WEBVTT

00:00:00.000 --> 00:00:02.240 Keeping stuff that's OK and then turn it

00:00:02.240 --> 00:00:03.610 over to you got it.

00:00:06.760 --> 00:00:07.310 Poker.

00:00:28.850 --> 00:00:32.770 So I have two screens now. I don't

00:00:32.770 --> 00:00:35.290 know which ones is the one with the

00:00:35.290 --> 00:00:37.442 camera. Oh. You're you,

00:00:37.442 --> 00:00:41.910 you're in camera and. But

00:00:41.910 --> 00:00:43.209 and you're presenting,

00:00:43.209 --> 00:00:45.807 everything looks fine from our side.

00:00:45.810 --> 00:00:48.469 Yeah, it looks perfect.

00:00:48.470 --> 00:00:50.766 Alright, I think we'll get started everybody.

00:00:50.770 --> 00:00:51.370 Good afternoon.

00:00:51.370 --> 00:00:53.170 I'm Lauren Tobias and I'd like

00:00:53.170 --> 00:00:55.249 you to welcome like to welcome

NOTE Confidence: 0.87032413

00:00:55.249 --> 00:00:56.665 you Tauriel sleep Seminar.

NOTE Confidence: 0.87032413

00:00:56.670 --> 00:00:58.836 I have a few brief housekeeping

NOTE Confidence: 0.87032413

00:00:58.836 --> 00:01:01.258 announcements before I turn it over to Ian.

NOTE Confidence: 0.87032413

00:01:01.260 --> 00:01:03.228 We're to introduce our speaker today.

NOTE Confidence: 0.87032413

00:01:03.230 --> 00:01:04.214 Please feel free.

NOTE Confidence: 0.87032413

00:01:04.214 --> 00:01:06.505 Please take a moment to make sure

NOTE Confidence: 0.87032413

00:01:06.505 --> 00:01:08.474 that you're muted in order to

NOTE Confidence: 0.87032413

00:01:08.474 --> 00:01:10.114 receive CME credit for attendance,

NOTE Confidence: 0.87032413

00:01:10.114 --> 00:01:12.410 please see the chat room for instructions.

NOTE Confidence: 0.87032413

00:01:12.410 --> 00:01:14.882 You can text the unique ID for our

NOTE Confidence: 0.87032413

00:01:14.882 --> 00:01:16.931 conference anytime until 3:15 and if

NOTE Confidence: 0.87032413

00:01:16.931 --> 00:01:18.646 you're not already registered with,

NOTE Confidence: 0.87032413

00:01:18.650 --> 00:01:20.014 you will see me.

NOTE Confidence: 0.87032413

00:01:20.014 --> 00:01:21.719 Will need to do that.

NOTE Confidence: 0.87032413

00:01:21.720 --> 00:01:22.390 1st, If

NOTE Confidence: 0.8912813

00:01:22.390 --> 00:01:23.726 you have any questions

NOTE Confidence: 0.8912813

00:01:23.726 --> 00:01:24.728 during the presentation,

NOTE Confidence: 0.8912813

00:01:24.730 --> 00:01:26.949 please make use of the chat room

NOTE Confidence: 0.8912813

00:01:26.949 --> 00:01:29.210 and we will invite you to unmute

NOTE Confidence: 0.8912813

00:01:29.210 --> 00:01:31.885 at the end of the talk and ask

NOTE Confidence: 0.8912813

00:01:31.885 --> 00:01:33.735 questions aloud if you wish.

NOTE Confidence: 0.8912813

00:01:33.740 --> 00:01:36.410 We do have recorded versions of our

NOTE Confidence: 0.8912813

00:01:36.410 --> 00:01:38.485 lectures that are available online

NOTE Confidence: 0.8912813

00:01:38.485 --> 00:01:40.520 within two weeks of the date of

NOTE Confidence: 0.8912813

00:01:40.520 --> 00:01:42.564 the talk and the link for those

NOTE Confidence: 0.8912813

00:01:42.564 --> 00:01:44.769 talks is also provided in the chat.

NOTE Confidence: 0.8912813

00:01:44.770 --> 00:01:46.769 And finally, please feel free to

NOTE Confidence: 0.8912813

00:01:46.770 --> 00:01:48.565 share the announcements for our

NOTE Confidence: 0.8912813

00:01:48.565 --> 00:01:50.360 weekly lecture series to anyone

NOTE Confidence: 0.8912813

00:01:50.425 --> 00:01:52.036 else who may be interested.

NOTE Confidence: 0.8912813

00:01:52.036 --> 00:01:54.120 Or you can contact Debbie Lovejoy

NOTE Confidence: 0.8912813

00:01:54.120 --> 00:01:56.344 to be added to our email list

NOTE Confidence: 0.8912813

00:01:56.344 --> 00:01:58.464 so I will turn it over to Ian

NOTE Confidence: 0.8912813

00:01:58.531 --> 00:02:00.319 to introduce Doctor Bhatia.

NOTE Confidence: 0.8912813

00:02:00.320 --> 00:02:01.295 Refer today great.

NOTE Confidence: 0.8912813

00:02:01.295 --> 00:02:02.595 Well, thank you very

NOTE Confidence: 0.81458336

00:02:02.600 --> 00:02:04.556 much. So I have the honor

NOTE Confidence: 0.81458336

00:02:04.556 --> 00:02:05.860 of introducing our speaker,

NOTE Confidence: 0.81458336

00:02:05.860 --> 00:02:06.808 Doctor Hero Bakhtiar.

NOTE Confidence: 0.81458336

00:02:06.808 --> 00:02:09.020 She is one of our sleep fellows

NOTE Confidence: 0.81458336

00:02:09.082 --> 00:02:11.042 and I've known here for at least

NOTE Confidence: 0.81458336

00:02:11.042 --> 00:02:13.087 four years and so it's fantastic

NOTE Confidence: 0.81458336

00:02:13.087 --> 00:02:14.987 that she's presenting this topic,

NOTE Confidence: 0.81458336

00:02:14.990 --> 00:02:17.265 which you know, just for everyone's sake.

NOTE Confidence: 0.81458336

00:02:17.270 --> 00:02:19.226 This is really could count as

NOTE Confidence: 0.81458336

00:02:19.226 --> 00:02:20.530 a faculty development lecture.

NOTE Confidence: 0.81458336

00:02:20.530 --> 00:02:23.138 So if you need that for your AC

NOTE Confidence: 0.81458336

00:02:23.138 --> 00:02:24.900 GME requirements, this is a.

NOTE Confidence: 0.81458336

00:02:24.900 --> 00:02:26.380 Really on point topic.

NOTE Confidence: 0.81458336

00:02:26.380 --> 00:02:28.942 So Doctor Hera went to the University

NOTE Confidence: 0.81458336

00:02:28.942 --> 00:02:31.750 of Texas Health Science Center 4 at

NOTE Confidence: 0.81458336

00:02:31.750 --> 00:02:34.198 Tyler for her Turtle Medicine residency

NOTE Confidence: 0.81458336

00:02:34.272 --> 00:02:36.882 and we were lucky to have her for the

NOTE Confidence: 0.81458336

00:02:36.882 --> 00:02:39.340 last four years at the North Hospital,

NOTE Confidence: 0.81458336

00:02:39.340 --> 00:02:41.930 Yale University Pulmonary Program as well as

NOTE Confidence: 0.81458336

00:02:41.930 --> 00:02:45.100 she did her critical care year at at Yale,

NOTE Confidence: 0.81458336

00:02:45.100 --> 00:02:47.740 New Haven and then I was able to

NOTE Confidence: 0.81458336

00:02:47.740 --> 00:02:50.201 convince her to stay for one final

NOTE Confidence: 0.81458336

00:02:50.201 --> 00:02:52.660 year of training at Sleep Medicine.

NOTE Confidence: 0.81458336

00:02:52.660 --> 00:02:55.684 So little interesting fact about Doctor Hira.

NOTE Confidence: 0.81458336

00:02:55.690 --> 00:02:56.641 So she also.

NOTE Confidence: 0.81458336

00:02:56.641 --> 00:02:56.958 Initially,

NOTE Confidence: 0.81458336

00:02:56.958 --> 00:02:58.226 when she was young,

NOTE Confidence: 0.81458336

00:02:58.230 --> 00:03:00.694 she wanted to be a beekeeper and this

NOTE Confidence: 0.81458336

00:03:00.694 --> 00:03:03.296 was her her dream to be a beekeeper.

NOTE Confidence: 0.81458336

00:03:03.300 --> 00:03:05.519 But when she was six years old,

NOTE Confidence: 0.81458336

00:03:05.520 --> 00:03:07.515 she was stung by a bee and

NOTE Confidence: 0.81458336

00:03:07.515 --> 00:03:09.000 how to anaphylactic reaction.

NOTE Confidence: 0.81458336

00:03:09.000 --> 00:03:11.536 An Luckily her father was quick to respond

NOTE Confidence: 0.81458336

00:03:11.536 --> 00:03:13.157 and administered epinephrine and that

NOTE Confidence: 0.81458336

00:03:13.157 --> 00:03:15.334 was the end of her beekeeping career,

NOTE Confidence: 0.81458336

00:03:15.340 --> 00:03:17.440 and we're lucky that she that she

NOTE Confidence: 0.81458336

00:03:17.440 --> 00:03:20.076 was with us today and able to be

NOTE Confidence: 0.81458336

00:03:20.076 --> 00:03:22.116 a fantastic position that she is

NOTE Confidence: 0.81458336

00:03:22.116 --> 00:03:24.216 were also very lucky to have her.

NOTE Confidence: 0.81458336

00:03:24.220 --> 00:03:26.908 She's decided to stay on at New York

NOTE Confidence: 0.81458336

00:03:26.908 --> 00:03:29.097 Hospital and should be one of our.

NOTE Confidence: 0.81458336

00:03:29.100 --> 00:03:30.855 Core faculty for pulmonary critical

NOTE Confidence: 0.81458336

00:03:30.855 --> 00:03:33.014 care and sleep at Norwalk Hospital

NOTE Confidence: 0.81458336

00:03:33.014 --> 00:03:35.084 so will be working at professional

NOTE Confidence: 0.81458336

00:03:35.084 --> 00:03:36.847 colleagues and I couldn't be

NOTE Confidence: 0.81458336

00:03:36.847 --> 00:03:37.846 any more happier,

NOTE Confidence: 0.81458336

00:03:37.850 --> 00:03:40.188 so her topic will be on optimizing

NOTE Confidence: 0.81458336

00:03:40.188 --> 00:03:41.190 virtual distance learning

NOTE Confidence: 0.81458336

00:03:41.247 --> 00:03:42.747 during pandemic and beyond.

NOTE Confidence: 0.81458336

00:03:42.750 --> 00:03:43.294 And really,

NOTE Confidence: 0.81458336

00:03:43.294 --> 00:03:45.913 this is meant to be sort of a little

NOTE Confidence: 0.81458336

00:03:45.913 --> 00:03:48.889 unique topic and that this is a medical

NOTE Confidence: 0.81458336

00:03:48.889 --> 00:03:50.897 education topic which will have

NOTE Confidence: 0.81458336

00:03:50.897 --> 00:03:53.249 interest to both faculty and fellows.

NOTE Confidence: 0.81458336

00:03:53.250 --> 00:03:54.300 So Doctor here

NOTE Confidence: 0.8501578

00:03:54.300 --> 00:03:56.400 and take it away. Thank you.

NOTE Confidence: 0.8501578

00:03:56.400 --> 00:03:58.850 Thank you so much and welcome everyone.

NOTE Confidence: 0.8501578

00:03:58.850 --> 00:04:00.578 Just a few housekeeping.

NOTE Confidence: 0.8501578

00:04:00.578 --> 00:04:03.850 Items I don't have any commercial support.

NOTE Confidence: 0.8501578

00:04:03.850 --> 00:04:06.544 I'm a fellow and I have

NOTE Confidence: 0.8501578

00:04:06.544 --> 00:04:08.340 no conflicts of interests.

NOTE Confidence: 0.8501578

00:04:08.340 --> 00:04:11.836 This is the text code and this will

NOTE Confidence: 0.8501578

00:04:11.836 --> 00:04:15.527 appear in your chat box later as well,

NOTE Confidence: 0.8501578

00:04:15.530 --> 00:04:18.714 so I am going to start talking about

NOTE Confidence: 0.8501578

00:04:18.714 --> 00:04:21.807 what I'm passionate to talk about.

NOTE Confidence: 0.8501578

00:04:21.810 --> 00:04:23.964 So GME graduate medical education has

NOTE Confidence: 0.8501578

00:04:23.964 --> 00:04:26.995 relied on face to face interactions to

NOTE Confidence: 0.8501578

00:04:26.995 --> 00:04:29.540 fulfill clinical didactic and scholarship

NOTE Confidence: 0.8501578

00:04:29.540 --> 00:04:32.259 components amid the coronavirus pandemic.

NOTE Confidence: 0.8501578

00:04:32.260 --> 00:04:35.056 And the need for social distancing.

NOTE Confidence: 0.8501578

00:04:35.060 --> 00:04:37.136 This virtual learning platform

NOTE Confidence: 0.8501578

00:04:37.136 --> 00:04:39.212 has significantly reshaped anina

NOTE Confidence: 0.8501578

00:04:39.212 --> 00:04:42.335 rated on how we teach and engage

NOTE Confidence: 0.8501578

00:04:42.335 --> 00:04:43.939 with our medical trainees.

NOTE Confidence: 0.8501578

00:04:43.940 --> 00:04:45.748 Due to the pandemic,

NOTE Confidence: 0.8501578

00:04:45.748 --> 00:04:48.008 the residencies and fellowships have

NOTE Confidence: 0.8501578

00:04:48.008 --> 00:04:49.959 implemented programs to optimize

NOTE Confidence: 0.8501578

00:04:49.959 --> 00:04:51.867 virtual and distance learning,

NOTE Confidence: 0.8501578

00:04:51.870 --> 00:04:54.516 and I'll be discussing how specific

NOTE Confidence: 0.8501578

00:04:54.516 --> 00:04:57.010 aspects of Sleep Medicine training,

NOTE Confidence: 0.8501578

00:04:57.010 --> 00:04:58.874 such as clinical care,

NOTE Confidence: 0.8501578

00:04:58.874 --> 00:04:59.806 didactic scholarships,

NOTE Confidence: 0.8501578

00:04:59.810 --> 00:05:03.247 training well being, and can be adopted.

NOTE Confidence: 0.8501578

00:05:03.250 --> 00:05:05.560 In a virtual learning environment,

NOTE Confidence: 0.8501578

00:05:05.560 --> 00:05:08.952 so my objectives for today's talk are to

NOTE Confidence: 0.8501578

00:05:08.952 --> 00:05:11.550 discuss virtual learning and didactic.

NOTE Confidence: 0.8501578

00:05:11.550 --> 00:05:13.390 Delivering a virtual clinical

NOTE Confidence: 0.8501578

00:05:13.390 --> 00:05:14.310 learning environment,

NOTE Confidence: 0.8501578

00:05:14.310 --> 00:05:16.615 strategies to optimize and maximize

NOTE Confidence: 0.8501578

00:05:16.615 --> 00:05:18.459 learning for the trainees,

NOTE Confidence: 0.8501578

00:05:18.460 --> 00:05:21.444 and how to take care of our trainees

NOTE Confidence: 0.8501578

00:05:21.444 --> 00:05:24.255 in the setting of distance learning

NOTE Confidence: 0.8501578

00:05:24.255 --> 00:05:27.219 an Lastly to review the news

NOTE Confidence: 0.8501578

00:05:27.313 --> 00:05:30.089 sleep Medicine's milestones 2.0.

NOTE Confidence: 0.8501578

00:05:30.090 --> 00:05:33.098 Before I get into a virtual clinical care,

NOTE Confidence: 0.8501578

00:05:33.100 --> 00:05:34.186 you know, talk,

NOTE Confidence: 0.8501578

00:05:34.186 --> 00:05:37.930 I just want to say that you know, we've had.

NOTE Confidence: 0.8501578

00:05:37.930 --> 00:05:40.730 I don't want to define it again because

NOTE Confidence: 0.8501578

00:05:40.800 --> 00:05:43.248 we've had many deli medicine talks,

NOTE Confidence: 0.8501578

00:05:43.250 --> 00:05:46.248 but I want to emphasize that, you know,

NOTE Confidence: 0.8501578

00:05:46.248 --> 00:05:48.093 telling medicine is the forefront

NOTE Confidence: 0.8501578

00:05:48.093 --> 00:05:50.389 of our clinical care delivery now.

NOTE Confidence: 0.8501578

00:05:50.390 --> 00:05:52.646 Sleep Medicine is very well suited

NOTE Confidence: 0.8501578

00:05:52.646 --> 00:05:53.774 for telling medicine.

NOTE Confidence: 0.8501578

00:05:53.780 --> 00:05:56.258 Given the use of cloud based technologies

NOTE Confidence: 0.8501578

00:05:56.258 --> 00:05:58.290 for Pap adherence and monitoring,

NOTE Confidence: 0.8501578

00:05:58.290 --> 00:05:58.992 you know.

NOTE Confidence: 0.8501578

00:05:58.992 --> 00:06:01.098 While the field has long advocated

NOTE Confidence: 0.8501578

00:06:01.098 --> 00:06:02.490 for telling medicines.

NOTE Confidence: 0.8501578

00:06:02.490 --> 00:06:02.958 Hello,

NOTE Confidence: 0.8501578

00:06:02.958 --> 00:06:05.298 Ship programs have not implemented

NOTE Confidence: 0.8501578

00:06:05.298 --> 00:06:07.880 them universally for the trainees,

NOTE Confidence: 0.8501578

00:06:07.880 --> 00:06:10.395 but recent adaptations to pair

NOTE Confidence: 0.8501578

00:06:10.395 --> 00:06:12.910 policies have made Tele Medicine

NOTE Confidence: 0.8501578

00:06:12.993 --> 00:06:15.228 services more accessible to patients

NOTE Confidence: 0.8501578

00:06:15.228 --> 00:06:18.553 and the AC GME also now permits

NOTE Confidence: 0.8501578

00:06:18.553 --> 00:06:21.068 study medicine to be incorporated

NOTE Confidence: 0.8501578

00:06:21.068 --> 00:06:23.580 into our clinical training programs.

