00:13:10.478 --> 00:13:12.580 there medicals who have histories

NOTE Confidence: 0.928798691666667

00:13:12.580 --> 00:13:14.140 of trauma in their own life,

NOTE Confidence: 0.928798691666667

00:13:14.140 --> 00:13:14.630 for whom

NOTE Confidence: 0.908924215

00:13:14.640 --> 00:13:16.568 it is ethically inappropriate

NOTE Confidence: 0.885447131666667

00:13:16.650 --> 00:13:19.056 to present them with such material?

NOTE Confidence: 0.885447131666667

00:13:19.060 --> 00:13:22.864 Thirdly, how do we assure that

NOTE Confidence: 0.885447131666667

00:13:22.864 --> 00:13:27.075 our students understand? That.

NOTE Confidence: 0.885447131666667

00:13:27.075 --> 00:13:31.740 How do we assure students that we know

NOTE Confidence: 0.885447131666667

00:13:31.740 --> 00:13:33.948 that certain professional encounters

NOTE Confidence: 0.885447131666667

00:13:33.948 --> 00:13:37.883 with persons or material can be truly

NOTE Confidence: 0.885447131666667

00:13:37.883 --> 00:13:40.588 and lastingly hurtful and harmful?

NOTE Confidence: 0.885447131666667

00:13:40.590 --> 00:13:42.880 These feelings are real and in a

NOTE Confidence: 0.885447131666667

00:13:42.880 --> 00:13:46.499 society riddled with injustice.

NOTE Confidence: 0.885447131666667

00:13:46.500 --> 00:13:48.090 Unfortunately, activating such

NOTE Confidence: 0.885447131666667

00:13:48.090 --> 00:13:51.800 emotions is all too easy and frequent.

NOTE Confidence: 0.885447131666667

00:13:51.800 --> 00:13:54.956 And lastly, how do we get past the

NOTE Confidence: 0.885447131666667

00:13:54.956 --> 00:13:56.720 metaphor of the trigger warning?

NOTE Confidence: 0.885447131666667

00:13:56.720 --> 00:13:59.498 It seems to me extremely limited.

NOTE Confidence: 0.885447131666667

00:13:59.500 --> 00:14:02.912 It would be as if if our mission were to

NOTE Confidence: 0.885447131666667

00:14:02.912 --> 00:14:05.052 decrease harm from vehicular accidents,

NOTE Confidence: 0.885447131666667

00:14:05.060 --> 00:14:08.282 all we could do was tighten the seat belt

NOTE Confidence: 0.885447131666667

00:14:08.282 --> 00:14:11.587 and set the crash bag to go off earlier.

NOTE Confidence: 0.885447131666667

00:14:11.590 --> 00:14:14.810 So lastly, let me just say a few words about

NOTE Confidence: 0.885447131666667

00:14:14.887 --> 00:14:17.890 why I think this discussion is important.

NOTE Confidence: 0.885447131666667

00:14:17.890 --> 00:14:19.065 When I was working at

NOTE Confidence: 0.885447131666667

00:14:19.065 --> 00:14:20.005 the Human Rights Clinic,

NOTE Confidence: 0.885447131666667

00:14:20.010 --> 00:14:22.530 the most important thing I did was

NOTE Confidence: 0.885447131666667

00:14:22.530 --> 00:14:24.990 listen to my patients history.

NOTE Confidence: 0.885447131666667

00:14:24.990 --> 00:14:28.770 And it is difficult to sit with a patient

NOTE Confidence: 0.885447131666667

00:14:28.770 --> 00:14:30.770 describing a traumatizing experience,

NOTE Confidence: 0.885447131666667

00:14:30.770 --> 00:14:32.950 but important when doing so,

NOTE Confidence: 0.885447131666667

00:14:32.950 --> 00:14:34.650 to engage, to be open,

NOTE Confidence: 0.885447131666667

00:14:34.650 --> 00:14:35.967 to be supportive,

NOTE Confidence: 0.885447131666667

00:14:35.967 --> 00:14:38.601 to be encouraging and to be

NOTE Confidence: 0.885447131666667

00:14:38.601 --> 00:14:40.508 right there with them.

NOTE Confidence: 0.885447131666667

00:14:40.510 --> 00:14:41.870 And when you do,

NOTE Confidence: 0.885447131666667

00:14:41.870 --> 00:14:43.570 you can feel them struggling

NOTE Confidence: 0.885447131666667

00:14:43.570 --> 00:14:45.928 with the questions that always

NOTE Confidence: 0.885447131666667

00:14:45.928 --> 00:14:47.386 accompany severe trauma.

NOTE Confidence: 0.885447131666667

00:14:47.390 --> 00:14:50.963 Will I ever be able to reconnect with others?

NOTE Confidence: 0.885447131666667

00:14:50.970 --> 00:14:54.633 Will I ever be able to get past this?

NOTE Confidence: 0.885447131666667

00:14:54.640 --> 00:14:57.380 So this solidarity is at

NOTE Confidence: 0.885447131666667

00:14:57.380 --> 00:14:59.060 the core of what we do,

NOTE Confidence: 0.885447131666667

00:14:59.060 --> 00:15:02.460 and it is the critical ingredient in healing.

00:15:02.460 --> 00:15:05.680 There is no such thing as someone

00:15:05.680 --> 00:15:08.320 disclosing an unspeakable experience.

00:15:08.320 --> 00:15:10.300 Without there being a listener,

00:15:10.300 --> 00:15:12.720 and that listener is us.

00:15:12.720 --> 00:15:15.280 So let me close by saying that the

00:15:15.280 --> 00:15:17.852 notion of trigger warnings to me is

00:15:17.852 --> 00:15:20.439 just the key that unlocks the door.

00:15:20.440 --> 00:15:22.740 What's needed is to get past it,

00:15:22.740 --> 00:15:24.156 to unpack the elements,

00:15:24.156 --> 00:15:26.280 and then after we've done that,

00:15:26.280 --> 00:15:28.877 perhaps we can put the pieces back

00:15:28.877 --> 00:15:32.010 together in a way that is constructive.

00:15:32.010 --> 00:15:34.730 Empowering and helps build the

00:15:34.730 --> 00:15:36.906 confidence and resilience that

00:15:36.906 --> 00:15:38.998 young doctors will need.

00:15:39.000 --> 00:15:39.580 Thank you.

NOTE Confidence: 0.962001033333333

00:15:48.970 --> 00:15:49.558 Thank you so

NOTE Confidence: 0.882001709375

00:15:49.570 --> 00:15:51.275 much Doug for that great

NOTE Confidence: 0.882001709375

00:15:51.275 --> 00:15:53.430 introduction to the topic and also

NOTE Confidence: 0.882001709375

00:15:53.430 --> 00:15:55.325 for sharing your your insights.

NOTE Confidence: 0.882001709375

00:15:55.330 --> 00:15:57.358 Now I have the pleasure of

NOTE Confidence: 0.882001709375

00:15:57.358 --> 00:15:58.710 introducing our next speaker,

NOTE Confidence: 0.882001709375

00:15:58.710 --> 00:15:59.874 Doctor Beverly Shears,

NOTE Confidence: 0.882001709375

00:15:59.874 --> 00:16:02.202 who is an associate professor of

NOTE Confidence: 0.882001709375

00:16:02.202 --> 00:16:04.129 Pediatrics in the pulmonary allergy,

NOTE Confidence: 0.882001709375

00:16:04.130 --> 00:16:05.490 immunology and Sleep Medicine

NOTE Confidence: 0.882001709375

00:16:05.490 --> 00:16:07.530 section at the School of Medicine.

NOTE Confidence: 0.882001709375

00:16:07.530 --> 00:16:10.036 Doctor Shears serves as the director for

NOTE Confidence: 0.882001709375

00:16:10.036 --> 00:16:12.229 the Pediatric Pulmonary Fellowship program,

NOTE Confidence: 0.882001709375

00:16:12.230 --> 00:16:14.468 the medical director of the Aerodigestive

NOTE Confidence: 0.882001709375

00:16:14.468 --> 00:16:16.333 program and the HealthEquity thread

NOTE Confidence: 0.882001709375

00:16:16.333 --> 00:16:18.205 leader at Yale School of Medicine,

NOTE Confidence: 0.882001709375

00:16:18.210 --> 00:16:18.904 Doctor Shears.

NOTE Confidence: 0.882001709375

00:16:18.904 --> 00:16:20.292 Earned her undergraduate and

NOTE Confidence: 0.882001709375

00:16:20.292 --> 00:16:22.072 medical degrees at the University

NOTE Confidence: 0.882001709375

00:16:22.072 --> 00:16:24.058 of North Carolina at Chapel Hill.

NOTE Confidence: 0.882001709375

00:16:24.060 --> 00:16:25.730 She completed her residency in

NOTE Confidence: 0.882001709375

00:16:25.730 --> 00:16:27.066 Pediatrics at the Children's

NOTE Confidence: 0.882001709375

00:16:27.066 --> 00:16:28.679 Hospital of New York Presbyterian,

NOTE Confidence: 0.882001709375

00:16:28.680 --> 00:16:29.102 Columbia,

NOTE Confidence: 0.882001709375

00:16:29.102 --> 00:16:31.634 where she served as chief resident

NOTE Confidence: 0.882001709375

00:16:31.634 --> 00:16:32.478 in Pediatrics.

NOTE Confidence: 0.882001709375

00:16:32.480 --> 00:16:33.935 Following residency training,

NOTE Confidence: 0.882001709375

00:16:33.935 --> 00:16:35.988 she worked for three years as a

NOTE Confidence: 0.882001709375

00:16:35.988 --> 00:16:37.460 pediatric emergency medicine physician

NOTE Confidence: 0.882001709375

00:16:37.460 --> 00:16:40.276 at Harlem Hospital Center in New York City.

NOTE Confidence: 0.882001709375

00:16:40.280 --> 00:16:42.242 She returned to Columbia to complete

NOTE Confidence: 0.882001709375

00:16:42.242 --> 00:16:43.990 a postdoctoral fellowship in pediatric

NOTE Confidence: 0.882001709375

00:16:43.990 --> 00:16:45.538 pulmonary medicine and subsequently

NOTE Confidence: 0.882001709375

00:16:45.538 --> 00:16:47.473 joined the faculty at Columbia.

NOTE Confidence: 0.882001709375

00:16:47.480 --> 00:16:49.562 Doctor Sheares earned a Masters degree

NOTE Confidence: 0.882001709375

00:16:49.562 --> 00:16:51.382 in Biostatistics focused on patient

NOTE Confidence: 0.882001709375

00:16:51.382 --> 00:16:52.894 oriented research at Columbia's

NOTE Confidence: 0.882001709375

00:16:52.894 --> 00:16:54.784 Mailman School of Public Health.

NOTE Confidence: 0.882001709375

00:16:54.790 --> 00:16:57.044 And she served as a pediatric pulmonary

NOTE Confidence: 0.882001709375

00:16:57.044 --> 00:16:58.780 fellowship director for several years

NOTE Confidence: 0.882001709375

00:16:58.780 --> 00:17:00.570 and mentored many medical students,

NOTE Confidence: 0.882001709375

00:17:00.570 --> 00:17:01.989 residents and fellows.

NOTE Confidence: 0.882001709375

00:17:01.989 --> 00:17:04.827 After a long career at Columbia,

NOTE Confidence: 0.882001709375

00:17:04.830 --> 00:17:07.414 we were very lucky to have doctor Shears

NOTE Confidence: 0.882001709375

00:17:07.414 --> 00:17:09.707 join our faculty at Yale in 2018,

NOTE Confidence: 0.882001709375

00:17:09.710 --> 00:17:12.265 and she is the recipient of numerous

NOTE Confidence: 0.882001709375

00:17:12.265 --> 00:17:13.850 teaching and mentorship awards.

NOTE Confidence: 0.882001709375

00:17:13.850 --> 00:17:14.360 Thank you,

NOTE Confidence: 0.882001709375

00:17:14.360 --> 00:17:14.870 doctor Shears.

NOTE Confidence: 0.905065006

00:17:25.500 --> 00:17:28.452 So the way I approach this

NOTE Confidence: 0.905065006

00:17:28.452 --> 00:17:30.420 topic of trigger warnings.

NOTE Confidence: 0.905065006

00:17:30.420 --> 00:17:32.820 I started to think about it

NOTE Confidence: 0.905065006

00:17:32.820 --> 00:17:34.995 from a pedagogical as well as

NOTE Confidence: 0.905065006

00:17:34.995 --> 00:17:37.000 a HealthEquity perspective.

NOTE Confidence: 0.905065006

00:17:37.000 --> 00:17:41.368 And in thinking about trigger warnings,

NOTE Confidence: 0.905065006

00:17:41.368 --> 00:17:45.373 I think the use and the need for trigger

NOTE Confidence: 0.905065006

00:17:45.373 --> 00:17:49.055 warnings speaks to a larger issue in

NOTE Confidence: 0.905065006

00:17:49.055 --> 00:17:51.888 medical education and in HealthEquity.

NOTE Confidence: 0.905065006

00:17:51.890 --> 00:17:55.160 Many people report being triggered by

NOTE Confidence: 0.905065006

00:17:55.160 --> 00:18:00.618 issues related to inappropriate use of race,

NOTE Confidence: 0.905065006

00:18:00.618 --> 00:18:04.228 stereotyping and bias around LGBTQIA,

NOTE Confidence: 0.905065006

00:18:04.230 --> 00:18:08.180 plus issues callous treatment of

NOTE Confidence: 0.905065006

00:18:08.180 --> 00:18:10.491 disabilities, death and dying,

NOTE Confidence: 0.905065006

00:18:10.491 --> 00:18:12.519 and many other topics.

NOTE Confidence: 0.905065006

00:18:12.520 --> 00:18:16.086 And I think it's really important in

NOTE Confidence: 0.905065006

00:18:16.086 --> 00:18:18.316 medical education where students are

NOTE Confidence: 0.905065006

00:18:18.316 --> 00:18:21.404 going to be confronted with a number

NOTE Confidence: 0.905065006

00:18:21.404 --> 00:18:23.454 of human conditions and situations

NOTE Confidence: 0.905065006

00:18:23.454 --> 00:18:25.968 that are disturbing, painful,

NOTE Confidence: 0.905065006

00:18:25.968 --> 00:18:30.936 that we grapple with these issues.

NOTE Confidence: 0.905065006

00:18:30.940 --> 00:18:33.195 The students will be confronted

NOTE Confidence: 0.905065006

00:18:33.195 --> 00:18:35.935 with disturbing images as Doug just

NOTE Confidence: 0.905065006

00:18:35.935 --> 00:18:39.740 talked about patient experiences.

NOTE Confidence: 0.905065006

00:18:39.740 --> 00:18:41.230 And.

NOTE Confidence: 0.905065006

00:18:41.230 --> 00:18:44.536 In the midst of being confronted

NOTE Confidence: 0.905065006

00:18:44.536 --> 00:18:46.189 with those issues,

NOTE Confidence: 0.905065006

00:18:46.190 --> 00:18:49.700 their own pain may surface.

NOTE Confidence: 0.905065006

00:18:49.700 --> 00:18:52.437 How they deal with their own pain

NOTE Confidence: 0.905065006

00:18:52.440 --> 00:18:55.692 and how we as medical educators

NOTE Confidence: 0.905065006

00:18:55.692 --> 00:19:00.074 deal with students is integral to

NOTE Confidence: 0.905065006

00:19:00.074 --> 00:19:02.828 their professional development.

NOTE Confidence: 0.905065006

00:19:02.830 --> 00:19:05.212 Hate man in her article why

NOTE Confidence: 0.905065006

00:19:05.212 --> 00:19:06.800 I use trigger warnings?

NOTE Confidence: 0.905065006

00:19:06.800 --> 00:19:09.896 Suggests that the use of trigger

NOTE Confidence: 0.905065006

00:19:09.896 --> 00:19:13.456 warnings does not actually keep students

NOTE Confidence: 0.905065006

00:19:13.456 --> 00:19:17.196 from engaging in difficult material.

NOTE Confidence: 0.905065006

00:19:17.200 --> 00:19:17.894 Rather,

NOTE Confidence: 0.905065006

00:19:17.894 --> 00:19:22.058 it helps them to prepare themselves

NOTE Confidence: 0.905065006

00:19:22.060 --> 00:19:24.110 for the material and better

NOTE Confidence: 0.905065006

00:19:24.110 --> 00:19:26.330 manage their own reactions.

NOTE Confidence: 0.905065006

00:19:26.330 --> 00:19:29.186 And and I think that is an important.

NOTE Confidence: 0.82793556625

00:19:31.210 --> 00:19:32.845 That I think that's really

NOTE Confidence: 0.82793556625

00:19:32.845 --> 00:19:33.826 an important concept.

NOTE Confidence: 0.82793556625

00:19:33.830 --> 00:19:37.292 It gives students some more autonomy

NOTE Confidence: 0.82793556625

00:19:37.292 --> 00:19:41.363 over their own learning when they know

NOTE Confidence: 0.82793556625

00:19:41.363 --> 00:19:44.693 that something painful may be coming.

NOTE Confidence: 0.82793556625

00:19:44.700 --> 00:19:50.010 However. There are some studies that show.

NOTE Confidence: 0.82793556625

00:19:50.010 --> 00:19:53.556 That when trigger warnings are used.

NOTE Confidence: 0.82793556625

00:19:53.560 --> 00:19:56.000 Contrary to those who are opposed to the

NOTE Confidence: 0.82793556625

00:19:56.000 --> 00:19:58.318 use of trigger warnings that students

NOTE Confidence: 0.82793556625

00:19:58.318 --> 00:20:01.430 actually don't run away from the material.

NOTE Confidence: 0.82793556625

00:20:01.430 --> 00:20:03.374 They do forge ahead.

NOTE Confidence: 0.82793556625

00:20:03.374 --> 00:20:06.290 But we as medical educators have

NOTE Confidence: 0.82793556625

00:20:06.383 --> 00:20:09.023 to set the conditions such that

NOTE Confidence: 0.82793556625

00:20:09.023 --> 00:20:12.070 they are able to move forward.

NOTE Confidence: 0.82793556625

00:20:12.070 --> 00:20:13.470 Now, having said that.

NOTE Confidence: 0.91447902

00:20:15.570 --> 00:20:17.870 I think it is important

NOTE Confidence: 0.91447902

00:20:17.870 --> 00:20:19.710 as a medical educator.

00:20:19.710 --> 00:20:23.042 That when we are going to handle

00:20:23.042 --> 00:20:25.052 or tackle difficult situations,

00:20:25.052 --> 00:20:26.798 different difficult conversations,

00:20:26.798 --> 00:20:30.788 it is impossible for us to know

00:20:30.788 --> 00:20:33.266 everyone who's in the room or

00:20:33.266 --> 00:20:35.710 everyone who is on rounds, right?

00:20:35.710 --> 00:20:38.590 We can't. I can't know what you all

00:20:38.590 --> 00:20:41.488 have experienced if I don't know you.

00:20:41.490 --> 00:20:46.810 So that speaks to the need for relationship.

00:20:46.810 --> 00:20:48.690 Between faculty and students.

00:20:48.690 --> 00:20:52.264 Just as you're going to build relationships

00:20:52.264 --> 00:20:55.589 between students and their patients,

00:20:55.590 --> 00:20:57.430 in order to know you,

00:20:57.430 --> 00:21:00.174 I have to be in relationship with you.

00:21:00.180 --> 00:21:03.988 And that then both informs me as a

00:21:03.988 --> 00:21:06.900 medical educator in terms of how I

00:21:06.900 --> 00:21:09.800 teach you what I know, your triggers,

00:21:09.800 --> 00:21:12.890 I know some of the things.

00:21:12.890 --> 00:21:14.222 And that helps you when you're

00:21:14.222 --> 00:21:15.110 dealing with your patients.

00:21:15.110 --> 00:21:18.188 If you know them and you know their lived

00:21:18.188 --> 00:21:20.302 experiences, that is really helpful.

00:21:20.302 --> 00:21:22.517 Not only for your relationship,

00:21:22.520 --> 00:21:27.450 but for their healing. I think.

00:21:27.450 --> 00:21:29.450 Depending on the trigger,

00:21:29.450 --> 00:21:33.170 the level, the depth of the harm.

00:21:33.170 --> 00:21:34.874 I think it is important for us as

00:21:34.874 --> 00:21:37.439 medical educators to understand.

00:21:37.440 --> 00:21:41.370 That when a student is triggered.

00:21:41.370 --> 00:21:42.650 Learning stops.

00:21:44.690 --> 00:21:46.778 Right. People have when they are

00:21:46.778 --> 00:21:48.880 when our students are triggered.

00:21:48.880 --> 00:21:51.050 Their minds are right at the trigger,

00:21:51.050 --> 00:21:53.706 at the pain, and we go on teaching

00:21:53.706 --> 00:21:56.876 and we have left that student behind.

00:21:56.880 --> 00:21:58.070 Maybe it's for a minute,

00:21:58.070 --> 00:22:00.365 it could be for the rest of that lecture,

00:22:00.370 --> 00:22:03.187 or it could be for the rest of rounds.

00:22:03.190 --> 00:22:05.668 And since our goal is to reach

00:22:05.668 --> 00:22:08.110 and teach all of our students,

00:22:08.110 --> 00:22:11.318 I think it is important for us to

00:22:11.318 --> 00:22:15.241 keep that in mind as we move into

00:22:15.241 --> 00:22:17.257 discussing issues that address

00:22:17.350 --> 00:22:19.870 sensitive or controversial,

00:22:19.870 --> 00:22:24.124 or issues where the historical context

00:22:24.124 --> 00:22:29.169 of maltreatment of any sort is discussed.

00:22:29.170 --> 00:22:33.670 So. When I'm thinking about my

00:22:33.670 --> 00:22:36.550 role as a medical educator.

00:22:36.550 --> 00:22:39.720 And from a HealthEquity perspective?

00:22:39.720 --> 00:22:42.968 I think this this speaks to the need.

00:22:42.970 --> 00:22:45.718 To teach with care.

00:22:45.720 --> 00:22:48.804 With courage, authenticity,

00:22:48.804 --> 00:22:51.888 responsibility and empathy.

00:22:51.890 --> 00:22:55.580 And if we do that around all the topics?

00:22:55.580 --> 00:22:59.188 It'll reduce the need for a trigger warning.

00:22:59.190 --> 00:23:03.866 Because we will have taken into account.

00:23:03.870 --> 00:23:07.290 The myriad of ways that words,

00:23:07.290 --> 00:23:11.298 images and cause harm.

00:23:11.300 --> 00:23:14.480 So I'll come back to this in a in a bit.

00:23:14.480 --> 00:23:16.418 So as the students often say.

00:23:16.420 --> 00:23:18.212 So tell me what we can do right

00:23:18.212 --> 00:23:19.840 at the end of all of this,

00:23:19.840 --> 00:23:22.405 soon as we want to know what's the action.

00:23:22.410 --> 00:23:26.118 And what I would say is I went

00:23:26.118 --> 00:23:27.240 to the literature.

00:23:27.240 --> 00:23:31.300 And it turns out that in a number of studies,

00:23:31.300 --> 00:23:34.144 trigger warnings have probably

00:23:34.144 --> 00:23:35.566 minimal effect.

00:23:35.570 --> 00:23:37.670 In terms of being that helpful,

00:23:37.670 --> 00:23:39.430 they may not be that helpful at all.

00:23:41.620 --> 00:23:45.218 A study by Bullet Jones and McNally,

00:23:45.220 --> 00:23:47.584 psychologists out of Harvard,

00:23:47.584 --> 00:23:50.539 showed that for people who

00:23:50.539 --> 00:23:53.079 believe that words can harm.

00:23:53.080 --> 00:23:55.225 Trigger warnings actually

00:23:55.225 --> 00:23:57.370 increase their anxiety.

00:23:57.370 --> 00:23:59.435 And for people who don't

00:23:59.435 --> 00:24:01.087 think that words harm.

NOTE Confidence: 0.635775071428571

00:24:01.090 --> 00:24:02.898 It had no effect.

NOTE Confidence: 0.635775071428571

00:24:02.898 --> 00:24:04.706 There have been subsequent

NOTE Confidence: 0.635775071428571

00:24:04.706 --> 00:24:06.080 studies after this,

NOTE Confidence: 0.635775071428571

00:24:06.080 --> 00:24:09.013 many of which that show that they

NOTE Confidence: 0.635775071428571

00:24:09.013 --> 00:24:10.930 probably have trigger warnings

NOTE Confidence: 0.635775071428571

00:24:10.930 --> 00:24:13.246 have probably minimal effect.

NOTE Confidence: 0.635775071428571

00:24:13.250 --> 00:24:17.429 So if trigger warnings have minimal effect.

NOTE Confidence: 0.635775071428571

00:24:17.430 --> 00:24:21.060 But students are still triggered.

NOTE Confidence: 0.635775071428571

00:24:21.060 --> 00:24:23.658 What's the solution?

NOTE Confidence: 0.635775071428571

00:24:23.660 --> 00:24:26.908 That gets back to teaching and interacting

NOTE Confidence: 0.635775071428571

00:24:26.908 --> 00:24:30.459 with care and developing relationships.

NOTE Confidence: 0.635775071428571

00:24:30.460 --> 00:24:33.256 Because when I teach with courage,

NOTE Confidence: 0.635775071428571

00:24:33.260 --> 00:24:35.292 I have the courage to say I am

NOTE Confidence: 0.635775071428571

00:24:35.292 --> 00:24:37.319 not an expert on this topic,

NOTE Confidence: 0.635775071428571

00:24:37.320 --> 00:24:40.614 but it's important for us to engage in it.

NOTE Confidence: 0.635775071428571

00:24:40.620 --> 00:24:43.842 And maybe I have the courage to call on

NOTE Confidence: 0.635775071428571

00:24:43.842 --> 00:24:47.668 one I call a console call one of my my

NOTE Confidence: 0.635775071428571

00:24:47.668 --> 00:24:50.464 colleagues to Co teach a topic with me.

NOTE Confidence: 0.635775071428571

00:24:50.470 --> 00:24:53.422 Or to have a patient join me in rounds

NOTE Confidence: 0.635775071428571

00:24:53.422 --> 00:24:56.727 and to talk about their lived experience,

NOTE Confidence: 0.635775071428571

00:24:56.730 --> 00:24:59.854 because that then engages

NOTE Confidence: 0.635775071428571

00:24:59.854 --> 00:25:02.978 everyone in the conversation.

NOTE Confidence: 0.635775071428571

00:25:02.980 --> 00:25:04.880 If I teach with authenticity,

NOTE Confidence: 0.635775071428571

00:25:04.880 --> 00:25:06.482 I'm coming to you and saying

NOTE Confidence: 0.635775071428571

00:25:06.482 --> 00:25:08.280 I know this can be painful,

NOTE Confidence: 0.635775071428571

00:25:08.280 --> 00:25:10.620 this these are my triggers.

NOTE Confidence: 0.635775071428571

00:25:10.620 --> 00:25:12.498 This topic triggers me every time

NOTE Confidence: 0.635775071428571

00:25:12.498 --> 00:25:14.878 I hear about it because it's always

NOTE Confidence: 0.635775071428571

00:25:14.878 --> 00:25:17.342 taught or talked about in a certain

NOTE Confidence: 0.635775071428571

00:25:17.408 --> 00:25:20.654 way and it does not take into

NOTE Confidence: 0.635775071428571

00:25:20.654 --> 00:25:22.690 account the historical perspective.