NOTE Confidence: 0.8501578

00:06:23.580 --> 00:06:27.080 The rapid shift to social distancing and

NOTE Confidence: 0.8501578

00:06:27.080 --> 00:06:29.509 remote working presents the programs

NOTE Confidence: 0.8501578

00:06:29.509 --> 00:06:32.970 with the time we opportunity to explore.

NOTE Confidence: 0.8501578

00:06:32.970 --> 00:06:34.980 Expose Sleep Medicine trainees to

NOTE Confidence: 0.8501578

00:06:34.980 --> 00:06:37.834 tell him medicine an equip them with

NOTE Confidence: 0.8501578

00:06:37.834 --> 00:06:40.162 the skills that they will undoubtedly

NOTE Confidence: 0.8501578

00:06:40.162 --> 00:06:42.420 build upon during their careers.

NOTE Confidence: 0.8501578

00:06:42.420 --> 00:06:44.480 Before I discuss the case,

NOTE Confidence: 0.8501578

00:06:44.480 --> 00:06:46.940 I would like to, you know,

NOTE Confidence: 0.8501578

00:06:46.940 --> 00:06:50.769 do a pull about you know how.

NOTE Confidence: 0.8501578

00:06:50.770 --> 00:06:52.674 Everybody in this meeting

NOTE Confidence: 0.8501578

00:06:52.674 --> 00:06:54.578 feels about telling medicine,

NOTE Confidence: 0.8501578

00:06:54.580 --> 00:06:57.556 and I I really wanna know whether you

NOTE Confidence: 0.8501578

00:06:57.556 --> 00:07:00.489 agree if Sleep Medicine training has

NOTE Confidence: 0.8501578

00:07:00.489 --> 00:07:03.119 become an important important part

NOTE Confidence: 0.8501578

00:07:03.119 --> 00:07:06.478 of practicing Sleep Medicine for you,

NOTE Confidence: 0.8501578

00:07:06.480 --> 00:07:09.342 and you know whether you were

NOTE Confidence: 0.8501578

00:07:09.342 --> 00:07:11.710 an academic setting or not.

NOTE Confidence: 0.89551497

00:07:15.230 --> 00:07:17.214 I'll just give this a few more seconds

NOTE Confidence: 0.89551497

00:07:17.214 --> 00:07:19.408 and then share my results with you guys.

NOTE Confidence: 0.907911748

00:07:25.090 --> 00:07:29.514 So that's good. Almost 70% of the

NOTE Confidence: 0.907911748

00:07:29.514 --> 00:07:33.658 people agree that it is an important

NOTE Confidence: 0.907911748

00:07:33.658 --> 00:07:37.960 part of practicing Sleep Medicine.

NOTE Confidence: 0.907911748

00:07:37.960 --> 00:07:40.968 So let me start with a clinical case.

NOTE Confidence: 0.907911748

00:07:40.970 --> 00:07:43.595 We have a typical bread and butter,

NOTE Confidence: 0.907911748

00:07:43.600 --> 00:07:45.480 Sleep Medicine case of Mr.

NOTE Confidence: 0.907911748

00:07:45.480 --> 00:07:47.736 Piper, who's a 68 year old

NOTE Confidence: 0.907911748

00:07:47.736 --> 00:07:49.616 male living in Shelton, CT.

NOTE Confidence: 0.907911748

00:07:49.616 --> 00:07:50.744 He has hypertension.

NOTE Confidence: 0.907911748

00:07:50.744 --> 00:07:52.248 He's on two medications.

NOTE Confidence: 0.907911748

00:07:52.250 --> 00:07:53.750 He reports Nonrestorative sleep

NOTE Confidence: 0.907911748

00:07:53.750 --> 00:07:55.625 to his primary care physician.

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NOTE Confidence: 0.907911748

00:07:55.630 --> 00:07:56.378 In addition,

NOTE Confidence: 0.907911748

00:07:56.378 --> 00:07:58.996 he snores has gasping and choking spells

NOTE Confidence: 0.907911748

00:07:58.996 --> 00:08:01.645 at night as well as business apneas.

NOTE Confidence: 0.907911748

00:08:01.650 --> 00:08:03.897 He easily nods off in the morning

NOTE Confidence: 0.907911748

00:08:03.897 --> 00:08:06.538 and does not have morning headaches.

NOTE Confidence: 0.907911748

00:08:06.540 --> 00:08:09.915 His exam is notable for a BMI of 33.

NOTE Confidence: 0.907911748

00:08:09.920 --> 00:08:11.860 His neck circumference is 70.

NOTE Confidence: 0.907911748

00:08:11.860 --> 00:08:15.145 And a half inches and Marlon party for Herve.

NOTE Confidence: 0.907911748

00:08:15.150 --> 00:08:18.092 So the next steps would be for him to

NOTE Confidence: 0.907911748

00:08:18.092 --> 00:08:21.010 be referred to a Sleep Medicine clinic.

NOTE Confidence: 0.907911748

00:08:21.010 --> 00:08:23.098 After you know the stock Bank

NOTE Confidence: 0.907911748

00:08:23.098 --> 00:08:25.040 of eight out of eight.

NOTE Confidence: 0.907911748

00:08:25.040 --> 00:08:28.073 And now I'm just gonna dive into how this

NOTE Confidence: 0.907911748

00:08:28.073 --> 00:08:30.529 wizard would be conducted in person.

NOTE Confidence: 0.907911748

00:08:30.530 --> 00:08:33.374 So you know the patient is seen in the

NOTE Confidence: 0.907911748

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00:08:33.374 --> 00:08:36.018 clinic evaluated by the Sleep Medicine.

NOTE Confidence: 0.907911748

00:08:36.020 --> 00:08:37.900 Fellow history is obtained and

NOTE Confidence: 0.907911748

00:08:37.900 --> 00:08:40.240 then you know attending in the

NOTE Confidence: 0.907911748

00:08:40.240 --> 00:08:42.165 fellow recommend a sleep study.

NOTE Confidence: 0.907911748

00:08:42.170 --> 00:08:44.942 Home versus in lab studies and the

NOTE Confidence: 0.907911748

00:08:44.942 --> 00:08:46.949 steep studies performed and scored.

NOTE Confidence: 0.907911748

00:08:46.950 --> 00:08:49.729 A results are discussed again with Mr.

NOTE Confidence: 0.907911748

00:08:49.730 --> 00:08:51.720 Piper and the next visit,

NOTE Confidence: 0.907911748

00:08:51.720 --> 00:08:54.625 and then he chooses C Pap based

NOTE Confidence: 0.907911748

00:08:54.625 --> 00:08:57.288 on the severity of OSA and DME,

NOTE Confidence: 0.907911748

00:08:57.290 --> 00:08:59.887 company meets him to start the see

NOTE Confidence: 0.907911748

00:08:59.887 --> 00:09:02.853 PAP and then he follows up again

NOTE Confidence: 0.907911748

00:09:02.853 --> 00:09:05.063 to review the download adherence

NOTE Confidence: 0.907911748

00:09:05.063 --> 00:09:07.771 and if any questions he has now

NOTE Confidence: 0.907911748

00:09:07.771 --> 00:09:10.703 if this wizard was to be conducted

NOTE Confidence: 0.907911748

00:09:10.703 --> 00:09:12.176 virtually you know.

NOTE Confidence: 0.907911748

00:09:12.180 --> 00:09:14.140 In this distance learning environment,

NOTE Confidence: 0.907911748

00:09:14.140 --> 00:09:16.800 how do we incorporate our trainee and

NOTE Confidence: 0.907911748

00:09:16.800 --> 00:09:19.996 you know how will they conduct a visit?

NOTE Confidence: 0.907911748

00:09:20.000 --> 00:09:22.346 You know, whatever platform you use,

NOTE Confidence: 0.907911748

00:09:22.350 --> 00:09:24.690 all the steps remain the same.

NOTE Confidence: 0.907911748

00:09:24.690 --> 00:09:27.294 If you see that except that they

NOTE Confidence: 0.907911748

00:09:27.294 --> 00:09:29.379 all become remote and virtual,

NOTE Confidence: 0.907911748

00:09:29.380 --> 00:09:32.117 you know he's seen in the clinic.

NOTE Confidence: 0.907911748

00:09:32.120 --> 00:09:34.466 Virtually sleep studies performed at home.

NOTE Confidence: 0.907911748

00:09:34.470 --> 00:09:36.420 The results are on cloud.

NOTE Confidence: 0.907911748

00:09:36.420 --> 00:09:39.157 It can be scored virtually as well,

NOTE Confidence: 0.907911748

00:09:39.160 --> 00:09:41.110 you know, and then DM.

NOTE Confidence: 0.907911748

00:09:41.110 --> 00:09:43.938 He can also do a virtual setup.

NOTE Confidence: 0.907911748

00:09:43.940 --> 00:09:46.684 And then the patient meets again remotely

NOTE Confidence: 0.907911748

00:09:46.684 --> 00:09:48.667 to review, download, and adherence.

NOTE Confidence: 0.907911748

00:09:48.667 --> 00:09:52.669 What it does for our Mr Piper is that it

NOTE Confidence: 0.907911748

00:09:52.669 --> 00:09:55.308 does eliminate the need for five visits,

NOTE Confidence: 0.907911748

00:09:55.310 --> 00:09:57.270 which can be cumbersome, time-consuming,

NOTE Confidence: 0.907911748

00:09:57.270 --> 00:10:00.105 and time away for work and then.

NOTE Confidence: 0.907911748

00:10:00.110 --> 00:10:02.777 Also, it brings us to a point.

NOTE Confidence: 0.907911748

00:10:02.780 --> 00:10:05.594 If our trainees are ready to do

NOTE Confidence: 0.907911748

00:10:05.594 --> 00:10:08.019 virtual clinic during their training.

NOTE Confidence: 0.907911748

00:10:08.020 --> 00:10:09.984 A former trainee perspective,

NOTE Confidence: 0.907911748

00:10:09.984 --> 00:10:10.966 you know,

NOTE Confidence: 0.907911748

00:10:10.970 --> 00:10:13.910 I have another poll question that

NOTE Confidence: 0.907911748

00:10:13.910 --> 00:10:17.857 I like to ask before I start on.

NOTE Confidence: 0.907911748

00:10:17.860 --> 00:10:20.440 You know how?

NOTE Confidence: 0.907911748

00:10:20.440 --> 00:10:22.547 We can train our fellows to do

NOTE Confidence: 0.907911748

00:10:22.547 --> 00:10:23.450 virtual medic medicine,

NOTE Confidence: 0.907911748

00:10:23.450 --> 00:10:25.557 so I'm gonna launch that pool Now.

NOTE Confidence: 0.907911748

00:10:25.560 --> 00:10:27.456 And what I really want to know is

NOTE Confidence: 0.907911748

00:10:27.456 --> 00:10:29.455 that how much daily medicine do

NOTE Confidence: 0.907911748

00:10:29.455 --> 00:10:31.280 you incorporate into your practice?

NOTE Confidence: 0.8995962

00:10:47.570 --> 00:10:49.796 I'll give it a few more seconds.

NOTE Confidence: 0.8980173

00:10:55.810 --> 00:10:58.504 Alright, I'm gonna share the results

NOTE Confidence: 0.8980173

00:10:58.504 --> 00:11:01.509 so this is kind of a divided.

NOTE Confidence: 0.8980173

00:11:01.510 --> 00:11:03.474 About 40% participants have

NOTE Confidence: 0.8980173

00:11:03.474 --> 00:11:06.420 over 50% of their, you know,

NOTE Confidence: 0.8980173

00:11:06.420 --> 00:11:08.872 practice intelli medicine, an A-40.

NOTE Confidence: 0.8980173

00:11:08.872 --> 00:11:13.314 A good half is less than 25%, you know?

NOTE Confidence: 0.8980173

00:11:13.314 --> 00:11:16.828 Now this may be something because of

NOTE Confidence: 0.8980173

00:11:16.828 --> 00:11:19.673 institution you know, or you know,

NOTE Confidence: 0.8980173

00:11:19.673 --> 00:11:22.128 not everybody has telemedicine technology.

NOTE Confidence: 0.8980173

00:11:22.130 --> 00:11:24.878 So what would a virtual visit

NOTE Confidence: 0.8980173

00:11:24.878 --> 00:11:27.530 look like for a fellow?

NOTE Confidence: 0.8980173

00:11:27.530 --> 00:11:30.090 You know, despite widespread use

NOTE Confidence: 0.8980173

18

00:11:30.090 --> 00:11:32.138 of outpatient telling medicine?

NOTE Confidence: 0.8980173

00:11:32.140 --> 00:11:34.042 You know there are logistical differences

NOTE Confidence: 0.8980173

00:11:34.042 --> 00:11:36.170 that exist in its implementation.

NOTE Confidence: 0.8980173

00:11:36.170 --> 00:11:38.767 As you can see in these pictures

NOTE Confidence: 0.8980173

00:11:38.767 --> 00:11:41.289 of the first one on the left,

NOTE Confidence: 0.8980173

00:11:41.290 --> 00:11:43.282 you can see we're meeting the

NOTE Confidence: 0.8980173

00:11:43.282 --> 00:11:45.067 patient virtually in the attending

NOTE Confidence: 0.8980173

00:11:45.067 --> 00:11:46.639 could potentially be present

NOTE Confidence: 0.8980173

00:11:46.639 --> 00:11:48.980 for the entire visit with them.

NOTE Confidence: 0.8980173

00:11:48.980 --> 00:11:51.608 It was a break for the fellow in attending

NOTE Confidence: 0.8980173

00:11:51.608 --> 00:11:54.392 to confer go over the assessment plan

NOTE Confidence: 0.8980173

00:11:54.392 --> 00:11:56.660 and recommendations for the patients,

NOTE Confidence: 0.8980173

00:11:56.660 --> 00:11:58.670 which does provide that ending opportunity

NOTE Confidence: 0.8980173

00:11:58.670 --> 00:12:00.497 to observe the fellows history

NOTE Confidence: 0.8980173

00:12:00.497 --> 00:12:02.229 building and communication skills.

NOTE Confidence: 0.8980173

00:12:02.230 --> 00:12:03.850 This kind of direct observation

NOTE Confidence: 0.8980173

00:12:03.850 --> 00:12:06.076 is a potential benefit for telling

NOTE Confidence: 0.8980173

00:12:06.076 --> 00:12:07.158 medicine environment,

NOTE Confidence: 0.8980173

00:12:07.160 --> 00:12:09.698 as attendings presence is not as

NOTE Confidence: 0.8980173

00:12:09.698 --> 00:12:12.135 physically obtrusive as it might be

NOTE Confidence: 0.8980173

00:12:12.135 --> 00:12:14.831 during the face to face visit and this

NOTE Confidence: 0.8980173

00:12:14.902 --> 00:12:17.766 other picture on the right that you see,

NOTE Confidence: 0.8980173

00:12:17.770 --> 00:12:20.346 you do see that the attending and the

NOTE Confidence: 0.8980173

00:12:20.346 --> 00:12:23.080 fellow are conducting the virtual wizard,

NOTE Confidence: 0.8980173

00:12:23.080 --> 00:12:25.348 going over results of in this

NOTE Confidence: 0.8980173

00:12:25.348 --> 00:12:26.482 picture CAT scan.

NOTE Confidence: 0.8980173

00:12:26.490 --> 00:12:29.444 But in our case would be a

NOTE Confidence: 0.8980173

00:12:29.444 --> 00:12:32.239 polysomnography or some other sleep test.

NOTE Confidence: 0.8980173

00:12:32.240 --> 00:12:34.361 You know and discussing the care plan

NOTE Confidence: 0.8980173

00:12:34.361 --> 00:12:36.616 with the patient and you know you can

NOTE Confidence: 0.8980173

00:12:36.616 --> 00:12:38.579 have a medical student or a resident.

NOTE Confidence: 0.8980173

00:12:38.580 --> 00:12:40.589 Also observing at the same time remotely,

NOTE Confidence: 0.8980173

00:12:40.590 --> 00:12:41.370 you know.

NOTE Confidence: 0.8980173

00:12:41.370 --> 00:12:44.100 And then the next point I want

NOTE Confidence: 0.8980173

00:12:44.100 --> 00:12:47.029 to make is that you know this.

NOTE Confidence: 0.8980173

00:12:47.030 --> 00:12:49.822 These pictures you know in the top left

NOTE Confidence: 0.8980173

00:12:49.822 --> 00:12:51.739 approach that ending is conducting

NOTE Confidence: 0.8980173

00:12:51.739 --> 00:12:54.413 the wizard with the patient and going

NOTE Confidence: 0.8980173

00:12:54.486 --> 00:12:56.730 over the results with the patient,

NOTE Confidence: 0.8980173

00:12:56.730 --> 00:12:58.932 while the fellow could be observer

NOTE Confidence: 0.8980173

00:12:58.932 --> 00:13:00.830 observing the whole entire visit.

NOTE Confidence: 0.8980173

00:13:00.830 --> 00:13:02.322 And this could be,

NOTE Confidence: 0.8980173

00:13:02.322 --> 00:13:03.068 you know,

NOTE Confidence: 0.8980173

00:13:03.070 --> 00:13:05.248 in the beginning of the fellowship

NOTE Confidence: 0.8980173

00:13:05.248 --> 00:13:08.137 and then on the right you can see

NOTE Confidence: 0.8980173

00:13:08.137 --> 00:13:10.183 the resident or the fellow is

NOTE Confidence: 0.8980173

00:13:10.259 --> 00:13:12.509 just speaking with the patient.

NOTE Confidence: 0.8980173

00:13:12.510 --> 00:13:14.030 While the attending is,

NOTE Confidence: 0.8980173

00:13:14.030 --> 00:13:14.790 you know,

NOTE Confidence: 0.8980173

00:13:14.790 --> 00:13:17.574 in another room and maybe going over a

NOTE Confidence: 0.8980173

00:13:17.574 --> 00:13:20.869 study or something and then they come back,

NOTE Confidence: 0.8980173

00:13:20.870 --> 00:13:22.735 discuss together and then go

NOTE Confidence: 0.8980173

00:13:22.735 --> 00:13:25.053 back and speak with the patient

NOTE Confidence: 0.8980173

00:13:25.053 --> 00:13:27.327 again to go over the results.

NOTE Confidence: 0.8980173

00:13:27.330 --> 00:13:28.401 So there's many,

NOTE Confidence: 0.8980173

00:13:28.401 --> 00:13:30.543 many flavors of how you know

NOTE Confidence: 0.8980173

00:13:30.543 --> 00:13:32.562 virtual visits can perform while

NOTE Confidence: 0.8980173

00:13:32.562 --> 00:13:34.547 you have a training program.