NOTE Confidence: 0.635775071428571

00:25:22.690 --> 00:25:26.470 So I think authenticity is important.

NOTE Confidence: 0.635775071428571

00:25:26.470 --> 00:25:28.350 If I'm teaching with responsibility,

NOTE Confidence: 0.635775071428571

00:25:28.350 --> 00:25:30.960 that means I have the responsibility

NOTE Confidence: 0.635775071428571

00:25:30.960 --> 00:25:33.669 to read and learn and engage.

NOTE Confidence: 0.635775071428571

00:25:33.670 --> 00:25:36.694 That's how I can know I don't need a

NOTE Confidence: 0.635775071428571

00:25:36.694 --> 00:25:39.076 trigger warning if I am really doing

NOTE Confidence: 0.635775071428571

00:25:39.076 --> 00:25:42.607 the work and I tell you I'm doing the work.

NOTE Confidence: 0.635775071428571

00:25:42.610 --> 00:25:44.353 And then always,

NOTE Confidence: 0.635775071428571

00:25:44.353 --> 00:25:47.839 always treat the topics with empathy.

NOTE Confidence: 0.635775071428571

00:25:47.840 --> 00:25:51.464 Because I don't know who's in my audience.

NOTE Confidence: 0.635775071428571

00:25:51.470 --> 00:25:54.270 And so as I think about my role

NOTE Confidence: 0.635775071428571

00:25:54.270 --> 00:25:56.730 as a medical educator,

NOTE Confidence: 0.635775071428571

00:25:56.730 --> 00:25:58.986 I would say teach with care.

NOTE Confidence: 0.635775071428571

00:25:58.990 --> 00:26:01.762 Set a condition where I am in

NOTE Confidence: 0.635775071428571

00:26:01.762 --> 00:26:03.306 relationship with students so

NOTE Confidence: 0.635775071428571

00:26:03.306 --> 00:26:05.570 that they can come to me and say,

NOTE Confidence: 0.635775071428571

00:26:05.570 --> 00:26:07.742 I've looked at the syllabus and

NOTE Confidence: 0.635775071428571

00:26:07.742 --> 00:26:10.250 I see this topic is coming up,

NOTE Confidence: 0.635775071428571

00:26:10.250 --> 00:26:13.103 can I tell you what this means to me?

NOTE Confidence: 0.635775071428571

00:26:13.110 --> 00:26:14.765 Set the learning condition where

NOTE Confidence: 0.635775071428571

00:26:14.765 --> 00:26:17.313 we are in an environment where

NOTE Confidence: 0.635775071428571

00:26:17.313 --> 00:26:20.428 we can share those stories.

NOTE Confidence: 0.635775071428571

00:26:20.430 --> 00:26:23.558 And then I think from an equity standpoint.

NOTE Confidence: 0.91355961375

00:26:26.280 --> 00:26:28.884 It is really important that even

NOTE Confidence: 0.91355961375

00:26:28.884 --> 00:26:31.259 when we're not teaching something

NOTE Confidence: 0.91355961375

00:26:31.259 --> 00:26:34.039 that is specific to HealthEquity.

NOTE Confidence: 0.91355961375

00:26:34.040 --> 00:26:36.119 Everything is HealthEquity.

NOTE Confidence: 0.916707041666667

00:26:38.350 --> 00:26:40.078 And if we keep that in

NOTE Confidence: 0.916707041666667

00:26:40.078 --> 00:26:41.969 mind as we start to teach,

NOTE Confidence: 0.916707041666667

00:26:41.970 --> 00:26:43.350 as we start to engage,

NOTE Confidence: 0.916707041666667

00:26:43.350 --> 00:26:45.948 as we do patient centered rounds,

NOTE Confidence: 0.916707041666667

00:26:45.950 --> 00:26:49.010 if HealthEquity is at the forefront,

NOTE Confidence: 0.916707041666667

00:26:49.010 --> 00:26:52.678 I think we'll more likely than not.

NOTE Confidence: 0.916707041666667

00:26:52.680 --> 00:26:53.710 Get better.

NOTE Confidence: 0.916707041666667

00:26:53.710 --> 00:26:55.456 We don't necessarily get it right,

NOTE Confidence: 0.916707041666667

00:26:55.460 --> 00:26:57.900 but we will get better and we'll

NOTE Confidence: 0.916707041666667

00:26:57.900 --> 00:27:00.770 move to a place where we as

NOTE Confidence: 0.916707041666667

00:27:00.770 --> 00:27:03.469 medical educators are advancing.

NOTE Confidence: 0.92932267375

00:27:05.560 --> 00:27:07.144 HealthEquity medical education,

NOTE Confidence: 0.92932267375

00:27:07.144 --> 00:27:10.312 but also helping to develop the

NOTE Confidence: 0.92932267375

00:27:10.312 --> 00:27:12.864 next generation of physicians

NOTE Confidence: 0.92932267375

00:27:12.864 --> 00:27:14.805 and physician scientists.

NOTE Confidence: 0.906416205185185

00:27:22.650 --> 00:27:24.408 Thank you so much Beverly that

NOTE Confidence: 0.906416205185185

00:27:24.408 --> 00:27:26.401 was wonderful and I I really like

NOTE Confidence: 0.906416205185185

00:27:26.401 --> 00:27:28.165 how you sort of frame that if

NOTE Confidence: 0.906416205185185

00:27:28.228 --> 00:27:29.985 even if we can't get it right,

00:27:29.990 --> 00:27:31.390 we can get it better.

00:27:31.390 --> 00:27:34.379 And and I think that's a really

00:27:34.379 --> 00:27:37.108 aspirational motto to to carry forward.

00:27:37.110 --> 00:27:39.630 And so now I am going to,

00:27:39.630 --> 00:27:42.016 we're going to shift to zoom and we are

00:27:42.016 --> 00:27:43.990 going to hear from Doctor Tia Powell

00:27:44.050 --> 00:27:46.270 who directs the Center for Bioethics.

00:27:46.270 --> 00:27:47.975 And masters in bioethics program

00:27:47.975 --> 00:27:49.680 at Montefiore Health Systems and

00:27:49.737 --> 00:27:51.257 Einstein College of Medicine.

00:27:51.260 --> 00:27:52.967 She holds the Shoshanna Trachtenberg

00:27:52.967 --> 00:27:55.676 frackman chair in biomedical ethics and is

00:27:55.676 --> 00:27:58.297 a professor of epidemiology and psychiatry.

00:27:58.300 --> 00:28:00.084 Her bioethics scholarship focuses

00:28:00.084 --> 00:28:02.186 on dementia, public health policy,

00:28:02.186 --> 00:28:03.794 end of life care,

NOTE Confidence: 0.906416205185185

00:28:03.800 --> 00:28:05.720 and bioethics education.

NOTE Confidence: 0.906416205185185

00:28:05.720 --> 00:28:07.256 She served for four years as

NOTE Confidence: 0.906416205185185

00:28:07.256 --> 00:28:08.864 executive director of the New York

NOTE Confidence: 0.906416205185185

00:28:08.864 --> 00:28:10.698 State Task Force on Life in the law,

NOTE Confidence: 0.906416205185185

00:28:10.700 --> 00:28:12.940 the State Bioethics Commission.

NOTE Confidence: 0.906416205185185

00:28:12.940 --> 00:28:14.862 She has worked with the National

NOTE Confidence: 0.906416205185185

00:28:14.862 --> 00:28:16.986 Academies of Medicine on many projects.

NOTE Confidence: 0.906416205185185

00:28:16.990 --> 00:28:18.958 And served as an advisor to the CDC

NOTE Confidence: 0.906416205185185

00:28:18.958 --> 00:28:21.450 and to Health and Human services in

NOTE Confidence: 0.906416205185185

00:28:21.450 --> 00:28:23.385 its National Alzheimer's Project Act.

NOTE Confidence: 0.906416205185185

00:28:23.390 --> 00:28:24.944 She is frequently invited to speak at

NOTE Confidence: 0.906416205185185

00:28:24.950 --> 00:28:27.680 professional meetings including APA,

NOTE Confidence: 0.906416205185185

00:28:27.680 --> 00:28:29.410 SBH, AIC,

NOTE Confidence: 0.906416205185185

00:28:29.410 --> 00:28:31.422 at medical schools including Einstein,

NOTE Confidence: 0.906416205185185

00:28:31.422 --> 00:28:32.910 Columbia, Cornell, Harvard,

00:28:32.910 --> 00:28:35.470 NYU, and of course Yale,

00:28:35.470 --> 00:28:38.128 and as well as other colleges

00:28:38.130 --> 00:28:39.970 including Vassar and Princeton.

00:28:39.970 --> 00:28:41.962 She is a board certified psychiatrist

00:28:41.962 --> 00:28:45.114 and a Fellow of the New York Academy of

00:28:45.114 --> 00:28:47.690 Medicine and the American Psyche Psychiatric.

00:28:47.690 --> 00:28:50.240 Association and the Hastings Center.

00:28:50.240 --> 00:28:51.770 She holds an undergraduate degree

00:28:51.770 --> 00:28:52.994 from Harvard in psychology,

00:28:53.000 --> 00:28:54.974 and she received her MD from again,

00:28:54.980 --> 00:28:56.558 good old Yale School of Medicine.

00:28:56.560 --> 00:28:58.100 So thank you so much,

00:28:58.100 --> 00:28:58.542 Doctor Powell,

00:28:58.542 --> 00:29:00.089 for joining us and take it away.

00:29:01.870 --> 00:29:02.608 Thanks very much.

00:29:02.608 --> 00:29:04.910 I'm so sorry I can't be there in person.

NOTE Confidence: 0.936069963333333

00:29:04.910 --> 00:29:06.872 It's really much more fun to do that and

NOTE Confidence: 0.936069963333333

00:29:06.872 --> 00:29:09.064 I always love coming back to New Haven,

NOTE Confidence: 0.936069963333333

00:29:09.070 --> 00:29:12.110 but I am traveling this week and have.

NOTE Confidence: 0.936069963333333

00:29:12.110 --> 00:29:13.580 Gotten myself involved in one thing

NOTE Confidence: 0.936069963333333

00:29:13.580 --> 00:29:15.428 more than I can handle in person.

NOTE Confidence: 0.936069963333333

00:29:15.430 --> 00:29:19.890 So I I present myself by zoom, I apologize.

NOTE Confidence: 0.936069963333333

00:29:19.890 --> 00:29:21.822 So I agreed with so much of

NOTE Confidence: 0.936069963333333

00:29:21.822 --> 00:29:23.570 what the prior speaker said.

NOTE Confidence: 0.936069963333333

00:29:23.570 --> 00:29:26.799 So I want to build on a lot of their on

NOTE Confidence: 0.936069963333333

00:29:26.799 --> 00:29:29.298 some of their thoughts and go forward

NOTE Confidence: 0.936069963333333

00:29:29.298 --> 00:29:32.029 and I want to center my thinking

NOTE Confidence: 0.936069963333333

00:29:32.029 --> 00:29:36.290 with you on the reality of trauma.

NOTE Confidence: 0.936069963333333

00:29:36.290 --> 00:29:38.314 We're still in COVID.

NOTE Confidence: 0.936069963333333

00:29:38.314 --> 00:29:41.990 A million Americans have died from COVID.

NOTE Confidence: 0.936069963333333

00:29:41.990 --> 00:29:43.982 20% of Americans has have lost

NOTE Confidence: 0.936069963333333

00:29:43.982 --> 00:29:46.330 a relative or a close friend.

NOTE Confidence: 0.936069963333333

00:29:46.330 --> 00:29:48.690 We saw increases in homelessness,

NOTE Confidence: 0.936069963333333

00:29:48.690 --> 00:29:50.238 joblessness, domestic violence,

NOTE Confidence: 0.936069963333333

00:29:50.238 --> 00:29:52.818 and uptick in mental health

NOTE Confidence: 0.936069963333333

00:29:52.818 --> 00:29:53.850 diagnostic diagnosis,

NOTE Confidence: 0.936069963333333

00:29:53.850 --> 00:29:56.430 especially in adolescence and young adults,

NOTE Confidence: 0.936069963333333

00:29:56.430 --> 00:29:58.154 substance abuse related fatalities.

NOTE Confidence: 0.936069963333333

00:29:58.154 --> 00:30:01.781 So this is a reality and it's not like

NOTE Confidence: 0.936069963333333

00:30:01.781 --> 00:30:05.050 there's a sort of them to which this happens.

NOTE Confidence: 0.936069963333333

00:30:05.050 --> 00:30:06.274 This Is Us.

NOTE Confidence: 0.936069963333333

00:30:06.274 --> 00:30:08.314 20% of Americans lost somebody

NOTE Confidence: 0.936069963333333

00:30:08.314 --> 00:30:10.720 that deeply cared about improve.

NOTE Confidence: 0.936069963333333

00:30:10.720 --> 00:30:14.800 This isn't just a, you know, you know,

NOTE Confidence: 0.936069963333333

00:30:14.800 --> 00:30:16.475 something that happens to patients.

NOTE Confidence: 0.936069963333333

00:30:16.480 --> 00:30:18.692 We are the patients.

NOTE Confidence: 0.936069963333333

00:30:18.692 --> 00:30:21.457 We are the whole community.

NOTE Confidence: 0.936069963333333

00:30:21.460 --> 00:30:24.466 So I wanted to center that and I'm going

NOTE Confidence: 0.936069963333333

00:30:24.466 --> 00:30:26.892 to quickly summarize where I'm going here.

NOTE Confidence: 0.936069963333333

00:30:26.892 --> 00:30:28.589 I'm going to talk a little bit about trauma,

NOTE Confidence: 0.936069963333333

00:30:28.590 --> 00:30:29.972 about PTSD.

NOTE Confidence: 0.936069963333333

00:30:29.972 --> 00:30:34.156 I'm going to talk a little bit about

NOTE Confidence: 0.936069963333333

00:30:34.156 --> 00:30:36.280 how we help students to process.

NOTE Confidence: 0.936069963333333

00:30:36.280 --> 00:30:38.364 With normal emotional reactions

NOTE Confidence: 0.936069963333333

00:30:38.364 --> 00:30:40.186 and PTSD symptoms, think,

NOTE Confidence: 0.936069963333333

00:30:40.186 --> 00:30:41.466 as some have already done,

NOTE Confidence: 0.936069963333333

00:30:41.470 --> 00:30:43.222 about what's the role of trigger

NOTE Confidence: 0.936069963333333

00:30:43.222 --> 00:30:44.730 warnings and all of that.

NOTE Confidence: 0.936069963333333

00:30:44.730 --> 00:30:46.722 And then think with you some more about

NOTE Confidence: 0.936069963333333

00:30:46.722 --> 00:30:48.897 what are the issues that all of this

NOTE Confidence: 0.936069963333333

00:30:48.897 --> 00:30:50.497 raises about the culture of medicine

NOTE Confidence: 0.936069963333333

00:30:50.497 --> 00:30:52.361 and the way it is changing in the

48

NOTE Confidence: 0.936069963333333

00:30:52.370 --> 00:30:54.665 way I think it needs to change some more.

NOTE Confidence: 0.936069963333333

00:30:54.670 --> 00:30:56.855 So reality of trauma is

NOTE Confidence: 0.936069963333333

00:30:56.855 --> 00:30:58.603 where I'm centering things.

NOTE Confidence: 0.936069963333333

00:30:58.610 --> 00:31:02.106 I will say that trauma is really common,

NOTE Confidence: 0.936069963333333

00:31:02.110 --> 00:31:03.424 PTSD is less.

NOTE Confidence: 0.936069963333333

00:31:03.424 --> 00:31:06.490 So many recover from trauma with time.

NOTE Confidence: 0.936069963333333

00:31:06.490 --> 00:31:07.780 But not everyone,

NOTE Confidence: 0.936069963333333

00:31:07.780 --> 00:31:11.485 and we don't know looking at any group

NOTE Confidence: 0.936069963333333

00:31:11.485 --> 00:31:14.495 who has experienced something deeply

NOTE Confidence: 0.936069963333333

00:31:14.500 --> 00:31:16.915 stressful for them in the recent time.

NOTE Confidence: 0.936069963333333

00:31:16.920 --> 00:31:21.036 So looking at some recent studies,

NOTE Confidence: 0.936069963333333

00:31:21.040 --> 00:31:25.080 about 89% of people in a an online

NOTE Confidence: 0.936069963333333

00:31:25.080 --> 00:31:29.776 survey met current DSM DSM 5 criteria for

NOTE Confidence: 0.936069963333333

00:31:29.776 --> 00:31:34.179 having been exposed to traumatic events.

NOTE Confidence: 0.936069963333333

00:31:34.180 --> 00:31:36.484 Most had been exposed to multiple

NOTE Confidence: 0.936069963333333

00:31:36.484 --> 00:31:39.149 traumatic events sort of over a lifetime.

NOTE Confidence: 0.936069963333333

00:31:39.150 --> 00:31:44.790 In the lifetime the exposure to traumatic.

NOTE Confidence: 0.936069963333333

00:31:44.790 --> 00:31:46.011 Um, let's see.

NOTE Confidence: 0.936069963333333

00:31:46.011 --> 00:31:48.453 OK, so PTSD prevalence which is

NOTE Confidence: 0.936069963333333

00:31:48.453 --> 00:31:51.037 different than just exposure to trauma,

NOTE Confidence: 0.936069963333333

00:31:51.040 --> 00:31:53.668 lifetime is 8.3%,

NOTE Confidence: 0.936069963333333

00:31:53.668 --> 00:31:57.796 past 12 months is 4.7%,

NOTE Confidence: 0.936069963333333

00:31:57.796 --> 00:32:03.286 and past six months PTSD symptoms is 3.8%.

NOTE Confidence: 0.936069963333333

00:32:03.286 --> 00:32:05.254 And actually I think they said that wrong.

NOTE Confidence: 0.936069963333333

00:32:05.260 --> 00:32:07.700 Lifetime trauma is 8.3,

NOTE Confidence: 0.936069963333333

00:32:07.700 --> 00:32:11.180 past 12 month trauma is 4.7,

NOTE Confidence: 0.936069963333333

00:32:11.180 --> 00:32:14.650 and the last six months PTSD is 3.8%.

NOTE Confidence: 0.936069963333333

00:32:14.650 --> 00:32:16.950 So this is not uncommon.

NOTE Confidence: 0.936069963333333

00:32:16.950 --> 00:32:19.534 I'll say then then I have no tolerance

NOTE Confidence: 0.936069963333333

00:32:19.534 --> 00:32:22.569 for the notion that a student who is

NOTE Confidence: 0.936069963333333

00:32:22.569 --> 00:32:24.942 suffering from the effects of trauma

NOTE Confidence: 0.936069963333333

00:32:24.942 --> 00:32:27.204 is somehow asking coddling of us.

NOTE Confidence: 0.936069963333333

00:32:27.210 --> 00:32:28.122 I do.

NOTE Confidence: 0.936069963333333

00:32:28.122 --> 00:32:29.946 Students with diabetes who

NOTE Confidence: 0.936069963333333

00:32:29.946 --> 00:32:31.770 need insulin demand coddling.

NOTE Confidence: 0.793157642

00:32:31.770 --> 00:32:34.230 I mean, this is diagnosis.

NOTE Confidence: 0.793157642

00:32:34.230 --> 00:32:35.650 PTSD is a diagnosis.

NOTE Confidence: 0.793157642

00:32:35.650 --> 00:32:38.863 So we we need to figure out as

NOTE Confidence: 0.793157642

00:32:38.863 --> 00:32:41.363 clinicians what is our appropriate

NOTE Confidence: 0.793157642

00:32:41.363 --> 00:32:43.853 response to somebody who requires

NOTE Confidence: 0.793157642

00:32:43.853 --> 00:32:46.113 assistance and coddling the word

NOTE Confidence: 0.793157642

00:32:46.113 --> 00:32:48.282 is such an objectionable. Concept.

NOTE Confidence: 0.793157642

00:32:48.282 --> 00:32:52.090 It really is intended kind of as an insult,

NOTE Confidence: 0.793157642

00:32:52.090 --> 00:32:54.589 and intended to say that the assistance

NOTE Confidence: 0.793157642

00:32:54.589 --> 00:32:56.609 you're asking for is undeserved.

NOTE Confidence: 0.793157642

00:32:56.610 --> 00:32:59.130 So the question for me is not whether

NOTE Confidence: 0.793157642

00:32:59.130 --> 00:33:01.469 we should support students who have

NOTE Confidence: 0.793157642

00:33:01.469 --> 00:33:03.923 issues that they're bringing to us.

NOTE Confidence: 0.793157642

00:33:03.930 --> 00:33:05.820 Expect uncomfortable feelings,

NOTE Confidence: 0.793157642

00:33:05.820 --> 00:33:07.710 even PTSD symptoms,

NOTE Confidence: 0.793157642

00:33:07.710 --> 00:33:10.098 but how we shall support them.

NOTE Confidence: 0.793157642

00:33:10.100 --> 00:33:13.064 So let me then distinguish a

NOTE Confidence: 0.793157642

00:33:13.064 --> 00:33:15.508 powerful emotional reaction is not

NOTE Confidence: 0.793157642

00:33:15.508 --> 00:33:18.147 the same as a diagnosis of PTSD.

NOTE Confidence: 0.793157642

00:33:18.150 --> 00:33:20.155 It's actually normal and appropriate

NOTE Confidence: 0.793157642

00:33:20.155 --> 00:33:22.160 to react emotionally to some

NOTE Confidence: 0.793157642

00:33:22.230 --> 00:33:24.156 of the things you're going to

NOTE Confidence: 0.793157642

00:33:24.156 --> 00:33:25.940 learn about in medical school.

NOTE Confidence: 0.793157642

00:33:25.940 --> 00:33:30.188 I actually want you to be angry when you.

NOTE Confidence: 0.793157642

00:33:30.190 --> 00:33:32.710 Read about and learn about.

NOTE Confidence: 0.793157642

00:33:32.710 --> 00:33:35.530 The public health implications of redlining,

NOTE Confidence: 0.793157642

00:33:35.530 --> 00:33:36.134 of racism.

NOTE Confidence: 0.793157642

00:33:36.134 --> 00:33:39.070 I don't want you to be a blank slate.

NOTE Confidence: 0.793157642

00:33:39.070 --> 00:33:40.434 You should be angry,

NOTE Confidence: 0.793157642

00:33:40.434 --> 00:33:42.986 and you should figure how you will

NOTE Confidence: 0.793157642

00:33:42.986 --> 00:33:45.146 channel that forward in response.

NOTE Confidence: 0.793157642

00:33:45.150 --> 00:33:45.854 Like we,

NOTE Confidence: 0.793157642

00:33:45.854 --> 00:33:47.966 our goal is not that you

NOTE Confidence: 0.793157642

00:33:47.966 --> 00:33:49.910 be immune to the impact.

NOTE Confidence: 0.793157642

00:33:49.910 --> 00:33:51.918 We are in the business of looking at

NOTE Confidence: 0.793157642

00:33:51.918 --> 00:33:53.945 things that others find hard to look at,

NOTE Confidence: 0.793157642

00:33:53.950 --> 00:33:55.252 and it's hard for us, too.

NOTE Confidence: 0.793157642

00:33:55.252 --> 00:33:58.150 We are in the business of loss and injury,

NOTE Confidence: 0.793157642

00:33:58.150 --> 00:34:00.350 of mortality, and it's sad.

NOTE Confidence: 0.793157642

00:34:00.350 --> 00:34:02.800 So the goal is not for you to feel nothing.

NOTE Confidence: 0.793157642

00:34:02.800 --> 00:34:05.985 Over to feel bad about feeling something,

NOTE Confidence: 0.793157642

00:34:05.990 --> 00:34:08.600 but to be able to process your feelings in

NOTE Confidence: 0.793157642

00:34:08.600 --> 00:34:11.423 such a way that you feel safe and feel human,

NOTE Confidence: 0.793157642

00:34:11.430 --> 00:34:13.595 and importantly, can respond to

NOTE Confidence: 0.793157642

00:34:13.595 --> 00:34:16.790 your patients as a full human being,

NOTE Confidence: 0.793157642

00:34:16.790 --> 00:34:20.100 not as an automaton, so.

NOTE Confidence: 0.793157642

00:34:20.100 --> 00:34:20.688 Trigger warnings,

NOTE Confidence: 0.793157642

00:34:20.688 --> 00:34:22.158 it definitely have their limits.

NOTE Confidence: 0.793157642

00:34:22.160 --> 00:34:23.680 I mean, first of all,

NOTE Confidence: 0.793157642

00:34:23.680 --> 00:34:26.096 we can't use them in a clinical setting,

NOTE Confidence: 0.793157642

00:34:26.100 --> 00:34:28.039 which is the majority of your training.

NOTE Confidence: 0.793157642

00:34:28.040 --> 00:34:31.176 When you take a history of somebody,

NOTE Confidence: 0.793157642

00:34:31.180 --> 00:34:33.440 certainly especially women, but and

NOTE Confidence: 0.793157642

00:34:33.440 --> 00:34:35.700 it's very especially transgender women,

NOTE Confidence: 0.793157642

00:34:35.700 --> 00:34:37.940 you will hear about trauma,

NOTE Confidence: 0.793157642

00:34:37.940 --> 00:34:40.075 people will tell you about

NOTE Confidence: 0.793157642

00:34:40.075 --> 00:34:41.356 really upsetting experiences,

NOTE Confidence: 0.793157642

00:34:41.360 --> 00:34:42.276 may just be illness,

NOTE Confidence: 0.793157642

00:34:42.276 --> 00:34:44.020 but it certainly can be sexual trauma,

NOTE Confidence: 0.793157642

00:34:44.020 --> 00:34:44.548 violence.

NOTE Confidence: 0.793157642

00:34:44.548 --> 00:34:47.716 So that doesn't tell us however,

NOTE Confidence: 0.793157642

00:34:47.720 --> 00:34:49.550 if we should use something

NOTE Confidence: 0.793157642

00:34:49.550 --> 00:34:51.014 like a trigger warning.

NOTE Confidence: 0.793157642

00:34:51.020 --> 00:34:52.184 We can do it when we're

NOTE Confidence: 0.793157642

00:34:52.184 --> 00:34:53.164 sitting in a classroom, right?

NOTE Confidence: 0.793157642

00:34:53.164 --> 00:34:55.000 So later in the clinic we can't do it.

NOTE Confidence: 0.793157642

00:34:55.000 --> 00:34:56.442 We'll need to figure out how to

NOTE Confidence: 0.793157642

00:34:56.442 --> 00:34:57.779 help people in that situation.

NOTE Confidence: 0.793157642

00:34:57.780 --> 00:34:59.556 But what about in the classroom?

NOTE Confidence: 0.793157642

00:34:59.560 --> 00:35:01.670 Well, as was already mentioned

NOTE Confidence: 0.793157642

00:35:01.670 --> 00:35:03.358 by the prior speaker,

NOTE Confidence: 0.793157642

00:35:03.360 --> 00:35:05.285 if you start digging into

NOTE Confidence: 0.793157642

00:35:05.285 --> 00:35:07.210 the data on trigger warnings.