NOTE Confidence: 0.8980173

00:13:34.550 --> 00:13:36.636 Some of the things you know to

NOTE Confidence: 0.8980173

00:13:36.636 --> 00:13:39.187 conduct a video visit from attorney

NOTE Confidence: 0.8980173

00:13:39.187 --> 00:13:41.162 training perspective, you know,

NOTE Confidence: 0.8980173

00:13:41.162 --> 00:13:43.898 make sure you have a space.

NOTE Confidence: 0.8980173

00:13:43.900 --> 00:13:48.324 That is quite an valid and you know.

NOTE Confidence: 0.8980173

00:13:48.330 --> 00:13:51.074 Where you're able to do your tally

NOTE Confidence: 0.8980173

00:13:51.074 --> 00:13:53.395 examination and visit and then also

NOTE Confidence: 0.8980173

00:13:53.395 --> 00:13:55.894 make sure the patient who's there can

NOTE Confidence: 0.8980173

00:13:55.967 --> 00:13:58.375 hear and see you well and the other

NOTE Confidence: 0.8980173

00:13:58.375 --> 00:14:01.290 thing I want to emphasize is that be

NOTE Confidence: 0.8980173

00:14:01.290 --> 00:14:03.516 familiar with the platform that you

NOTE Confidence: 0.8980173

00:14:03.516 --> 00:14:05.980 have an you know some of the things

NOTE Confidence: 0.8980173

00:14:06.050 --> 00:14:08.914 where the buttons are how to navigate it,

NOTE Confidence: 0.8980173

00:14:08.920 --> 00:14:12.160 and you know if it's not working or if there

NOTE Confidence: 0.8925538

00:14:12.238 --> 00:14:15.424 are any system glitches how to reset it and

NOTE Confidence: 0.8925538

00:14:15.424 --> 00:14:18.575 then two of the things that are important.

NOTE Confidence: 0.8925538

00:14:18.580 --> 00:14:21.164 An unique to virtual visit is that you

NOTE Confidence: 0.8925538

00:14:21.164 --> 00:14:23.997 have to make sure you're speaking to

NOTE Confidence: 0.8925538

00:14:23.997 --> 00:14:26.460 the patient you're scheduled to see,

NOTE Confidence: 0.8925538

00:14:26.460 --> 00:14:29.396 and then you also explain to them the

NOTE Confidence: 0.8925538

00:14:29.396 --> 00:14:32.080 limitations of a virtual visit, an take

NOTE Confidence: 0.8925538

00:14:32.080 --> 00:14:35.080 permission from them to go over the visit.

NOTE Confidence: 0.8925538

00:14:35.080 --> 00:14:38.131 Some of the things we can do during your

NOTE Confidence: 0.8925538

00:14:38.131 --> 00:14:40.497 tally or virtual visit for trainees

NOTE Confidence: 0.8925538

00:14:40.497 --> 00:14:43.709 that you know while the exam is limited,

NOTE Confidence: 0.8925538

00:14:43.710 --> 00:14:46.258 but there are still some things that

NOTE Confidence: 0.8925538

00:14:46.258 --> 00:14:48.828 you can observe or visualize during.

NOTE Confidence: 0.8925538

00:14:48.830 --> 00:14:50.980 You're interviewing with the patient

NOTE Confidence: 0.8925538

00:14:50.980 --> 00:14:52.700 like their general appearance.

NOTE Confidence: 0.8925538

00:14:52.700 --> 00:14:54.420 How do they look?

NOTE Confidence: 0.8925538

00:14:54.420 --> 00:14:57.000 Are they sad, happy, or angry?

NOTE Confidence: 0.8925538

00:14:57.000 --> 00:15:00.800 You know their work of breathing.

NOTE Confidence: 0.8925538

00:15:00.800 --> 00:15:02.210 Sorry, there's some.

NOTE Confidence: 0.8365517

00:15:06.580 --> 00:15:07.000 Hello.

NOTE Confidence: 0.86011416

00:15:09.130 --> 00:15:10.900 And I already went over documentations.

NOTE Confidence: 0.86011416

00:15:10.900 --> 00:15:13.260 The two unique things about a Tele visit,

NOTE Confidence: 0.86011416

00:15:13.260 --> 00:15:16.149 or that you know you do need a consent

NOTE Confidence: 0.86011416

00:15:16.149 --> 00:15:18.962 for a video visit an you know also

NOTE Confidence: 0.86011416

00:15:18.962 --> 00:15:21.839 have to verify the patient's location.

NOTE Confidence: 0.86011416

00:15:21.840 --> 00:15:23.188 Some primary care visits,

NOTE Confidence: 0.86011416

00:15:23.188 --> 00:15:26.300 you know it may not be very unique to

NOTE Confidence: 0.86011416

00:15:26.300 --> 00:15:29.090 Sleep Medicine is that if you are able,

NOTE Confidence: 0.86011416

00:15:29.090 --> 00:15:31.546 and if you're patient can you can always

NOTE Confidence: 0.86011416

00:15:31.546 --> 00:15:33.918 ask them to check their temperature.

NOTE Confidence: 0.86011416

00:15:33.920 --> 00:15:36.068 Wade polls blood pressure prior to

NOTE Confidence: 0.86011416

00:15:36.068 --> 00:15:38.583 visit and then that way you can

NOTE Confidence: 0.86011416

00:15:38.583 --> 00:15:40.611 document as well because you know

NOTE Confidence: 0.86011416

00:15:40.611 --> 00:15:42.644 there is a limitation and that

NOTE Confidence: 0.86011416

00:15:42.644 --> 00:15:44.590 when it comes to virtual visit,

NOTE Confidence: 0.86011416

00:15:44.590 --> 00:15:47.470 one thing I want to emphasize is that you

NOTE Confidence: 0.86011416

00:15:47.542 --> 00:15:50.478 know not just having a regular work routine,

NOTE Confidence: 0.86011416

00:15:50.480 --> 00:15:53.220 but having an adequate workspace.

NOTE Confidence: 0.86011416

00:15:53.220 --> 00:15:56.476 Is important as you see on the left,

NOTE Confidence: 0.86011416

00:15:56.480 --> 00:16:00.070 this is a Doctor Who was having a jury duty

NOTE Confidence: 0.86011416

00:16:00.155 --> 00:16:03.827 while in the middle of performing a surgery,

NOTE Confidence: 0.86011416

00:16:03.830 --> 00:16:06.644 and while it is possible and he

NOTE Confidence: 0.86011416

00:16:06.644 --> 00:16:08.719 probably thought it was right,

NOTE Confidence: 0.86011416

00:16:08.720 --> 00:16:10.444 but you know it,

NOTE Confidence: 0.86011416

00:16:10.444 --> 00:16:13.620 it's not the most appropriate thing to do.

NOTE Confidence: 0.87804884

00:16:15.640 --> 00:16:18.678 Some of the factors and you know,

NOTE Confidence: 0.87804884

00:16:18.680 --> 00:16:22.144 I don't have a lot of scientific evidence.

NOTE Confidence: 0.87804884

00:16:22.150 --> 00:16:24.020 There's a lot of anecdotal

NOTE Confidence: 0.87804884

00:16:24.020 --> 00:16:26.920 data and a lot of commentary,

NOTE Confidence: 0.87804884

00:16:26.920 --> 00:16:29.937 but some of the factors that can

NOTE Confidence: 0.87804884

00:16:29.937 --> 00:16:32.020 or characteristic's that can show

NOTE Confidence: 0.87804884

00:16:32.020 --> 00:16:34.505 the fellow will be able to perform

NOTE Confidence: 0.87804884

00:16:34.505 --> 00:16:37.439 the tasks independently or do well

NOTE Confidence: 0.87804884

00:16:37.439 --> 00:16:39.934 with a virtual environment include,

NOTE Confidence: 0.87804884

00:16:39.940 --> 00:16:42.832 you know, an organized fellow who

NOTE Confidence: 0.87804884

00:16:42.832 --> 00:16:44.760 can perform tasks independently.

NOTE Confidence: 0.87804884

00:16:44.760 --> 00:16:47.644 Or is able to work with minimal

NOTE Confidence: 0.87804884

00:16:47.644 --> 00:16:48.468 direct supervision,

NOTE Confidence: 0.87804884

00:16:48.470 --> 00:16:50.530 which is not synonymous with

NOTE Confidence: 0.87804884

00:16:50.530 --> 00:16:52.178 the lack of supervision.

NOTE Confidence: 0.87804884

00:16:52.180 --> 00:16:54.730 Someone who has official who's sufficient

NOTE Confidence: 0.87804884

00:16:54.730 --> 00:16:57.268 has good time management skill and

NOTE Confidence: 0.87804884

00:16:57.268 --> 00:16:59.198 communication skills is able to

NOTE Confidence: 0.87804884

00:16:59.198 --> 00:17:01.650 identify people to be communicated to,

NOTE Confidence: 0.87804884

00:17:01.650 --> 00:17:04.555 you know, is able to speak with

NOTE Confidence: 0.87804884

00:17:04.555 --> 00:17:07.078 the perceptor clearly have a plan

NOTE Confidence: 0.87804884

00:17:07.078 --> 00:17:09.478 outline and then someone you know.

NOTE Confidence: 0.87804884

00:17:09.480 --> 00:17:11.280 Because we're using technology,

NOTE Confidence: 0.87804884

00:17:11.280 --> 00:17:14.396 it's always good to be tech savvy

NOTE Confidence: 0.87804884

00:17:14.396 --> 00:17:15.740 and have a back.

NOTE Confidence: 0.87804884

00:17:15.740 --> 00:17:17.360 Backup plan for technical

NOTE Confidence: 0.87804884

00:17:17.360 --> 00:17:19.790 disturbances and then Lastly you know.

NOTE Confidence: 0.87804884

00:17:19.790 --> 00:17:21.815 Have a clear documentation of

NOTE Confidence: 0.87804884

00:17:21.815 --> 00:17:23.840 supervision and the virtual visit.

NOTE Confidence: 0.87804884

00:17:23.840 --> 00:17:26.162 Some of the challenges of the

NOTE Confidence: 0.87804884

00:17:26.162 --> 00:17:28.209 virtual learning or the virtual

NOTE Confidence: 0.87804884

00:17:28.209 --> 00:17:31.170 visit is that you know choosing who

NOTE Confidence: 0.87804884

00:17:31.170 --> 00:17:33.558 is appropriate for a virtual visit.

NOTE Confidence: 0.87804884

00:17:33.560 --> 00:17:34.808 It's not always.

NOTE Confidence: 0.87804884

00:17:34.808 --> 00:17:38.192 Not everyone can do it and then and

NOTE Confidence: 0.87804884

00:17:38.192 --> 00:17:40.845 that is not entirely up to you.

NOTE Confidence: 0.87804884

00:17:40.850 --> 00:17:43.238 Know our training because some of

NOTE Confidence: 0.87804884

00:17:43.238 --> 00:17:45.710 the front staff schedules are patient,

NOTE Confidence: 0.87804884

00:17:45.710 --> 00:17:48.326 and while patients are offered to.

NOTE Confidence: 0.87804884

00:17:48.330 --> 00:17:51.130 See us virtually some of the patients

NOTE Confidence: 0.87804884

00:17:51.130 --> 00:17:54.184 may not be able to, you know,

NOTE Confidence: 0.87804884

00:17:54.184 --> 00:17:58.560 do very well with the virtual technology so.

NOTE Confidence: 0.87804884

00:17:58.560 --> 00:18:01.136 The other thing is that it is important

NOTE Confidence: 0.87804884

00:18:01.136 --> 00:18:03.570 that we need Internet technology,

NOTE Confidence: 0.87804884

00:18:03.570 --> 00:18:06.594 so Accessibility to a stable phone or a

NOTE Confidence: 0.87804884

00:18:06.594 --> 00:18:08.880 broadband broadband connection can be a

NOTE Confidence: 0.87804884

00:18:08.880 --> 00:18:11.070 challenge in rural areas for patients

NOTE Confidence: 0.87804884

00:18:11.142 --> 00:18:13.578 and also patients with limited income.

NOTE Confidence: 0.87804884

00:18:13.580 --> 00:18:16.268 Not everybody has Internet or uses Internet,

NOTE Confidence: 0.87804884

00:18:16.270 --> 00:18:18.580 and then you know time management.

NOTE Confidence: 0.87804884

00:18:18.580 --> 00:18:21.284 What I really mean by that is there

NOTE Confidence: 0.87804884

00:18:21.284 --> 00:18:23.314 are some virtual platforms that

NOTE Confidence: 0.87804884

00:18:23.314 --> 00:18:26.275 end the visit at a certain time.

NOTE Confidence: 0.87804884

00:18:26.280 --> 00:18:28.656 So because of the limited times.

NOTE Confidence: 0.87804884

00:18:28.660 --> 00:18:29.808 Lot you know you,

NOTE Confidence: 0.87804884

00:18:29.808 --> 00:18:32.570 you may be still in a conversation.

NOTE Confidence: 0.87804884

00:18:32.570 --> 00:18:34.579 It may just abruptly an in the

NOTE Confidence: 0.87804884

00:18:34.579 --> 00:18:37.332 Lastly is there is always a physical

NOTE Confidence: 0.87804884

00:18:37.332 --> 00:18:38.246 examination limitation.

NOTE Confidence: 0.87804884

00:18:38.250 --> 00:18:41.939 An physical exam is a core component

NOTE Confidence: 0.87804884

00:18:41.939 --> 00:18:42.993 of training.

NOTE Confidence: 0.87804884

00:18:43.000 --> 00:18:44.840 And we're not there yet.

NOTE Confidence: 0.87804884

00:18:44.840 --> 00:18:46.670 In order to, you know,

NOTE Confidence: 0.87804884

00:18:46.670 --> 00:18:49.606 get our virtual formats where we're able to.

NOTE Confidence: 0.87804884

00:18:49.610 --> 00:18:51.710 You know Oscar theater longs or

NOTE Confidence: 0.87804884

00:18:51.710 --> 00:18:53.640 listen to their heart sounds,

NOTE Confidence: 0.87804884

00:18:53.640 --> 00:18:56.209 which may not be so relevant to

NOTE Confidence: 0.87804884

00:18:56.209 --> 00:18:56.943 Sleep Medicine.

NOTE Confidence: 0.87804884

00:18:56.950 --> 00:18:59.519 Or, you know, look at the airway,

NOTE Confidence: 0.87804884

00:18:59.520 --> 00:19:02.054 because it's not very easy to look

NOTE Confidence: 0.87804884

00:19:02.054 --> 00:19:04.649 at the airway if you've tried it.

NOTE Confidence: 0.87804884

00:19:04.650 --> 00:19:06.932 So how do we make our fellows

NOTE Confidence: 0.87804884

00:19:06.932 --> 00:19:09.060 trained for a virtual visit?

NOTE Confidence: 0.87804884

00:19:09.060 --> 00:19:11.790 First and foremost is that while we

NOTE Confidence: 0.87804884

00:19:11.790 --> 00:19:13.910 do practice telehealth to an extent.

NOTE Confidence: 0.87804884

00:19:13.910 --> 00:19:16.412 We don't really have a structured

NOTE Confidence: 0.87804884

00:19:16.412 --> 00:19:19.216 Anna define training like there is no

NOTE Confidence: 0.87804884

00:19:19.216 --> 00:19:21.334 virtual virtual curriculum for or or

NOTE Confidence: 0.87804884

00:19:21.334 --> 00:19:24.806 a curriculum for virtual clinical encounters,

NOTE Confidence: 0.87804884

00:19:24.810 --> 00:19:26.990 so you know something that

NOTE Confidence: 0.87804884

00:19:26.990 --> 00:19:29.170 would be helpful would be,

NOTE Confidence: 0.87804884

00:19:29.170 --> 00:19:30.910 you know, online modules,

NOTE Confidence: 0.87804884

00:19:30.910 --> 00:19:33.085 virtual lectures or simulation of,

NOTE Confidence: 0.87804884

00:19:33.090 --> 00:19:35.706 you know, simple bread and butter,

NOTE Confidence: 0.87804884

00:19:35.710 --> 00:19:38.326 Sleep Medicine cases off, you know.

NOTE Confidence: 0.87804884

00:19:38.330 --> 00:19:39.635 Oh I say,

NOTE Confidence: 0.87804884

00:19:39.635 --> 00:19:41.810 restless leg narcolepsy or insomnia.

NOTE Confidence: 0.8314771

00:19:41.810 --> 00:19:44.110 While you know you starting.

NOTE Confidence: 0.8314771

00:19:44.110 --> 00:19:46.791 To train your fellows and then technology

NOTE Confidence: 0.8314771

00:19:46.791 --> 00:19:49.208 is why don't you practice learning

NOTE Confidence: 0.8314771

00:19:49.208 --> 00:19:51.987 what is standard to your center is

NOTE Confidence: 0.8314771

00:19:52.065 --> 00:19:54.477 also important during orientation,

NOTE Confidence: 0.8314771

00:19:54.480 --> 00:19:57.936 and then if you go to several training

NOTE Confidence: 0.8314771

00:19:57.936 --> 00:20:00.010 places, learning what is unique.

NOTE Confidence: 0.8314771

00:20:00.010 --> 00:20:02.470 To those places is also important.

NOTE Confidence: 0.8314771

00:20:02.470 --> 00:20:05.094 One good thing about sleep is that you

NOTE Confidence: 0.8314771

00:20:05.094 --> 00:20:07.819 know we do have digital diagnostics.

NOTE Confidence: 0.8314771

00:20:07.820 --> 00:20:09.818 You know PSG's all sleep studies

NOTE Confidence: 0.8314771

00:20:09.818 --> 00:20:12.400 can be read and scored virtually,

NOTE Confidence: 0.8314771

00:20:12.400 --> 00:20:15.053 and you know attending and fellow can

NOTE Confidence: 0.8314771

00:20:15.053 --> 00:20:18.084 you know meet while zoom and go over

NOTE Confidence: 0.8314771

00:20:18.084 --> 00:20:20.369 the scoring while they are remotely

NOTE Confidence: 0.8314771

00:20:20.369 --> 00:20:23.099 working or not in the same place.

NOTE Confidence: 0.8314771

00:20:23.100 --> 00:20:26.040 And then Lastly something we

NOTE Confidence: 0.8314771

00:20:26.040 --> 00:20:28.392 tend to you know.