NOTE Confidence: 0.793157642

00:35:07.210 --> 00:35:09.135 There's not a lot of research that

NOTE Confidence: 0.793157642

00:35:09.135 --> 00:35:10.449 provides good evidence for them.

NOTE Confidence: 0.793157642

00:35:10.450 --> 00:35:12.988 There's very little research at all.

NOTE Confidence: 0.793157642

00:35:12.990 --> 00:35:15.195 The few published articles comment

NOTE Confidence: 0.793157642

00:35:15.195 --> 00:35:18.870 on the lack of high quality research.

NOTE Confidence: 0.793157642

00:35:18.870 --> 00:35:20.669 In looking through a number of studies,

NOTE Confidence: 0.793157642

00:35:20.670 --> 00:35:22.707 there were some one typical study sort

NOTE Confidence: 0.793157642

00:35:22.707 --> 00:35:24.481 of asked students if they thought

NOTE Confidence: 0.793157642

00:35:24.481 --> 00:35:26.448 trigger warnings would be a good idea,

NOTE Confidence: 0.793157642

00:35:26.450 --> 00:35:28.780 and they said yes, OK.

NOTE Confidence: 0.793157642

00:35:28.780 --> 00:35:30.460 That doesn't tell us if they work.

NOTE Confidence: 0.793157642

00:35:30.460 --> 00:35:32.336 We don't do that with cardiac Cath.

NOTE Confidence: 0.793157642

00:35:32.340 --> 00:35:33.820 We don't ask the patients,

NOTE Confidence: 0.883838076

00:35:33.820 --> 00:35:35.035 do you think cardiac Cath

NOTE Confidence: 0.883838076

00:35:35.035 --> 00:35:36.250 would be a good idea?

NOTE Confidence: 0.883838076

00:35:36.250 --> 00:35:38.698 We try a real controlled experiment and see

NOTE Confidence: 0.883838076

00:35:38.698 --> 00:35:41.437 if it actually has a beneficial effect.

NOTE Confidence: 0.883838076

00:35:41.440 --> 00:35:43.660 So they're looking, you know,

NOTE Confidence: 0.883838076

00:35:43.660 --> 00:35:46.159 I'm not an expert on trigger warnings,

NOTE Confidence: 0.883838076

00:35:46.160 --> 00:35:47.544 but looking fairly carefully,

NOTE Confidence: 0.883838076

00:35:47.544 --> 00:35:50.490 I did not find a rigorously designed study

NOTE Confidence: 0.883838076

00:35:50.490 --> 00:35:52.896 with a control group that demonstrated

NOTE Confidence: 0.883838076

00:35:52.896 --> 00:35:54.978 the efficacy of trigger warnings.

NOTE Confidence: 0.883838076

00:35:54.980 --> 00:35:56.860 And indeed, as mentioned,

NOTE Confidence: 0.883838076

00:35:56.860 --> 00:35:58.740 there's some evidence that.

NOTE Confidence: 0.883838076

00:35:58.740 --> 00:36:00.099 And some people,

NOTE Confidence: 0.883838076

00:36:00.099 --> 00:36:02.364 they actually may enhance anxiety.

NOTE Confidence: 0.883838076

00:36:02.370 --> 00:36:03.986 I think if this is kind of like,

NOTE Confidence: 0.883838076

00:36:03.990 --> 00:36:06.445 you know, film makers are

NOTE Confidence: 0.883838076

00:36:06.445 --> 00:36:08.409 fantastic at eliciting anxiety.

NOTE Confidence: 0.883838076

00:36:08.410 --> 00:36:10.202 And one of the ways they do it

NOTE Confidence: 0.883838076

00:36:10.202 --> 00:36:11.841 is to forecast that something

NOTE Confidence: 0.883838076

00:36:11.841 --> 00:36:14.085 really bad is about to happen.

NOTE Confidence: 0.883838076

00:36:14.090 --> 00:36:15.600 They make the door sweet.

NOTE Confidence: 0.883838076

00:36:15.600 --> 00:36:17.466 They start with the scary music.

NOTE Confidence: 0.883838076

00:36:17.470 --> 00:36:19.030 That's psycho boom, boom, boom.

NOTE Confidence: 0.883838076

00:36:19.030 --> 00:36:19.682 You know,

NOTE Confidence: 0.883838076

00:36:19.682 --> 00:36:22.290 all of that stuff is actually to forecast

NOTE Confidence: 0.883838076

00:36:22.358 --> 00:36:24.787 that something bad is going to happen.

NOTE Confidence: 0.883838076

00:36:24.790 --> 00:36:27.190 It is not necessarily calming.

NOTE Confidence: 0.883838076

00:36:27.190 --> 00:36:28.865 And many people find that

NOTE Confidence: 0.883838076

00:36:28.865 --> 00:36:30.205 it actually doesn't help.

NOTE Confidence: 0.883838076

00:36:30.210 --> 00:36:31.565 And other people have reported

NOTE Confidence: 0.883838076

00:36:31.565 --> 00:36:33.380 that when you give that trigger,

NOTE Confidence: 0.883838076

00:36:33.380 --> 00:36:34.960 people don't report actually taking

NOTE Confidence: 0.883838076

00:36:34.960 --> 00:36:36.540 that time to prepare themselves.

NOTE Confidence: 0.883838076

00:36:36.540 --> 00:36:38.148 So there's some troubling

NOTE Confidence: 0.883838076

00:36:38.148 --> 00:36:40.158 maybe they in some cases,

NOTE Confidence: 0.883838076

00:36:40.160 --> 00:36:42.288 actually make it worse.

NOTE Confidence: 0.883838076

00:36:42.288 --> 00:36:42.820 Nonetheless,

NOTE Confidence: 0.883838076

00:36:42.820 --> 00:36:44.490 I found two really interesting

NOTE Confidence: 0.883838076

00:36:44.490 --> 00:36:46.160 articles that were specifically in

NOTE Confidence: 0.883838076

00:36:46.220 --> 00:36:47.920 the context of medical education,

NOTE Confidence: 0.883838076

00:36:47.920 --> 00:36:49.789 as most of the other studies were

NOTE Confidence: 0.883838076

00:36:49.789 --> 00:36:51.480 not related to medical school.

NOTE Confidence: 0.883838076

00:36:51.480 --> 00:36:52.540 There's a nice article by

NOTE Confidence: 0.883838076

00:36:52.540 --> 00:36:53.980 Gore at all and Med portal,

NOTE Confidence: 0.883838076

00:36:53.980 --> 00:36:56.535 and if people want I can share

NOTE Confidence: 0.883838076

00:36:56.535 --> 00:36:57.630 the references afterwards.

NOTE Confidence: 0.883838076

00:36:57.630 --> 00:37:00.108 And we're at all we're developing

NOTE Confidence: 0.883838076

00:37:00.108 --> 00:37:03.089 a school at Rush Medical School,

NOTE Confidence: 0.883838076

00:37:03.090 --> 00:37:06.624 developing a course at Rush Medical

NOTE Confidence: 0.883838076

00:37:06.624 --> 00:37:08.980 School about trauma informed

NOTE Confidence: 0.883838076

00:37:09.081 --> 00:37:11.074 treatment for sexual assaults.

NOTE Confidence: 0.883838076

00:37:11.074 --> 00:37:13.402 They were trying to train medical

NOTE Confidence: 0.883838076

00:37:13.402 --> 00:37:16.045 students how you would do trauma informed

NOTE Confidence: 0.883838076

00:37:16.045 --> 00:37:18.490 treatment for survivors of sexual assault.

NOTE Confidence: 0.883838076

00:37:18.490 --> 00:37:20.370 That's a really difficult topic.

NOTE Confidence: 0.883838076

00:37:20.370 --> 00:37:23.650 So what they did is that they sent

NOTE Confidence: 0.883838076

00:37:23.650 --> 00:37:25.541 detailed information about this

NOTE Confidence: 0.883838076

00:37:25.541 --> 00:37:27.529 course with several sessions.

NOTE Confidence: 0.883838076

00:37:27.530 --> 00:37:29.258 Ahead of time to the students,

NOTE Confidence: 0.883838076

00:37:29.260 --> 00:37:31.340 they sent them the role plays in advance.

NOTE Confidence: 0.883838076

00:37:31.340 --> 00:37:32.770 They warned them we're going

NOTE Confidence: 0.883838076

00:37:32.770 --> 00:37:34.520 to ask you to participate this.

NOTE Confidence: 0.883838076

00:37:34.520 --> 00:37:37.145 They also said this material can be

NOTE Confidence: 0.883838076

00:37:37.145 --> 00:37:39.738 upsetting for a variety of reasons.

NOTE Confidence: 0.883838076

00:37:39.740 --> 00:37:42.062 You should know that we have

NOTE Confidence: 0.883838076

00:37:42.062 --> 00:37:42.836 counseling resources.

NOTE Confidence: 0.883838076

00:37:42.840 --> 00:37:44.560 Here's how you contact them.

NOTE Confidence: 0.883838076

00:37:44.560 --> 00:37:45.800 And by the way,

NOTE Confidence: 0.883838076

00:37:45.800 --> 00:37:47.660 if you are uncomfortable or need

NOTE Confidence: 0.883838076

00:37:47.726 --> 00:37:49.598 to step out during a session,

NOTE Confidence: 0.883838076

00:37:49.600 --> 00:37:50.592 we totally support that.

NOTE Confidence: 0.883838076

00:37:50.592 --> 00:37:52.652 We want you to be able to learn

NOTE Confidence: 0.883838076

00:37:52.652 --> 00:37:54.194 about this and get through it,

NOTE Confidence: 0.883838076

00:37:54.200 --> 00:37:55.976 and we're happy to accommodate you.

NOTE Confidence: 0.883838076

00:37:55.980 --> 00:37:58.008 So that is an interesting intervention.

NOTE Confidence: 0.883838076

00:37:58.008 --> 00:37:59.144 For me,

NOTE Confidence: 0.883838076

00:37:59.144 --> 00:38:03.050 they didn't do forecasting in class per se.

NOTE Confidence: 0.883838076

00:38:03.050 --> 00:38:04.775 They sent the message the

NOTE Confidence: 0.883838076

00:38:04.775 --> 00:38:06.090 information ahead of time,

NOTE Confidence: 0.883838076

00:38:06.090 --> 00:38:09.070 giving students a private opportunity

NOTE Confidence: 0.883838076

00:38:09.070 --> 00:38:12.050 for reflection and self preparation.

NOTE Confidence: 0.883838076

00:38:12.050 --> 00:38:14.416 They also tested at the end and

NOTE Confidence: 0.883838076

00:38:14.416 --> 00:38:16.717 they found from the beginning to

NOTE Confidence: 0.883838076

00:38:16.717 --> 00:38:19.135 the end the this course actually

NOTE Confidence: 0.883838076

00:38:19.135 --> 00:38:21.338 raised student comfort in treating

NOTE Confidence: 0.883838076

00:38:21.338 --> 00:38:22.622 sexual assault survivors.

NOTE Confidence: 0.883838076

00:38:22.622 --> 00:38:25.713 So the goal was can you help

NOTE Confidence: 0.883838076

00:38:25.713 --> 00:38:27.928 other people around this topic?

NOTE Confidence: 0.883838076

00:38:27.930 --> 00:38:30.674 And actually I thought that was a

NOTE Confidence: 0.883838076

00:38:30.674 --> 00:38:33.890 really very useful approach and intervention.

NOTE Confidence: 0.883838076

00:38:33.890 --> 00:38:35.660 There's another article I admired

NOTE Confidence: 0.883838076

00:38:35.660 --> 00:38:38.470 by Stout and Martin for 2022 in

NOTE Confidence: 0.883838076

00:38:38.470 --> 00:38:41.070 medical science educator they went

NOTE Confidence: 0.81893128

00:38:41.070 --> 00:38:42.810 described a number of curricular.

NOTE Confidence: 0.81893128

00:38:42.810 --> 00:38:45.580 Provisions at University of Indiana and

NOTE Confidence: 0.81893128

00:38:45.580 --> 00:38:47.620 most medical schools are constantly in

NOTE Confidence: 0.81893128

00:38:47.620 --> 00:38:50.390 the process of medical school revision.

NOTE Confidence: 0.81893128

00:38:50.390 --> 00:38:53.130 So they were pro trigger warnings.

NOTE Confidence: 0.81893128

00:38:53.130 --> 00:38:55.624 They kind of acknowledged that

NOTE Confidence: 0.81893128

00:38:55.624 --> 00:38:57.410 there really isn't, you know,

NOTE Confidence: 0.81893128

00:38:57.410 --> 00:38:58.935 strong evidence that they work.

NOTE Confidence: 0.81893128

00:38:58.940 --> 00:39:00.458 They did say that when we

NOTE Confidence: 0.81893128

00:39:00.458 --> 00:39:01.470 started doing trigger warnings,

NOTE Confidence: 0.81893128

00:39:01.470 --> 00:39:02.850 we got fewer complaints than

NOTE Confidence: 0.81893128

00:39:02.850 --> 00:39:03.954 next year from students.

NOTE Confidence: 0.81893128

00:39:03.960 --> 00:39:06.340 Again, that's not a study.

NOTE Confidence: 0.81893128

00:39:06.340 --> 00:39:07.985 It's good that there are fewer complaints,

NOTE Confidence: 0.81893128

00:39:07.990 --> 00:39:10.118 but I don't know what that means.

NOTE Confidence: 0.81893128

00:39:10.120 --> 00:39:11.740 They did say some things that

NOTE Confidence: 0.81893128

00:39:11.740 --> 00:39:12.940 really caught my attention.

NOTE Confidence: 0.81893128

00:39:12.940 --> 00:39:15.757 They said we want to be able to do

NOTE Confidence: 0.81893128

00:39:15.757 --> 00:39:18.624 is to model empathy and respect

NOTE Confidence: 0.81893128

00:39:18.624 --> 00:39:21.084 for the varied experiences of

NOTE Confidence: 0.81893128

00:39:21.170 --> 00:39:23.630 the people that we work with.

NOTE Confidence: 0.81893128

00:39:23.630 --> 00:39:24.758 And we would like,

NOTE Confidence: 0.81893128

00:39:24.758 --> 00:39:25.604 and I'll quote,

NOTE Confidence: 0.81893128

00:39:25.610 --> 00:39:28.208 to cultivate compassion for others as

NOTE Confidence: 0.81893128

00:39:28.208 --> 00:39:31.289 an essential part of medical training.

NOTE Confidence: 0.81893128

00:39:31.290 --> 00:39:32.850 I like the sound of that.

NOTE Confidence: 0.81893128

00:39:32.850 --> 00:39:34.890 I think that's incredibly important.

NOTE Confidence: 0.81893128

00:39:34.890 --> 00:39:38.076 So what they set out to do is normalize

NOTE Confidence: 0.81893128

00:39:38.076 --> 00:39:40.747 emotional response to difficult material,

NOTE Confidence: 0.81893128

00:39:40.750 --> 00:39:42.434 normalize self-care and courage.

NOTE Confidence: 0.81893128

00:39:42.434 --> 00:39:46.259 And say that this is actually part of what we

NOTE Confidence: 0.81893128

00:39:46.259 --> 00:39:48.980 can do to improve the culture of medicine.

NOTE Confidence: 0.81893128

00:39:48.980 --> 00:39:52.058 So I come to a conclusion.

NOTE Confidence: 0.81893128

00:39:52.060 --> 00:39:55.203 I think we need to demonstrate empathy

NOTE Confidence: 0.81893128

00:39:55.203 --> 00:39:58.328 and concern for the experiences of

NOTE Confidence: 0.81893128

00:39:58.328 --> 00:40:00.132 our colleagues, our students,

NOTE Confidence: 0.81893128

00:40:00.132 --> 00:40:02.348 and and frankly, of ourselves.

NOTE Confidence: 0.81893128

00:40:02.348 --> 00:40:05.915 So for faculty, it's not clear to me

NOTE Confidence: 0.81893128

00:40:05.915 --> 00:40:08.350 that in class warnings are helpful.

NOTE Confidence: 0.81893128

00:40:08.350 --> 00:40:10.093 I do think it can be done

NOTE Confidence: 0.81893128

00:40:10.093 --> 00:40:11.770 in such a way that is,

NOTE Confidence: 0.81893128

00:40:11.770 --> 00:40:12.763 shall we say,

NOTE Confidence: 0.81893128

00:40:12.763 --> 00:40:14.749 less triggering that you could say.

NOTE Confidence: 0.81893128

00:40:14.750 --> 00:40:16.930 I acknowledge that these are

NOTE Confidence: 0.81893128

00:40:16.930 --> 00:40:19.110 emotional topics and that even

NOTE Confidence: 0.81893128

00:40:19.185 --> 00:40:21.549 some of you may have experience.

NOTE Confidence: 0.81893128

00:40:21.550 --> 00:40:23.898 I prefer the method of sending

NOTE Confidence: 0.81893128

00:40:23.898 --> 00:40:25.286 the materials in advance,

NOTE Confidence: 0.81893128

00:40:25.290 --> 00:40:27.786 encouraging students to look them over,

NOTE Confidence: 0.81893128

00:40:27.790 --> 00:40:30.364 and then it it gives the students a moment.

NOTE Confidence: 0.81893128

00:40:30.370 --> 00:40:33.457 I also love the comment about making

NOTE Confidence: 0.81893128

00:40:33.457 --> 00:40:36.169 ourselves as faculty and as role

NOTE Confidence: 0.81893128

00:40:36.169 --> 00:40:38.344 models available to our students.

NOTE Confidence: 0.81893128

00:40:38.350 --> 00:40:39.886 As we hope our students will

NOTE Confidence: 0.81893128

00:40:39.886 --> 00:40:41.430 be available to their patients.

NOTE Confidence: 0.81893128

00:40:41.430 --> 00:40:44.350 If this is hard for you, please let me know.

NOTE Confidence: 0.81893128

00:40:44.350 --> 00:40:45.550 I respect your privacy.

NOTE Confidence: 0.81893128

00:40:45.550 --> 00:40:47.482 I'm not sure that the students

NOTE Confidence: 0.81893128

00:40:47.482 --> 00:40:49.948 should feel that they need to tell

NOTE Confidence: 0.81893128

00:40:49.948 --> 00:40:51.803 the faculty about their experience,

NOTE Confidence: 0.81893128

00:40:51.810 --> 00:40:53.525 certainly not if they don't want to.

NOTE Confidence: 0.81893128

00:40:53.530 --> 00:40:55.615 But they should certainly know

NOTE Confidence: 0.81893128

00:40:55.615 --> 00:40:57.283 that counseling is available.

NOTE Confidence: 0.81893128

00:40:57.290 --> 00:41:00.206 And frankly we need to know that in our

NOTE Confidence: 0.81893128

00:41:00.206 --> 00:41:02.398 institutions that the resources are there,

NOTE Confidence: 0.81893128

00:41:02.400 --> 00:41:04.128 that when the students seek them,

NOTE Confidence: 0.81893128

00:41:04.130 --> 00:41:06.312 as we encourage them to do that, they

NOTE Confidence: 0.81893128

00:41:06.312 --> 00:41:08.488 will be met by well trained and sufficient.

NOTE Confidence: 0.81893128

00:41:08.490 --> 00:41:08.936 Resources.

NOTE Confidence: 0.81893128

00:41:08.936 --> 00:41:12.058 So for students, what would I say?

NOTE Confidence: 0.81893128

00:41:12.060 --> 00:41:12.286 Again,

NOTE Confidence: 0.81893128

00:41:12.286 --> 00:41:13.739 I'm going to say emotional

NOTE Confidence: 0.81893128

00:41:13.739 --> 00:41:14.738 reaction is normal.

NOTE Confidence: 0.81893128

00:41:14.740 --> 00:41:15.910 It's not harmful.

NOTE Confidence: 0.81893128

00:41:16.560 --> 00:41:16.760 It's

NOTE Confidence: 0.820417383333333

00:41:16.770 --> 00:41:18.018 different from triggering.

NOTE Confidence: 0.79578993

00:41:18.090 --> 00:41:18.888 But I don't,

NOTE Confidence: 0.868403344285714

00:41:19.110 --> 00:41:20.930 I don't want you to stop feeling.

NOTE Confidence: 0.868403344285714

00:41:20.930 --> 00:41:23.400 You know I once as a seal

NOTE Confidence: 0.868403344285714

00:41:23.400 --> 00:41:25.301 psychiatrist received a consultation

NOTE Confidence: 0.868403344285714

67

00:41:25.301 --> 00:41:28.283 request from a surgeon because for

NOTE Confidence: 0.868403344285714

00:41:28.283 --> 00:41:30.229 inappropriate affect in a patient.

NOTE Confidence: 0.868403344285714

00:41:30.230 --> 00:41:32.281 And I went to see the soldier

NOTE Confidence: 0.868403344285714

00:41:32.281 --> 00:41:34.188 woman who had had a terrible

NOTE Confidence: 0.868403344285714

00:41:34.190 --> 00:41:35.534 neurologic problem and everything.

NOTE Confidence: 0.868403344285714

00:41:35.534 --> 00:41:37.550 And she was tearful in describing

NOTE Confidence: 0.868403344285714

00:41:37.602 --> 00:41:39.449 that to me and I said, well you know,

NOTE Confidence: 0.868403344285714

00:41:39.449 --> 00:41:41.220 your your surgeons worried about you and

NOTE Confidence: 0.868403344285714

00:41:41.276 --> 00:41:43.028 and we talked about what was going on.

NOTE Confidence: 0.868403344285714

00:41:43.030 --> 00:41:45.462 I concluded at the end of the console

NOTE Confidence: 0.868403344285714

00:41:45.462 --> 00:41:47.669 that the surgeon actually found.

NOTE Confidence: 0.868403344285714

00:41:47.670 --> 00:41:49.662 Emotion to be inappropriate.

NOTE Confidence: 0.868403344285714

00:41:49.662 --> 00:41:52.190 There was no appropriate affect.

NOTE Confidence: 0.868403344285714

00:41:52.190 --> 00:41:53.740 It was very uncomfortable with

NOTE Confidence: 0.868403344285714

00:41:53.740 --> 00:41:54.918 this tearful patient. Well,

NOTE Confidence: 0.868403344285714

00:41:54.918 --> 00:41:57.150 you know what a bad thing happened to her.

NOTE Confidence: 0.868403344285714

00:41:57.150 --> 00:41:58.389 Get it together.

NOTE Confidence: 0.868403344285714

00:41:58.390 --> 00:42:00.334 You have to be able to hold somebody's hand.

NOTE Confidence: 0.868403344285714

00:42:00.340 --> 00:42:01.730 You have to be able to be in that room.

NOTE Confidence: 0.868403344285714

00:42:01.730 --> 00:42:03.550 And I'm not saying it's easy.

NOTE Confidence: 0.868403344285714

00:42:03.550 --> 00:42:05.410 I myself kind of a crybaby.

NOTE Confidence: 0.868403344285714

00:42:05.410 --> 00:42:07.550 It's embarrassing and achieve Christ.

NOTE Confidence: 0.868403344285714

00:42:07.550 --> 00:42:11.070 But I would rather that than to suggest

NOTE Confidence: 0.868403344285714

00:42:11.070 --> 00:42:15.203 to you that the way a doctor should look

NOTE Confidence: 0.868403344285714

00:42:15.203 --> 00:42:18.758 is Stony cold is completely unmoved.

NOTE Confidence: 0.868403344285714

00:42:18.760 --> 00:42:20.980 Absolutely unfazed by the most

NOTE Confidence: 0.868403344285714

00:42:20.980 --> 00:42:23.820 heartbreaking story that one could imagine.

NOTE Confidence: 0.868403344285714

00:42:23.820 --> 00:42:25.188 That's not the goal.

NOTE Confidence: 0.868403344285714

00:42:25.188 --> 00:42:26.214 That's not human.

NOTE Confidence: 0.868403344285714

00:42:26.220 --> 00:42:28.160 So for students,

NOTE Confidence: 0.868403344285714

00:42:28.160 --> 00:42:30.820 I know some of you have been through a lot.

NOTE Confidence: 0.868403344285714

00:42:30.820 --> 00:42:33.136 I know you are really challenged.

NOTE Confidence: 0.868403344285714

00:42:33.140 --> 00:42:35.820 We are in a business where you have to learn

NOTE Confidence: 0.868403344285714

00:42:35.882 --> 00:42:38.314 to see that which others turn away from.

NOTE Confidence: 0.868403344285714

00:42:38.320 --> 00:42:40.174 You have a right to need

NOTE Confidence: 0.868403344285714

00:42:40.174 --> 00:42:42.320 help and a right to healing,

NOTE Confidence: 0.868403344285714

00:42:42.320 --> 00:42:44.497 so faculty should help students at risk.

NOTE Confidence: 0.868403344285714

00:42:44.500 --> 00:42:47.314 But I also ask you to watch out for

NOTE Confidence: 0.868403344285714

00:42:47.314 --> 00:42:49.118 each other, to really keep an eye on.

NOTE Confidence: 0.868403344285714

00:42:49.120 --> 00:42:49.746 Are they?

NOTE Confidence: 0.868403344285714

00:42:49.746 --> 00:42:51.311 Your friends and colleagues may

NOTE Confidence: 0.868403344285714

00:42:51.311 --> 00:42:53.440 confide in you when they're not

NOTE Confidence: 0.868403344285714

00:42:53.440 --> 00:42:55.325 comfortable confiding in the faculty?

NOTE Confidence: 0.868403344285714

00:42:55.330 --> 00:42:57.418 I will tell you that I used counseling

NOTE Confidence: 0.868403344285714

00:42:57.418 --> 00:42:59.554 services at Yale when I was in Med school.

NOTE Confidence: 0.868403344285714

00:42:59.560 --> 00:43:00.960 I went through a very rough patch.

NOTE Confidence: 0.868403344285714

00:43:00.960 --> 00:43:02.780 There was significant illness in

NOTE Confidence: 0.868403344285714

00:43:02.780 --> 00:43:04.600 my family and potentially fatal

NOTE Confidence: 0.868403344285714

00:43:04.663 --> 00:43:05.860 and ultimately fatal.

NOTE Confidence: 0.868403344285714

00:43:05.860 --> 00:43:07.516 And right around the time when I was

NOTE Confidence: 0.868403344285714

00:43:07.516 --> 00:43:09.790 about to get married, this was coming up,

NOTE Confidence: 0.868403344285714

00:43:09.790 --> 00:43:12.280 and I was really under incredible pressure.

NOTE Confidence: 0.868403344285714

00:43:12.280 --> 00:43:13.980 And it was really helpful.

NOTE Confidence: 0.868403344285714

00:43:13.980 --> 00:43:15.884 And I tell you that because it

NOTE Confidence: 0.868403344285714

00:43:15.884 --> 00:43:17.020 is there for you.

NOTE Confidence: 0.868403344285714

00:43:17.020 --> 00:43:19.550 And by the way, if it's not there for you.

NOTE Confidence: 0.868403344285714

00:43:19.550 --> 00:43:20.885 That's on you.