NOTE Confidence: 0.8314771

00:20:28.400 --> 00:20:30.871 Kind of assume that people know is

NOTE Confidence: 0.8314771

00:20:30.871 --> 00:20:33.379 that you know website manners thinks

NOTE Confidence: 0.8314771

00:20:33.379 --> 00:20:36.571 as simple as positioning of the camera,

NOTE Confidence: 0.8314771

00:20:36.580 --> 00:20:37.858 maintaining eye contact,

NOTE Confidence: 0.8314771

00:20:37.858 --> 00:20:40.414 you know picking up on the

NOTE Confidence: 0.8314771

00:20:40.414 --> 00:20:42.308 nonverbal cues of the patient,

NOTE Confidence: 0.8314771

00:20:42.310 --> 00:20:44.956 and you know also doing the virtual

NOTE Confidence: 0.8314771

00:20:44.956 --> 00:20:47.278 clinic in an appropriate place like

NOTE Confidence: 0.8314771

00:20:47.278 --> 00:20:50.446 not in an R or not while you're

NOTE Confidence: 0.8314771

00:20:50.446 --> 00:20:52.936 driving some patients you know.

NOTE Confidence: 0.8314771

00:20:52.940 --> 00:20:55.796 Maybe it will also for the patient,

NOTE Confidence: 0.8314771

00:20:55.800 --> 00:20:57.910 some patients may be doing

NOTE Confidence: 0.8314771

00:20:57.910 --> 00:20:59.598 something and be distracted.

NOTE Confidence: 0.8314771

00:20:59.600 --> 00:21:01.268 And then you know,

NOTE Confidence: 0.8314771

00:21:01.268 --> 00:21:02.936 if they're not distracted,

NOTE Confidence: 0.8314771

00:21:02.940 --> 00:21:05.830 it's easy to engage them.

NOTE Confidence: 0.8314771

00:21:05.830 --> 00:21:08.854 So how can we enhance the sleep

NOTE Confidence: 0.8314771

00:21:08.854 --> 00:21:11.589 education for telly sleep education?

NOTE Confidence: 0.8314771

00:21:11.590 --> 00:21:13.066 First and foremost,

NOTE Confidence: 0.8314771

00:21:13.066 --> 00:21:16.018 you know sleep education Delhi sleep

NOTE Confidence: 0.8314771

00:21:16.018 --> 00:21:18.793 education for fellows and also training

NOTE Confidence: 0.8314771

00:21:18.793 --> 00:21:21.670 the faculty into training the fellows.

NOTE Confidence: 0.8314771

00:21:21.670 --> 00:21:23.110 And you know,

NOTE Confidence: 0.8314771

00:21:23.110 --> 00:21:26.470 I already discussed this but you know

NOTE Confidence: 0.8314771

00:21:26.571 --> 00:21:29.733 having a curriculum for virtual training

NOTE Confidence: 0.8314771

00:21:29.733 --> 00:21:33.609 and then if the fellow an attending

NOTE Confidence: 0.8314771

00:21:33.609 --> 00:21:36.939 are going to have remote working.

NOTE Confidence: 0.8314771

00:21:36.940 --> 00:21:37.836 You know,

NOTE Confidence: 0.8314771

00:21:37.836 --> 00:21:40.524 in their training approval of that,

NOTE Confidence: 0.8314771

00:21:40.530 --> 00:21:43.188 as some programs may not allow

NOTE Confidence: 0.8314771

00:21:43.188 --> 00:21:45.490 that and then training modules

NOTE Confidence: 0.8314771

00:21:45.490 --> 00:21:47.715 geared such as you know,

NOTE Confidence: 0.8314771

00:21:47.720 --> 00:21:49.103 simulation of cases,

NOTE Confidence: 0.8314771

00:21:49.103 --> 00:21:51.408 an incorporation of those into

NOTE Confidence: 0.8314771

00:21:51.408 --> 00:21:53.099 orientation or boot camp,

NOTE Confidence: 0.8314771

00:21:53.100 --> 00:21:56.187 and then always taking feedback on how

NOTE Confidence: 0.8314771

00:21:56.187 --> 00:21:58.939 we're doing while we're doing that,

NOTE Confidence: 0.8314771

00:21:58.940 --> 00:22:01.340 Ellie sleep training an also

NOTE Confidence: 0.8314771

00:22:01.340 --> 00:22:02.780 utilizing institutional resources

NOTE Confidence: 0.8314771

00:22:02.780 --> 00:22:05.230 to adopt or Kelly sleep model.

NOTE Confidence: 0.8314771

00:22:05.230 --> 00:22:06.170 Also I.

NOTE Confidence: 0.8314771

00:22:06.170 --> 00:22:08.520 I did mention this already,

NOTE Confidence: 0.8314771

00:22:08.520 --> 00:22:11.268 but setting expectations or a framework

NOTE Confidence: 0.8314771

00:22:11.268 --> 00:22:13.849 for while you're supervising a trainee,

NOTE Confidence: 0.8314771

00:22:13.850 --> 00:22:17.162 whether it's a fellow or if a fellow

NOTE Confidence: 0.8314771

00:22:17.162 --> 00:22:19.618 is supervising a medical resident,

NOTE Confidence: 0.8314771

00:22:19.620 --> 00:22:20.892 directly or indirectly,

NOTE Confidence: 0.8314771

00:22:20.892 --> 00:22:23.860 and some of the things that you

NOTE Confidence: 0.8314771

00:22:23.944 --> 00:22:27.129 can do short term is to collaborate

NOTE Confidence: 0.8314771

00:22:27.129 --> 00:22:28.494 with your institutions.

NOTE Confidence: 0.8314771

00:22:28.500 --> 00:22:30.172 Information technology expert to

NOTE Confidence: 0.8314771

00:22:30.172 --> 00:22:32.262 understand which remote meeting platforms

NOTE Confidence: 0.8314771

00:22:32.262 --> 00:22:34.720 are available with institutional support,

NOTE Confidence: 0.8314771

00:22:34.720 --> 00:22:37.170 something that is HIPAA compliant.

NOTE Confidence: 0.8314771

00:22:37.170 --> 00:22:37.577 Because,

NOTE Confidence: 0.8314771

00:22:37.577 --> 00:22:38.391 you know,

NOTE Confidence: 0.8314771

00:22:38.391 --> 00:22:40.833 we do kiss conferences and then

NOTE Confidence: 0.8314771

00:22:40.833 --> 00:22:42.811 identifying current didactic and

NOTE Confidence: 0.8314771

00:22:42.811 --> 00:22:44.308 clinical learning opportunities

NOTE Confidence: 0.8314771

00:22:44.308 --> 00:22:46.813 within the program that are

NOTE Confidence: 0.8314771

00:22:46.813 --> 00:22:48.549 amenable to virtual delivery.

NOTE Confidence: 0.8314771

00:22:48.550 --> 00:22:50.435 Pinpoint gaps in the curriculum

NOTE Confidence: 0.8314771

00:22:50.435 --> 00:22:53.328 like we don't have a virtual sleep

NOTE Confidence: 0.8314771

00:22:53.328 --> 00:22:56.576 curriculum that may be well served with

NOTE Confidence: 0.8314771

00:22:56.576 --> 00:22:59.008 innovative distance learning methods.

NOTE Confidence: 0.8314771

00:22:59.010 --> 00:23:00.830 Establishing short communications to

NOTE Confidence: 0.8314771

00:23:00.830 --> 00:23:03.560 see the transition to distance learning,

NOTE Confidence: 0.8314771

00:23:03.560 --> 00:23:05.572 and quickly address barriers

NOTE Confidence: 0.8314771

00:23:05.572 --> 00:23:07.584 to implementation long term.

NOTE Confidence: 0.8314771

00:23:07.590 --> 00:23:08.396 You know,

NOTE Confidence: 0.8314771

00:23:08.396 --> 00:23:10.411 always checking with IT 'cause

NOTE Confidence: 0.8314771

00:23:10.411 --> 00:23:12.154 there's always better online

NOTE Confidence: 0.8314771

00:23:12.154 --> 00:23:14.499 platforms that can align with

NOTE Confidence: 0.8314771

00:23:14.499 --> 00:23:15.906 the institutional standards,

NOTE Confidence: 0.8314771

00:23:15.910 --> 00:23:17.274 and then you know.

NOTE Confidence: 0.8314771

00:23:17.274 --> 00:23:19.935 Also taking it even as far as

NOTE Confidence: 0.8314771

00:23:19.935 --> 00:23:22.059 identifying and measuring outcomes

NOTE Confidence: 0.8314771

00:23:22.059 --> 00:23:24.714 such as patient related outcomes

NOTE Confidence: 0.8732331

00:23:24.797 --> 00:23:26.922 or educational outcomes if they

NOTE Confidence: 0.8732331

00:23:26.922 --> 00:23:29.493 do improve either one of them,

NOTE Confidence: 0.8732331

00:23:29.493 --> 00:23:32.151 it's always better and then evaluation

NOTE Confidence: 0.8732331

00:23:32.151 --> 00:23:34.473 of the distance learning methods

NOTE Confidence: 0.8732331

00:23:34.473 --> 00:23:37.679 as a part of either annual program

NOTE Confidence: 0.8732331

00:23:37.679 --> 00:23:40.058 evaluation or a mid year evaluation.

NOTE Confidence: 0.8732331

00:23:40.060 --> 00:23:43.912 And things that could be, you know,

NOTE Confidence: 0.8732331

00:23:43.912 --> 00:23:46.396 monitored longitudinally that are

NOTE Confidence: 0.8732331

00:23:46.396 --> 00:23:49.947 integrated into the program and comparing

NOTE Confidence: 0.8732331

00:23:49.947 --> 00:23:53.370 it to other GME programs or comparing

NOTE Confidence: 0.8732331

00:23:53.370 --> 00:23:56.579 into programs within the specialty.

NOTE Confidence: 0.8732331

00:23:56.580 --> 00:23:59.142 I have one more and this will

NOTE Confidence: 0.8732331

00:23:59.142 --> 00:24:01.619 be my last poll question.

NOTE Confidence: 0.843382300000001

00:24:06.480 --> 00:24:09.448 Just give me one moment and I'm going

NOTE Confidence: 0.843382300000001

00:24:09.448 --> 00:24:12.985 to share this so and so I want to know

NOTE Confidence: 0.843382300000001

00:24:12.985 --> 00:24:15.838 what formats are you all using currently

NOTE Confidence: 0.843382300000001

00:24:15.838 --> 00:24:18.969 for Jelly Medicine and I may not have

NOTE Confidence: 0.843382300000001

00:24:18.969 --> 00:24:22.519 all of them so you can you always free.

NOTE Confidence: 0.843382300000001

00:24:22.520 --> 00:24:25.194 Do you know use the comment option.

NOTE Confidence: 0.9068009

00:24:40.480 --> 00:24:44.267 Alright, so let me share the results.

NOTE Confidence: 0.9068009

00:24:44.270 --> 00:24:48.059 So most of the people use my chart Doc.

NOTE Confidence: 0.9068009

00:24:48.060 --> 00:24:50.586 See an American valve. That's great.

NOTE Confidence: 0.9068009

00:24:50.590 --> 00:24:55.414 I think I'm familiar with all of them.

NOTE Confidence: 0.9068009

00:24:55.420 --> 00:25:00.950 So. Now I'm going to shift my, you know,

NOTE Confidence: 0.9068009

00:25:00.950 --> 00:25:03.800 talk to my the second portion,

NOTE Confidence: 0.9068009

00:25:03.800 --> 00:25:05.692 which is distance learning

NOTE Confidence: 0.9068009

00:25:05.692 --> 00:25:07.584 and this is learning.

NOTE Confidence: 0.9068009

00:25:07.590 --> 00:25:11.034 You know, there's a broad range of

NOTE Confidence: 0.9068009

00:25:11.034 --> 00:25:13.279 didactic activities you can see.

NOTE Confidence: 0.9068009

00:25:13.280 --> 00:25:16.584 All of the ones that I've highlighted,

NOTE Confidence: 0.9068009

00:25:16.590 --> 00:25:19.434 which are a core component of

NOTE Confidence: 0.9068009

00:25:19.434 --> 00:25:20.856 fellowship training curriculum.

NOTE Confidence: 0.9068009

00:25:20.860 --> 00:25:22.756 These includes lectures, case,

NOTE Confidence: 0.9068009

00:25:22.756 --> 00:25:24.703 conferences, great round simulations,

NOTE Confidence: 0.9068009

00:25:24.703 --> 00:25:27.649 case based teaching in Journal clubs.

NOTE Confidence: 0.9068009

00:25:27.650 --> 00:25:29.009 And you know,

NOTE Confidence: 0.9068009

00:25:29.009 --> 00:25:32.180 the large the suspension of large face

NOTE Confidence: 0.9068009

00:25:32.271 --> 00:25:35.379 to face interactions has you know forced

NOTE Confidence: 0.9068009

00:25:35.379 --> 00:25:39.200 many of us do to convert to virtual

NOTE Confidence: 0.9068009

00:25:39.200 --> 00:25:42.065 platforms and requiring to you know,

NOTE Confidence: 0.9068009

00:25:42.065 --> 00:25:43.925 requiring programs to rethink

NOTE Confidence: 0.9068009

00:25:43.925 --> 00:25:45.320 high quality education.

NOTE Confidence: 0.9068009

00:25:45.320 --> 00:25:47.455 The virtual platforms do allow

NOTE Confidence: 0.9068009

00:25:47.455 --> 00:25:49.163 programs to continue structured

NOTE Confidence: 0.9068009

00:25:49.163 --> 00:25:51.183 educational curricula while complying

NOTE Confidence: 0.9068009

00:25:51.183 --> 00:25:53.227 with physical distancing directives,

NOTE Confidence: 0.9068009

00:25:53.230 --> 00:25:56.534 and have been met with varying levels

NOTE Confidence: 0.9068009

00:25:56.534 --> 00:25:59.030 of satisfaction due to inherent.

NOTE Confidence: 0.9068009

00:25:59.030 --> 00:26:01.510 Disadvantages and advantages, you know,

NOTE Confidence: 0.9068009

00:26:01.510 --> 00:26:04.738 but there are many features that

NOTE Confidence: 0.9068009

00:26:04.738 --> 00:26:08.689 you know we can incorporate an.

NOTE Confidence: 0.9068009

00:26:08.690 --> 00:26:09.756 You know,

NOTE Confidence: 0.9068009

00:26:09.756 --> 00:26:12.954 learn and keep our trainees engaged.

NOTE Confidence: 0.9068009

00:26:12.960 --> 00:26:15.780 One of the most important concerns

NOTE Confidence: 0.9068009

00:26:15.780 --> 00:26:18.825 you know among training faculty during

NOTE Confidence: 0.9068009

00:26:18.825 --> 00:26:21.535 the pandemic was whether fellows

NOTE Confidence: 0.9068009

00:26:21.535 --> 00:26:24.709 continue to receive adequate training.

NOTE Confidence: 0.9068009

00:26:24.710 --> 00:26:27.245 Seeing a diverse and heterogeneous

NOTE Confidence: 0.9068009

00:26:27.245 --> 00:26:31.412 patient makes an R will be able to

NOTE Confidence: 0.9068009

00:26:31.412 --> 00:26:33.987 do independence practice so virtual

NOTE Confidence: 0.9068009

00:26:33.987 --> 00:26:37.656 platforms do allow you to have

NOTE Confidence: 0.9068009

00:26:37.656 --> 00:26:39.564 structured educational curricula.

NOTE Confidence: 0.9068009

00:26:39.570 --> 00:26:44.258 But before the pandemic.

NOTE Confidence: 0.9068009

00:26:44.260 --> 00:26:46.720 You know we'd use them.

NOTE Confidence: 0.9068009

00:26:46.720 --> 00:26:50.157 We use social media more as well,

NOTE Confidence: 0.9068009

00:26:50.160 --> 00:26:51.036 you know,

NOTE Confidence: 0.9068009

00:26:51.036 --> 00:26:54.102 but they don't have the outlet for

NOTE Confidence: 0.9068009

00:26:54.102 --> 00:26:57.334 medical education in depth an not

NOTE Confidence: 0.9068009

00:26:57.334 --> 00:26:59.502 the organization to reliability.

NOTE Confidence: 0.9068009

00:26:59.510 --> 00:27:02.654 Implement in curriculum some of the

NOTE Confidence: 0.9068009

00:27:02.654 --> 00:27:05.264 advantages and disadvantages of the

NOTE Confidence: 0.9068009

00:27:05.264 --> 00:27:07.874 virtual an online data tactics are,

NOTE Confidence: 0.9068009

00:27:07.880 --> 00:27:10.826 you know, they've all their flexible.

NOTE Confidence: 0.9068009

00:27:10.830 --> 00:27:12.930 There's asynchronous and synchronous

NOTE Confidence: 0.9068009

00:27:12.930 --> 00:27:13.980 learning modules.

NOTE Confidence: 0.9068009

00:27:13.980 --> 00:27:16.302 But they do require self motivation

NOTE Confidence: 0.9068009

00:27:16.302 --> 00:27:18.611 and discipline which can promote

NOTE Confidence: 0.9068009

00:27:18.611 --> 00:27:19.989 personal responsibility,

NOTE Confidence: 0.9068009

00:27:19.990 --> 00:27:21.265 creative teaching techniques.

NOTE Confidence: 0.9068009

00:27:21.265 --> 00:27:23.815 You know there's online team based

NOTE Confidence: 0.9068009

00:27:23.815 --> 00:27:25.529 learning simulation exercises,

NOTE Confidence: 0.9068009

00:27:25.530 --> 00:27:28.914 but also at the same times it limits

NOTE Confidence: 0.9068009

00:27:28.914 --> 00:27:30.872 the networking because you're

NOTE Confidence: 0.9068009

00:27:30.872 --> 00:27:32.920 not meeting in person,

NOTE Confidence: 0.9068009

00:27:32.920 --> 00:27:36.154 so it also limits you social interaction.

NOTE Confidence: 0.9068009

00:27:36.160 --> 00:27:38.968 But at the same time it can encourage

NOTE Confidence: 0.9068009

00:27:38.968 --> 00:27:42.160 members to build professional relationships,

NOTE Confidence: 0.9068009

00:27:42.160 --> 00:27:43.783 individualized learning or

NOTE Confidence: 0.9068009

00:27:43.783 --> 00:27:45.406 self directed learning.