NOTE Confidence: 0.868403344285714

00:43:20.885 --> 00:43:23.555 And there's a very unflattering recent

NOTE Confidence: 0.868403344285714

00:43:23.555 --> 00:43:25.030 article, which I will confess to,

NOTE Confidence: 0.868403344285714

00:43:25.030 --> 00:43:26.190 of reading in the Washington

NOTE Confidence: 0.868403344285714

00:43:26.190 --> 00:43:27.690 Post in the last few weeks,

NOTE Confidence: 0.868403344285714

00:43:27.690 --> 00:43:29.562 about Yale not necessarily

NOTE Confidence: 0.868403344285714

00:43:29.562 --> 00:43:30.966 supplying adequate responses.

NOTE Confidence: 0.868403344285714

00:43:30.970 --> 00:43:31.650 I am not there.

NOTE Confidence: 0.868403344285714

00:43:31.650 --> 00:43:33.388 I don't know what the truth of the matter is,

NOTE Confidence: 0.868403344285714

00:43:33.390 --> 00:43:35.550 but I can tell you a great university

NOTE Confidence: 0.868403344285714

00:43:35.550 --> 00:43:37.208 needs to be ready for this,

NOTE Confidence: 0.868403344285714

00:43:37.210 --> 00:43:38.848 needs to be able to care for

NOTE Confidence: 0.868403344285714

00:43:38.848 --> 00:43:40.150 the people who are there.

NOTE Confidence: 0.868403344285714

00:43:40.150 --> 00:43:42.607 I will also say that we have

NOTE Confidence: 0.868403344285714

00:43:42.607 --> 00:43:44.329 fantastic treatments now for PTSD,

NOTE Confidence: 0.868403344285714

00:43:44.330 --> 00:43:46.647 way better than we used to have.

NOTE Confidence: 0.868403344285714

00:43:46.650 --> 00:43:48.165 Cognitive behavioral training

NOTE Confidence: 0.868403344285714

00:43:48.165 --> 00:43:49.680 is pretty awesome.

NOTE Confidence: 0.868403344285714

00:43:49.680 --> 00:43:51.598 I'm going to add one more thing.

NOTE Confidence: 0.868403344285714

00:43:51.600 --> 00:43:52.890 You guys, if you're students,

NOTE Confidence: 0.868403344285714

00:43:52.890 --> 00:43:55.092 you're in the business of figuring

NOTE Confidence: 0.868403344285714

00:43:55.092 --> 00:43:57.020 out what's what's your field,

NOTE Confidence: 0.868403344285714

00:43:57.020 --> 00:43:59.156 where, what should be your career,

NOTE Confidence: 0.884515705714286

00:43:59.160 --> 00:43:59.896 your contribution.

NOTE Confidence: 0.884515705714286

00:43:59.896 --> 00:44:02.472 And I'm going to say if some

NOTE Confidence: 0.884515705714286

00:44:02.472 --> 00:44:04.440 areas are traumatic for you,

NOTE Confidence: 0.884515705714286

00:44:04.440 --> 00:44:06.000 there's no shame in finding a

NOTE Confidence: 0.884515705714286

00:44:06.000 --> 00:44:07.579 field where you're free from that.

NOTE Confidence: 0.884515705714286

00:44:07.580 --> 00:44:10.184 We just had people discover the

NOTE Confidence: 0.884515705714286

00:44:10.184 --> 00:44:13.704 vaccine for COVID that is so far the

NOTE Confidence: 0.884515705714286

00:44:13.704 --> 00:44:16.260 greatest discovery of the 21st century.

NOTE Confidence: 0.884515705714286

00:44:16.260 --> 00:44:19.740 We still don't have a vaccine for HIV.

NOTE Confidence: 0.884515705714286

00:44:19.740 --> 00:44:21.580 If you want to. If you find the lab is

NOTE Confidence: 0.884515705714286

00:44:21.636 --> 00:44:23.380 a comfortable place to be, there is.

NOTE Confidence: 0.884515705714286

00:44:23.380 --> 00:44:25.060 Beautiful work for you to do there,

NOTE Confidence: 0.884515705714286

00:44:25.060 --> 00:44:27.205 and there is absolute wonderful

NOTE Confidence: 0.884515705714286

00:44:27.205 --> 00:44:29.350 things that you can do.

NOTE Confidence: 0.884515705714286

00:44:29.350 --> 00:44:31.430 But on the other hand,

NOTE Confidence: 0.884515705714286

00:44:31.430 --> 00:44:33.848 it may be that your superpower

NOTE Confidence: 0.884515705714286

00:44:33.848 --> 00:44:37.124 will be in working in exactly that

NOTE Confidence: 0.884515705714286

00:44:37.124 --> 00:44:39.749 domain where you experience trauma,

NOTE Confidence: 0.884515705714286

00:44:39.750 --> 00:44:42.130 and I don't want you to give up on that.

NOTE Confidence: 0.884515705714286

00:44:42.130 --> 00:44:44.272 You have deep knowledge that you may

NOTE Confidence: 0.884515705714286

00:44:44.272 --> 00:44:46.628 be able to use for other people.

NOTE Confidence: 0.884515705714286

00:44:46.630 --> 00:44:49.409 I am brought the springs to mind,

NOTE Confidence: 0.884515705714286

00:44:49.410 --> 00:44:51.192 one of my personal heroes who

NOTE Confidence: 0.884515705714286

00:44:51.192 --> 00:44:52.597 is Marsha Linehan, psychologist,

NOTE Confidence: 0.884515705714286

00:44:52.597 --> 00:44:56.146 who was the kind of creator of

NOTE Confidence: 0.884515705714286

00:44:56.146 --> 00:44:57.850 dialectical behavioral therapy,

NOTE Confidence: 0.884515705714286

00:44:57.850 --> 00:44:59.747 which has been a real game changer.

NOTE Confidence: 0.884515705714286

00:44:59.750 --> 00:45:01.685 And the treatment of borderline

NOTE Confidence: 0.884515705714286

00:45:01.685 --> 00:45:02.459 personality disease.

NOTE Confidence: 0.884515705714286

00:45:02.460 --> 00:45:06.380 And she came out with her own.

NOTE Confidence: 0.884515705714286

00:45:06.380 --> 00:45:07.696 Psychiatric history because one

NOTE Confidence: 0.884515705714286

00:45:07.696 --> 00:45:09.670 of her patients called her out.

NOTE Confidence: 0.884515705714286

00:45:09.670 --> 00:45:11.188 A patient seeing her, you know,

NOTE Confidence: 0.884515705714286

00:45:11.190 --> 00:45:12.698 dress for the summer.

NOTE Confidence: 0.884515705714286

00:45:12.698 --> 00:45:15.471 So she had scars on her arms

NOTE Confidence: 0.884515705714286

00:45:15.471 --> 00:45:17.566 as this patient also had.

NOTE Confidence: 0.884515705714286

00:45:17.570 --> 00:45:19.394 And it looked to that knowledgeable

NOTE Confidence: 0.884515705714286

00:45:19.394 --> 00:45:21.213 patient like Doctor Lena had in

NOTE Confidence: 0.884515705714286

00:45:21.213 --> 00:45:22.588 his history of cutting herself.

NOTE Confidence: 0.884515705714286

00:45:22.590 --> 00:45:24.376 And she said it would mean.

NOTE Confidence: 0.884515705714286

00:45:24.376 --> 00:45:27.395 All the difference to us if you would

NOTE Confidence: 0.884515705714286

00:45:27.395 --> 00:45:30.597 say that you were like us and now

NOTE Confidence: 0.884515705714286

00:45:30.597 --> 00:45:34.016 you're better and you have a life and work.

NOTE Confidence: 0.884515705714286

00:45:34.020 --> 00:45:36.540 So it really caused her to double down

NOTE Confidence: 0.884515705714286

00:45:36.540 --> 00:45:39.553 on her work and but it really that

NOTE Confidence: 0.884515705714286

00:45:39.553 --> 00:45:41.839 it was incredibly important that not

NOTE Confidence: 0.884515705714286

00:45:41.839 --> 00:45:44.191 just anybody but that she did this

NOTE Confidence: 0.884515705714286

00:45:44.191 --> 00:45:46.228 work and talked to people about it.

NOTE Confidence: 0.884515705714286

00:45:46.230 --> 00:45:48.177 So if there's something that

NOTE Confidence: 0.884515705714286

00:45:48.177 --> 00:45:49.038 you've been through.

NOTE Confidence: 0.886394378

00:45:49.850 --> 00:45:51.820 I don't want to encourage

NOTE Confidence: 0.910428638333333

00:45:51.830 --> 00:45:53.963 you to think that shutting it off and running

NOTE Confidence: 0.910428638333333

00:45:53.963 --> 00:45:55.906 away from it is the only choice for you.

NOTE Confidence: 0.910428638333333

00:45:55.910 --> 00:45:57.710 It might take great courage,

NOTE Confidence: 0.910428638333333

00:45:57.710 --> 00:46:00.167 but as I say, that may be your superpower.

NOTE Confidence: 0.910428638333333

00:46:00.170 --> 00:46:02.330 So we want you to think about what's

NOTE Confidence: 0.910428638333333

00:46:02.330 --> 00:46:04.190 your gift, what can you really do

NOTE Confidence: 0.910428638333333

00:46:04.190 --> 00:46:05.790 that's sort of special to you?

NOTE Confidence: 0.910428638333333

00:46:05.790 --> 00:46:08.726 So in conclusion, I'm just going to say.

NOTE Confidence: 0.910428638333333

00:46:08.730 --> 00:46:09.794 You know, medicine really,

NOTE Confidence: 0.910428638333333

00:46:09.794 --> 00:46:11.390 what needs to continue to work.

NOTE Confidence: 0.910428638333333

00:46:11.390 --> 00:46:14.342 And we have made changes in recent years to

NOTE Confidence: 0.910428638333333

00:46:14.342 --> 00:46:16.968 accept the humanity of all practitioners.

NOTE Confidence: 0.910428638333333

00:46:16.970 --> 00:46:18.898 We are our patients.

NOTE Confidence: 0.910428638333333

00:46:18.898 --> 00:46:21.308 We deserve the same kindness.

NOTE Confidence: 0.910428638333333

00:46:21.310 --> 00:46:23.430 We don't coddle somebody when

NOTE Confidence: 0.910428638333333

00:46:23.430 --> 00:46:25.126 we offer them support.

NOTE Confidence: 0.910428638333333

00:46:25.130 --> 00:46:27.050 That is an appropriate reaction,

NOTE Confidence: 0.910428638333333

00:46:27.050 --> 00:46:29.370 above all for a clinician.

NOTE Confidence: 0.910428638333333

00:46:29.370 --> 00:46:31.306 So we would like to help those who

NOTE Confidence: 0.910428638333333

00:46:31.306 --> 00:46:32.591 are suffering, not punish them.

NOTE Confidence: 0.910428638333333

00:46:32.591 --> 00:46:33.926 I'm, I'm not necessarily a

NOTE Confidence: 0.910428638333333

00:46:33.926 --> 00:46:35.430 fan of trigger warnings.

NOTE Confidence: 0.910428638333333

00:46:35.430 --> 00:46:37.302 If somebody wants to do it and that's OK,

NOTE Confidence: 0.910428638333333

00:46:37.310 --> 00:46:38.150 I think that's all right.

NOTE Confidence: 0.910428638333333

00:46:38.150 --> 00:46:40.310 But I think I prefer for my money,

NOTE Confidence: 0.910428638333333

00:46:40.310 --> 00:46:43.750 I prefer the inadvance in your private space.

NOTE Confidence: 0.910428638333333

00:46:43.750 --> 00:46:44.940 You think that and then come to

NOTE Confidence: 0.910428638333333

00:46:44.940 --> 00:46:46.408 me if you need help and support.

NOTE Confidence: 0.910428638333333

00:46:46.410 --> 00:46:48.930 So I will leave it there and hand

NOTE Confidence: 0.910428638333333

00:46:48.930 --> 00:46:51.380 things back over to to my colleagues.

NOTE Confidence: 0.96266675

00:46:53.210 --> 00:46:53.900 Thank you.

NOTE Confidence: 0.842836748

00:47:00.140 --> 00:47:01.120 Thank you so much Tia,

NOTE Confidence: 0.842836748

00:47:01.120 --> 00:47:02.592 that that was wonderful.

NOTE Confidence: 0.842836748

00:47:02.592 --> 00:47:04.800 And I I really like your,

NOTE Confidence: 0.842836748

00:47:04.800 --> 00:47:07.170 your point about embracing our own

NOTE Confidence: 0.842836748

00:47:07.170 --> 00:47:09.260 humanity because I think traditionally

NOTE Confidence: 0.842836748

00:47:09.260 --> 00:47:11.912 that's something that's been at at

NOTE Confidence: 0.842836748

00:47:11.912 --> 00:47:14.709 times tacitly and at times explicitly

NOTE Confidence: 0.842836748

00:47:14.709 --> 00:47:17.504 rejected by by the the long and arduous

NOTE Confidence: 0.842836748

00:47:17.504 --> 00:47:19.799 process that is medical training.

NOTE Confidence: 0.842836748

00:47:19.800 --> 00:47:21.732 And while certainly we do need to

NOTE Confidence: 0.842836748

00:47:21.732 --> 00:47:23.983 know how to rein in our emotions

NOTE Confidence: 0.842836748

00:47:23.983 --> 00:47:26.011 when they become really strong and

NOTE Confidence: 0.842836748

00:47:26.077 --> 00:47:27.811 might prevent us from acting in

NOTE Confidence: 0.842836748

00:47:27.811 --> 00:47:29.806 the way we need to act, I think.

NOTE Confidence: 0.842836748

00:47:29.806 --> 00:47:31.988 We if we rein them in too much to

NOTE Confidence: 0.842836748

00:47:31.988 --> 00:47:33.716 the point that we're quashing them,

NOTE Confidence: 0.842836748

00:47:33.720 --> 00:47:34.389 we may also,

NOTE Confidence: 0.842836748

00:47:34.389 --> 00:47:36.600 we may think that that is making us stronger,

NOTE Confidence: 0.842836748

00:47:36.600 --> 00:47:38.672 but that actually may be making us

NOTE Confidence: 0.842836748

00:47:38.672 --> 00:47:40.272 less effective and maybe weakening

NOTE Confidence: 0.842836748

00:47:40.272 --> 00:47:42.216 us because we can't access the

NOTE Confidence: 0.842836748

00:47:42.216 --> 00:47:43.810 very things that we're trying

NOTE Confidence: 0.842836748

00:47:43.810 --> 00:47:45.280 to help in other people.

NOTE Confidence: 0.842836748

00:47:45.280 --> 00:47:47.000 So thank you so much.

NOTE Confidence: 0.842836748

00:47:47.000 --> 00:47:48.456 I'm going to turn it over briefly

NOTE Confidence: 0.842836748

00:47:48.456 --> 00:47:49.820 to mark for a few comments,

NOTE Confidence: 0.842836748

00:47:49.820 --> 00:47:51.242 and then we're going to hear

NOTE Confidence: 0.842836748

00:47:51.242 --> 00:47:52.557 from 2 wonderful medical students

NOTE Confidence: 0.842836748

00:47:52.557 --> 00:47:53.499 that we've invited.

NOTE Confidence: 0.6772304

00:47:58.840 --> 00:48:01.320 Sure. I'm not going to try and say much at

NOTE Confidence: 0.824593547777778

00:48:01.330 --> 00:48:02.170 all after that.

NOTE Confidence: 0.824593547777778

00:48:02.170 --> 00:48:03.570 We've heard from the three

NOTE Confidence: 0.824593547777778

00:48:03.570 --> 00:48:05.070 marvelous perspectives here,

NOTE Confidence: 0.824593547777778

00:48:05.070 --> 00:48:06.015 they're far more intelligent than

NOTE Confidence: 0.824593547777778

00:48:06.015 --> 00:48:07.370 anything I have to say about this.

NOTE Confidence: 0.824593547777778

00:48:07.370 --> 00:48:08.372 I've learned a lot from this

NOTE Confidence: 0.824593547777778

00:48:08.372 --> 00:48:09.689 and I appreciate this.

NOTE Confidence: 0.824593547777778

00:48:09.690 --> 00:48:11.391 I guess the one take home message

NOTE Confidence: 0.824593547777778

00:48:11.391 --> 00:48:13.228 that I would have or the the the,

NOTE Confidence: 0.824593547777778

00:48:13.230 --> 00:48:15.809 the point of view that I bring to this

NOTE Confidence: 0.824593547777778

00:48:15.810 --> 00:48:18.605 is primarily as a bioethics teacher,

NOTE Confidence: 0.824593547777778

00:48:18.605 --> 00:48:20.650 certainly as a physician and otherwise,

NOTE Confidence: 0.824593547777778

00:48:20.650 --> 00:48:22.910 but but as a bioethics teacher and

NOTE Confidence: 0.824593547777778

00:48:22.910 --> 00:48:25.976 uncomfortable subjects is where we live.

NOTE Confidence: 0.824593547777778

00:48:25.980 --> 00:48:28.392 And when we engage the students

NOTE Confidence: 0.824593547777778

00:48:28.392 --> 00:48:29.598 in these conversations,

NOTE Confidence: 0.824593547777778

00:48:29.600 --> 00:48:31.562 my take has always been as long as they

NOTE Confidence: 0.824593547777778

00:48:31.562 --> 00:48:34.300 are respectful of one another, go for it.

NOTE Confidence: 0.824593547777778

00:48:34.300 --> 00:48:35.820 Let's have this conversation.

NOTE Confidence: 0.824593547777778

00:48:35.820 --> 00:48:37.494 I think I may need to modify that approach.

NOTE Confidence: 0.824593547777778

00:48:37.500 --> 00:48:39.412 I think I've learned a little bit today

NOTE Confidence: 0.824593547777778

00:48:39.412 --> 00:48:40.950 that there's more than just respect

NOTE Confidence: 0.824593547777778

00:48:40.950 --> 00:48:43.520 that's required perhaps to do this well.

NOTE Confidence: 0.824593547777778

00:48:43.520 --> 00:48:45.638 In particularly the the, the,

NOTE Confidence: 0.824593547777778

00:48:45.638 --> 00:48:47.628 the words of sensitivity and

NOTE Confidence: 0.824593547777778

00:48:47.628 --> 00:48:50.040 empathy came up more than once.

NOTE Confidence: 0.824593547777778

00:48:50.040 --> 00:48:51.824 And I think that that's such a big

NOTE Confidence: 0.901208424615385

00:48:51.840 --> 00:48:53.480 part of it. And so I think that

NOTE Confidence: 0.901208424615385

00:48:53.480 --> 00:48:55.109 respect is an important requirement

NOTE Confidence: 0.87401006

00:48:55.180 --> 00:48:56.404 for the conversations,

NOTE Confidence: 0.87401006

00:48:56.404 --> 00:48:57.628 the difficult conversations

NOTE Confidence: 0.911922652

00:48:57.640 --> 00:48:59.490 we have in the classroom.

NOTE Confidence: 0.890975121111111

00:49:00.060 --> 00:49:02.094 But I think maybe we can up our game,

NOTE Confidence: 0.890975121111111

00:49:02.100 --> 00:49:03.999 should up our game a bit and pay a

NOTE Confidence: 0.890975121111111

00:49:03.999 --> 00:49:05.940 bit more attention to empathy and.

NOTE Confidence: 0.890975121111111

00:49:05.940 --> 00:49:07.356 As I'm as you pointed out,

NOTE Confidence: 0.890975121111111

00:49:07.360 --> 00:49:09.160 Beverly said, we don't know what

NOTE Confidence: 0.890975121111111

00:49:09.160 --> 00:49:10.360 everybody's experience has been.

NOTE Confidence: 0.890975121111111

00:49:10.360 --> 00:49:11.140 And when I think so,

NOTE Confidence: 0.890975121111111

00:49:11.140 --> 00:49:13.280 a classic subject discussed.

NOTE Confidence: 0.890975121111111

00:49:13.280 --> 00:49:14.935 An important subject discussing bioethics

NOTE Confidence: 0.890975121111111

00:49:14.935 --> 00:49:17.159 is the moral status of the fetus,

NOTE Confidence: 0.890975121111111

00:49:17.160 --> 00:49:18.584 and therefore the ethical

NOTE Confidence: 0.890975121111111

00:49:18.584 --> 00:49:19.376 acceptability of abortion.

NOTE Confidence: 0.890975121111111

00:49:19.376 --> 00:49:21.260 When you're standing in a room full

NOTE Confidence: 0.890975121111111

00:49:21.260 --> 00:49:23.104 of people you don't know who has

NOTE Confidence: 0.890975121111111

00:49:23.104 --> 00:49:24.610 been touched by this very seriously

NOTE Confidence: 0.890975121111111

00:49:24.662 --> 00:49:26.060 in their lives and who hasn't,

NOTE Confidence: 0.890975121111111

00:49:26.060 --> 00:49:27.244 and of course there are some.

NOTE Confidence: 0.890975121111111

00:49:27.244 --> 00:49:29.180 We can't know the details of each other.

NOTE Confidence: 0.890975121111111

00:49:29.180 --> 00:49:30.170 The better we know each other,

NOTE Confidence: 0.890975121111111

00:49:30.170 --> 00:49:31.227 the better off we're going to do.

NOTE Confidence: 0.890975121111111

00:49:31.230 --> 00:49:32.819 And I've gotten good advice from a

NOTE Confidence: 0.890975121111111

00:49:32.819 --> 00:49:34.299 student friend of mine that smaller

NOTE Confidence: 0.890975121111111

00:49:34.299 --> 00:49:36.046 groups are better than larger groups.

NOTE Confidence: 0.890975121111111

00:49:36.046 --> 00:49:37.508 For that reason, I mean,

NOTE Confidence: 0.890975121111111

00:49:37.508 --> 00:49:38.868 I think that's really helpful,

NOTE Confidence: 0.890975121111111

00:49:38.870 --> 00:49:40.374 but I'm not going to try and paint

NOTE Confidence: 0.890975121111111

00:49:40.374 --> 00:49:42.055 on this painting except to say that

NOTE Confidence: 0.890975121111111

00:49:42.055 --> 00:49:43.691 that I've learned some stuff and I

NOTE Confidence: 0.890975121111111

00:49:43.691 --> 00:49:45.321 think that I'll be able to do a little

NOTE Confidence: 0.890975121111111

00:49:45.321 --> 00:49:46.826 bit better in teaching bioethics.

NOTE Confidence: 0.890975121111111

00:49:46.830 --> 00:49:48.150 But we still have a ways to go.

NOTE Confidence: 0.890975121111111

00:49:48.150 --> 00:49:48.621 And with that,

NOTE Confidence: 0.890975121111111

00:49:48.621 --> 00:49:49.720 I want to hear from the other

NOTE Confidence: 0.890975121111111

00:49:49.764 --> 00:49:50.838 folks and let Sarah take over.

NOTE Confidence: 0.95748517

00:49:51.960 --> 00:49:52.670 Thank you.

NOTE Confidence: 0.890188373333333

00:49:55.310 --> 00:49:56.750 So now we're going to transition.

NOTE Confidence: 0.890188373333333

00:49:56.750 --> 00:49:58.702 We have two medical students joining us.

NOTE Confidence: 0.890188373333333

00:49:58.702 --> 00:50:01.404 We're going to start with Amber Acquaye,

NOTE Confidence: 0.890188373333333

00:50:01.410 --> 00:50:03.922 who is a third year medical student and

NOTE Confidence: 0.890188373333333

00:50:03.922 --> 00:50:06.913 also a student whom I have the pleasure

NOTE Confidence: 0.890188373333333

00:50:06.913 --> 00:50:09.130 of mentoring on several projects.

NOTE Confidence: 0.890188373333333

00:50:09.130 --> 00:50:11.242 She's an amazing writer.

NOTE Confidence: 0.890188373333333

00:50:11.242 --> 00:50:13.882 She's very devoted to HealthEquity,

NOTE Confidence: 0.890188373333333

00:50:13.890 --> 00:50:16.026 and I think we're all in for a

NOTE Confidence: 0.890188373333333

00:50:16.026 --> 00:50:17.840 treat hearing what she has to say.

NOTE Confidence: 0.81511169

00:50:23.680 --> 00:50:25.568 Hello. So I wanted

NOTE Confidence: 0.9645677125

00:50:25.580 --> 00:50:27.545 to talk about kind of the dual

NOTE Confidence: 0.9645677125

00:50:27.545 --> 00:50:29.120 learning that comes from us being

NOTE Confidence: 0.9645677125

00:50:29.120 --> 00:50:30.578 exposed to traumatic content.

NOTE Confidence: 0.9645677125

00:50:30.578 --> 00:50:32.524 So I think it's not just the

NOTE Confidence: 0.9645677125

00:50:32.524 --> 00:50:34.757 exposure to the content that matters

NOTE Confidence: 0.9645677125

00:50:34.757 --> 00:50:36.373 for preparing future clinicians,

NOTE Confidence: 0.9645677125

00:50:36.380 --> 00:50:38.405 it's the exposure to those

NOTE Confidence: 0.9645677125

00:50:38.405 --> 00:50:40.258 traumatic emotions. So it's not

NOTE Confidence: 0.8456270875

00:50:40.600 --> 00:50:41.688 I think it's that.

NOTE Confidence: 0.8972543165

00:50:42.600 --> 00:50:44.576 We need to learn the practice of how

NOTE Confidence: 0.8972543165

85

00:50:44.576 --> 00:50:46.419 to navigate the trauma in addition to

NOTE Confidence: 0.8972543165

00:50:46.419 --> 00:50:49.196 learning how do I handle child abuse?

NOTE Confidence: 0.8972543165

00:50:49.196 --> 00:50:51.815 So for graphic content, for things

NOTE Confidence: 0.8972543165

00:50:51.815 --> 00:50:54.419 of nature that are sexual of nature,

NOTE Confidence: 0.8972543165

00:50:54.420 --> 00:50:57.516 for things that relate to injustice,

NOTE Confidence: 0.8972543165

00:50:57.520 --> 00:50:59.123 I don't want my peers to be

NOTE Confidence: 0.8972543165

00:50:59.123 --> 00:51:00.340 facing injustice and feel like,

NOTE Confidence: 0.8972543165

00:51:00.340 --> 00:51:01.400 oh, this is uncomfortable,

NOTE Confidence: 0.8972543165

00:51:01.400 --> 00:51:03.640 so I have to avoid it or this

NOTE Confidence: 0.8972543165

00:51:03.640 --> 00:51:05.600 is uncomfortable so I have to be

NOTE Confidence: 0.8972543165

00:51:05.600 --> 00:51:06.599 emotionally detached from it.

NOTE Confidence: 0.8972543165

00:51:06.600 --> 00:51:08.434 I think the consequence of that is

NOTE Confidence: 0.8972543165

00:51:08.434 --> 00:51:11.380 that we don't teach people to be.

NOTE Confidence: 0.8972543165

00:51:11.380 --> 00:51:13.690 Emotionally connected or compassionate

NOTE Confidence: 0.8972543165

00:51:13.690 --> 00:51:14.900 or fully empathetic providers.

NOTE Confidence: 0.8972543165

00:51:14.900 --> 00:51:17.558 I think if you have to put a piece of

NOTE Confidence: 0.8972543165

00:51:17.558 --> 00:51:19.118 yourself aside to face an injustice

NOTE Confidence: 0.8972543165

00:51:19.118 --> 00:51:21.336 or to face the patient with extreme

NOTE Confidence: 0.8972543165

00:51:21.336 --> 00:51:23.271 social deprivation to get through it,

NOTE Confidence: 0.8972543165

00:51:23.271 --> 00:51:25.017 then you can't necessarily be fully

NOTE Confidence: 0.8972543165

00:51:25.017 --> 00:51:27.210 present for that patient or you can't

NOTE Confidence: 0.8972543165

00:51:27.210 --> 00:51:28.795 fully empathize with that patient.

NOTE Confidence: 0.8972543165

00:51:28.800 --> 00:51:31.327 So it's not just teaching about

NOTE Confidence: 0.8972543165

00:51:31.327 --> 00:51:33.169 child abuse or teaching about like

NOTE Confidence: 0.8972543165

00:51:33.169 --> 00:51:34.910 a trauma informed OB GYN exam.

NOTE Confidence: 0.8972543165

00:51:34.910 --> 00:51:37.089 It's kind of teaching how do I be

NOTE Confidence: 0.8972543165

00:51:37.089 --> 00:51:38.713 fully present for the patients that

NOTE Confidence: 0.8972543165

00:51:38.713 --> 00:51:40.960 I'm going to be with and navigate that?

NOTE Confidence: 0.8972543165

00:51:40.960 --> 00:51:43.070 But the issue is, how do we actually do that?

NOTE Confidence: 0.8972543165

00:51:43.070 --> 00:51:44.904 How do we teach students to ride

NOTE Confidence: 0.8972543165

00:51:44.904 --> 00:51:46.290 the wave of emotions?

NOTE Confidence: 0.8972543165

00:51:46.290 --> 00:51:48.809 And I think that we also have to be

NOTE Confidence: 0.8972543165

00:51:48.809 --> 00:51:50.644 mindful when we're teaching that that

NOTE Confidence: 0.8972543165

00:51:50.644 --> 00:51:52.714 patients or students that come from

NOTE Confidence: 0.8972543165

00:51:52.714 --> 00:51:54.080 marginalized backgrounds are more

NOTE Confidence: 0.8972543165

00:51:54.080 --> 00:51:56.320 likely to be triggered by certain trauma.

NOTE Confidence: 0.8972543165

00:51:56.320 --> 00:51:58.637 So it's we have to balance having

NOTE Confidence: 0.8972543165

00:51:58.637 --> 00:52:00.803 the expectation that we must teach

NOTE Confidence: 0.8972543165

00:52:00.803 --> 00:52:02.275 students about this content,

NOTE Confidence: 0.8972543165

00:52:02.280 --> 00:52:04.096 we must teach them how to navigate it.

NOTE Confidence: 0.8972543165

00:52:04.100 --> 00:52:06.416 But enforcing people into this situation,

NOTE Confidence: 0.8972543165

00:52:06.420 --> 00:52:08.355 we do have people who are going to be

NOTE Confidence: 0.8972543165

00:52:08.355 --> 00:52:09.859 affected by it more than others just

NOTE Confidence: 0.8972543165

00:52:09.859 --> 00:52:11.576 by the nature of the experiences that

NOTE Confidence: 0.8972543165

00:52:11.576 --> 00:52:13.176 they come with. To medical school.

NOTE Confidence: 0.8972543165

00:52:13.176 --> 00:52:15.188 So in order to be mindful of that,

NOTE Confidence: 0.8972543165

00:52:15.188 --> 00:52:16.688 I think there are two things that

NOTE Confidence: 0.8972543165

00:52:16.688 --> 00:52:17.516 we really could do.

NOTE Confidence: 0.8972543165

00:52:17.520 --> 00:52:20.018 I think first starts with acknowledging the

NOTE Confidence: 0.8972543165

00:52:20.018 --> 00:52:22.514 trauma in the presentation and didactic.

NOTE Confidence: 0.8972543165

00:52:22.520 --> 00:52:24.236 Being able to recognize like this

NOTE Confidence: 0.8972543165

00:52:24.236 --> 00:52:25.976 is emotionally heavy or I shouldn't

NOTE Confidence: 0.8972543165

00:52:25.976 --> 00:52:27.336 say that it's just trauma,

NOTE Confidence: 0.8972543165

00:52:27.340 --> 00:52:29.464 but even just the emotional reaction

NOTE Confidence: 0.8972543165

00:52:29.464 --> 00:52:31.440 of facing a difficult subject,

NOTE Confidence: 0.8972543165

00:52:31.440 --> 00:52:32.896 I think there needs to be more

NOTE Confidence: 0.8972543165

00:52:32.896 --> 00:52:33.520 space to acknowledge.

NOTE Confidence: 0.8972543165

00:52:33.520 --> 00:52:36.080 Like, no, you're not crazy for feeling upset.

NOTE Confidence: 0.8972543165

00:52:36.080 --> 00:52:37.680 I too, the presenter,

NOTE Confidence: 0.8972543165

00:52:37.680 --> 00:52:39.824 the fancy MD that you're looking up to

NOTE Confidence: 0.8972543165

00:52:39.824 --> 00:52:42.017 that you came to yield to learn from,

NOTE Confidence: 0.8972543165

00:52:42.020 --> 00:52:43.012 they're also feeling those.

NOTE Confidence: 0.8972543165

00:52:43.012 --> 00:52:45.486 Same things that you are and you are

NOTE Confidence: 0.8972543165

00:52:45.486 --> 00:52:47.716 normal and you are not the only person

NOTE Confidence: 0.8972543165

00:52:47.716 --> 00:52:49.740 in the room feeling that emotion.

NOTE Confidence: 0.8972543165

00:52:49.740 --> 00:52:50.636 I think for me,

NOTE Confidence: 0.8972543165

00:52:50.636 --> 00:52:51.980 a lot of times that triggering

NOTE Confidence: 0.8972543165

00:52:52.030 --> 00:52:53.705 comes in conversations where we're

NOTE Confidence: 0.8972543165

00:52:53.705 --> 00:52:55.215 talking about health disparities.

NOTE Confidence: 0.8972543165

00:52:55.215 --> 00:52:57.240 So I'm the only person in the room and

NOTE Confidence: 0.8972543165

00:52:57.240 --> 00:52:58.935 we're the only black person in the room.

NOTE Confidence: 0.8972543165

00:52:58.940 --> 00:53:00.515 And we're talking about how black women,

NOTE Confidence: 0.8972543165

00:53:00.520 --> 00:53:02.326 you're more likely to have horrible

NOTE Confidence: 0.8972543165

00:53:02.326 --> 00:53:03.821 C-section outcomes and die from

NOTE Confidence: 0.8972543165

00:53:03.821 --> 00:53:05.480 this and lose your baby from that.

NOTE Confidence: 0.8972543165

00:53:05.480 --> 00:53:07.754 And it's sometimes I sit there thinking like,

NOTE Confidence: 0.8972543165

00:53:07.754 --> 00:53:07.992 oh,

NOTE Confidence: 0.8972543165

00:53:07.992 --> 00:53:10.437 are you looking at me to see if I'm reaction,

NOTE Confidence: 0.820436513333333

00:53:10.440 --> 00:53:11.970 reacting? Like, do I need to

NOTE Confidence: 0.820436513333333

00:53:11.970 --> 00:53:13.440 pretend that I'm tough and not?

NOTE Confidence: 0.820436513333333

00:53:13.440 --> 00:53:14.181 Having that emotion,

NOTE Confidence: 0.820436513333333

00:53:14.181 --> 00:53:16.200 so they don't think that I'm overly

NOTE Confidence: 0.820436513333333

00:53:16.200 --> 00:53:17.546 passionate or here comes Amber,

NOTE Confidence: 0.820436513333333

00:53:17.546 --> 00:53:19.078 the one who always wants to talk

NOTE Confidence: 0.820436513333333

00:53:19.078 --> 00:53:21.030 about equity, talking about it more.

NOTE Confidence: 0.820436513333333

00:53:21.030 --> 00:53:23.352 So I think being able to feel seen by

NOTE Confidence: 0.820436513333333

00:53:23.352 --> 00:53:24.870 both the presenters really matters,

NOTE Confidence: 0.820436513333333

00:53:24.870 --> 00:53:26.580 but also by peers.

NOTE Confidence: 0.820436513333333

00:53:26.580 --> 00:53:28.326 So as an underrepresented student,

NOTE Confidence: 0.820436513333333

00:53:28.326 --> 00:53:30.090 I think that's also something we

NOTE Confidence: 0.820436513333333

00:53:30.142 --> 00:53:31.591 have to think about is not just

NOTE Confidence: 0.820436513333333

00:53:31.591 --> 00:53:33.144 the fact that we maybe are more

NOTE Confidence: 0.820436513333333

00:53:33.144 --> 00:53:34.470 likely to come in with trauma,

NOTE Confidence: 0.820436513333333

00:53:34.470 --> 00:53:36.405 but the fact that we are less likely to

NOTE Confidence: 0.820436513333333

00:53:36.405 --> 00:53:38.624 have that person we can look across the room,

NOTE Confidence: 0.820436513333333

00:53:38.630 --> 00:53:40.726 share a look with and feel seen by.

NOTE Confidence: 0.820436513333333

00:53:40.730 --> 00:53:42.255 Have that person you can

NOTE Confidence: 0.820436513333333

00:53:42.255 --> 00:53:44.020 quickly send that I message to.

NOTE Confidence: 0.820436513333333

00:53:44.020 --> 00:53:45.910 And be able to kind of process

NOTE Confidence: 0.820436513333333

00:53:45.910 --> 00:53:47.620 and debrief it in the moment.

NOTE Confidence: 0.820436513333333

00:53:47.620 --> 00:53:48.332 On top of that,

NOTE Confidence: 0.820436513333333

00:53:48.332 --> 00:53:50.160 I think on the side of the instructor,

NOTE Confidence: 0.820436513333333

00:53:50.160 --> 00:53:51.912 it's really important or it's very

NOTE Confidence: 0.820436513333333

00:53:51.912 --> 00:53:54.355 affirming to me to know that my instructor

NOTE Confidence: 0.820436513333333

00:53:54.355 --> 00:53:56.899 or professor is also engaged in the problem.

NOTE Confidence: 0.820436513333333

00:53:56.900 --> 00:53:59.301 So just like talking about maternal infant

NOTE Confidence: 0.820436513333333

00:53:59.301 --> 00:54:01.520 mortality or maternal mortality impacts me,

NOTE Confidence: 0.820436513333333

00:54:01.520 --> 00:54:03.640 because that's me and my family members.

NOTE Confidence: 0.820436513333333

00:54:03.640 --> 00:54:04.995 Knowing that you guys are

NOTE Confidence: 0.820436513333333

00:54:04.995 --> 00:54:06.180 invested in the problem,

NOTE Confidence: 0.820436513333333

00:54:06.180 --> 00:54:09.060 knowing your work on XYZ disparity,

NOTE Confidence: 0.820436513333333

00:54:09.060 --> 00:54:10.754 or even just in the sentiment of

NOTE Confidence: 0.820436513333333

00:54:10.754 --> 00:54:12.332 how you present knowing that you

NOTE Confidence: 0.820436513333333

00:54:12.332 --> 00:54:14.201 actually care means that I know that

NOTE Confidence: 0.820436513333333

00:54:14.255 --> 00:54:16.015 you also care about me as a person,

NOTE Confidence: 0.820436513333333

00:54:16.020 --> 00:54:18.408 as a learner in that room.

NOTE Confidence: 0.820436513333333

00:54:18.410 --> 00:54:19.244 And then on,

NOTE Confidence: 0.820436513333333

00:54:19.244 --> 00:54:20.912 in addition to kind of acknowledging

NOTE Confidence: 0.820436513333333

00:54:20.912 --> 00:54:22.561 or recognizing the emotional

NOTE Confidence: 0.820436513333333

00:54:22.561 --> 00:54:24.305 activation or emotional weight,

NOTE Confidence: 0.820436513333333

00:54:24.310 --> 00:54:26.510 I think it's also important to teach the

NOTE Confidence: 0.820436513333333

00:54:26.510 --> 00:54:28.032 actual skill of emotional processing.

NOTE Confidence: 0.820436513333333

00:54:28.032 --> 00:54:29.644 So not just saying, OK, guys,

NOTE Confidence: 0.820436513333333

00:54:29.644 --> 00:54:31.186 we're going to talk about this,

NOTE Confidence: 0.820436513333333

00:54:31.190 --> 00:54:32.445 we're going to emotionally trigger

NOTE Confidence: 0.820436513333333

00:54:32.445 --> 00:54:34.926 you and we want you to not avoid it,

NOTE Confidence: 0.820436513333333

00:54:34.926 --> 00:54:36.258 but not actually give them any

NOTE Confidence: 0.820436513333333

00:54:36.258 --> 00:54:37.496 skills on how to do that or

NOTE Confidence: 0.820436513333333

00:54:37.496 --> 00:54:38.670 not teach us how to do that.

NOTE Confidence: 0.820436513333333

00:54:38.670 --> 00:54:40.215 And I think it's challenging

NOTE Confidence: 0.820436513333333

00:54:40.215 --> 00:54:42.510 because a lot of even clinicians,

NOTE Confidence: 0.820436513333333

00:54:42.510 --> 00:54:43.350 grown adults,

NOTE Confidence: 0.820436513333333

00:54:43.350 --> 00:54:44.190 our parents,

NOTE Confidence: 0.820436513333333

00:54:44.190 --> 00:54:46.290 grandparents didn't necessarily learn that

NOTE Confidence: 0.820436513333333

00:54:46.290 --> 00:54:48.778 skill of emotional processing in the moment.

NOTE Confidence: 0.820436513333333

00:54:48.778 --> 00:54:51.151 So to expect us to just kind of

NOTE Confidence: 0.820436513333333

00:54:51.151 --> 00:54:52.807 get that by going through it,

NOTE Confidence: 0.820436513333333

00:54:52.810 --> 00:54:54.610 pushing through a difficult conversation,

NOTE Confidence: 0.820436513333333

00:54:54.610 --> 00:54:56.572 things a little bit unrealistic or unfair,

NOTE Confidence: 0.820436513333333

00:54:56.572 --> 00:54:58.252 especially to students who are

NOTE Confidence: 0.820436513333333

00:54:58.252 --> 00:55:00.230 more likely to be traumatized.

NOTE Confidence: 0.820436513333333

00:55:00.230 --> 00:55:01.998 So I think there needs to be real

NOTE Confidence: 0.820436513333333

00:55:01.998 --> 00:55:04.435 space or real constructed moments

NOTE Confidence: 0.820436513333333

00:55:04.435 --> 00:55:06.070 to learn emotional processing.

NOTE Confidence: 0.820436513333333

00:55:06.070 --> 00:55:08.254 So maybe a 62nd slide in the

NOTE Confidence: 0.820436513333333

00:55:08.254 --> 00:55:09.750 middle of the presentation where

NOTE Confidence: 0.885892607142857

00:55:09.760 --> 00:55:12.230 you do a little bit of mindfulness or

NOTE Confidence: 0.8613726675

00:55:12.300 --> 00:55:13.755 after the discussion instead of

NOTE Confidence: 0.8613726675

00:55:13.755 --> 00:55:15.210 going straight to the discussion

NOTE Confidence: 0.8613726675

00:55:15.255 --> 00:55:16.399 questions where we're going

NOTE Confidence: 0.8613726675

00:55:16.399 --> 00:55:18.115 straight into the content of house.

NOTE Confidence: 0.8613726675

00:55:18.120 --> 00:55:20.028 This is how you approach child abuse.

NOTE Confidence: 0.8613726675

00:55:20.030 --> 00:55:22.094 Having a moment of this is how you

NOTE Confidence: 0.8613726675

00:55:22.094 --> 00:55:23.229 emotionally approach child abuse,

NOTE Confidence: 0.8613726675

00:55:23.230 --> 00:55:25.530 or let's let's take a moment to

NOTE Confidence: 0.8613726675

00:55:25.530 --> 00:55:27.763 reflect about how we were all feeling

NOTE Confidence: 0.8613726675

00:55:27.763 --> 00:55:30.024 in response to this and our emotions

NOTE Confidence: 0.8613726675

00:55:30.024 --> 00:55:32.366 as as a consequence of that exposure.

NOTE Confidence: 0.8613726675

00:55:32.370 --> 00:55:34.513 So overall, I would just say that

NOTE Confidence: 0.8613726675

00:55:34.513 --> 00:55:36.331 the learning is not just being

NOTE Confidence: 0.8613726675

00:55:36.331 --> 00:55:37.790 exposed to the content,

NOTE Confidence: 0.8613726675

00:55:37.790 --> 00:55:39.356 the learning is also being exposed

NOTE Confidence: 0.8613726675

00:55:39.356 --> 00:55:41.103 to how to overcome or navigate

NOTE Confidence: 0.8613726675

00:55:41.103 --> 00:55:42.078 through that content.

NOTE Confidence: 0.95120881

00:55:51.660 --> 00:55:52.179 Thank you so

NOTE Confidence: 0.811021306666667

00:55:52.190 --> 00:55:54.146 much, Amber. I think that's really,

NOTE Confidence: 0.811021306666667

00:55:54.150 --> 00:55:55.648 you know, to your point about what

NOTE Confidence: 0.811021306666667

00:55:55.648 --> 00:55:57.556 do we do about this, your your point

NOTE Confidence: 0.811021306666667

00:55:57.556 --> 00:55:59.110 about sort of what what I might

NOTE Confidence: 0.811021306666667

00:55:59.163 --> 00:56:01.008 describe as like debriefing strategies,

NOTE Confidence: 0.811021306666667

00:56:01.010 --> 00:56:02.380 right, of having this moment

NOTE Confidence: 0.811021306666667

00:56:02.380 --> 00:56:03.750 where we talk about this,

NOTE Confidence: 0.811021306666667

00:56:03.750 --> 00:56:05.927 where we acknowledge that this is traumatic.

NOTE Confidence: 0.811021306666667

00:56:05.930 --> 00:56:07.988 And I also like your point about

NOTE Confidence: 0.811021306666667

00:56:07.988 --> 00:56:10.048 feeling seen like it's less about the

NOTE Confidence: 0.811021306666667

00:56:10.050 --> 00:56:13.430 trigger warning aspect but more about ICU.

NOTE Confidence: 0.811021306666667

00:56:13.430 --> 00:56:15.218 I see that this is trauma.

NOTE Confidence: 0.811021306666667

00:56:15.220 --> 00:56:16.296 I'm on your side.

NOTE Confidence: 0.811021306666667

00:56:16.296 --> 00:56:18.250 We're in this together and and that,

NOTE Confidence: 0.811021306666667

00:56:18.250 --> 00:56:19.769 you know nicely reflects the themes of

NOTE Confidence: 0.811021306666667

00:56:19.769 --> 00:56:21.358 empathy that that we heard about earlier.

NOTE Confidence: 0.811021306666667

00:56:21.360 --> 00:56:23.220 So thank you so much.

NOTE Confidence: 0.811021306666667

00:56:23.220 --> 00:56:25.772 Now we're going to hear from Ryan Sutherland

NOTE Confidence: 0.811021306666667

00:56:25.772 --> 00:56:29.047 who was the first year medical student in

NOTE Confidence: 0.811021306666667

00:56:29.047 --> 00:56:31.200 my professional responsibility small group.

NOTE Confidence: 0.811021306666667

00:56:31.200 --> 00:56:32.744 So that's how I I came to know

NOTE Confidence: 0.811021306666667

00:56:32.744 --> 00:56:34.255 him and he's very enthusiastic

NOTE Confidence: 0.811021306666667

00:56:34.255 --> 00:56:36.035 and very passionate about ethics.

NOTE Confidence: 0.811021306666667

00:56:36.040 --> 00:56:38.144 And so we're really happy to have him

NOTE Confidence: 0.811021306666667

00:56:38.144 --> 00:56:40.319 here share his thoughts and insights so.

NOTE Confidence: 0.84298779

00:56:44.890 --> 00:56:47.722 Thanks so much. So I pulled some of

NOTE Confidence: 0.84298779

00:56:47.722 --> 00:56:50.368 the first year medical students some

NOTE Confidence: 0.84298779

00:56:50.368 --> 00:56:52.208 of whom some of whom were here tonight

NOTE Confidence: 0.84298779

00:56:52.208 --> 00:56:54.010 just to see what their expectations were

NOTE Confidence: 0.84298779

00:56:54.010 --> 00:56:56.621 on on tonight's conversation as well.

NOTE Confidence: 0.84298779

00:56:56.621 --> 00:56:59.333 And I think you know if I could put

NOTE Confidence: 0.84298779

00:56:59.333 --> 00:57:01.605 a title to what this would be it's,

NOTE Confidence: 0.84298779

00:57:01.610 --> 00:57:03.524 it's a too little too late and

NOTE Confidence: 0.84298779

00:57:03.524 --> 00:57:05.953 not great and I I think the,

NOTE Confidence: 0.84298779

00:57:05.960 --> 00:57:07.970 I think the aspect of triggering

NOTE Confidence: 0.84298779

00:57:07.970 --> 00:57:08.975 and trigger warnings

NOTE Confidence: 0.86223622

00:57:09.950 --> 00:57:11.420 they have so much potential

98

NOTE Confidence: 0.802541434

00:57:11.510 --> 00:57:12.690 you know they're they're there.

NOTE Confidence: 0.802541434

00:57:12.690 --> 00:57:14.925 As a supportive mechanism of

NOTE Confidence: 0.802541434

00:57:14.925 --> 00:57:16.713 affirming what students experience,

NOTE Confidence: 0.802541434

00:57:16.720 --> 00:57:18.800 they're there to create

NOTE Confidence: 0.802541434

00:57:18.800 --> 00:57:20.360 empathy between professors,

NOTE Confidence: 0.802541434

00:57:20.360 --> 00:57:23.410 between us and our patients.

NOTE Confidence: 0.802541434

00:57:23.410 --> 00:57:24.400 But the timing

NOTE Confidence: 0.876682654

00:57:24.410 --> 00:57:26.880 it sometimes that is off, sometimes

NOTE Confidence: 0.8457750075

00:57:26.890 --> 00:57:29.547 they're not well thought out,

NOTE Confidence: 0.8457750075

00:57:29.547 --> 00:57:31.206 sometimes they're meaninglessly general,

NOTE Confidence: 0.8457750075

00:57:31.206 --> 00:57:34.635 right. So I I sort of compiled some

NOTE Confidence: 0.8457750075

00:57:34.635 --> 00:57:36.330 of the notes that I had from some of

NOTE Confidence: 0.8457750075

00:57:36.330 --> 00:57:37.607 the first year medical students and

NOTE Confidence: 0.8457750075

00:57:37.607 --> 00:57:39.311 I I think I'm in a very interesting.

NOTE Confidence: 0.8457750075

00:57:39.320 --> 00:57:41.357 As you know, we sort of jokingly

NOTE Confidence: 0.8457750075

00:57:41.357 --> 00:57:43.148 refer to ourselves in our classes.

NOTE Confidence: 0.8457750075

00:57:43.150 --> 00:57:44.038 Sort of eggs, right?

NOTE Confidence: 0.8457750075

00:57:44.038 --> 00:57:45.934 We don't know much right now.

NOTE Confidence: 0.8457750075

00:57:45.934 --> 00:57:48.549 We've just started our medical career and

NOTE Confidence: 0.8457750075

00:57:48.549 --> 00:57:52.310 that can be immensely disempowering, right?

NOTE Confidence: 0.8457750075

00:57:52.310 --> 00:57:54.918 We also have a very strange position where

NOTE Confidence: 0.8457750075

00:57:54.918 --> 00:57:57.411 we don't know what we don't know, right?

NOTE Confidence: 0.8457750075

00:57:57.411 --> 00:57:58.616 We don't know walking into

NOTE Confidence: 0.8457750075

00:57:58.616 --> 00:58:00.170 a door what will trigger us,

NOTE Confidence: 0.8457750075

00:58:00.170 --> 00:58:01.520 because we've never been exposed

NOTE Confidence: 0.8457750075

00:58:01.520 --> 00:58:03.245 to that before as medical students

NOTE Confidence: 0.8457750075

00:58:03.245 --> 00:58:05.290 since we're just starting, right?

NOTE Confidence: 0.8457750075

00:58:05.290 --> 00:58:06.574 And in addition to that,

NOTE Confidence: 0.8457750075

00:58:06.574 --> 00:58:08.590 it's very difficult to say to a first

NOTE Confidence: 0.8457750075

00:58:08.652 --> 00:58:11.170 year medical student who very clearly

NOTE Confidence: 0.8457750075

00:58:11.170 --> 00:58:12.925 across the country views medical

NOTE Confidence: 0.8457750075

00:58:12.925 --> 00:58:14.329 education as very hierarchical.

NOTE Confidence: 0.8457750075

00:58:14.330 --> 00:58:16.549 How do you allow a medical student

NOTE Confidence: 0.8457750075

00:58:16.549 --> 00:58:18.545 who might feel maybe awkward saying

NOTE Confidence: 0.8457750075

00:58:18.545 --> 00:58:21.270 no to feel empowered to do so right,

NOTE Confidence: 0.8457750075

00:58:21.270 --> 00:58:23.062 or to take themselves out of a situation

NOTE Confidence: 0.8457750075

00:58:23.062 --> 00:58:24.900 that they might feel uncomfortable with?

NOTE Confidence: 0.8457750075

00:58:24.900 --> 00:58:28.010 So I guess one of the one of the

NOTE Confidence: 0.8457750075

00:58:28.010 --> 00:58:29.994 comments that was made in some of my

NOTE Confidence: 0.8457750075

00:58:29.994 --> 00:58:31.793 questioning of my peers was that some

NOTE Confidence: 0.8457750075

00:58:31.854 --> 00:58:34.108 trigger warnings shouldn't be done at all,

NOTE Confidence: 0.8457750075

00:58:34.110 --> 00:58:36.255 that they're too performative and

NOTE Confidence: 0.8457750075

00:58:36.255 --> 00:58:37.542 performative trigger warnings

NOTE Confidence: 0.8457750075

00:58:37.542 --> 00:58:39.879 just feel meaningless in some way.

NOTE Confidence: 0.8457750075

00:58:39.880 --> 00:58:41.693 I tend to agree with Doctor Powell

NOTE Confidence: 0.8457750075

00:58:41.693 --> 00:58:43.783 about sort of distributing them in

NOTE Confidence: 0.8457750075

00:58:43.783 --> 00:58:45.873 advance and allowing personal reflection,

NOTE Confidence: 0.8457750075

00:58:45.880 --> 00:58:48.456 but while also allowing space and time

NOTE Confidence: 0.8457750075

00:58:48.456 --> 00:58:50.855 in the curriculum to critically reflect

NOTE Confidence: 0.8457750075

00:58:50.855 --> 00:58:54.015 on the things that we're learning so often.

NOTE Confidence: 0.8457750075

00:58:54.020 --> 00:58:54.782 We have schedules.

NOTE Confidence: 0.8457750075

00:58:54.782 --> 00:58:56.829 In our our lectures where we have a

NOTE Confidence: 0.8457750075

00:58:56.829 --> 00:58:58.581 50 minute time clock and we have 10

NOTE Confidence: 0.8457750075

00:58:58.581 --> 00:59:00.103 minutes for break and that lecture

NOTE Confidence: 0.8457750075

00:59:00.103 --> 00:59:02.058 becomes an hour and then all of a

NOTE Confidence: 0.8457750075

00:59:02.058 --> 00:59:04.041 sudden there's no time at all left for

NOTE Confidence: 0.8457750075

00:59:04.041 --> 00:59:06.870 us to critically reflect at all right?