NOTE Confidence: 0.9068009

00:27:45.410 --> 00:27:48.630 But you know the disadvantage of personal

NOTE Confidence: 0.9068009

00:27:48.630 --> 00:27:52.435 learning is that it does not allow for

NOTE Confidence: 0.9068009

00:27:52.435 --> 00:27:54.775 real time faculty fellow interaction.

NOTE Confidence: 0.9068009

00:27:54.780 --> 00:27:56.136 But you know,

NOTE Confidence: 0.9068009

00:27:56.136 --> 00:27:58.396 you can always provide online

NOTE Confidence: 0.9068009

00:27:58.396 --> 00:28:00.396 summary statements to address

NOTE Confidence: 0.9068009

00:28:00.396 --> 00:28:01.926 questions from learners.

NOTE Confidence: 0.9068009

00:28:01.930 --> 00:28:03.218 The good thing about,

NOTE Confidence: 0.9068009

00:28:03.218 --> 00:28:06.254 except it is it that it is iaccessible

NOTE Confidence: 0.9068009

00:28:06.254 --> 00:28:08.306 all members can participate.

NOTE Confidence: 0.9068009

00:28:08.310 --> 00:28:10.310 There is limited nonverbal communication,

NOTE Confidence: 0.9068009

00:28:10.310 --> 00:28:12.934 but you know that can be overcome by

NOTE Confidence: 0.9068009

00:28:12.934 --> 00:28:15.500 having a facilitator or moderator.

NOTE Confidence: 0.9068009

00:28:15.500 --> 00:28:17.495 It is convenient 'cause there's

NOTE Confidence: 0.9068009

00:28:17.495 --> 00:28:19.490 really no commuter travel required.

NOTE Confidence: 0.9068009

00:28:19.490 --> 00:28:21.920 All you really need is in need is a

NOTE Confidence: 0.9068009

00:28:21.920 --> 00:28:24.048 good Internet connection and there

NOTE Confidence: 0.9068009

00:28:24.048 --> 00:28:26.724 is a general perception that virtual

NOTE Confidence: 0.9068009

00:28:26.797 --> 00:28:29.635 education is not as effective as

NOTE Confidence: 0.9068009

00:28:29.635 --> 00:28:31.054 traditional didactic teaching.

NOTE Confidence: 0.9068009

00:28:31.060 --> 00:28:33.248 While we don't have.

NOTE Confidence: 0.9068009

00:28:33.248 --> 00:28:37.689 Any you know data that proves it but

NOTE Confidence: 0.9068009

00:28:37.689 --> 00:28:41.889 you know it is just a general perception?

NOTE Confidence: 0.9068009

00:28:41.890 --> 00:28:43.871 You know one thing is that we

NOTE Confidence: 0.9068009

00:28:43.871 --> 00:28:44.720 can have equal

NOTE Confidence: 0.9024159

00:28:44.788 --> 00:28:46.102 participation through virtual

NOTE Confidence: 0.9024159

00:28:46.102 --> 00:28:49.168 learning because you know it can limit

NOTE Confidence: 0.9024159

00:28:49.233 --> 00:28:51.678 monopoly from more vocal participants.

NOTE Confidence: 0.9024159

00:28:51.680 --> 00:28:53.930 But sometimes it may be challenging,

NOTE Confidence: 0.9024159

00:28:53.930 --> 00:28:56.555 because if you're not very tech savvy,

NOTE Confidence: 0.9024159

00:28:56.560 --> 00:28:58.430 it's hard to do that.

NOTE Confidence: 0.9024159

00:28:58.430 --> 00:29:01.058 You know, engage your audience and

NOTE Confidence: 0.9024159

00:29:01.058 --> 00:29:04.064 go through your talk at the same

NOTE Confidence: 0.9024159

00:29:04.064 --> 00:29:06.794 time it is anonymous and cost saving.

NOTE Confidence: 0.9024159

00:29:06.800 --> 00:29:09.159 Some of the good things about some

NOTE Confidence: 0.9024159

00:29:09.159 --> 00:29:11.812 of the virtual platforms is that you

NOTE Confidence: 0.9024159

00:29:11.812 --> 00:29:14.164 know they're either available as an

NOTE Confidence: 0.9024159

00:29:14.238 --> 00:29:16.578 application on your phone desktop,

NOTE Confidence: 0.9024159

00:29:16.580 --> 00:29:19.703 even as a web browser, wherever you are,

NOTE Confidence: 0.9024159

00:29:19.703 --> 00:29:22.830 you can always, or you just really need,

NOTE Confidence: 0.9024159

00:29:22.830 --> 00:29:24.790 is a smartphone an Internet,

NOTE Confidence: 0.9024159

00:29:24.790 --> 00:29:28.700 and you're able to log in and you're able to,

NOTE Confidence: 0.9024159

00:29:28.700 --> 00:29:30.650 you know, share documents and

NOTE Confidence: 0.9024159

00:29:30.650 --> 00:29:31.430 slides collaboratively.

NOTE Confidence: 0.9024159

00:29:31.430 --> 00:29:34.622 You know, and then pull feature can have

NOTE Confidence: 0.9024159

00:29:34.622 --> 00:29:37.417 some audience engagement and is able to.

NOTE Confidence: 0.9024159

00:29:37.420 --> 00:29:40.676 You know and give the results right away.

NOTE Confidence: 0.9024159

00:29:40.680 --> 00:29:43.529 You can stream and record conferences easily,

NOTE Confidence: 0.9024159

00:29:43.530 --> 00:29:45.154 share materials like slides,

NOTE Confidence: 0.9024159

00:29:45.154 --> 00:29:47.912 figures, an you know the one thing

NOTE Confidence: 0.9024159

00:29:47.912 --> 00:29:50.439 is that it's always just send.

NOTE Confidence: 0.9024159

00:29:50.440 --> 00:29:53.890 It's always good to send.

NOTE Confidence: 0.9024159

00:29:53.890 --> 00:29:57.538 A program announcement ahead of time.

NOTE Confidence: 0.9024159

00:29:57.540 --> 00:30:00.284 Anne, but at the same time doing.

NOTE Confidence: 0.9024159

00:30:00.290 --> 00:30:01.470 Burden with.

NOTE Confidence: 0.8521464

00:30:17.070 --> 00:30:19.198 But some of the examples that I want

NOTE Confidence: 0.8521464

00:30:19.198 --> 00:30:22.267 to use is that we used to have a seat

NOTE Confidence: 0.8521464

00:30:22.267 --> 00:30:24.190 fellowship director rounds every Friday

NOTE Confidence: 0.8521464

00:30:24.190 --> 00:30:26.662 afternoon in person before the pandemic.

NOTE Confidence: 0.8521464

00:30:26.670 --> 00:30:28.656 But as we started our fellowship,

NOTE Confidence: 0.8521464

00:30:28.660 --> 00:30:29.422 we started it.

NOTE Confidence: 0.8521464

00:30:29.422 --> 00:30:31.681 You know in July so we had converted

NOTE Confidence: 0.8521464

00:30:31.681 --> 00:30:34.607 these director rounds into a virtual format,

NOTE Confidence: 0.8521464

00:30:34.610 --> 00:30:36.265 and we've been also doing

NOTE Confidence: 0.8521464

00:30:36.265 --> 00:30:37.589 the yield sleep conferences,

NOTE Confidence: 0.8521464

00:30:37.590 --> 00:30:39.576 the fellow conferences at 4:00 PM,

NOTE Confidence: 0.8521464

00:30:39.580 --> 00:30:41.614 virtually with zoom, which I'm not

NOTE Confidence: 0.8521464

00:30:41.614 --> 00:30:44.540 sure if we were to do the year before.

NOTE Confidence: 0.8521464

00:30:44.540 --> 00:30:47.636 I think it required the fellows of travel.

NOTE Confidence: 0.8521464

00:30:47.640 --> 00:30:51.256 In two New Haven for the Norwalk Fellows,

NOTE Confidence: 0.8521464

00:30:51.260 --> 00:30:53.682 so you know, in this era the

NOTE Confidence: 0.8521464

00:30:53.682 --> 00:30:56.029 need for solutions to optimize

NOTE Confidence: 0.8521464

00:30:56.029 --> 00:30:58.485 educational endeavors has accelerated.

NOTE Confidence: 0.8521464

00:30:58.490 --> 00:31:01.346 Many programs have sought to improvise

NOTE Confidence: 0.8521464

00:31:01.346 --> 00:31:03.910 with new technologies such as Zoom,

NOTE Confidence: 0.8521464

00:31:03.910 --> 00:31:07.640 Slack, Google Rooms, Microsoft Teams.

NOTE Confidence: 0.8521464

00:31:07.640 --> 00:31:11.084 So like I said at our institution,

NOTE Confidence: 0.8521464

00:31:11.090 --> 00:31:13.550 a combination of zoom has

NOTE Confidence: 0.8521464

00:31:13.550 --> 00:31:14.534 facilitated fellowship,

NOTE Confidence: 0.8521464

00:31:14.540 --> 00:31:16.940 educational activities and then the

NOTE Confidence: 0.8521464

00:31:16.940 --> 00:31:19.970 format has been a popular format.

NOTE Confidence: 0.8521464

00:31:19.970 --> 00:31:23.778 It it kind of.

NOTE Confidence: 0.8521464

00:31:23.780 --> 00:31:26.706 Fosters a sense of community among the

NOTE Confidence: 0.8521464

00:31:26.706 --> 00:31:28.828 fellows despite rotations at multiple

NOTE Confidence: 0.8521464

00:31:28.828 --> 00:31:31.228 places in being in multiple programs,

NOTE Confidence: 0.8521464

00:31:31.230 --> 00:31:33.300 and it's an easy interface.

NOTE Confidence: 0.8521464

00:31:33.300 --> 00:31:35.610 Accessible outlets an it's a

NOTE Confidence: 0.8521464

00:31:35.610 --> 00:31:37.920 collaborative platform an it's very

NOTE Confidence: 0.8521464

00:31:37.994 --> 00:31:40.822 well integrated an you know we have

NOTE Confidence: 0.8521464

00:31:40.822 --> 00:31:43.554 secure cloud systems used by our health

NOTE Confidence: 0.8521464

00:31:43.554 --> 00:31:47.690 care systems where we store our common.

NOTE Confidence: 0.8521464

00:31:47.690 --> 00:31:49.658 Now things like articles

NOTE Confidence: 0.8521464

00:31:49.658 --> 00:31:52.610 that we want people to read.

NOTE Confidence: 0.8521464

00:31:52.610 --> 00:31:54.848 And then so All in all,

NOTE Confidence: 0.8521464

00:31:54.850 --> 00:31:57.580 it is kind of one stop shop

NOTE Confidence: 0.8521464

00:31:57.580 --> 00:32:00.650 for all our educational needs.

NOTE Confidence: 0.8521464

00:32:00.650 --> 00:32:02.948 Where in one single application we

NOTE Confidence: 0.8521464

00:32:02.948 --> 00:32:05.381 share articles stored in our fellowship

NOTE Confidence: 0.8521464

00:32:05.381 --> 00:32:08.307 Cloud Work Laboratory on the same document,

NOTE Confidence: 0.8521464

00:32:08.310 --> 00:32:09.516 like you know,

NOTE Confidence: 0.8521464

00:32:09.516 --> 00:32:11.928 we've been writing a book chapter,

NOTE Confidence: 0.8521464

00:32:11.930 --> 00:32:13.622 and we've been collaborating

NOTE Confidence: 0.8521464

00:32:13.622 --> 00:32:15.737 through Google Docs and conduct

NOTE Confidence: 0.8521464

00:32:15.737 --> 00:32:18.110 an engaging virtual conference.

NOTE Confidence: 0.8521464

00:32:18.110 --> 00:32:18.600 Uhm?

NOTE Confidence: 0.8521464

00:32:18.600 --> 00:32:22.520 The last thing I want to talk about,

NOTE Confidence: 0.8521464

00:32:22.520 --> 00:32:25.528 you know, uh, in terms of virtual learning,

NOTE Confidence: 0.8521464

00:32:25.530 --> 00:32:28.546 is that it's always good to plan before.

NOTE Confidence: 0.8521464

00:32:28.550 --> 00:32:31.174 So make a plan for your topic and

NOTE Confidence: 0.8521464

00:32:31.174 --> 00:32:33.830 how you will use the technology.

NOTE Confidence: 0.8521464

00:32:33.830 --> 00:32:36.469 It's always good to come in early,

NOTE Confidence: 0.8521464

00:32:36.470 --> 00:32:37.598 so you can,

NOTE Confidence: 0.8521464

00:32:37.598 --> 00:32:38.350 you know,

NOTE Confidence: 0.8521464

00:32:38.350 --> 00:32:40.235 troubleshoot all the problems you

NOTE Confidence: 0.8521464

00:32:40.235 --> 00:32:42.120 may have with the technology,

NOTE Confidence: 0.8521464

00:32:42.120 --> 00:32:44.952 and then it's always good to use the

NOTE Confidence: 0.8521464

00:32:44.952 --> 00:32:47.400 full feature to engage the audience,

NOTE Confidence: 0.8521464

00:32:47.400 --> 00:32:49.284 specially during a PowerPoint

NOTE Confidence: 0.8521464

00:32:49.284 --> 00:32:50.697 presentations and then.

NOTE Confidence: 0.8521464

00:32:50.700 --> 00:32:52.620 When you share the topic,

NOTE Confidence: 0.8521464

00:32:52.620 --> 00:32:54.912 or if you're doing any educational

NOTE Confidence: 0.8521464

00:32:54.912 --> 00:32:56.058 or teaching talk,

NOTE Confidence: 0.8521464

00:32:56.060 --> 00:32:57.592 there's always whiteboard features

NOTE Confidence: 0.8521464

00:32:57.592 --> 00:32:59.124 that you can use,

NOTE Confidence: 0.8521464

00:32:59.130 --> 00:33:01.804 and then while you're starting the session,

NOTE Confidence: 0.8521464

00:33:01.810 --> 00:33:03.418 when you start early,

NOTE Confidence: 0.8521464

00:33:03.418 --> 00:33:05.830 it's always good to set expectations

NOTE Confidence: 0.8521464

00:33:05.904 --> 00:33:07.639 that you're gonna use this

NOTE Confidence: 0.8521464

00:33:07.639 --> 00:33:10.216 much time for your talk and the

NOTE Confidence: 0.8521464

00:33:10.216 --> 00:33:12.146 rest for questions or comments,

NOTE Confidence: 0.8521464

00:33:12.150 --> 00:33:14.838 and then you know how you plan to

NOTE Confidence: 0.8521464

00:33:14.838 --> 00:33:17.600 use the chat function, how you,

NOTE Confidence: 0.8521464

00:33:17.600 --> 00:33:20.180 you know you can always assign.

NOTE Confidence: 0.8521464

00:33:20.180 --> 00:33:22.200 Full presenter you know,

NOTE Confidence: 0.8521464

00:33:22.200 --> 00:33:25.230 or a facilitator to monitor the

NOTE Confidence: 0.8521464

00:33:25.329 --> 00:33:28.129 chat box while you're speaking,

NOTE Confidence: 0.8521464

00:33:28.130 --> 00:33:31.118 and then during the talk you

NOTE Confidence: 0.8521464

00:33:31.118 --> 00:33:34.490 know going back to your agenda,

NOTE Confidence: 0.8521464

00:33:34.490 --> 00:33:37.670 sticking to it with your plan,

NOTE Confidence: 0.8521464

00:33:37.670 --> 00:33:40.754 and then also being intentional with

NOTE Confidence: 0.8521464

00:33:40.754 --> 00:33:43.435 the with facilitating the conversation

NOTE Confidence: 0.8521464

00:33:43.435 --> 00:33:47.208 and then paying attention to the group.

NOTE Confidence: 0.8521464

00:33:47.210 --> 00:33:50.390 Dynamics is important an you know.

NOTE Confidence: 0.8521464

00:33:50.390 --> 00:33:52.370 Ask for reflections or.

NOTE Confidence: 0.8521464

00:33:52.370 --> 00:33:55.340 Touch from participants who may be

NOTE Confidence: 0.851431213333334

00:33:55.426 --> 00:33:57.356 less verbal. Ask questions.

NOTE Confidence: 0.851431213333334

00:33:57.356 --> 00:34:00.527 Try to actively listen and respond actively.

NOTE Confidence: 0.851431213333334

00:34:00.530 --> 00:34:02.514 Incorporate thinking or reflecting

NOTE Confidence: 0.851431213333334

00:34:02.514 --> 00:34:04.994 time when your participants are

NOTE Confidence: 0.851431213333334

00:34:04.994 --> 00:34:07.152 learning new information an after

NOTE Confidence: 0.851431213333334

00:34:07.152 --> 00:34:09.137 you're done with the session.

NOTE Confidence: 0.851431213333334

00:34:09.140 --> 00:34:12.556 It's always good to send an email with

NOTE Confidence: 0.851431213333334

00:34:12.556 --> 00:34:14.683 important teaching points and dates

NOTE Confidence: 0.851431213333334

00:34:14.683 --> 00:34:17.462 of future sessions and recap of take

NOTE Confidence: 0.851431213333334

00:34:17.543 --> 00:34:20.747 home points or pertinent articles for

NOTE Confidence: 0.851431213333334

00:34:20.747 --> 00:34:23.443 additional reading, which we've been.

NOTE Confidence: 0.851431213333334

00:34:23.443 --> 00:34:25.607 Doing the whole year.

NOTE Confidence: 0.851431213333334

00:34:25.610 --> 00:34:27.969 The next thing I want to discuss

NOTE Confidence: 0.851431213333334

00:34:27.969 --> 00:34:29.450 is that you know.

NOTE Confidence: 0.851431213333334

00:34:29.450 --> 00:34:32.390 How to generate scholarship while distance

NOTE Confidence: 0.851431213333334

00:34:32.390 --> 00:34:34.838 learning trainings an faculty they

NOTE Confidence: 0.851431213333334

00:34:34.838 --> 00:34:37.328 can continue to generate a scholarship

NOTE Confidence: 0.851431213333334

00:34:37.328 --> 00:34:39.940 within a distance learning framework.

NOTE Confidence: 0.851431213333334

00:34:39.940 --> 00:34:41.371 Virtual collaboration platforms

NOTE Confidence: 0.851431213333334

00:34:41.371 --> 00:34:43.279 such as Google Drive,

NOTE Confidence: 0.851431213333334

00:34:43.280 --> 00:34:45.108 Slack Towel, and Basecamp.