NOTE Confidence: 0.8457750075

00:59:06.870 --> 00:59:08.658 There's also some problems that some

NOTE Confidence: 0.8457750075

00:59:08.658 --> 00:59:11.168 of the students who feel in some ways

NOTE Confidence: 0.8457750075

00:59:11.168 --> 00:59:12.738 tokenized by those discussions too,

NOTE Confidence: 0.8457750075

00:59:12.740 --> 00:59:15.139 where they feel as if they're put on

NOTE Confidence: 0.8457750075

00:59:15.139 --> 00:59:17.059 the spot to sort of share their own

NOTE Confidence: 0.8457750075

00:59:17.059 --> 00:59:18.865 trauma and trauma bond with other

NOTE Confidence: 0.8457750075

00:59:18.865 --> 00:59:20.091 students because they're triggered

NOTE Confidence: 0.8457750075

00:59:20.091 --> 00:59:21.426 by some aspect of this.

NOTE Confidence: 0.8457750075

00:59:21.430 --> 00:59:23.691 Which is why I really think that

NOTE Confidence: 0.8457750075

00:59:23.691 --> 00:59:25.888 sort of inviting personal reflection

NOTE Confidence: 0.8457750075

00:59:25.888 --> 00:59:27.628 before group reflection,

NOTE Confidence: 0.8457750075

00:59:27.630 --> 00:59:29.230 inviting group reflection and maybe

NOTE Confidence: 0.8457750075

00:59:29.230 --> 00:59:31.135 inviting students to not reflect at

NOTE Confidence: 0.8457750075

00:59:31.135 --> 00:59:32.665 all if they don't feel comfortable,

NOTE Confidence: 0.8457750075

00:59:32.670 --> 00:59:33.638 which is fine, right?

NOTE Confidence: 0.8457750075

00:59:33.638 --> 00:59:34.606 Like we we can,

NOTE Confidence: 0.8457750075

00:59:34.610 --> 00:59:36.968 we can also say to students it's, it's OK.

NOTE Confidence: 0.8457750075

00:59:36.968 --> 00:59:39.201 Not to share if you don't feel

NOTE Confidence: 0.8457750075

00:59:39.201 --> 00:59:41.339 comfortable with that right now as well.

NOTE Confidence: 0.8457750075

00:59:41.340 --> 00:59:43.587 I think the repeat reminder of mental

NOTE Confidence: 0.8457750075

00:59:43.587 --> 00:59:45.327 health resources is necessary because

NOTE Confidence: 0.8457750075

00:59:45.327 --> 00:59:47.847 I think there's been a conflation that

NOTE Confidence: 0.8457750075

00:59:47.847 --> 00:59:50.238 trigger warnings are in themselves support,

NOTE Confidence: 0.8457750075

00:59:50.240 --> 00:59:50.576 right?

NOTE Confidence: 0.8457750075

00:59:50.576 --> 00:59:51.584 They're not right.

NOTE Confidence: 0.8457750075

00:59:51.584 --> 00:59:53.600 They're not a substitute for support.

NOTE Confidence: 0.8457750075

00:59:53.600 --> 00:59:56.348 They're sort of preempting that supportive

NOTE Confidence: 0.8457750075

00:59:56.348 --> 00:59:59.139 network that comes after that warning,

NOTE Confidence: 0.8457750075

00:59:59.140 --> 01:00:01.030 right?

NOTE Confidence: 0.8457750075

01:00:01.030 --> 01:00:03.454 I also think that I think I said

NOTE Confidence: 0.8457750075

01:00:03.454 --> 01:00:04.060 this already,

NOTE Confidence: 0.8457750075

01:00:04.060 --> 01:00:05.660 but but insufficient trigger

NOTE Confidence: 0.8457750075

01:00:05.660 --> 01:00:07.660 warnings can be immensely damaging.

NOTE Confidence: 0.8457750075

01:00:07.660 --> 01:00:09.669 But I do take the the positionality

NOTE Confidence: 0.8457750075

01:00:09.669 --> 01:00:10.530 that the trigger

NOTE Confidence: 0.845879538333333

01:00:10.593 --> 01:00:12.917 warnings in and of themselves can be

NOTE Confidence: 0.845879538333333

01:00:12.917 --> 01:00:15.006 empowering. They can build agency.

NOTE Confidence: 0.845879538333333

01:00:15.006 --> 01:00:17.640 I disagree with that notion that

NOTE Confidence: 0.845879538333333

01:00:17.721 --> 01:00:20.295 they sort of prevent us from

NOTE Confidence: 0.845879538333333

01:00:20.295 --> 01:00:22.099 developing healthy coping skills

NOTE Confidence: 0.845879538333333

01:00:22.099 --> 01:00:24.999 or deprive of of us of resilience.

NOTE Confidence: 0.845879538333333

01:00:25.000 --> 01:00:27.288 I I think that's not necessarily the case

NOTE Confidence: 0.845879538333333

01:00:27.288 --> 01:00:30.563 I I think it it if anything it opens a

NOTE Confidence: 0.845879538333333

01:00:30.563 --> 01:00:32.879 communication and trust in the educational.

NOTE Confidence: 0.845879538333333

01:00:32.880 --> 01:00:34.864 Space and and I think that was both

NOTE Confidence: 0.845879538333333

01:00:34.864 --> 01:00:36.749 of you that mentioned that which

NOTE Confidence: 0.845879538333333

01:00:36.749 --> 01:00:38.735 I think is an important thing.

NOTE Confidence: 0.845879538333333

01:00:38.740 --> 01:00:41.521 But I I do think the aspect of since

NOTE Confidence: 0.845879538333333

01:00:41.521 --> 01:00:44.348 I don't see patients yet I I've

NOTE Confidence: 0.845879538333333

01:00:44.348 --> 01:00:47.199 seen several of them only recently.

NOTE Confidence: 0.845879538333333

01:00:47.200 --> 01:00:49.488 I think in many ways as a first

NOTE Confidence: 0.845879538333333

01:00:49.488 --> 01:00:51.297 year medical student it it not,

NOTE Confidence: 0.845879538333333

01:00:51.300 --> 01:00:52.684 it doesn't necessarily trigger,

NOTE Confidence: 0.845879538333333

01:00:52.684 --> 01:00:54.760 it can obviously trigger our own

NOTE Confidence: 0.845879538333333

01:00:54.823 --> 01:00:56.832 experiences and bring them to the table

NOTE Confidence: 0.845879538333333

01:00:56.832 --> 01:00:59.376 but it serves as an asterisk to sort of

NOTE Confidence: 0.845879538333333

01:00:59.376 --> 01:01:00.723 highlight what we should potentially

NOTE Confidence: 0.845879538333333

01:01:00.723 --> 01:01:02.827 look for and the patients that we treat.

NOTE Confidence: 0.845879538333333

01:01:02.830 --> 01:01:03.117 Right.

NOTE Confidence: 0.845879538333333

01:01:03.117 --> 01:01:05.126 If something is told to us that

NOTE Confidence: 0.845879538333333

01:01:05.126 --> 01:01:06.424 is potentially triggering and

NOTE Confidence: 0.845879538333333

01:01:06.424 --> 01:01:08.089 maybe not triggering for us,

NOTE Confidence: 0.845879538333333

01:01:08.090 --> 01:01:10.034 it might sort of prime US in the future

NOTE Confidence: 0.845879538333333

01:01:10.034 --> 01:01:12.064 to be well aware of those topics

NOTE Confidence: 0.845879538333333

01:01:12.064 --> 01:01:13.786 and conversations when they do come

NOTE Confidence: 0.845879538333333

01:01:13.786 --> 01:01:15.508 up with the patients that we treat.

NOTE Confidence: 0.845879538333333

01:01:15.510 --> 01:01:18.506 And I think it has a really

NOTE Confidence: 0.845879538333333

01:01:18.506 --> 01:01:19.790 important educational need,

NOTE Confidence: 0.845879538333333

01:01:19.790 --> 01:01:23.010 particularly in a culture that I think

NOTE Confidence: 0.845879538333333

01:01:23.010 --> 01:01:25.350 promotes ethical erosion and burnout.

NOTE Confidence: 0.845879538333333

01:01:25.350 --> 01:01:26.650 I think it's important for

NOTE Confidence: 0.845879538333333

01:01:26.650 --> 01:01:27.950 us to remember that humanity,

NOTE Confidence: 0.845879538333333

01:01:27.950 --> 01:01:32.278 and I think they do, they can humanize us.

NOTE Confidence: 0.845879538333333

01:01:32.280 --> 01:01:33.862 I think the last thing that I'll

NOTE Confidence: 0.845879538333333

01:01:33.862 --> 01:01:35.718 just sort of point out which amber

NOTE Confidence: 0.845879538333333

01:01:35.718 --> 01:01:37.404 beautifully brought up is the fact

NOTE Confidence: 0.845879538333333

01:01:37.462 --> 01:01:38.917 that I think these discussions

NOTE Confidence: 0.845879538333333

01:01:38.917 --> 01:01:40.656 need to be problem focused, right.

NOTE Confidence: 0.845879538333333

01:01:40.656 --> 01:01:42.588 It's it's not enough to just talk

NOTE Confidence: 0.845879538333333

01:01:42.588 --> 01:01:44.797 about you know whether this sort of

NOTE Confidence: 0.845879538333333

01:01:44.797 --> 01:01:46.796 initiation of of trigger warning is

NOTE Confidence: 0.845879538333333

01:01:46.796 --> 01:01:48.496 is appropriate or not appropriate.

NOTE Confidence: 0.845879538333333

01:01:48.500 --> 01:01:49.241 I think it's,

NOTE Confidence: 0.845879538333333

01:01:49.241 --> 01:01:50.970 I think it's important to see what

NOTE Confidence: 0.845879538333333

01:01:51.027 --> 01:01:52.779 what happens after we warn people,

NOTE Confidence: 0.845879538333333

01:01:52.780 --> 01:01:53.025 right,

NOTE Confidence: 0.845879538333333

01:01:53.025 --> 01:01:54.250 like are there supportive networks

NOTE Confidence: 0.845879538333333

01:01:54.250 --> 01:01:55.390 that students can go to?

NOTE Confidence: 0.845879538333333

01:01:55.390 --> 01:01:56.860 Are there people to talk to?

NOTE Confidence: 0.845879538333333

01:01:56.860 --> 01:01:58.596 Do students feel that they have the

NOTE Confidence: 0.845879538333333

01:01:58.596 --> 01:02:00.669 agency to step away from situations that

NOTE Confidence: 0.845879538333333

01:02:00.669 --> 01:02:02.930 are potentially triggering and I think those.

NOTE Confidence: 0.845879538333333

01:02:02.930 --> 01:02:03.881 The strategy focused

NOTE Confidence: 0.845879538333333

01:02:03.881 --> 01:02:05.149 approaches are really key,

NOTE Confidence: 0.845879538333333

01:02:05.150 --> 01:02:06.755 particularly for students who are

NOTE Confidence: 0.845879538333333

01:02:06.755 --> 01:02:08.360 early in their medical education.

NOTE Confidence: 0.845879538333333

01:02:08.360 --> 01:02:09.630 So that's all I'll say.

NOTE Confidence: 0.845879538333333

01:02:09.700 --> 01:02:10.320 Thank you.

NOTE Confidence: 0.95091283

01:02:16.450 --> 01:02:17.694 Thank you so much, Ryan.

NOTE Confidence: 0.95091283

01:02:17.694 --> 01:02:20.240 We're going to open it up to questions

NOTE Confidence: 0.836208227857143

01:02:20.240 --> 01:02:22.368 now. I'm going to grab the computer

NOTE Confidence: 0.836208227857143

01:02:22.368 --> 01:02:24.777 to look for questions on the zoom,

NOTE Confidence: 0.836208227857143

01:02:24.780 --> 01:02:26.733 but any questions here in person before

NOTE Confidence: 0.836208227857143

01:02:26.733 --> 01:02:28.728 we start with that or any comments?

NOTE Confidence: 0.7965523725

01:02:31.570 --> 01:02:34.370 Oh, you. Yeah. I'll let. OK

NOTE Confidence: 0.869002103333333

01:02:34.370 --> 01:02:37.410 all right. Yeah. Excellent.

NOTE Confidence: 0.892410372222222

01:02:37.420 --> 01:02:39.484 So I'll I'll drive it from

NOTE Confidence: 0.892410372222222

01:02:39.484 --> 01:02:42.398 here then and perfect. And we

NOTE Confidence: 0.860068172857143

01:02:42.410 --> 01:02:43.410 have a question, we have

NOTE Confidence: 0.860068172857143

01:02:43.410 --> 01:02:44.040 two questions. Great.

NOTE Confidence: 0.901298675

01:02:48.870 --> 01:02:50.298 Yes, thanks so much.

NOTE Confidence: 0.85803799

01:02:50.370 --> 01:02:51.678 This is a very.

NOTE Confidence: 0.7108071

01:02:52.950 --> 01:02:54.350 Moving topic.

NOTE Confidence: 0.861012848571429

01:02:56.390 --> 01:02:59.246 I come from a business or corporate

NOTE Confidence: 0.861012848571429

01:02:59.246 --> 01:03:01.767 background and you've made me think of.

NOTE Confidence: 0.861012848571429

01:03:01.770 --> 01:03:06.582 Something called organizational design.

NOTE Confidence: 0.861012848571429

01:03:06.582 --> 01:03:11.446 Or a cultural organizational.

NOTE Confidence: 0.861012848571429

01:03:11.450 --> 01:03:15.326 Culture design. Uh, whereby the the

NOTE Confidence: 0.861012848571429

01:03:15.326 --> 01:03:19.300 whole culture of the the whether

NOTE Confidence: 0.861012848571429

01:03:19.300 --> 01:03:23.348 it's the school or the hospital.

NOTE Confidence: 0.861012848571429

01:03:23.350 --> 01:03:28.450 It's by design, um. Like that.

NOTE Confidence: 0.9171115925

01:03:30.980 --> 01:03:33.960 And that would include.

NOTE Confidence: 0.9171115925

01:03:33.960 --> 01:03:37.140 Thinking and implementing.

NOTE Confidence: 0.9171115925

01:03:37.140 --> 01:03:41.250 Programs or projects?

NOTE Confidence: 0.9171115925

01:03:41.250 --> 01:03:43.150 Uh, or classes or what?

NOTE Confidence: 0.9171115925

01:03:43.150 --> 01:03:44.596 Whatever. Um, uh,

NOTE Confidence: 0.9171115925

01:03:44.596 --> 01:03:47.970 that are in line with this culture,

NOTE Confidence: 0.9171115925

01:03:47.970 --> 01:03:51.466 with this organizational culture.

NOTE Confidence: 0.9171115925

01:03:51.466 --> 01:03:55.945 Um. To include triggers to include

NOTE Confidence: 0.9171115925

01:03:55.945 --> 01:03:59.550 creating space to include creating.

NOTE Confidence: 0.9171115925

01:03:59.550 --> 01:04:02.062 Communication trust to include.

NOTE Confidence: 0.9171115925

01:04:02.062 --> 01:04:06.544 And to include how students are choosing

NOTE Confidence: 0.9171115925

01:04:06.544 --> 01:04:10.216 are chosen for the medical school.

NOTE Confidence: 0.9171115925

01:04:10.220 --> 01:04:12.844 How faculty is chosen?

NOTE Confidence: 0.9171115925

01:04:12.844 --> 01:04:15.468 How staff are chosen?

NOTE Confidence: 0.9171115925

01:04:15.470 --> 01:04:17.920 Um, so I think I would leave

NOTE Confidence: 0.9171115925

01:04:17.920 --> 01:04:21.180 that as a comment for reflection.

NOTE Confidence: 0.9171115925

01:04:21.180 --> 01:04:23.597 Because it it seems to me that

NOTE Confidence: 0.9171115925

01:04:23.597 --> 01:04:25.680 with the stigmatization especially

NOTE Confidence: 0.9171115925

01:04:25.680 --> 01:04:29.260 and the pressure and.

NOTE Confidence: 0.9171115925

01:04:29.260 --> 01:04:30.270 Competition.

NOTE Confidence: 0.844734236666667

01:04:32.360 --> 01:04:36.630 A holistic approach needs to be thought of.

NOTE Confidence: 0.584843946666667

01:04:39.740 --> 01:04:40.418 That's my comment.

NOTE Confidence: 0.79024236

01:04:40.430 --> 01:04:41.498 Thank you. Would any of the

NOTE Confidence: 0.88355209

01:04:41.510 --> 01:04:43.196 panelists like to respond to that?

NOTE Confidence: 0.85121226

01:04:47.010 --> 01:04:48.370 We have another question here.

NOTE Confidence: 0.828858418333333

01:04:58.220 --> 01:04:59.540 So if they want to respond,

NOTE Confidence: 0.821523816

01:05:00.230 --> 01:05:01.810 thank you for that talk that was

NOTE Confidence: 0.821523816

01:05:01.810 --> 01:05:05.380 that was really great to hear.

NOTE Confidence: 0.821523816

01:05:05.380 --> 01:05:07.820 I'm just wondering. This might be an

NOTE Confidence: 0.821523816

01:05:07.820 --> 01:05:09.026 obvious question to a lot of people,

NOTE Confidence: 0.821523816

01:05:09.026 --> 01:05:10.850 but how do you decide what is a

NOTE Confidence: 0.821523816

01:05:10.904 --> 01:05:12.745 trigger and what is not a trigger?

NOTE Confidence: 0.821523816

01:05:12.750 --> 01:05:14.862 Because a lot of medical school has a

NOTE Confidence: 0.821523816

01:05:14.862 --> 01:05:16.274 lot of things that can potentially be

NOTE Confidence: 0.821523816

01:05:16.274 --> 01:05:19.510 triggers and blood burns, sexual assault.

NOTE Confidence: 0.821523816

01:05:19.510 --> 01:05:20.650 Abortions a lot of that.

NOTE Confidence: 0.821523816

01:05:20.650 --> 01:05:22.820 So where do you draw the line between

NOTE Confidence: 0.821523816

01:05:22.820 --> 01:05:24.190 what is a trigger and what is not?

NOTE Confidence: 0.821523816

01:05:24.190 --> 01:05:26.542 Because you can't put a trigger warning

NOTE Confidence: 0.821523816

01:05:26.542 --> 01:05:28.690 in everything because it loses its value

NOTE Confidence: 0.821523816

01:05:28.690 --> 01:05:30.810 of every lecture has a trigger warning.

NOTE Confidence: 0.821523816

01:05:30.810 --> 01:05:32.522 So I'm just wondering if you have any

NOTE Confidence: 0.821523816

01:05:32.522 --> 01:05:34.260 thoughts on how to navigate, you know?

NOTE Confidence: 0.752001194

01:05:36.070 --> 01:05:37.210 Getting a sense of what

NOTE Confidence: 0.787636157142857

01:05:37.220 --> 01:05:38.710 is a trigger for for

NOTE Confidence: 0.787636157142857

01:05:38.710 --> 01:05:40.130 your audience. OK, that's

NOTE Confidence: 0.91731835

01:05:40.140 --> 01:05:42.320 a great question. Thank you. I

NOTE Confidence: 0.824076495555556

01:05:42.380 --> 01:05:44.792 I may ask Tia to feel that just because

NOTE Confidence: 0.826333106

01:05:44.810 --> 01:05:46.830 since she is a psychiatrist,

NOTE Confidence: 0.826333106

01:05:46.830 --> 01:05:48.230 she may have a a I'm sure

NOTE Confidence: 0.826333106

01:05:48.230 --> 01:05:49.394 she'll have a better answer

NOTE Confidence: 0.826333106

01:05:49.394 --> 01:05:51.186 than I could give you for that.

NOTE Confidence: 0.826333106

01:05:51.190 --> 01:05:52.793 And then I'll see if our other

NOTE Confidence: 0.826333106

01:05:52.793 --> 01:05:54.299 panelists want to comment as well.

NOTE Confidence: 0.813731492

01:05:54.670 --> 01:05:55.960 I better, I don't know, but I'm

NOTE Confidence: 0.809969933333333

01:05:55.970 --> 01:05:57.682 happy to, to jump in,

NOTE Confidence: 0.809969933333333

01:05:57.682 --> 01:05:59.250 I think it's a great question.

NOTE Confidence: 0.809969933333333

01:05:59.250 --> 01:06:01.142 And you are right,

NOTE Confidence: 0.809969933333333

01:06:01.142 --> 01:06:03.507 you could get trigger warning

NOTE Confidence: 0.809969933333333

01:06:03.507 --> 01:06:06.430 fatigue if you opened every session.

NOTE Confidence: 0.809969933333333

01:06:06.430 --> 01:06:07.108 Comes that way.

NOTE Confidence: 0.809969933333333

01:06:07.108 --> 01:06:08.690 Just as we have trouble in the

NOTE Confidence: 0.809969933333333

01:06:08.744 --> 01:06:10.044 electronic health record with

NOTE Confidence: 0.809969933333333

01:06:10.044 --> 01:06:11.669 people beginning to override sort

NOTE Confidence: 0.809969933333333

01:06:11.669 --> 01:06:13.518 of warnings and things like that.

NOTE Confidence: 0.809969933333333

01:06:13.520 --> 01:06:14.848 So as I said,

NOTE Confidence: 0.809969933333333

01:06:14.848 --> 01:06:17.370 I don't know that they that the

NOTE Confidence: 0.809969933333333

01:06:17.370 --> 01:06:19.150 classic trigger warning defined

NOTE Confidence: 0.809969933333333

01:06:19.150 --> 01:06:22.597 in that way is what we need to do.

NOTE Confidence: 0.809969933333333

01:06:22.600 --> 01:06:24.880 I like the idea of,

NOTE Confidence: 0.809969933333333

01:06:24.880 --> 01:06:27.028 and I do this actually sometimes

NOTE Confidence: 0.809969933333333

01:06:27.028 --> 01:06:29.539 my classes of taking a moment after

NOTE Confidence: 0.809969933333333

01:06:29.539 --> 01:06:31.561 we hear a case presentation or

NOTE Confidence: 0.809969933333333

01:06:31.561 --> 01:06:33.792 when we talk about a particularly

NOTE Confidence: 0.809969933333333

01:06:33.792 --> 01:06:35.857 charged issue and sort of take

NOTE Confidence: 0.809969933333333

01:06:35.857 --> 01:06:37.279 a moment to ask the class.

NOTE Confidence: 0.809969933333333

01:06:37.280 --> 01:06:39.618 That was pretty I I felt that

NOTE Confidence: 0.809969933333333

01:06:39.618 --> 01:06:42.209 was really a powerful narrative.

NOTE Confidence: 0.809969933333333

01:06:42.210 --> 01:06:43.346 How are people doing?

NOTE Confidence: 0.809969933333333

01:06:43.346 --> 01:06:46.207 And so you can leave some space to find out.

NOTE Confidence: 0.809969933333333

01:06:46.210 --> 01:06:47.874 It may be that this is a nothing

NOTE Confidence: 0.809969933333333

01:06:47.874 --> 01:06:49.572 for the people or they they are

NOTE Confidence: 0.809969933333333

01:06:49.572 --> 01:06:51.096 unmoved by this or they don't

NOTE Confidence: 0.809969933333333

01:06:51.096 --> 01:06:52.825 want to talk about it right now.

NOTE Confidence: 0.809969933333333

01:06:52.830 --> 01:06:55.406 But I think you can use some

NOTE Confidence: 0.809969933333333

01:06:55.406 --> 01:06:58.165 combination of common sense and making

NOTE Confidence: 0.809969933333333

01:06:58.165 --> 01:07:00.269 yourself available for listening.

NOTE Confidence: 0.809969933333333

01:07:00.270 --> 01:07:01.475 There are obvious things that

NOTE Confidence: 0.809969933333333

01:07:01.475 --> 01:07:03.100 we can predict about in advance,

NOTE Confidence: 0.809969933333333

01:07:03.100 --> 01:07:04.990 but we may not always be able to do that.

NOTE Confidence: 0.809969933333333

01:07:04.990 --> 01:07:08.356 You may be talking to a student who has.

NOTE Confidence: 0.809969933333333

01:07:08.360 --> 01:07:10.346 A chronic illness and there they

NOTE Confidence: 0.809969933333333

01:07:10.346 --> 01:07:12.618 are in medical school and you don't

NOTE Confidence: 0.809969933333333

01:07:12.618 --> 01:07:14.376 know that by looking at them.

NOTE Confidence: 0.809969933333333

01:07:14.380 --> 01:07:18.624 So I I think you know, it has to be.

NOTE Confidence: 0.809969933333333

01:07:18.624 --> 01:07:19.566 And moreover,

NOTE Confidence: 0.809969933333333

01:07:19.570 --> 01:07:22.690 it won't be the same for every group.

NOTE Confidence: 0.809969933333333

01:07:22.690 --> 01:07:25.114 So I don't think we can say these

NOTE Confidence: 0.809969933333333

01:07:25.114 --> 01:07:26.862 four topics require attention in

NOTE Confidence: 0.809969933333333

01:07:26.862 --> 01:07:29.700 this way and these four don't it may,

NOTE Confidence: 0.809969933333333

01:07:29.700 --> 01:07:32.240 you know it it may vary from group to group.

NOTE Confidence: 0.809969933333333

01:07:32.240 --> 01:07:34.334 So I think being available listening

NOTE Confidence: 0.809969933333333

01:07:34.334 --> 01:07:36.840 and asking people if they want to

NOTE Confidence: 0.809969933333333

01:07:36.840 --> 01:07:38.585 comment on the emotionality of

NOTE Confidence: 0.809969933333333

01:07:38.585 --> 01:07:39.530 this material is,

NOTE Confidence: 0.809969933333333

01:07:39.530 --> 01:07:42.508 is pretty much the the only set of

NOTE Confidence: 0.809969933333333

01:07:42.508 --> 01:07:44.500 solutions that I can that I can recommend.

NOTE Confidence: 0.668220543333333

01:07:45.690 --> 01:07:47.920 Thank you. Beverly or Doug,

NOTE Confidence: 0.8647608175

01:07:48.030 --> 01:07:48.638 do you want to?

NOTE Confidence: 0.857881582

01:07:52.100 --> 01:07:53.110 Thank you. I I think

NOTE Confidence: 0.857881582

01:07:53.110 --> 01:07:54.120 that is a great question.

NOTE Confidence: 0.857881582

01:07:54.120 --> 01:07:57.018 I guess what I would say is it may

NOTE Confidence: 0.857881582

01:07:57.018 --> 01:07:59.741 be that the the metaphor of the

NOTE Confidence: 0.857881582

01:07:59.741 --> 01:08:02.161 trigger is just the wrong metaphor

NOTE Confidence: 0.857881582

01:08:02.161 --> 01:08:05.460 and that I would be more likely to.

NOTE Confidence: 0.857881582

01:08:05.460 --> 01:08:07.340 The thing I was going to say about

NOTE Confidence: 0.857881582

01:08:07.340 --> 01:08:08.910 the problem with the metaphor is that

NOTE Confidence: 0.857881582

01:08:08.910 --> 01:08:10.751 it can have a a paradoxical effect

NOTE Confidence: 0.857881582

01:08:10.751 --> 01:08:12.591 where someone who wasn't thinking

NOTE Confidence: 0.857881582

01:08:12.591 --> 01:08:14.681 that their reaction would be such

NOTE Confidence: 0.857881582

01:08:14.681 --> 01:08:15.989 that you're actually indirectly

NOTE Confidence: 0.857881582

01:08:15.989 --> 01:08:17.820 pointing them in that direction.

NOTE Confidence: 0.857881582

01:08:17.820 --> 01:08:20.412 And so my instinct would be to have some

NOTE Confidence: 0.857881582

01:08:20.412 --> 01:08:22.698 kind of neutral content descriptor.

NOTE Confidence: 0.857881582

01:08:22.700 --> 01:08:25.367 I'm going to be talking about injuries.

NOTE Confidence: 0.857881582

01:08:25.370 --> 01:08:27.474 I have some slides that you will see

NOTE Confidence: 0.857881582

01:08:27.474 --> 01:08:29.443 some slides of this that or the other

NOTE Confidence: 0.857881582

01:08:29.443 --> 01:08:31.470 and then move on towards it and not,

NOTE Confidence: 0.857881582

01:08:31.470 --> 01:08:31.786 you know,

NOTE Confidence: 0.857881582

01:08:31.786 --> 01:08:33.050 if you're fine if you want to leave,

NOTE Confidence: 0.857881582

01:08:33.050 --> 01:08:35.066 you know all of that is

NOTE Confidence: 0.857881582

01:08:35.066 --> 01:08:36.410 good to be respectful.

NOTE Confidence: 0.857881582

01:08:36.410 --> 01:08:38.734 But I think to include the notion

NOTE Confidence: 0.857881582

01:08:38.734 --> 01:08:41.248 of a trigger in the introduction,

NOTE Confidence: 0.857881582

01:08:41.250 --> 01:08:42.852 I don't know that that does

NOTE Confidence: 0.857881582

01:08:42.852 --> 01:08:43.920 anybody any service that.

NOTE Confidence: 0.884163486666667

01:08:47.570 --> 01:08:49.670 I would just want to comment on

NOTE Confidence: 0.884163486666667

01:08:49.670 --> 01:08:52.672 both of the comments because I

NOTE Confidence: 0.884163486666667

01:08:52.672 --> 01:08:55.777 think they're very closely linked.

NOTE Confidence: 0.884163486666667

01:08:55.780 --> 01:08:58.820 When you're talking about

NOTE Confidence: 0.884163486666667

01:08:58.820 --> 01:09:00.340 organizational culture.

NOTE Confidence: 0.884163486666667

01:09:00.340 --> 01:09:03.714 If you've got the culture set correctly,

NOTE Confidence: 0.884163486666667

01:09:03.720 --> 01:09:05.620 if you have it right.

NOTE Confidence: 0.884163486666667

01:09:05.620 --> 01:09:09.730 It in it by definition encompasses

NOTE Confidence: 0.884163486666667

01:09:09.730 --> 01:09:12.470 the content and something

NOTE Confidence: 0.884163486666667

01:09:12.591 --> 01:09:16.230 that both Amber and Ryan.

NOTE Confidence: 0.884163486666667

01:09:16.230 --> 01:09:18.462 OK. I'll discuss,

NOTE Confidence: 0.884163486666667

01:09:18.462 --> 01:09:23.089 which is space in in the curriculum,

NOTE Confidence: 0.884163486666667

01:09:23.090 --> 01:09:24.538 thinking about your learners,

NOTE Confidence: 0.884163486666667

01:09:24.538 --> 01:09:26.674 all of that, they're inextricably

NOTE Confidence: 0.884163486666667

01:09:26.674 --> 01:09:30.328 linked together if the culture is right,

NOTE Confidence: 0.884163486666667

01:09:30.330 --> 01:09:32.210 if the culture is set.

NOTE Confidence: 0.884163486666667

01:09:32.210 --> 01:09:35.525 And so I I think that getting

NOTE Confidence: 0.884163486666667

01:09:35.525 --> 01:09:38.010 to your it's who's in the room,

NOTE Confidence: 0.884163486666667

01:09:38.010 --> 01:09:39.802 who are your educators,

NOTE Confidence: 0.884163486666667

01:09:39.802 --> 01:09:42.042 but what is the content?

NOTE Confidence: 0.884163486666667

01:09:42.050 --> 01:09:44.340 And then how are people

NOTE Confidence: 0.884163486666667

01:09:44.340 --> 01:09:46.630 approaching that that's all about?

NOTE Confidence: 0.884163486666667

01:09:46.630 --> 01:09:48.480 Culture and culture of the

NOTE Confidence: 0.884163486666667

01:09:48.480 --> 01:09:50.760 institution and how we do that,

NOTE Confidence: 0.884163486666667

01:09:50.760 --> 01:09:53.500 if we really are going to do better,

NOTE Confidence: 0.884163486666667

01:09:53.500 --> 01:09:55.284 it can't be isolated.

NOTE Confidence: 0.884163486666667

01:09:55.284 --> 01:09:56.176 Trigger warnings.

NOTE Confidence: 0.884163486666667

01:09:56.180 --> 01:09:57.740 It's a as I started off,

NOTE Confidence: 0.884163486666667

01:09:57.740 --> 01:09:59.524 it's bigger than that.

NOTE Confidence: 0.884163486666667

01:09:59.524 --> 01:10:01.308 It's really about medical

NOTE Confidence: 0.884163486666667

01:10:01.308 --> 01:10:03.682 education and equity in all of

NOTE Confidence: 0.884163486666667

01:10:03.682 --> 01:10:05.794 these issues tied up in culture.

NOTE Confidence: 0.865479043333333

01:10:09.750 --> 01:10:12.558 Beautifully said. Thank you so much.

NOTE Confidence: 0.865479043333333

01:10:12.560 --> 01:10:14.385 Other questions from the live

NOTE Confidence: 0.865479043333333

01:10:14.385 --> 01:10:16.150 audience or let's take one more

NOTE Confidence: 0.865479043333333

01:10:16.150 --> 01:10:17.120 and then I'm going to go to zoo.

NOTE Confidence: 0.6540909625

01:10:23.750 --> 01:10:24.610 A couple of thoughts.

NOTE Confidence: 0.811883253333333

01:10:27.940 --> 01:10:28.429 Is it on?

NOTE Confidence: 0.8342831

01:10:32.500 --> 01:10:33.110 OK.

NOTE Confidence: 0.935166265

01:10:36.710 --> 01:10:38.329 This is a great talk.

NOTE Confidence: 0.935166265

01:10:38.330 --> 01:10:42.251 I think it brings up for me as a

NOTE Confidence: 0.935166265

01:10:42.251 --> 01:10:45.460 nurse what prompts people to be

NOTE Confidence: 0.935166265

01:10:45.460 --> 01:10:48.250 attracted to the medical field.

NOTE Confidence: 0.935166265

01:10:48.250 --> 01:10:50.478 To the nursing field,

NOTE Confidence: 0.935166265

01:10:50.478 --> 01:10:54.165 in my experience, a lot of us went

NOTE Confidence: 0.935166265

01:10:54.165 --> 01:10:56.950 into the field because of trauma,

NOTE Confidence: 0.935166265

01:10:56.950 --> 01:11:01.590 because of our emotional experiences,

NOTE Confidence: 0.935166265

01:11:01.590 --> 01:11:05.314 because those are relationships

NOTE Confidence: 0.935166265

01:11:05.314 --> 01:11:09.480 and relationships. Drive.

NOTE Confidence: 0.935166265

01:11:09.480 --> 01:11:13.660 So much of our personhood.

NOTE Confidence: 0.935166265

01:11:13.660 --> 01:11:17.796 So I think that's an interesting thing to me,

NOTE Confidence: 0.935166265

01:11:17.800 --> 01:11:21.370 why people choose the professions.

NOTE Confidence: 0.935166265

01:11:21.370 --> 01:11:23.260 Second of all,

NOTE Confidence: 0.935166265

01:11:23.260 --> 01:11:27.743 what about people who have

NOTE Confidence: 0.935166265

01:11:27.743 --> 01:11:30.467 not acknowledged their trauma?

NOTE Confidence: 0.935166265

01:11:30.470 --> 01:11:31.180 And.

NOTE Confidence: 0.814053844285714

01:11:33.230 --> 01:11:36.716 Are given warnings and you know it.

NOTE Confidence: 0.814053844285714

01:11:36.720 --> 01:11:38.700 It hasn't really connected

NOTE Confidence: 0.814053844285714

01:11:38.700 --> 01:11:41.120 for them. So do they.

NOTE Confidence: 0.88173344

01:11:43.420 --> 01:11:47.435 Get traumatized at some point

NOTE Confidence: 0.88173344

01:11:47.435 --> 01:11:50.646 unexpectedly because that trauma's

NOTE Confidence: 0.88173344

01:11:50.646 --> 01:11:53.050 been blocked. Because that.

NOTE Confidence: 0.88173344

01:11:53.050 --> 01:11:55.480 Can be how trauma comes out

NOTE Confidence: 0.88173344

01:11:55.480 --> 01:11:58.400 is when you least expect it

NOTE Confidence: 0.88173344

01:11:58.400 --> 01:12:00.440 and get triggered that way,

NOTE Confidence: 0.88173344

01:12:00.440 --> 01:12:02.655 and So what are the?

NOTE Confidence: 0.88173344

01:12:02.655 --> 01:12:05.331 Repercussions in a classroom

NOTE Confidence: 0.88173344

01:12:05.331 --> 01:12:08.850 regarding that. Yeah.

NOTE Confidence: 0.810070894

01:12:08.960 --> 01:12:10.380 Any comments from the panel?

NOTE Confidence: 0.5365453

01:12:13.440 --> 01:12:15.160 It's more of a reflection.

NOTE Confidence: 0.5365453

01:12:15.160 --> 01:12:17.946 Thank you so much for for sharing

NOTE Confidence: 0.5365453

01:12:17.946 --> 01:12:21.320 that with us. I'm going to.

NOTE Confidence: 0.5365453

01:12:21.320 --> 01:12:22.748 Sorry, I'm going to take a

NOTE Confidence: 0.5365453

01:12:22.748 --> 01:12:23.950 question from the Zoom now.

NOTE Confidence: 0.922631023333333

01:12:24.080 --> 01:12:25.010 How do we

NOTE Confidence: 0.846323408

01:12:25.020 --> 01:12:26.470 balance the fact that patients

NOTE Confidence: 0.768794398888889

01:12:26.480 --> 01:12:28.490 might find allies within their providers

NOTE Confidence: 0.768794398888889

01:12:28.490 --> 01:12:29.976 lived experiences with potentially

NOTE Confidence: 0.768794398888889

01:12:29.976 --> 01:12:31.267 losing professional opportunities?

NOTE Confidence: 0.768794398888889

01:12:31.267 --> 01:12:33.626 Because we still live in a world

NOTE Confidence: 0.768794398888889

01:12:33.626 --> 01:12:34.861 where experiencing trauma is

NOTE Confidence: 0.768794398888889

01:12:34.861 --> 01:12:36.646 often seen as a detriment to those

NOTE Confidence: 0.768794398888889

01:12:36.646 --> 01:12:38.179 doing the hiring or promoting.

NOTE Confidence: 0.768794398888889

01:12:38.180 --> 01:12:39.762 For example, in the last few years

NOTE Confidence: 0.768794398888889

01:12:39.762 --> 01:12:41.150 I witnessed an admissions committee

NOTE Confidence: 0.768794398888889

01:12:41.150 --> 01:12:42.810 member saying applicant who spoke

NOTE Confidence: 0.768794398888889

01:12:42.810 --> 01:12:44.284 frankly about her journey through

NOTE Confidence: 0.768794398888889

01:12:44.284 --> 01:12:46.012 an Ed say that it was proof she

NOTE Confidence: 0.768794398888889

01:12:46.020 --> 01:12:47.586 wouldn't be able to handle a

NOTE Confidence: 0.768794398888889

01:12:47.586 --> 01:12:48.630 stressful career in medicine.

NOTE Confidence: 0.60427045

01:12:55.390 --> 01:12:56.110 Oh, Tia.

NOTE Confidence: 0.80309348

01:12:57.600 --> 01:12:59.856 Yeah, I I'm sorry to say,

NOTE Confidence: 0.80309348

01:12:59.860 --> 01:13:03.234 I think this remains a real issue,

NOTE Confidence: 0.80309348

01:13:03.240 --> 01:13:05.277 an issue for any sort of trauma.

NOTE Confidence: 0.80309348

01:13:05.280 --> 01:13:10.168 But I think we still have significant

NOTE Confidence: 0.80309348

01:13:10.168 --> 01:13:13.048 bias against anybody who admits

NOTE Confidence: 0.80309348

01:13:13.048 --> 01:13:14.920 to a psychiatric diagnosis,

NOTE Confidence: 0.80309348

01:13:14.920 --> 01:13:17.797 admits to a history of substance use.

NOTE Confidence: 0.80309348

01:13:17.800 --> 01:13:21.076 So I think to talk about.

NOTE Confidence: 0.80309348

01:13:21.080 --> 01:13:23.824 Your experience in either of those domains

NOTE Confidence: 0.80309348

01:13:23.824 --> 01:13:26.327 and and probably other ones as well,

NOTE Confidence: 0.80309348

01:13:26.330 --> 01:13:28.865 even a significant chronic illness

NOTE Confidence: 0.80309348

01:13:28.865 --> 01:13:31.880 is enough to get people dinged

NOTE Confidence: 0.80309348

01:13:31.880 --> 01:13:33.380 for residency applications.

NOTE Confidence: 0.80309348

01:13:33.380 --> 01:13:35.760 And I'm, I'm sorry that that's true

NOTE Confidence: 0.80309348

01:13:35.760 --> 01:13:39.290 and I I don't think we're changing fast

NOTE Confidence: 0.80309348

01:13:39.290 --> 01:13:43.568 enough so that I actually think that Umm.

NOTE Confidence: 0.80309348

01:13:43.570 --> 01:13:49.357 We have to acknowledge that medicine

NOTE Confidence: 0.80309348

01:13:49.357 --> 01:13:51.679 is coming from someplace and it's

NOTE Confidence: 0.80309348

01:13:51.679 --> 01:13:54.074 we hope that it is changing and

NOTE Confidence: 0.80309348

01:13:54.074 --> 01:13:56.521 that we try to be part of the

NOTE Confidence: 0.80309348

01:13:56.521 --> 01:13:58.768 change and hope that they will be.

NOTE Confidence: 0.80309348

01:13:58.770 --> 01:14:01.086 But that they actually may still

NOTE Confidence: 0.80309348

01:14:01.086 --> 01:14:03.663 need to be discreet about some

NOTE Confidence: 0.80309348

01:14:03.663 --> 01:14:06.043 issues particularly in high high

NOTE Confidence: 0.80309348

01:14:06.043 --> 01:14:07.961 value processes like interviews

NOTE Confidence: 0.80309348

01:14:07.961 --> 01:14:10.457 for for moving forward and that

NOTE Confidence: 0.80309348

01:14:10.457 --> 01:14:13.840 kind of thing that you really.

NOTE Confidence: 0.80309348

01:14:13.840 --> 01:14:18.970 Cannot assume that everybody uncomfortably.

NOTE Confidence: 0.80309348

01:14:18.970 --> 01:14:21.532 Hear this and I I've heard this

NOTE Confidence: 0.80309348

01:14:21.532 --> 01:14:23.844 with lots of different students

NOTE Confidence: 0.80309348

01:14:23.844 --> 01:14:27.270 who have presented openly as trans,

NOTE Confidence: 0.80309348

01:14:27.270 --> 01:14:30.145 sometimes have had great results.

NOTE Confidence: 0.80309348

01:14:30.150 --> 01:14:32.950 Some people have been dinged.

NOTE Confidence: 0.80309348

01:14:32.950 --> 01:14:36.094 So I think there are all sorts of

NOTE Confidence: 0.80309348

01:14:36.094 --> 01:14:38.170 different differences among us and you.

NOTE Confidence: 0.80309348

01:14:38.170 --> 01:14:39.314 Still, unfortunately,

NOTE Confidence: 0.80309348

01:14:39.314 --> 01:14:43.318 need to be careful about what you

NOTE Confidence: 0.80309348

01:14:43.318 --> 01:14:47.370 lead with when you're in a very

NOTE Confidence: 0.80309348

01:14:47.370 --> 01:14:49.870 high profile evaluative situation.

NOTE Confidence: 0.80309348

01:14:49.870 --> 01:14:54.071 I hope that during your training you

NOTE Confidence: 0.80309348

01:14:54.071 --> 01:14:56.160 will be able to build relationships

NOTE Confidence: 0.80309348

01:14:56.160 --> 01:14:58.505 with people who you can go to

NOTE Confidence: 0.80309348

01:14:58.505 --> 01:15:00.608 for counseling can sort of say,

NOTE Confidence: 0.80309348

01:15:00.610 --> 01:15:02.710 listen, this happened to me,

NOTE Confidence: 0.80309348

01:15:02.710 --> 01:15:06.390 should I write this in my residency essay?

NOTE Confidence: 0.80309348

01:15:06.390 --> 01:15:08.166 Should I talk about this in my interviews?

NOTE Confidence: 0.80309348

01:15:08.170 --> 01:15:10.400 It's part of why I'd like to be a doctor.

NOTE Confidence: 0.80309348

01:15:10.400 --> 01:15:12.672 I think it adds to my knowledge and

NOTE Confidence: 0.80309348

01:15:12.672 --> 01:15:15.268 and get some counseling about your

NOTE Confidence: 0.80309348

01:15:15.268 --> 01:15:17.165 particular story from people that you

NOTE Confidence: 0.80309348

01:15:17.165 --> 01:15:19.039 trust before you go forward with it.

NOTE Confidence: 0.80309348

01:15:19.040 --> 01:15:21.533 And and I I would say we cannot probably

NOTE Confidence: 0.80309348

01:15:21.533 --> 01:15:23.708 I I wish I could say differently

NOTE Confidence: 0.80309348

01:15:23.708 --> 01:15:25.983 but I think you cannot expect that

NOTE Confidence: 0.80309348

01:15:25.983 --> 01:15:28.381 you should be able to tell intimate

NOTE Confidence: 0.80309348

01:15:28.381 --> 01:15:30.436 details about yourself and have

NOTE Confidence: 0.80309348

01:15:30.436 --> 01:15:32.080 everybody treat them respectfully.

NOTE Confidence: 0.80309348

01:15:32.080 --> 01:15:33.334 And I hope the other panelists

NOTE Confidence: 0.80309348

01:15:33.334 --> 01:15:34.170 will disagree with me.

NOTE Confidence: 0.80309348

01:15:34.170 --> 01:15:36.458 But that's kind of where I come down

NOTE Confidence: 0.80309348

01:15:36.458 --> 01:15:38.589 having seen some students injured by.

NOTE Confidence: 0.80309348

01:15:38.590 --> 01:15:40.410 Um, revelations?

NOTE Confidence: 0.745198484

01:15:44.210 --> 01:15:47.830 Other thoughts you wanted to share? Go ahead.

NOTE Confidence: 0.8639115

01:15:49.210 --> 01:15:51.890 I will not disagree.

NOTE Confidence: 0.8639115

01:15:51.890 --> 01:15:53.450 One it just brought to mind.

NOTE Confidence: 0.8639115

01:15:53.450 --> 01:15:54.956 Mark one of the things you

NOTE Confidence: 0.8639115

01:15:54.956 --> 01:15:56.480 say in your first lectures

NOTE Confidence: 0.836792571428571

01:15:56.490 --> 01:15:58.390 to 1st year students about

NOTE Confidence: 0.836792571428571

01:15:58.390 --> 01:15:59.420 the profession. We are

NOTE Confidence: 0.922060174

01:15:59.430 --> 01:16:02.430 also sort of self policing.

NOTE Confidence: 0.922060174

01:16:02.430 --> 01:16:07.127 We monitor ourselves as a profession and

NOTE Confidence: 0.922060174

01:16:07.130 --> 01:16:09.629 and as such we choose ourselves right.

NOTE Confidence: 0.922060174

01:16:09.630 --> 01:16:12.969 We choose people who are like us.

NOTE Confidence: 0.922060174

01:16:12.970 --> 01:16:16.570 And and that sets us up.

NOTE Confidence: 0.922060174

01:16:16.570 --> 01:16:18.514 For everything that's not

NOTE Confidence: 0.922060174

01:16:18.514 --> 01:16:20.944 like us being the other.

NOTE Confidence: 0.922060174

01:16:20.950 --> 01:16:23.214 And getting excluded and

NOTE Confidence: 0.922060174

01:16:23.214 --> 01:16:26.044 then if we don't have.

NOTE Confidence: 0.922060174

01:16:26.050 --> 01:16:28.210 People with who've had these emotional

NOTE Confidence: 0.922060174

01:16:28.210 --> 01:16:30.286 experiences who come into the room

NOTE Confidence: 0.922060174

01:16:30.286 --> 01:16:31.736 that we can recognize, right?

NOTE Confidence: 0.922060174

01:16:31.736 --> 01:16:33.166 There's some emotions we accept

NOTE Confidence: 0.922060174

01:16:33.166 --> 01:16:35.170 because we can see it in ourselves,

NOTE Confidence: 0.922060174

01:16:35.170 --> 01:16:37.277 but there are others that we don't.

NOTE Confidence: 0.922060174

01:16:37.280 --> 01:16:40.432 I I think that adds to this the

NOTE Confidence: 0.922060174

01:16:40.432 --> 01:16:42.460 difficulty of the institutional

NOTE Confidence: 0.922060174

01:16:42.460 --> 01:16:45.335 culture of trying to change.

NOTE Confidence: 0.922060174

01:16:45.340 --> 01:16:48.472 Because if it's just us being

NOTE Confidence: 0.922060174

01:16:48.472 --> 01:16:50.552 ourselves selecting ourselves that

NOTE Confidence: 0.922060174

01:16:50.552 --> 01:16:54.648 that is not a recipe for for change,

NOTE Confidence: 0.922060174

01:16:54.650 --> 01:16:56.599 or widening our tent so that

NOTE Confidence: 0.922060174

01:16:56.599 --> 01:16:58.064 we can have people with

NOTE Confidence: 0.90129399

01:16:58.080 --> 01:17:00.168 more and varied experiences

NOTE Confidence: 0.906544913333333

01:17:00.320 --> 01:17:01.310 in the profession.

NOTE Confidence: 0.96653103

01:17:03.850 --> 01:17:04.410 Thank you.

NOTE Confidence: 0.806808783333333

01:17:05.610 --> 01:17:07.110 Thank you, Beverly.

NOTE Confidence: 0.806808783333333

01:17:07.110 --> 01:17:09.225 I guess the only thing I I would want

NOTE Confidence: 0.806808783333333

01:17:09.225 --> 01:17:11.430 to add to that is that I think there's

NOTE Confidence: 0.806808783333333

01:17:11.430 --> 01:17:14.850 a tendency to think that this issue

NOTE Confidence: 0.806808783333333

01:17:14.850 --> 01:17:16.964 is to be addressed when it happens,

NOTE Confidence: 0.806808783333333

01:17:16.970 --> 01:17:19.150 and no doubt it is,

NOTE Confidence: 0.806808783333333

01:17:19.150 --> 01:17:22.210 but I think we would be in a better

NOTE Confidence: 0.806808783333333

01:17:22.210 --> 01:17:24.488 position if we were more mindful.

NOTE Confidence: 0.806808783333333

01:17:24.490 --> 01:17:26.233 You know, I, I really like, Ryan,

NOTE Confidence: 0.806808783333333

01:17:26.233 --> 01:17:28.448 your comment about too little,

NOTE Confidence: 0.806808783333333

01:17:28.450 --> 01:17:31.450 not enough and not that great.

NOTE Confidence: 0.806808783333333

01:17:31.450 --> 01:17:33.290 And to me that speaks to the fact that we,

NOTE Confidence: 0.806808783333333

01:17:33.290 --> 01:17:35.909 we haven't done the job we ought to be

NOTE Confidence: 0.806808783333333

01:17:35.909 --> 01:17:38.282 doing from the beginning so that we're

NOTE Confidence: 0.806808783333333

01:17:38.282 --> 01:17:40.326 not putting out fires all the time.

NOTE Confidence: 0.806808783333333

01:17:40.330 --> 01:17:41.524 But what we're,

NOTE Confidence: 0.806808783333333

01:17:41.524 --> 01:17:43.912 we're doing is trying to create

NOTE Confidence: 0.806808783333333

01:17:43.912 --> 01:17:46.321 the conditions under which people

NOTE Confidence: 0.806808783333333

01:17:46.321 --> 01:17:49.219 feel they have the confidence to

NOTE Confidence: 0.806808783333333

01:17:49.306 --> 01:17:51.178 navigate when those situations arise.

NOTE Confidence: 0.806808783333333

01:17:51.178 --> 01:17:53.689 I don't know exactly what that looks like,

NOTE Confidence: 0.806808783333333

01:17:53.690 --> 01:17:54.722 but I'm pretty sure it's not

NOTE Confidence: 0.806808783333333

01:17:54.722 --> 01:17:55.410 there at the moment.

NOTE Confidence: 0.779507943333333

01:17:57.350 --> 01:17:58.718 Thank you. We

NOTE Confidence: 0.809637098333333

01:17:58.730 --> 01:18:00.368 have another question in the audience.

NOTE Confidence: 0.799180666666667

01:18:04.200 --> 01:18:05.709 Thank you. First

NOTE Confidence: 0.90042689375

01:18:05.720 --> 01:18:07.952 off, thank you. Thank you everyone

01:18:07.952 --> 01:18:09.939 for fantastic and personal insights.

01:18:09.940 --> 01:18:11.788 But one question that I have

01:18:11.788 --> 01:18:14.019 that has been I think echoing

01:18:14.020 --> 01:18:17.920 through a lot of the speakers is.

01:18:17.920 --> 01:18:21.258 The discussion of size of the group,

01:18:21.260 --> 01:18:23.534 but especially as far as that

01:18:23.534 --> 01:18:26.575 rate relates to the ability or the

01:18:26.575 --> 01:18:28.975 unpredictability of peers to trigger

01:18:28.975 --> 01:18:32.340 each other during our content.

01:18:32.340 --> 01:18:33.840 It's enough to try to support

01:18:33.840 --> 01:18:35.160 and create an environment where

01:18:35.160 --> 01:18:37.020 you are mindful of the learners.

01:18:37.020 --> 01:18:38.220 But it's a very,

01:18:38.220 --> 01:18:40.600 another very different thing for

01:18:40.600 --> 01:18:42.980 what one student finds casual

01:18:42.980 --> 01:18:45.300 or triggering to suddenly trip

NOTE Confidence: 0.90042689375

01:18:45.300 --> 01:18:47.562 trigger or not a different student.

NOTE Confidence: 0.90042689375

01:18:47.562 --> 01:18:49.376 And so that can have kind of

NOTE Confidence: 0.90042689375

01:18:49.376 --> 01:18:50.521 a reverberatory effect.