NOTE Confidence: 0.851431213333334

00:34:45.108 --> 00:34:47.850 These are just some of the

NOTE Confidence: 0.851431213333334

00:34:47.938 --> 00:34:50.438 examples that I came through.

NOTE Confidence: 0.851431213333334

00:34:50.440 --> 00:34:52.344 You know they facilitate

NOTE Confidence: 0.851431213333334

00:34:52.344 --> 00:34:54.724 asynchronous work on group projects.

NOTE Confidence: 0.851431213333334

00:34:54.730 --> 00:34:57.145 In fact, incorporation of distance

NOTE Confidence: 0.851431213333334

00:34:57.145 --> 00:34:59.560 learning strategies for training research.

NOTE Confidence: 0.851431213333334

00:34:59.560 --> 00:35:01.760 Opens new possibilities for

NOTE Confidence: 0.851431213333334

00:35:01.760 --> 00:35:03.410 cross institutional mentorship

NOTE Confidence: 0.851431213333334

00:35:03.410 --> 00:35:05.060 and project collaboration.

NOTE Confidence: 0.851431213333334

00:35:05.060 --> 00:35:07.810 And now more than ever,

NOTE Confidence: 0.851431213333334

00:35:07.810 --> 00:35:10.948 programs within the same specialty can

NOTE Confidence: 0.851431213333334

00:35:10.948 --> 00:35:13.860 pool resources to broaden training,

NOTE Confidence: 0.851431213333334

00:35:13.860 --> 00:35:16.060 engagement and research and

NOTE Confidence: 0.851431213333334

00:35:16.060 --> 00:35:17.710 quality improvement endeavors.

NOTE Confidence: 0.851431213333334

00:35:17.710 --> 00:35:21.388 And this partnership can help trainees

NOTE Confidence: 0.851431213333334

00:35:21.388 --> 00:35:24.481 forge meaningful relationships with their

NOTE Confidence: 0.851431213333334

00:35:24.481 --> 00:35:27.817 peers and mentors across the institution.

NOTE Confidence: 0.851431213333334

00:35:27.820 --> 00:35:30.295 And the establishment of virtual

NOTE Confidence: 0.851431213333334

00:35:30.295 --> 00:35:32.275 training resources Xherdan sustained

NOTE Confidence: 0.851431213333334

00:35:32.275 --> 00:35:34.547 by faculty at multiple institutions

NOTE Confidence: 0.851431213333334

00:35:34.547 --> 00:35:37.578 may help the development of a more

NOTE Confidence: 0.851431213333334

00:35:37.578 --> 00:35:39.972 clinical researchers who in turn can

NOTE Confidence: 0.851431213333334

00:35:39.972 --> 00:35:42.060 propel sleep and circadian science

NOTE Confidence: 0.851431213333334

00:35:42.060 --> 00:35:44.285 and advanced the patient care.

NOTE Confidence: 0.851431213333334

00:35:44.290 --> 00:35:47.398 While it is equally important to you,

NOTE Confidence: 0.851431213333334

00:35:47.400 --> 00:35:49.136 know, have good training,

NOTE Confidence: 0.851431213333334

00:35:49.136 --> 00:35:52.276 how do we give feedback to fellows

NOTE Confidence: 0.851431213333334

00:35:52.276 --> 00:35:54.076 as well as faculty?

NOTE Confidence: 0.851431213333334

00:35:54.080 --> 00:35:57.293 You know some good things about virtual

NOTE Confidence: 0.851431213333334

00:35:57.293 --> 00:36:00.200 format is because the attending can.

NOTE Confidence: 0.851431213333334

00:36:00.200 --> 00:36:02.200 Directly observe you while you

NOTE Confidence: 0.851431213333334

00:36:02.200 --> 00:36:04.200 conducting an interview and also

NOTE Confidence: 0.851431213333334

00:36:04.268 --> 00:36:05.729 making your assessment.

NOTE Confidence: 0.851431213333334

00:36:05.730 --> 00:36:08.388 And sometimes you know patient may

NOTE Confidence: 0.851431213333334

00:36:08.388 --> 00:36:11.425 want to talk directly to a trainee

NOTE Confidence: 0.851431213333334

00:36:11.425 --> 00:36:13.795 and this also permits a cleaner,

NOTE Confidence: 0.851431213333334

00:36:13.800 --> 00:36:15.945 cleaner assessment of the fellows

NOTE Confidence: 0.851431213333334

00:36:15.945 --> 00:36:18.610 performance and some of the strategies

NOTE Confidence: 0.851431213333334

00:36:18.610 --> 00:36:21.711 that the fellows are using to optimize

NOTE Confidence: 0.851431213333334

00:36:21.711 --> 00:36:24.611 their virtual care can be assessed and

NOTE Confidence: 0.851431213333334

00:36:24.611 --> 00:36:26.908 reviewed with the fellow later on.

NOTE Confidence: 0.851431213333334

00:36:26.908 --> 00:36:29.056 And you know the opportunity to

NOTE Confidence: 0.851431213333334

00:36:29.056 --> 00:36:31.279 take assess history gathering and

NOTE Confidence: 0.851431213333334

00:36:31.279 --> 00:36:33.447 communication skills via telehealth.

NOTE Confidence: 0.851431213333334

00:36:33.450 --> 00:36:35.826 Line very well with fundamental components

NOTE Confidence: 0.851431213333334

00:36:35.826 --> 00:36:38.040 of competency based medical education,

NOTE Confidence: 0.851431213333334

00:36:38.040 --> 00:36:40.560 which I'm going to be

NOTE Confidence: 0.851431213333334

00:36:40.560 --> 00:36:43.080 talking about in the end.

NOTE Confidence: 0.851431213333334

00:36:43.080 --> 00:36:43.852 You know,

NOTE Confidence: 0.851431213333334

00:36:43.852 --> 00:36:46.168 and also you know if you're

NOTE Confidence: 0.851431213333334

00:36:46.168 --> 00:36:48.419 using the virtual platform,

NOTE Confidence: 0.851431213333334

00:36:48.420 --> 00:36:50.934 some institution can allow session recording

NOTE Confidence: 0.851431213333334

00:36:50.934 --> 00:36:53.759 and the attending can provide feedback,

NOTE Confidence: 0.851431213333334

00:36:53.760 --> 00:36:56.665 while post hoc review of fellow delivered

NOTE Confidence: 0.851431213333334

00:36:56.665 --> 00:36:59.989 care as an alternative to a medical,

NOTE Confidence: 0.851431213333334

00:36:59.990 --> 00:37:00.435 clinical,

NOTE Confidence: 0.851431213333334

00:37:00.435 --> 00:37:01.770 mini clinical exam,

NOTE Confidence: 0.851431213333334

00:37:01.770 --> 00:37:03.105 or mini CX.

NOTE Confidence: 0.851431213333334

00:37:03.110 --> 00:37:05.987 And then the fellow may also gain

NOTE Confidence: 0.851431213333334

00:37:05.987 --> 00:37:08.261 inside to their care delivery

NOTE Confidence: 0.851431213333334

00:37:08.261 --> 00:37:11.129 by viewing a video of themselves

NOTE Confidence: 0.851431213333334

00:37:11.129 --> 00:37:13.428 engaged in our real world.

NOTE Confidence: 0.851431213333334

00:37:13.430 --> 00:37:16.400 Virtual patient care.

NOTE Confidence: 0.851431213333334

00:37:16.400 --> 00:37:20.280 So and then the next and very very

NOTE Confidence: 0.851431213333334

00:37:20.280 --> 00:37:23.258 important topic is all about well

NOTE Confidence: 0.851431213333334

00:37:23.258 --> 00:37:26.114 being as we innovate to address

NOTE Confidence: 0.851431213333334

00:37:26.211 --> 00:37:28.638 fellow educational needs.

NOTE Confidence: 0.851431213333334

00:37:28.640 --> 00:37:31.460 We also must acknowledge that

NOTE Confidence: 0.851431213333334

00:37:31.460 --> 00:37:34.280 effective learning is hindered by

NOTE Confidence: 0.851431213333334

00:37:34.378 --> 00:37:37.682 high levels of stress or, you know,

NOTE Confidence: 0.851431213333334

00:37:37.682 --> 00:37:40.868 a burnout which is unhealthy stress.

NOTE Confidence: 0.851431213333334

00:37:40.870 --> 00:37:44.230 In medicine it is defined as a

NOTE Confidence: 0.851431213333334

00:37:44.230 --> 00:37:46.720 combination of emotional exhaustion,

NOTE Confidence: 0.851431213333334

00:37:46.720 --> 00:37:47.390 depersonalization.

NOTE Confidence: 0.851431213333334

00:37:47.390 --> 00:37:50.070 And low personal accomplishment.

NOTE Confidence: 0.851431213333334

00:37:50.070 --> 00:37:50.582 Uh,

NOTE Confidence: 0.851431213333334

00:37:50.582 --> 00:37:54.166 caused by chronic stress of medical practice.

NOTE Confidence: 0.82881564

00:37:54.170 --> 00:37:57.248 You know, burnout affects many physicians,

NOTE Confidence: 0.82881564

00:37:57.250 --> 00:37:59.820 and trainees are more effective.

NOTE Confidence: 0.82881564

00:37:59.820 --> 00:38:02.736 You know, recent studies also show

NOTE Confidence: 0.82881564

00:38:02.736 --> 00:38:05.313 their residents and fellows were

NOTE Confidence: 0.82881564

00:38:05.313 --> 00:38:07.509 more statistically burned out,

NOTE Confidence: 0.82881564

00:38:07.510 --> 00:38:10.814 about 60% and depressed with lower quality

NOTE Confidence: 0.82881564

00:38:10.814 --> 00:38:15.039 of life markers and higher levels of fatigue

NOTE Confidence: 0.82881564

00:38:15.039 --> 00:38:17.764 compared with earlier care physicians.

NOTE Confidence: 0.82881564

00:38:17.770 --> 00:38:20.130 And Furthermore, burnout is.

NOTE Confidence: 0.82881564

00:38:20.130 --> 00:38:22.490 Well known to negatively

NOTE Confidence: 0.82881564

00:38:22.490 --> 00:38:25.150 affect quality of patient care,

NOTE Confidence: 0.82881564

00:38:25.150 --> 00:38:27.254 increase health care costs,

NOTE Confidence: 0.82881564

00:38:27.254 --> 00:38:29.358 and worsening physical health.

NOTE Confidence: 0.82881564

00:38:29.360 --> 00:38:32.895 And while we do seek efforts to

NOTE Confidence: 0.82881564

00:38:32.895 --> 00:38:36.198 address this crisis by prior teising,

NOTE Confidence: 0.82881564

00:38:36.200 --> 00:38:39.875 mental well being and freedom from stress,

NOTE Confidence: 0.82881564

00:38:39.880 --> 00:38:44.140 how do we do that in a virtual you know

NOTE Confidence: 0.82881564

00:38:44.254 --> 00:38:48.298 or social distancing format you know?

NOTE Confidence: 0.82881564

00:38:48.300 --> 00:38:50.404 Ever since the 2000s,

NOTE Confidence: 0.82881564

00:38:50.404 --> 00:38:52.993 there have been many, many.

NOTE Confidence: 0.82881564

00:38:52.993 --> 00:38:55.891 Velma's there has been almost an

NOTE Confidence: 0.82881564

00:38:55.891 --> 00:38:58.409 explosion of Wellness resources and

NOTE Confidence: 0.82881564

00:38:58.409 --> 00:39:01.367 literature in the last two decades.

NOTE Confidence: 0.82881564

00:39:01.370 --> 00:39:04.415 To you know, even creation of the

NOTE Confidence: 0.82881564

00:39:04.415 --> 00:39:07.099 national academic of Medicine Action,

NOTE Confidence: 0.82881564

00:39:07.100 --> 00:39:09.012 collaboration on Clinician Val

NOTE Confidence: 0.82881564

00:39:09.012 --> 00:39:10.446 being an resilience.

NOTE Confidence: 0.82881564

00:39:10.450 --> 00:39:14.743 Few years ago an also by AC GME and

NOTE Confidence: 0.82881564

00:39:14.743 --> 00:39:18.566 this is just some of the AC gme,

NOTE Confidence: 0.82881564

00:39:18.570 --> 00:39:20.394 well being resources.

NOTE Confidence: 0.82881564

00:39:20.394 --> 00:39:23.612 That address training, burnout and Wellness.

NOTE Confidence: 0.82881564

00:39:23.612 --> 00:39:26.396 What we can do in these?

NOTE Confidence: 0.82881564

00:39:26.400 --> 00:39:27.254 You know,

NOTE Confidence: 0.82881564

00:39:27.254 --> 00:39:29.389 distance learning times is that

NOTE Confidence: 0.82881564

00:39:29.389 --> 00:39:32.396 you know we should continue to

NOTE Confidence: 0.82881564

00:39:32.396 --> 00:39:34.588 have frequent conversations and

NOTE Confidence: 0.82881564

00:39:34.588 --> 00:39:37.279 checkins too with the fellows.

NOTE Confidence: 0.82881564

00:39:37.280 --> 00:39:39.764 Or the residents about their well

NOTE Confidence: 0.82881564

00:39:39.764 --> 00:39:42.515 being during the times of remote

NOTE Confidence: 0.82881564

00:39:42.515 --> 00:39:44.539 learning and social distancing.

NOTE Confidence: 0.82881564

00:39:44.540 --> 00:39:46.810 Incorporation of virtual town halls.

NOTE Confidence: 0.82881564

00:39:46.810 --> 00:39:49.540 Happy hour's game nights, you know,

NOTE Confidence: 0.82881564

00:39:49.540 --> 00:39:52.718 or whatever the trainees like and other

NOTE Confidence: 0.82881564

00:39:52.718 --> 00:39:55.438 social interactions that can help trainees,

NOTE Confidence: 0.82881564

00:39:55.440 --> 00:39:58.788 faculty and staff feel connected even

NOTE Confidence: 0.82881564

00:39:58.788 --> 00:40:01.020 when you're physically distanced.

NOTE Confidence: 0.82881564

00:40:01.020 --> 00:40:03.783 And also you know the one good thing is

NOTE Confidence: 0.82881564

00:40:03.783 --> 00:40:06.648 as the as more people get vaccinated.

NOTE Confidence: 0.82881564

00:40:06.650 --> 00:40:07.250 You know,

NOTE Confidence: 0.82881564

00:40:07.250 --> 00:40:09.350 maybe you know we don't need to

NOTE Confidence: 0.82881564

00:40:09.350 --> 00:40:11.229 be as socially distanced,

NOTE Confidence: 0.82881564

00:40:11.230 --> 00:40:13.336 but you know, we'll find out.

NOTE Confidence: 0.82881564

00:40:13.340 --> 00:40:15.692 And also you know it is also a

NOTE Confidence: 0.82881564

00:40:15.692 --> 00:40:17.406 responsibility of a program to

NOTE Confidence: 0.82881564

00:40:17.406 --> 00:40:18.826 ensure that trainees understand

NOTE Confidence: 0.82881564

00:40:18.826 --> 00:40:21.169 how to access local Wellness and

NOTE Confidence: 0.82881564

00:40:21.169 --> 00:40:23.194 mental health resources as needed,

NOTE Confidence: 0.82881564

00:40:23.200 --> 00:40:25.065 per particularly during the time

NOTE Confidence: 0.82881564

00:40:25.065 --> 00:40:26.930 of this increase or uncertainty

NOTE Confidence: 0.82881564

00:40:26.990 --> 00:40:28.885 and anxiety and physical distance

NOTE Confidence: 0.82881564

00:40:28.885 --> 00:40:30.780 from the usual support systems.

NOTE Confidence: 0.82881564

00:40:30.780 --> 00:40:32.040 And you know,

NOTE Confidence: 0.82881564

00:40:32.040 --> 00:40:34.560 there are many evidence based interventions.

NOTE Confidence: 0.82881564

00:40:34.560 --> 00:40:38.340 Some of the ones that I've mentioned as well,

NOTE Confidence: 0.82881564

00:40:38.340 --> 00:40:39.180 you know.

NOTE Confidence: 0.82881564

00:40:39.180 --> 00:40:42.120 But it is also important to really,

NOTE Confidence: 0.82881564

00:40:42.120 --> 00:40:42.960 you know,

NOTE Confidence: 0.82881564

00:40:42.960 --> 00:40:45.480 prioritize something that's basic you know,

NOTE Confidence: 0.82881564

00:40:45.480 --> 00:40:47.120 such as you know,

NOTE Confidence: 0.82881564

00:40:47.120 --> 00:40:50.100 making sure they have food you know,

NOTE Confidence: 0.82881564

00:40:50.100 --> 00:40:52.200 or they're getting enough sleep.

NOTE Confidence: 0.82881564

00:40:52.200 --> 00:40:55.560 They do have protected time off, you know.

NOTE Confidence: 0.82881564

00:40:55.560 --> 00:40:58.080 And then from there to higher

NOTE Confidence: 0.82881564

00:40:58.080 --> 00:40:58.920 order interventions,

NOTE Confidence: 0.82881564

00:40:58.920 --> 00:41:01.530 how a program can implement Wellness.

NOTE Confidence: 0.82881564

00:41:01.530 --> 00:41:03.018 Interactive interventions during

NOTE Confidence: 0.82881564

00:41:03.018 --> 00:41:06.490 you know this year of the pandemic.

NOTE Confidence: 0.82881564

00:41:06.490 --> 00:41:09.955 Like I said, starting from the basics,

NOTE Confidence: 0.82881564

00:41:09.960 --> 00:41:12.936 making sure you know your trainees

NOTE Confidence: 0.82881564

00:41:12.936 --> 00:41:14.920 have either healthy snacks,

NOTE Confidence: 0.82881564

00:41:14.920 --> 00:41:15.912 even vitamins,

NOTE Confidence: 0.82881564

00:41:15.912 --> 00:41:18.392 water access in their common

NOTE Confidence: 0.82881564

00:41:18.392 --> 00:41:19.880 working here yeah,

NOTE Confidence: 0.82881564

00:41:19.880 --> 00:41:23.940 or you know position rooms.

NOTE Confidence: 0.82881564

00:41:23.940 --> 00:41:26.400 Then also making sure and casually

NOTE Confidence: 0.82881564

00:41:26.400 --> 00:41:30.020 checking in on them and doing burnout survey.

NOTE Confidence: 0.82881564

00:41:30.020 --> 00:41:30.388 Or,

NOTE Confidence: 0.82881564

00:41:30.388 --> 00:41:31.124 you know,

NOTE Confidence: 0.82881564

00:41:31.124 --> 00:41:32.964 making sure they have access

NOTE Confidence: 0.82881564

00:41:32.964 --> 00:41:35.658 to a mental health resources,

NOTE Confidence: 0.82881564

00:41:35.660 --> 00:41:37.644 distributing Contacts for campus

NOTE Confidence: 0.82881564

00:41:37.644 --> 00:41:40.620 mental health support as well the

NOTE Confidence: 0.82881564

00:41:40.702 --> 00:41:43.383 insuring you know it does not really

NOTE Confidence: 0.82881564

00:41:43.383 --> 00:41:45.834 apply to Sleep Medicine by ensuring

NOTE Confidence: 0.82881564

00:41:45.834 --> 00:41:48.676 there's a place to sleep and also

NOTE Confidence: 0.86015195

00:41:48.680 --> 00:41:50.222 protecting from unnecessary

NOTE Confidence: 0.86015195

00:41:50.222 --> 00:41:53.306 hours or an on call pages.

NOTE Confidence: 0.86015195

00:41:53.310 --> 00:41:56.844 And then do an intermediate level

NOTE Confidence: 0.86015195

00:41:56.844 --> 00:42:01.208 like a buddy system for peer support,

NOTE Confidence: 0.86015195

00:42:01.210 --> 00:42:02.710 virtual Department,

NOTE Confidence: 0.86015195

00:42:02.710 --> 00:42:07.210 Happy Hour or nonclinical Hangout an.

NOTE Confidence: 0.86015195

00:42:07.210 --> 00:42:09.570 Even at a leadership level,

NOTE Confidence: 0.86015195

00:42:09.570 --> 00:42:12.762 recurring meetings to check in on

NOTE Confidence: 0.86015195

00:42:12.762 --> 00:42:14.890 the fellows debriefing sessions

NOTE Confidence: 0.86015195

00:42:14.972 --> 00:42:17.096 in a safe space also help.

NOTE Confidence: 0.86015195

00:42:17.100 --> 00:42:20.103 And then making sure that you know

NOTE Confidence: 0.86015195

00:42:20.103 --> 00:42:22.642 you're involving the fellows while

NOTE Confidence: 0.86015195

00:42:22.642 --> 00:42:25.567 you're doing the decision-making on

NOTE Confidence: 0.86015195

00:42:25.567 --> 00:42:28.169 policies or collaborating on research

NOTE Confidence: 0.86015195

00:42:28.169 --> 00:42:31.225 and then taking it to a higher level.

NOTE Confidence: 0.86015195

00:42:31.230 --> 00:42:33.058 Like, you know giving.

NOTE Confidence: 0.86015195

00:42:33.058 --> 00:42:36.410 I'm not sure how to do that,

NOTE Confidence: 0.86015195

00:42:36.410 --> 00:42:38.746 but emotional intelligence training.

NOTE Confidence: 0.86015195

00:42:38.746 --> 00:42:42.250 Resilience training or you know how

NOTE Confidence: 0.86015195

00:42:42.337 --> 00:42:45.109 to plan for the next wave an how do

NOTE Confidence: 0.86015195

00:42:45.109 --> 00:42:48.227 we better next time sticking to what's

NOTE Confidence: 0.86015195

00:42:48.227 --> 00:42:51.026 better and making it even better?

NOTE Confidence: 0.86015195

00:42:51.026 --> 00:42:52.002 Incorporating equity,

NOTE Confidence: 0.86015195

00:42:52.002 --> 00:42:54.930 an anti racism teachings into our

NOTE Confidence: 0.86015195

00:42:55.004 --> 00:42:56.868 training curriculum on education

NOTE Confidence: 0.86015195

00:42:56.868 --> 00:42:59.664 of health care disparity and you

NOTE Confidence: 0.86015195

00:42:59.743 --> 00:43:01.807 know making space for what it

NOTE Confidence: 0.86015195

00:43:01.807 --> 00:43:03.667 means to return to normal.

NOTE Confidence: 0.86015195

00:43:03.667 --> 00:43:04.621 You know,

NOTE Confidence: 0.86015195

00:43:04.621 --> 00:43:07.960 some some institutions even have a HIPAA

NOTE Confidence: 0.86015195

00:43:08.047 --> 00:43:11.666 compliant and a socially distance tick tock.

NOTE Confidence: 0.86015195

00:43:11.670 --> 00:43:12.582 You don't,

NOTE Confidence: 0.86015195

00:43:12.582 --> 00:43:13.950 or an Instagram.

NOTE Confidence: 0.86015195

00:43:13.950 --> 00:43:16.668 And to express and they show

NOTE Confidence: 0.86015195

00:43:16.668 --> 00:43:19.008 pictures to express appreciation or

NOTE Confidence: 0.86015195

00:43:19.008 --> 00:43:21.238 gratitude for their team members,

NOTE Confidence: 0.86015195

00:43:21.240 --> 00:43:24.425 which can be a follower of faculty.

NOTE Confidence: 0.86015195

00:43:24.430 --> 00:43:27.346 You know an also other resources

NOTE Confidence: 0.86015195

00:43:27.346 --> 00:43:29.290 that your institutional have

NOTE Confidence: 0.86015195

00:43:29.370 --> 00:43:31.950 the institution had that may be

NOTE Confidence: 0.86015195

00:43:31.950 --> 00:43:34.469 free to available like you know,

NOTE Confidence: 0.86015195

00:43:34.470 --> 00:43:36.420 group, exercise, meditation.

NOTE Confidence: 0.86015195

00:43:36.420 --> 00:43:39.020 Or other gratitude gifts.

NOTE Confidence: 0.86015195

00:43:39.020 --> 00:43:42.372 And also always good to ask for and

NOTE Confidence: 0.86015195

00:43:42.372 --> 00:43:45.189 give feedback that will be relevant.

NOTE Confidence: 0.86015195

00:43:45.190 --> 00:43:47.400 And then Lastly you know,

NOTE Confidence: 0.86015195

00:43:47.400 --> 00:43:49.605 take advantage of Wellness initiatives

NOTE Confidence: 0.86015195

00:43:49.605 --> 00:43:51.810 that are in the community.

NOTE Confidence: 0.86015195

00:43:51.810 --> 00:43:54.456 Last last thing about you know,

NOTE Confidence: 0.86015195

00:43:54.460 --> 00:43:57.540 fellowship that I want to discuss this.

NOTE Confidence: 0.86015195

00:43:57.540 --> 00:43:58.422 You know,

NOTE Confidence: 0.86015195

00:43:58.422 --> 00:44:01.509 while in the time of distance learning,

NOTE Confidence: 0.86015195

00:44:01.510 --> 00:44:04.156 we've also moved to virtual interviewing,

NOTE Confidence: 0.86015195

00:44:04.160 --> 00:44:04.948 you know,

NOTE Confidence: 0.86015195

00:44:04.948 --> 00:44:07.312 and Sleep Medicine actually had a

NOTE Confidence: 0.86015195

00:44:07.312 --> 00:44:10.038 very successful successful fellowship match.

NOTE Confidence: 0.86015195

00:44:10.040 --> 00:44:12.405 And almost the interview season

NOTE Confidence: 0.86015195

00:44:12.405 --> 00:44:13.824 was fully virtual.

NOTE Confidence: 0.86015195

00:44:13.830 --> 00:44:17.614 It had it has a lot of advantages.

NOTE Confidence: 0.86015195

00:44:17.620 --> 00:44:20.350 It had the benefit of limiting

NOTE Confidence: 0.86015195

00:44:20.350 --> 00:44:22.727 COVID-19 exposures and also it

NOTE Confidence: 0.86015195

00:44:22.727 --> 00:44:25.553 lessens the number of last minute

NOTE Confidence: 0.86015195

00:44:25.553 --> 00:44:28.012 cancellations and saves costs for

NOTE Confidence: 0.86015195

00:44:28.012 --> 00:44:30.898 candidates for travel and for programs.

NOTE Confidence: 0.86015195

00:44:30.900 --> 00:44:35.769 And then some of the things that you know.

NOTE Confidence: 0.86015195

00:44:35.770 --> 00:44:38.538 Need to be done to make the virtual

NOTE Confidence: 0.86015195

00:44:38.538 --> 00:44:40.322 interviews more successful would

NOTE Confidence: 0.86015195

00:44:40.322 --> 00:44:43.376 be you know application review and

NOTE Confidence: 0.86015195

00:44:43.376 --> 00:44:44.905 interviewing scheduling workflows

NOTE Confidence: 0.86015195

00:44:44.905 --> 00:44:47.515 that are adaptable and flexible to

NOTE Confidence: 0.86015195

00:44:47.515 --> 00:44:49.255 adjust the upcoming recruitment

NOTE Confidence: 0.86015195

00:44:49.255 --> 00:44:51.430 season and also in preparation

NOTE Confidence: 0.86015195

00:44:51.430 --> 00:44:53.170 for the new terrain.

NOTE Confidence: 0.86015195

00:44:53.170 --> 00:44:55.540 Programs should have been updated on

NOTE Confidence: 0.86015195

00:44:55.540 --> 00:44:58.381 most recent you know data on their

NOTE Confidence: 0.86015195

00:44:58.381 --> 00:45:00.751 website to provide a candidate with

NOTE Confidence: 0.86015195

00:45:00.751 --> 00:45:02.719 current relevant information as

NOTE Confidence: 0.86015195

00:45:02.719 --> 00:45:05.214 programs commit to online interviews

NOTE Confidence: 0.86015195

00:45:05.214 --> 00:45:08.044 and virtual visits for all candidates.

NOTE Confidence: 0.86015195

00:45:08.044 --> 00:45:10.780 They should also anticipate a gradient.

NOTE Confidence: 0.86015195

00:45:10.780 --> 00:45:15.790 Prof. Applicants next year and then.

NOTE Confidence: 0.86015195

00:45:15.790 --> 00:45:17.570 How do they you know,

NOTE Confidence: 0.86015195

00:45:17.570 --> 00:45:19.340 solid solid fire the workflow

NOTE Confidence: 0.86015195

00:45:19.340 --> 00:45:20.756 during the recruitment season?

NOTE Confidence: 0.86015195

00:45:20.760 --> 00:45:22.727 You know how they will have a

NOTE Confidence: 0.86015195

00:45:22.727 --> 00:45:24.066 strategy to review applications

NOTE Confidence: 0.86015195

00:45:24.066 --> 00:45:25.786 and communicating with candidates

NOTE Confidence: 0.86015195

00:45:25.786 --> 00:45:28.162 in a timely manner. You know?

NOTE Confidence: 0.86015195

00:45:28.162 --> 00:45:30.444 So these are some of the things

NOTE Confidence: 0.86015195

00:45:30.444 --> 00:45:33.109 that can do an I want to share the

NOTE Confidence: 0.86015195

00:45:33.109 --> 00:45:35.183 results of the fellowship match

NOTE Confidence: 0.86015195

00:45:35.183 --> 00:45:37.087 trends for Sleep Medicine.

NOTE Confidence: 0.86015195

00:45:37.090 --> 00:45:41.689 As you can see in the last few years.

NOTE Confidence: 0.8060739

00:45:41.690 --> 00:45:46.382 2021 had the highest number of

NOTE Confidence: 0.8060739

00:45:46.382 --> 00:45:49.510 matched or filled programs.

NOTE Confidence: 0.8060739

00:45:49.510 --> 00:45:50.593 Over total programs,

NOTE Confidence: 0.8060739

00:45:50.593 --> 00:45:53.635 and then if you go and look at

NOTE Confidence: 0.8060739

00:45:53.635 --> 00:45:55.825 the positions that were offered,

NOTE Confidence: 0.8060739

00:45:55.830 --> 00:45:57.975 the number of programs that

NOTE Confidence: 0.8060739

00:45:57.975 --> 00:46:00.546 filled has been the highest it

NOTE Confidence: 0.8060739

00:46:00.546 --> 00:46:02.933 has been in the last five years.

NOTE Confidence: 0.8060739

00:46:02.940 --> 00:46:05.088 Now this may be because you

NOTE Confidence: 0.8060739

00:46:05.088 --> 00:46:06.520 know people were interviewing

NOTE Confidence: 0.8060739

00:46:06.585 --> 00:46:08.469 virtually and canceling glass.

NOTE Confidence: 0.8060739

00:46:08.470 --> 00:46:10.682 Or maybe there is there has been

NOTE Confidence: 0.8060739

00:46:10.682 --> 00:46:13.242 just a general increase in Sleep

NOTE Confidence: 0.8060739

00:46:13.242 --> 00:46:14.787 Medicine fellowship because,

NOTE Confidence: 0.8060739

00:46:14.790 --> 00:46:17.160 you know, as we've started to

NOTE Confidence: 0.8060739

00:46:17.160 --> 00:46:18.740 implement more telling medicine,

NOTE Confidence: 0.8060739

00:46:18.740 --> 00:46:20.532 some people can just.

NOTE Confidence: 0.8060739

00:46:20.532 --> 00:46:24.560 Kind of work from home, you know?

NOTE Confidence: 0.8060739

00:46:24.560 --> 00:46:27.024 And the last topic of my talk today

NOTE Confidence: 0.8060739

00:46:27.024 --> 00:46:29.628 is the Sleep Medicine milestones,

NOTE Confidence: 0.8060739

00:46:29.630 --> 00:46:31.796 which is a little bit different

NOTE Confidence: 0.8060739

00:46:31.796 --> 00:46:34.309 from what I've been talking about.

NOTE Confidence: 0.8060739

00:46:34.310 --> 00:46:35.201 But you know,

NOTE Confidence: 0.8060739

00:46:35.201 --> 00:46:37.774 I just want to go over it because

NOTE Confidence: 0.8060739

00:46:37.774 --> 00:46:40.246 this is something new and very

NOTE Confidence: 0.8060739

00:46:40.246 --> 00:46:42.495 relevant to our specialty in

NOTE Confidence: 0.8060739

00:46:42.495 --> 00:46:44.835 medical education an you know,

NOTE Confidence: 0.8060739

00:46:44.840 --> 00:46:47.819 as we all know that a CGM ME published

NOTE Confidence: 0.8060739

00:46:47.819 --> 00:46:51.468 the first steep medicine file stones in 2015,

NOTE Confidence: 0.8060739

00:46:51.470 --> 00:46:53.475 but these milestones were the

NOTE Confidence: 0.8060739

00:46:53.475 --> 00:46:55.480 same among all internal medicine.

NOTE Confidence: 0.8060739

00:46:55.480 --> 00:46:57.688 Fellowship programs they were

NOTE Confidence: 0.8060739

00:46:57.688 --> 00:47:00.448 not specific to the specialty,

NOTE Confidence: 0.8060739

00:47:00.450 --> 00:47:03.348 so based on the stakeholder feedback

NOTE Confidence: 0.8060739

00:47:03.348 --> 00:47:07.170 the AC GME called for creation of

NOTE Confidence: 0.8060739

00:47:07.170 --> 00:47:09.566 specialty specific milestones and

NOTE Confidence: 0.8060739

00:47:09.566 --> 00:47:12.570 I'll be outlining those milestone

NOTE Confidence: 0.8060739

00:47:12.570 --> 00:47:15.900 reporting system and how they were

NOTE Confidence: 0.8060739

00:47:15.900 --> 00:47:21.310 created and what it means by harmonized.

NOTE Confidence: 0.8060739

00:47:21.310 --> 00:47:21.818 Milestones,

NOTE Confidence: 0.8060739

00:47:21.818 --> 00:47:25.374 so the six AC GME core competencies

NOTE Confidence: 0.8060739

00:47:25.374 --> 00:47:28.459 are patient care medical education.

NOTE Confidence: 0.8060739

00:47:28.460 --> 00:47:31.210 You know system space practice,

NOTE Confidence: 0.8060739

00:47:31.210 --> 00:47:33.960 practice based learning and improvement,

NOTE Confidence: 0.8060739

00:47:33.960 --> 00:47:35.610 an interpersonal communications

NOTE Confidence: 0.8060739

00:47:35.610 --> 00:47:37.810 and skills communication skills.

NOTE Confidence: 0.8060739

00:47:37.810 --> 00:47:38.285 However,

NOTE Confidence: 0.8060739

00:47:38.285 --> 00:47:40.660 the assessment of the competencies

NOTE Confidence: 0.8060739

00:47:40.660 --> 00:47:42.560 was complicated by differing

NOTE Confidence: 0.8060739

00:47:42.628 --> 00:47:45.168 interpretations to specific competencies

NOTE Confidence: 0.8060739

00:47:45.168 --> 00:47:47.708 and heterogeneity of implementation,

NOTE Confidence: 0.8060739

00:47:47.710 --> 00:47:51.889 so you know they were not generalize.

NOTE Confidence: 0.8060739

00:47:51.890 --> 00:47:55.166 Very general an not a specialty specific,

NOTE Confidence: 0.8060739

00:47:55.170 --> 00:47:57.798 so the ultimate decision was made

NOTE Confidence: 0.8060739

00:47:57.798 --> 00:48:00.130 to write generic sub competencies

NOTE Confidence: 0.8060739

00:48:00.130 --> 00:48:03.118 to be used by all specialties.

NOTE Confidence: 0.8060739

00:48:03.120 --> 00:48:05.736 But the disadvantage was that all

NOTE Confidence: 0.8060739

00:48:05.736 --> 00:48:08.089 sub competencies did not apply

NOTE Confidence: 0.8060739

00:48:08.089 --> 00:48:09.670 to all subspecialties.

NOTE Confidence: 0.8060739

00:48:09.670 --> 00:48:13.216 So as you can see Doctor Weir is one

NOTE Confidence: 0.8060739

00:48:13.216 --> 00:48:17.157 of those people in the working group.

NOTE Confidence: 0.8060739

00:48:17.160 --> 00:48:19.946 So in an effort to bridge the

NOTE Confidence: 0.8060739

00:48:19.946 --> 00:48:23.139 initial AC GME reporting milestones.

NOTE Confidence: 0.8060739

00:48:23.140 --> 00:48:25.968 And Sleep Medicine fellowship

NOTE Confidence: 0.8060739

00:48:25.968 --> 00:48:28.796 training ASM Fellowship Director's

NOTE Confidence: 0.8060739

00:48:28.796 --> 00:48:31.593 Council Steering Committee created

NOTE Confidence: 0.8060739

00:48:31.593 --> 00:48:34.177 the Sleep Medicine specific

NOTE Confidence: 0.8060739

00:48:34.177 --> 00:48:37.411 curriculum milestones map to generic

NOTE Confidence: 0.8060739

00:48:37.411 --> 00:48:40.777 milestones that are I just discussed.