NOTE Confidence: 0.90042689375

01:18:50.521 --> 01:18:52.820 I wonder if anyone could speak a

NOTE Confidence: 0.90042689375

01:18:52.820 --> 01:18:57.840 little bit to how to create a more at

NOTE Confidence: 0.90042689375

01:18:57.840 --> 01:19:01.190 an institutional or environmental level.

NOTE Confidence: 0.90042689375

01:19:01.190 --> 01:19:04.050 Comforting or or compensatory environment

NOTE Confidence: 0.90042689375

01:19:04.050 --> 01:19:05.890 to correct for that kind of scenario.

NOTE Confidence: 0.536353185

01:19:10.980 --> 01:19:12.610 I could take a crack. I could take

NOTE Confidence: 0.881546942

01:19:12.620 --> 01:19:15.270 a crack at that too, unless somebody else.

NOTE Confidence: 0.881546942

01:19:15.270 --> 01:19:19.630 So I think that's such a thoughtful comment,

NOTE Confidence: 0.881546942

01:19:19.630 --> 01:19:23.570 I think. We are in my view,

NOTE Confidence: 0.881546942

01:19:23.570 --> 01:19:25.320 and maybe this has always been there,

NOTE Confidence: 0.881546942

01:19:25.320 --> 01:19:27.635 but I think we have come to

NOTE Confidence: 0.881546942

01:19:27.635 --> 01:19:30.365 a point where there are many

NOTE Confidence: 0.881546942

01:19:30.365 --> 01:19:33.279 fractures in civil discourse where,

NOTE Confidence: 0.881546942

01:19:33.280 --> 01:19:36.430 you know, there's so many.

NOTE Confidence: 0.881546942

01:19:36.430 --> 01:19:38.350 Inflamed arguments that you can't

NOTE Confidence: 0.881546942

01:19:38.350 --> 01:19:40.270 talk about politics at all.

NOTE Confidence: 0.881546942

01:19:40.270 --> 01:19:41.936 If you don't know somebody, you can't.

NOTE Confidence: 0.881546942

01:19:41.936 --> 01:19:43.524 You know, I just, I was.

NOTE Confidence: 0.881546942

01:19:43.524 --> 01:19:44.693 I got off the subway in New

NOTE Confidence: 0.881546942

01:19:44.693 --> 01:19:45.717 York City the other day,

NOTE Confidence: 0.881546942

01:19:45.720 --> 01:19:47.520 and I was wearing a mask because I

NOTE Confidence: 0.881546942

01:19:47.520 --> 01:19:49.265 usually wear a mask on the train still.

NOTE Confidence: 0.881546942

01:19:49.270 --> 01:19:51.410 And somebody laughed at me.

NOTE Confidence: 0.881546942

01:19:51.410 --> 01:19:53.290 I'm clearly an older woman.

NOTE Confidence: 0.881546942

01:19:53.290 --> 01:19:54.430 I'm walking on the street.

NOTE Confidence: 0.881546942

01:19:54.430 --> 01:19:57.850 I'm wearing a mask. Like, wow. Like.

NOTE Confidence: 0.881546942

01:19:57.850 --> 01:20:00.906 What? What does it do to you then?

NOTE Confidence: 0.881546942

01:20:00.906 --> 01:20:03.046 I'm wearing a surgical mask,

NOTE Confidence: 0.881546942

01:20:03.050 --> 01:20:05.536 so just like so I think.

NOTE Confidence: 0.881546942

01:20:05.536 --> 01:20:07.915 Part of our education is that

NOTE Confidence: 0.881546942

01:20:07.915 --> 01:20:10.180 we can't afford to do that.

NOTE Confidence: 0.881546942

01:20:10.180 --> 01:20:11.728 As physicians, as clinicians,

NOTE Confidence: 0.881546942

01:20:11.728 --> 01:20:14.522 you will need to care for people

NOTE Confidence: 0.881546942

01:20:14.522 --> 01:20:16.880 who are very different from you.

NOTE Confidence: 0.881546942

01:20:16.880 --> 01:20:19.264 So you need to be able to hear

NOTE Confidence: 0.881546942

01:20:19.264 --> 01:20:21.587 difference and to find a way to

NOTE Confidence: 0.881546942

01:20:21.587 --> 01:20:23.242 maintain civility with people who

NOTE Confidence: 0.881546942

01:20:23.316 --> 01:20:25.236 are quite different from you.

NOTE Confidence: 0.881546942

01:20:25.240 --> 01:20:27.473 And that needs to start in our

NOTE Confidence: 0.881546942

01:20:27.473 --> 01:20:29.337 classrooms so that if somebody

NOTE Confidence: 0.881546942

01:20:29.337 --> 01:20:31.839 does share something or talk about

NOTE Confidence: 0.881546942

01:20:31.839 --> 01:20:32.673 their experience,

NOTE Confidence: 0.881546942

01:20:32.680 --> 01:20:36.446 it's extremely important that they not be.

NOTE Confidence: 0.881546942

01:20:36.450 --> 01:20:38.914 Kind of slammed down by their peers.

NOTE Confidence: 0.881546942

01:20:38.920 --> 01:20:40.780 That's stupid. That doesn't happen.

NOTE Confidence: 0.881546942

01:20:40.780 --> 01:20:42.880 I never heard of that. I never saw that.

NOTE Confidence: 0.881546942

01:20:42.880 --> 01:20:44.160 I never experienced that.

NOTE Confidence: 0.881546942

01:20:44.160 --> 01:20:44.976 You really.

NOTE Confidence: 0.881546942

01:20:44.976 --> 01:20:48.240 I want one of the things that I'm.

NOTE Confidence: 0.881546942

01:20:48.240 --> 01:20:49.104 I'm embarrassed to admit.

NOTE Confidence: 0.881546942

01:20:49.104 --> 01:20:50.715 One of the things I most remember

NOTE Confidence: 0.881546942

01:20:50.715 --> 01:20:52.075 from all my psychiatric training

NOTE Confidence: 0.881546942

01:20:52.075 --> 01:20:53.640 was a joke supervisor once made,

NOTE Confidence: 0.881546942

01:20:53.640 --> 01:20:56.460 which is 2 ears, one mouth.

NOTE Confidence: 0.881546942

01:20:56.460 --> 01:20:59.516 You should always listen more than you speak.

NOTE Confidence: 0.881546942

01:20:59.520 --> 01:21:01.431 So I think it's great in the

NOTE Confidence: 0.881546942

01:21:01.431 --> 01:21:03.254 classroom for the students to begin

NOTE Confidence: 0.881546942

01:21:03.254 --> 01:21:05.452 to show that respect to each other.

NOTE Confidence: 0.881546942

01:21:05.460 --> 01:21:07.250 If you don't find somebody's.

NOTE Confidence: 0.881546942

01:21:07.250 --> 01:21:08.800 Experience consistent with your own.

NOTE Confidence: 0.881546942

01:21:08.800 --> 01:21:10.175 Then you have learned something

NOTE Confidence: 0.881546942

01:21:10.175 --> 01:21:11.000 from your peer,

NOTE Confidence: 0.881546942

01:21:11.000 --> 01:21:12.744 and you need to deal with that respectfully.

NOTE Confidence: 0.89322595

01:21:15.290 --> 01:21:19.100 Go ahead, you have another comment. OK.

NOTE Confidence: 0.898529667

01:21:19.100 --> 01:21:21.124 Thank you so much.

NOTE Confidence: 0.898529667

01:21:21.124 --> 01:21:24.160 Any other questions in the audience,

NOTE Confidence: 0.898529667

01:21:24.160 --> 01:21:28.460 Ben? Can we get? I'm sorry,

NOTE Confidence: 0.898529667

01:21:28.460 --> 01:21:29.276 I thought Karen had the mic.

NOTE Confidence: 0.898529667

01:21:29.280 --> 01:21:30.320 We've got one right here.

NOTE Confidence: 0.785890532

01:21:33.170 --> 01:21:34.450 A couple of folks have

NOTE Confidence: 0.9196631

01:21:34.500 --> 01:21:35.868 alluded to this, but you know,

NOTE Confidence: 0.9196631

01:21:35.870 --> 01:21:38.684 I was just looking at the literature

NOTE Confidence: 0.705348304

01:21:38.740 --> 01:21:40.310 before before this talk and

NOTE Confidence: 0.42455697

01:21:41.340 --> 01:21:43.578 they're actually, I think 6

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NOTE Confidence: 0.42455697

01:21:43.580 --> 01:21:45.320 randomized trials of trigger

NOTE Confidence: 0.9469022125

01:21:45.320 --> 01:21:48.420 warnings and. You know it's it's

NOTE Confidence: 0.9469022125

01:21:48.420 --> 01:21:51.070 it's a fairly. Extensive literature

NOTE Confidence: 0.814701918888889

01:21:51.080 --> 01:21:52.286 at this point, there are thousands

NOTE Confidence: 0.814701918888889

01:21:52.286 --> 01:21:53.434 of patients enrolled in randomized

NOTE Confidence: 0.814701918888889

01:21:53.434 --> 01:21:56.809 trials with and without trauma.

NOTE Confidence: 0.814701918888889

01:21:56.810 --> 01:22:00.720 Students and and and participants

NOTE Confidence: 0.814701918888889

01:22:00.720 --> 01:22:03.500 taken from the general population.

NOTE Confidence: 0.63957727

01:22:05.010 --> 01:22:07.140 And all all of the randomized

NOTE Confidence: 0.911289766666667

01:22:07.150 --> 01:22:10.370 trials show no benefit, and some

NOTE Confidence: 0.911289766666667

01:22:10.370 --> 01:22:13.070 show maybe a small worsening of

NOTE Confidence: 0.911289766666667

01:22:13.070 --> 01:22:14.690 anxiety or other negative affect.

NOTE Confidence: 0.92485388

01:22:16.180 --> 01:22:18.064 It seems to me like we like.

NOTE Confidence: 0.92485388

01:22:18.064 --> 01:22:20.010 We've actually looked pretty well

NOTE Confidence: 0.80841518

01:22:20.020 --> 01:22:21.777 at at the at trigger warnings at

NOTE Confidence: 0.80841518

01:22:21.777 --> 01:22:24.620 this point, and they don't work.

NOTE Confidence: 0.80841518

01:22:24.620 --> 01:22:27.308 Umm. I'm. I'm curious.

NOTE Confidence: 0.80841518

01:22:27.310 --> 01:22:28.820 I I think there's been some.

NOTE Confidence: 0.687681542

01:22:29.710 --> 01:22:31.060 Touching it at that, I'm

NOTE Confidence: 0.925393048333333

01:22:31.070 --> 01:22:33.908 curious to hear your thoughts directly.

NOTE Confidence: 0.925393048333333

01:22:33.910 --> 01:22:37.495 So certainly so I I'm not particularly

NOTE Confidence: 0.925393048333333

01:22:37.495 --> 01:22:40.055 familiar with the literature, but all of

NOTE Confidence: 0.925393048333333

01:22:40.055 --> 01:22:43.100 that makes entirely intuitive sense to me.

NOTE Confidence: 0.865303056666667

01:22:45.410 --> 01:22:47.920 I I I guess what I would say is you

NOTE Confidence: 0.865303056666667

01:22:47.999 --> 01:22:50.327 know the interesting question to me

NOTE Confidence: 0.865303056666667

01:22:50.327 --> 01:22:53.535 is given that that seems to be what

NOTE Confidence: 0.865303056666667

01:22:53.535 --> 01:22:55.510 the empirical evidence suggests why

NOTE Confidence: 0.865303056666667

01:22:55.510 --> 01:22:58.134 is it that we you know why is it

NOTE Confidence: 0.865303056666667

01:22:58.134 --> 01:23:01.079 we feel attached to this particular

NOTE Confidence: 0.865303056666667

01:23:01.079 --> 01:23:03.760 mechanism and I you know I would

NOTE Confidence: 0.865303056666667

01:23:03.839 --> 01:23:06.464 posit that we haven't figured out yet

01:23:06.464 --> 01:23:09.248 what we need to do that's better it

01:23:09.248 --> 01:23:12.190 seems like it's a a kind of just an

01:23:12.190 --> 01:23:14.759 easy not easy but a reflexive go to.

01:23:14.760 --> 01:23:20.508 Mechanism and as I I suggested. To my mind,

01:23:20.510 --> 01:23:22.498 the usefulness of the trigger warning,

01:23:22.498 --> 01:23:24.370 particularly for this kind of discussion,

01:23:24.370 --> 01:23:26.593 is that it opens the door to try and

01:23:26.593 --> 01:23:28.625 figure out what's going on behind it.

01:23:28.630 --> 01:23:30.234 I I I am.

01:23:30.234 --> 01:23:33.130 And it it also seems to me,

01:23:33.130 --> 01:23:35.194 in the experience I had that

01:23:35.194 --> 01:23:36.226 I related earlier,

01:23:36.230 --> 01:23:39.464 is that in both examples trigger warnings

01:23:39.464 --> 01:23:42.702 were given and yet there was no for

01:23:42.702 --> 01:23:44.592 somehow that hadn't been absorbed.

01:23:44.600 --> 01:23:47.170 So that to me was a clue that the trigger

NOTE Confidence: 0.865303056666667

01:23:47.238 --> 01:23:49.308 warning itself was not the issue,

NOTE Confidence: 0.865303056666667

01:23:49.310 --> 01:23:50.502 it was something greater.

NOTE Confidence: 0.865303056666667

01:23:50.502 --> 01:23:52.695 And that's why I think this kind

NOTE Confidence: 0.865303056666667

01:23:52.695 --> 01:23:54.430 of conversation is very helpful,

NOTE Confidence: 0.865303056666667

01:23:54.430 --> 01:23:56.884 because it's still a little bit mysterious,

NOTE Confidence: 0.865303056666667

01:23:56.884 --> 01:23:59.733 the sort of meta theme that comes

NOTE Confidence: 0.865303056666667

01:23:59.733 --> 01:24:03.760 to me from the responsive. Is that?

NOTE Confidence: 0.865303056666667

01:24:03.760 --> 01:24:05.680 Trauma may not be the way to think about it.

NOTE Confidence: 0.865303056666667

01:24:05.680 --> 01:24:08.280 The way to think about it is about

NOTE Confidence: 0.865303056666667

01:24:08.280 --> 01:24:10.428 relationships and where people are close,

NOTE Confidence: 0.865303056666667

01:24:10.430 --> 01:24:12.310 where there is trust,

NOTE Confidence: 0.865303056666667

01:24:12.310 --> 01:24:15.256 where there is an openness to listen

NOTE Confidence: 0.865303056666667

01:24:15.256 --> 01:24:17.560 and be receptive to others there.

NOTE Confidence: 0.865303056666667

01:24:17.560 --> 01:24:19.144 I get the feeling we're moving

NOTE Confidence: 0.865303056666667

01:24:19.144 --> 01:24:20.200 in the right direction.

NOTE Confidence: 0.865303056666667

01:24:20.200 --> 01:24:21.892 How that gets institutionalized,

NOTE Confidence: 0.865303056666667

01:24:21.892 --> 01:24:24.007 how it creates the culture

NOTE Confidence: 0.865303056666667

01:24:24.007 --> 01:24:25.600 of an organization,

NOTE Confidence: 0.865303056666667

01:24:25.600 --> 01:24:27.300 how it gets incorporated

NOTE Confidence: 0.865303056666667

01:24:27.300 --> 01:24:28.575 into medical education.

NOTE Confidence: 0.865303056666667

01:24:28.580 --> 01:24:30.580 I think that's what we need to work on.

NOTE Confidence: 0.744189664

01:24:35.600 --> 01:24:39.315 You you you see it away from the word easy,

NOTE Confidence: 0.744189664

01:24:39.315 --> 01:24:42.290 but I think actually trigger

NOTE Confidence: 0.744189664

01:24:42.290 --> 01:24:45.240 warnings actually. Are easy.

NOTE Confidence: 0.744189664

01:24:45.240 --> 01:24:49.425 It keeps us from having to do more work.

NOTE Confidence: 0.744189664

01:24:49.425 --> 01:24:54.400 Because. The more work. Is.

NOTE Confidence: 0.744189664

01:24:54.400 --> 01:24:58.372 The responsibility of of broadening the

NOTE Confidence: 0.744189664

01:24:58.372 --> 01:25:01.944 perspective of being prepared to talk

NOTE Confidence: 0.744189664

01:25:01.944 --> 01:25:04.716 about we talk about difficult things,

NOTE Confidence: 0.744189664

01:25:04.720 --> 01:25:07.174 but if we talk about difficult

NOTE Confidence: 0.744189664

01:25:07.174 --> 01:25:10.552 things in a way that respects and

NOTE Confidence: 0.744189664

01:25:10.552 --> 01:25:14.160 empathizes with our learners.

NOTE Confidence: 0.744189664

01:25:14.160 --> 01:25:16.352 We think, we, I think we may think

NOTE Confidence: 0.744189664

01:25:16.352 --> 01:25:18.618 it is going to take more time.

NOTE Confidence: 0.744189664

01:25:18.620 --> 01:25:21.590 We need the reflective time.

NOTE Confidence: 0.744189664

01:25:21.590 --> 01:25:23.780 Who's going to be the person

NOTE Confidence: 0.744189664

01:25:23.780 --> 01:25:26.830 the go to if things break down?

NOTE Confidence: 0.744189664

01:25:26.830 --> 01:25:30.170 We we don't feel comfortable managing

NOTE Confidence: 0.744189664

01:25:30.170 --> 01:25:32.496 our our groups if that happens.

NOTE Confidence: 0.744189664

01:25:32.496 --> 01:25:34.750 And so I think the trigger warning

NOTE Confidence: 0.744189664

01:25:34.815 --> 01:25:36.705 is a stand in saying I'm just,

NOTE Confidence: 0.744189664

01:25:36.710 --> 01:25:39.430 I'm flagging this for you.

NOTE Confidence: 0.744189664

01:25:39.430 --> 01:25:41.992 Because the other side of that

NOTE Confidence: 0.744189664

01:25:41.992 --> 01:25:44.250 is much harder, much deeper.

NOTE Confidence: 0.744189664

01:25:44.250 --> 01:25:47.160 And so we keep doing it,

NOTE Confidence: 0.744189664

01:25:47.160 --> 01:25:49.460 even though there is evidence

NOTE Confidence: 0.744189664

01:25:49.460 --> 01:25:51.300 that has minimal effect,

NOTE Confidence: 0.744189664

01:25:51.300 --> 01:25:53.980 as I said in my in my comments.

NOTE Confidence: 0.744189664

01:25:53.980 --> 01:25:57.240 And so I think that.

NOTE Confidence: 0.744189664

01:25:57.240 --> 01:25:59.226 Taking a more holistic view of

NOTE Confidence: 0.744189664

01:25:59.226 --> 01:26:01.230 how and what we're teaching,

NOTE Confidence: 0.744189664

01:26:01.230 --> 01:26:03.939 listening to what the students are saying,

NOTE Confidence: 0.744189664

01:26:03.940 --> 01:26:07.426 they're telling us clearly that the

NOTE Confidence: 0.744189664

01:26:07.426 --> 01:26:09.802 trigger warning in and of itself

NOTE Confidence: 0.744189664

01:26:09.802 --> 01:26:13.480 is not enough. We need to do more.

NOTE Confidence: 0.744189664

01:26:13.480 --> 01:26:18.814 And so it we need a we the substitute

NOTE Confidence: 0.744189664

01:26:18.814 --> 01:26:20.956 is is harder, more difficult,

NOTE Confidence: 0.744189664

01:26:20.956 --> 01:26:24.700 but ultimately is going to be what is

NOTE Confidence: 0.744189664

01:26:24.792 --> 01:26:28.144 needed if we are really going to to

NOTE Confidence: 0.744189664

01:26:28.144 --> 01:26:32.336 really teach our learners how to not only.

NOTE Confidence: 0.744189664

01:26:32.340 --> 01:26:34.684 Deal with the content,

NOTE Confidence: 0.744189664

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01:26:34.684 --> 01:26:37.614 but as Amber alluded to.

NOTE Confidence: 0.744189664

01:26:37.620 --> 01:26:39.548 Understand how to emotionally

NOTE Confidence: 0.744189664

01:26:39.548 --> 01:26:41.300 process the information.

NOTE Confidence: 0.744189664

01:26:41.300 --> 01:26:43.334 That's a much bigger proposition than

NOTE Confidence: 0.744189664

01:26:43.334 --> 01:26:46.010 two lines at the beginning of a talk.

NOTE Confidence: 0.799011184285714

01:26:49.030 --> 01:26:50.161 Really. Well said.

NOTE Confidence: 0.799011184285714

01:26:50.161 --> 01:26:52.564 Umm, you know what, what I'm hearing

NOTE Confidence: 0.799011184285714

01:26:52.564 --> 01:26:54.650 from from you and from from our,

NOTE Confidence: 0.799011184285714

01:26:54.650 --> 01:26:57.312 our panel is that it's, you know,

NOTE Confidence: 0.799011184285714

01:26:57.312 --> 01:26:58.788 when we think about trigger warnings,

NOTE Confidence: 0.799011184285714

01:26:58.790 --> 01:27:01.548 that's really a, a warning about content.

NOTE Confidence: 0.799011184285714

01:27:01.550 --> 01:27:03.070 But the issue at hand

NOTE Confidence: 0.799011184285714

01:27:03.070 --> 01:27:04.590 isn't so much the content.

NOTE Confidence: 0.799011184285714

01:27:04.590 --> 01:27:07.168 It's the context, it's the culture,

NOTE Confidence: 0.799011184285714

01:27:07.170 --> 01:27:09.110 it's the it's it's the,

NOTE Confidence: 0.799011184285714

01:27:09.110 --> 01:27:10.748 the milieu in which students who

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NOTE Confidence: 0.799011184285714

01:27:10.748 --> 01:27:12.971 may be coming from places of trauma

NOTE Confidence: 0.799011184285714

01:27:12.971 --> 01:27:14.407 are encountering this content,

NOTE Confidence: 0.799011184285714

01:27:14.410 --> 01:27:16.550 and if that's in a way where they don't feel,

NOTE Confidence: 0.799011184285714

01:27:16.550 --> 01:27:19.016 like you've said, safe and supported.

NOTE Confidence: 0.799011184285714

01:27:19.020 --> 01:27:22.948 That can feel re traumatizing and to be

NOTE Confidence: 0.799011184285714

01:27:22.948 --> 01:27:25.624 fair as you know as we've heard tonight

NOTE Confidence: 0.868981442

01:27:26.040 --> 01:27:28.110 part of being a physician is

NOTE Confidence: 0.891496831428571

01:27:28.200 --> 01:27:29.964 encountering really difficult

NOTE Confidence: 0.891496831428571

01:27:29.964 --> 01:27:32.316 situations sometimes without warning.

NOTE Confidence: 0.891496831428571

01:27:32.320 --> 01:27:34.320 But students aren't physicians yet.

NOTE Confidence: 0.891496831428571

01:27:34.320 --> 01:27:36.668 It's our job to help them become that.

NOTE Confidence: 0.891496831428571

01:27:36.668 --> 01:27:39.110 And so I think when we send them the

NOTE Confidence: 0.891496831428571

01:27:39.110 --> 01:27:40.490 message that we're in their corner

NOTE Confidence: 0.891496831428571

01:27:40.490 --> 01:27:42.336 and that we want to help them get

NOTE Confidence: 0.891496831428571

01:27:42.336 --> 01:27:45.450 to a place where where they can sort

NOTE Confidence: 0.891496831428571

01:27:45.450 --> 01:27:48.668 of build up that from a safe place,

NOTE Confidence: 0.891496831428571

01:27:48.670 --> 01:27:50.308 from a place where they feel like.

NOTE Confidence: 0.891496831428571

01:27:50.310 --> 01:27:51.870 We have their back.

NOTE Confidence: 0.891496831428571

01:27:51.870 --> 01:27:54.210 I think we only prepare them

NOTE Confidence: 0.891496831428571

01:27:54.299 --> 01:27:56.657 better than to to go forward.

NOTE Confidence: 0.891496831428571

01:27:56.660 --> 01:27:59.396 So I just I this was a wonderful

NOTE Confidence: 0.891496831428571

01:27:59.396 --> 01:28:02.427 panel we have just two minutes left.

NOTE Confidence: 0.891496831428571

01:28:02.430 --> 01:28:04.236 So you know it's typically our

NOTE Confidence: 0.891496831428571

01:28:04.236 --> 01:28:06.251 tradition is if anyone has any final

NOTE Confidence: 0.891496831428571

01:28:06.251 --> 01:28:08.407 thoughts on our panel or if if our

NOTE Confidence: 0.891496831428571

01:28:08.407 --> 01:28:10.137 wonderful students have any final

NOTE Confidence: 0.891496831428571

01:28:10.137 --> 01:28:12.174 thoughts they'd like to share before

NOTE Confidence: 0.891496831428571

01:28:12.174 --> 01:28:14.750 we close I I'd love to hear them

NOTE Confidence: 0.891496831428571

01:28:14.824 --> 01:28:17.335 but I I think you know this is has

NOTE Confidence: 0.891496831428571

01:28:17.335 --> 01:28:21.980 been a really wonderful evening any.

NOTE Confidence: 0.891496831428571

01:28:21.980 --> 01:28:22.950 Last minute.

NOTE Confidence: 0.88708348

01:28:25.160 --> 01:28:28.048 No. OK, wonderful. Well, I really,

NOTE Confidence: 0.88708348

01:28:28.048 --> 01:28:30.440 really appreciate our wonderful panelists.

NOTE Confidence: 0.88708348

01:28:30.440 --> 01:28:33.920 Dr Shears, Dr Shenzen, Dr Powell,

NOTE Confidence: 0.88708348

01:28:33.920 --> 01:28:35.180 Amber Acquaye, Ryan Sutherland,

NOTE Confidence: 0.88708348

01:28:35.180 --> 01:28:37.070 thank you so much for sharing

NOTE Confidence: 0.88708348

01:28:37.123 --> 01:28:38.259 your insights as well.

NOTE Confidence: 0.88708348

01:28:38.260 --> 01:28:39.848 We really appreciate it.

NOTE Confidence: 0.88708348

01:28:39.848 --> 01:28:41.833 Thank you to everyone who

NOTE Confidence: 0.88708348

01:28:41.833 --> 01:28:43.779 attended in person and in zoom.

NOTE Confidence: 0.88708348

01:28:43.780 --> 01:28:45.838 There's obviously a lot of work that

NOTE Confidence: 0.88708348

01:28:45.838 --> 01:28:47.898 remains to be done in this field,

NOTE Confidence: 0.88708348

01:28:47.900 --> 01:28:50.220 but I think this is an important start.

NOTE Confidence: 0.88708348

01:28:50.220 --> 01:28:52.156 And I I know I too like Mark.

NOTE Confidence: 0.88708348

01:28:52.160 --> 01:28:54.830 I've. I've had a lot of.

NOTE Confidence: 0.88708348

01:28:54.830 --> 01:28:56.566 I have a lot of reflecting to

NOTE Confidence: 0.88708348

01:28:56.566 --> 01:28:58.209 do and this is really really

NOTE Confidence: 0.88708348

01:28:58.209 --> 01:29:00.155 helped me and so I'm I'm very

NOTE Confidence: 0.88708348

01:29:00.224 --> 01:29:02.320 grateful and I thank you so much.