NOTE Confidence: 0.8060739

00:48:40.780 --> 00:48:44.932 An these are the milestones 2.0

NOTE Confidence: 0.8060739

00:48:44.932 --> 00:48:47.700 or the harmonized milestones.

NOTE Confidence: 0.8060739

00:48:47.700 --> 00:48:50.224 So there are 18.

NOTE Confidence: 0.8060739

00:48:50.224 --> 00:48:54.010 Milestones in those six core competencies,

NOTE Confidence: 0.8060739

00:48:54.010 --> 00:48:57.475 and they continue to draw from them,

NOTE Confidence: 0.8060739

00:48:57.480 --> 00:49:00.945 but they are used by each programs

NOTE Confidence: 0.8060739

00:49:00.945 --> 00:49:02.430 Clinical Competency Committee,

NOTE Confidence: 0.8060739

00:49:02.430 --> 00:49:06.998 an by faculty, as well as the trainees.

NOTE Confidence: 0.8060739

00:49:07.000 --> 00:49:10.846 To assess, you know for assessment.

NOTE Confidence: 0.8060739

00:49:10.850 --> 00:49:13.874 Faculty use them to guide development

NOTE Confidence: 0.8060739

00:49:13.874 --> 00:49:17.663 as educators and fellows use them to

NOTE Confidence: 0.8060739

00:49:17.663 --> 00:49:19.907 create individualized learning plans

NOTE Confidence: 0.8060739

00:49:19.907 --> 00:49:23.035 that facilitate self reflection and

NOTE Confidence: 0.8060739

00:49:23.035 --> 00:49:25.747 measurement of individual progress.

NOTE Confidence: 0.8060739

00:49:25.750 --> 00:49:28.178 Compared with national trends.

NOTE Confidence: 0.8060739

00:49:28.178 --> 00:49:31.213 So the harmonized milestones encompassed

NOTE Confidence: 0.8060739

00:49:31.213 --> 00:49:33.769 skills related to patient care,

NOTE Confidence: 0.8060739

00:49:33.770 --> 00:49:36.058 patient centered care delivery,

NOTE Confidence: 0.8060739

00:49:36.058 --> 00:49:37.774 diversity and inclusion.

NOTE Confidence: 0.8060739

00:49:37.780 --> 00:49:40.880 Working within a team structure

NOTE Confidence: 0.8060739

00:49:40.880 --> 00:49:42.120 and navigating.

NOTE Confidence: 0.8060739

00:49:42.120 --> 00:49:42.608 Large,

NOTE Confidence: 0.8060739

00:49:42.608 --> 00:49:46.024 complex health systems and the working group.

NOTE Confidence: 0.8060739

00:49:46.030 --> 00:49:48.816 You know that Doctor Weir is also

NOTE Confidence: 0.8060739

00:49:48.816 --> 00:49:51.922 a member of focused on progressive

NOTE Confidence: 0.8060739

00:49:51.922 --> 00:49:54.350 stages of learner growth.

00:49:54.350 --> 00:49:56.314 Defining points along the

NOTE Confidence: 0.8060739

00:49:56.314 --> 00:49:59.260 trajectory from a novice learner to

NOTE Confidence: 0.84107715

00:49:59.343 --> 00:50:01.470 an innovator. A leader in

NOTE Confidence: 0.84107715

00:50:01.470 --> 00:50:03.270 the field of Sleep Medicine.

NOTE Confidence: 0.84107715

00:50:03.270 --> 00:50:05.790 And you know, these milestones remain

NOTE Confidence: 0.84107715

00:50:05.790 --> 00:50:08.005 applicable as new technologies are

NOTE Confidence: 0.84107715

00:50:08.005 --> 00:50:09.861 incorporated into Sleep Medicine

NOTE Confidence: 0.84107715

00:50:09.861 --> 00:50:11.717 practice and especially the

NOTE Confidence: 0.84107715

00:50:11.717 --> 00:50:13.521 milestones related to diagnosis

NOTE Confidence: 0.84107715

00:50:13.521 --> 00:50:15.646 and management of sleep disorders.

NOTE Confidence: 0.84107715

00:50:15.650 --> 00:50:18.674 They do not specify on procedures

NOTE Confidence: 0.84107715

00:50:18.674 --> 00:50:20.690 or treatment guidelines because

NOTE Confidence: 0.84107715

00:50:20.768 --> 00:50:23.372 there are so many things that are

NOTE Confidence: 0.84107715

00:50:23.372 --> 00:50:26.304 changing as we move forward the the

NOTE Confidence: 0.84107715

00:50:26.304 --> 00:50:28.908 2.0 milestones used the Dreifus and

NOTE Confidence: 0.84107715

00:50:28.910 --> 00:50:31.140 Rafa's five stage of development

NOTE Confidence: 0.84107715

00:50:31.140 --> 00:50:33.870 model of mental activities for skill.

NOTE Confidence: 0.84107715

00:50:33.870 --> 00:50:35.898 Acquisition during the fellowship

NOTE Confidence: 0.84107715

00:50:35.898 --> 00:50:37.926 year so you know,

NOTE Confidence: 0.84107715

00:50:37.930 --> 00:50:43.578 level one is now a nervous instead of.

NOTE Confidence: 0.84107715

00:50:43.580 --> 00:50:46.525 Critical deficiency two and Level

NOTE Confidence: 0.84107715

00:50:46.525 --> 00:50:50.410 2 is an advanced beginner and a

NOTE Confidence: 0.84107715

00:50:50.410 --> 00:50:53.343 Level 3 is a competent fellow an

NOTE Confidence: 0.84107715

00:50:53.343 --> 00:50:56.981 for proficient and then to an expert

NOTE Confidence: 0.84107715

00:50:56.981 --> 00:50:59.575 fellow or ready for independent

NOTE Confidence: 0.84107715

00:50:59.575 --> 00:51:02.665 training and then like I said,

NOTE Confidence: 0.84107715

00:51:02.670 --> 00:51:05.386 this is a notable difference from a

NOTE Confidence: 0.84107715

00:51:05.386 --> 00:51:08.463 first set of subspecialty recording

NOTE Confidence: 0.84107715

00:51:08.463 --> 00:51:09.379 milestones,

NOTE Confidence: 0.84107715

00:51:09.380 --> 00:51:11.468 which ranged from critical

NOTE Confidence: 0.84107715

00:51:11.468 --> 00:51:14.078 deficiencies to ready for unsupervised.

NOTE Confidence: 0.84107715

00:51:14.080 --> 00:51:15.709 Practice an aspirational.

NOTE Confidence: 0.84107715

00:51:15.709 --> 00:51:18.967 This paradigm allows fellows in all

NOTE Confidence: 0.84107715

00:51:18.967 --> 00:51:21.612 accredited programs to achieve defined

NOTE Confidence: 0.84107715

00:51:21.612 --> 00:51:24.137 competencies in the management of

NOTE Confidence: 0.84107715

00:51:24.137 --> 00:51:26.719 adult and pediatric sleep disorders

NOTE Confidence: 0.84107715

00:51:26.719 --> 00:51:29.707 within the broader context of health

NOTE Confidence: 0.84107715

00:51:29.710 --> 00:51:32.986 care systems and also the changes kind

NOTE Confidence: 0.84107715

00:51:32.986 --> 00:51:36.173 of highlight a conscious decision to

NOTE Confidence: 0.84107715

00:51:36.173 --> 00:51:40.128 remove negative language such as you know,

NOTE Confidence: 0.84107715

00:51:40.130 --> 00:51:42.250 critical deficiency and implications

NOTE Confidence: 0.84107715

00:51:42.250 --> 00:51:45.430 about fitness for graduation such as.

NOTE Confidence: 0.84107715

00:51:45.430 --> 00:51:47.414 And already for supervised

NOTE Confidence: 0.84107715

00:51:47.414 --> 00:51:48.406 unsupervised practice,

NOTE Confidence: 0.84107715

00:51:48.410 --> 00:51:49.374 in addition,

NOTE Confidence: 0.84107715

00:51:49.374 --> 00:51:51.784 milestones 2.0 include a relative

NOTE Confidence: 0.84107715

00:51:51.784 --> 00:51:54.326 leftward shift of the associated

NOTE Confidence: 0.84107715

00:51:54.326 --> 00:51:56.856 anchors for each sub competency.

NOTE Confidence: 0.84107715

00:51:56.860 --> 00:52:00.812 So like I said, Level 3 is now

NOTE Confidence: 0.84107715

00:52:00.812 --> 00:52:03.320 considered proficient versus Level 4,

NOTE Confidence: 0.84107715

00:52:03.320 --> 00:52:05.805 which is considered ready for

NOTE Confidence: 0.84107715

00:52:05.805 --> 00:52:06.799 unsupervised practice.

NOTE Confidence: 0.84107715

00:52:06.800 --> 00:52:08.291 And as always,

NOTE Confidence: 0.84107715

00:52:08.291 --> 00:52:10.776 this is just a guideline.

NOTE Confidence: 0.84107715

00:52:10.780 --> 00:52:13.380 The determination about a fellow's

NOTE Confidence: 0.84107715

00:52:13.380 --> 00:52:15.460 readiness for graduation lies

NOTE Confidence: 0.84107715

00:52:15.460 --> 00:52:17.599 within the program director.

NOTE Confidence: 0.84107715

00:52:17.600 --> 00:52:20.352 With advisement from the

NOTE Confidence: 0.84107715

00:52:20.352 --> 00:52:22.416 Clinical Evaluation Committee.

NOTE Confidence: 0.84107715

00:52:22.420 --> 00:52:25.468 And then this just kind of

NOTE Confidence: 0.84107715

00:52:25.468 --> 00:52:29.390 brings me to the end of my talk.

NOTE Confidence: 0.84107715

00:52:29.390 --> 00:52:30.384 You know,

NOTE Confidence: 0.84107715

00:52:30.384 --> 00:52:33.863 I wanna say innovation stem from necessity,

NOTE Confidence: 0.84107715

00:52:33.870 --> 00:52:35.862 exploring deli sleep services

NOTE Confidence: 0.84107715

00:52:35.862 --> 00:52:37.850 among academics, Sleep Medicine,

NOTE Confidence: 0.84107715

00:52:37.850 --> 00:52:38.840 fellowship programs.

NOTE Confidence: 0.84107715

00:52:38.840 --> 00:52:42.340 It is an important and timely topic,

NOTE Confidence: 0.84107715

00:52:42.340 --> 00:52:45.400 especially as the field tries to

NOTE Confidence: 0.84107715

00:52:45.400 --> 00:52:48.472 understand how telehealth can best be

NOTE Confidence: 0.84107715

00:52:48.472 --> 00:52:51.797 utilized to enhance and expand patient care.

NOTE Confidence: 0.84107715

00:52:51.800 --> 00:52:52.478 An also.

NOTE Confidence: 0.84107715

00:52:52.478 --> 00:52:53.156 You know,

NOTE Confidence: 0.84107715

00:52:53.156 --> 00:52:56.440 with the net dude in a national recent

NOTE Confidence: 0.84107715

00:52:56.440 --> 00:52:59.340 survey of Sleep Medicine program,

NOTE Confidence: 0.84107715

00:52:59.340 --> 00:52:59.773 directores,

NOTE Confidence: 0.84107715

00:52:59.773 --> 00:53:01.938 while the program Directores agreed

NOTE Confidence: 0.84107715

00:53:01.938 --> 00:53:04.154 that Sleep Medicine training is

NOTE Confidence: 0.84107715

00:53:04.154 --> 00:53:06.274 important and should be incorporated

NOTE Confidence: 0.84107715

00:53:06.274 --> 00:53:07.546 into fellowship curriculum,

NOTE Confidence: 0.84107715

00:53:07.550 --> 00:53:10.567 there is a dearth of specific guidance.

NOTE Confidence: 0.84107715

00:53:10.570 --> 00:53:13.230 An concrete steps are vague

NOTE Confidence: 0.84107715

00:53:13.230 --> 00:53:15.358 and not actively pursued.

NOTE Confidence: 0.84107715

00:53:15.360 --> 00:53:17.971 So you know this is something you

NOTE Confidence: 0.84107715

00:53:17.971 --> 00:53:19.960 know the inconsistency is discerning

NOTE Confidence: 0.84107715

00:53:19.960 --> 00:53:22.360 and you know difficult to explain.

NOTE Confidence: 0.84107715

00:53:22.360 --> 00:53:24.104 So the solution is.

NOTE Confidence: 0.84107715

00:53:24.104 --> 00:53:28.080 And you know it leaves us to do things.

NOTE Confidence: 0.84107715

00:53:28.080 --> 00:53:30.060 And how do we improve?

NOTE Confidence: 0.84107715

00:53:30.060 --> 00:53:31.644 Embrace Sleep Medicine and

NOTE Confidence: 0.84107715

00:53:31.644 --> 00:53:32.436 effectively educate?

NOTE Confidence: 0.84107715

00:53:32.440 --> 00:53:34.816 Are the next generation of physicians

NOTE Confidence: 0.84107715

00:53:34.816 --> 00:53:36.798 you know are very hardworking

NOTE Confidence: 0.84107715

00:53:36.800 --> 00:53:39.806 fellows and trainees to be prepared

NOTE Confidence: 0.84107715

00:53:39.806 --> 00:53:43.260 for the needs of the community.

NOTE Confidence: 0.84107715

00:53:43.260 --> 00:53:45.440 And these are my references

NOTE Confidence: 0.84107715

00:53:45.440 --> 00:53:48.410 and I think I finished on time.

NOTE Confidence: 0.8277479

00:53:52.830 --> 00:53:55.780 Hi. Can everybody hear me?

NOTE Confidence: 0.901892

00:54:00.230 --> 00:54:05.450 Yes, we can hear you OK. Alright.

NOTE Confidence: 0.9256157

00:54:05.450 --> 00:54:07.405 Happy to take any comments

NOTE Confidence: 0.9256157

00:54:07.405 --> 00:54:08.969 or questions anybody has.

NOTE Confidence: 0.8523612

00:54:11.570 --> 00:54:14.826 Thank you hear that was such a wonderful

NOTE Confidence: 0.8523612

00:54:14.826 --> 00:54:17.869 overview for all of us medical educators.

NOTE Confidence: 0.8523612

00:54:17.870 --> 00:54:19.970 Just really fantastic. Thank you.

NOTE Confidence: 0.83554846

00:54:23.060 --> 00:54:25.614 We can open it up to questions

NOTE Confidence: 0.83554846

00:54:25.614 --> 00:54:27.810 we have about 5 minutes.

NOTE Confidence: 0.83554846

00:54:27.810 --> 00:54:29.790 If anyone would like to

NOTE Confidence: 0.83554846

00:54:29.790 --> 00:54:32.560 know sure, sure this this is Brian,

NOTE Confidence: 0.83554846

00:54:32.560 --> 00:54:34.535 so I have a comment.

NOTE Confidence: 0.83554846

00:54:34.540 --> 00:54:39.270 I think a question so here, thanks for.

NOTE Confidence: 0.83554846

00:54:39.270 --> 00:54:42.762 For the overview and you know I just wanted

NOTE Confidence: 0.83554846

00:54:42.762 --> 00:54:45.862 to make a comment from my perspective, yeah,

NOTE Confidence: 0.83554846

00:54:45.862 --> 00:54:48.462 and sort of encouraged this idea of really

NOTE Confidence: 0.83554846

00:54:48.462 --> 00:54:50.910 adapting to this technological innovation,

NOTE Confidence: 0.83554846

00:54:50.910 --> 00:54:53.997 so I also see patients in a geriatric

NOTE Confidence: 0.83554846

00:54:53.997 --> 00:54:56.933 clinic and I think that is a place

NOTE Confidence: 0.83554846

00:54:56.933 --> 00:54:59.714 where the virtual visit has been very

NOTE Confidence: 0.83554846

00:54:59.714 --> 00:55:02.159 problematic for a lot of reasons.

NOTE Confidence: 0.83554846

00:55:02.160 --> 00:55:04.664 I mean, you know, even if people can

NOTE Confidence: 0.83554846

00:55:04.664 --> 00:55:07.266 sort of get the necessary technology

NOTE Confidence: 0.83554846

00:55:07.266 --> 00:55:10.122 even communicating with them by video.

NOTE Confidence: 0.83554846

00:55:10.130 --> 00:55:12.749 Can be challenging.

NOTE Confidence: 0.83554846

00:55:12.750 --> 00:55:14.340 Whereas you know my experience

NOTE Confidence: 0.83554846

00:55:14.340 --> 00:55:16.240 in the Sleep clinic is wow,

NOTE Confidence: 0.83554846

00:55:16.240 --> 00:55:17.825 this seems like the perfect

NOTE Confidence: 0.83554846

00:55:17.825 --> 00:55:19.410 place to do these visits.

NOTE Confidence: 0.83554846

00:55:19.410 --> 00:55:23.820 You know, it seems like a very sort of.

NOTE Confidence: 0.83554846

00:55:23.820 --> 00:55:26.000 You know it's just a perfect place to

NOTE Confidence: 0.83554846

00:55:26.000 --> 00:55:27.639 adapt this technology, so I wonder,

NOTE Confidence: 0.83554846

00:55:27.639 --> 00:55:29.550 you know you kind of mentioned what

NOTE Confidence: 0.83554846

00:55:29.550 --> 00:55:31.739 are some things that we can sort of

NOTE Confidence: 0.83554846

00:55:31.739 --> 00:55:33.377 take advantage with a video visit?

NOTE Confidence: 0.83554846

00:55:33.380 --> 00:55:34.464 You sort of said,

NOTE Confidence: 0.83554846

00:55:34.464 --> 00:55:36.110 you know, we can do vitals.

NOTE Confidence: 0.83554846

00:55:36.110 --> 00:55:38.016 We can sort of find ways to

NOTE Confidence: 0.83554846

00:55:38.016 --> 00:55:39.104 look in people's Airways.

NOTE Confidence: 0.83554846

00:55:39.110 --> 00:55:41.014 You know we can adapt that way.

NOTE Confidence: 0.83554846

00:55:41.020 --> 00:55:42.928 One of the things I think about

NOTE Confidence: 0.83554846

00:55:42.928 --> 00:55:44.264 in geriatrics is, you know,

NOTE Confidence: 0.83554846

00:55:44.264 --> 00:55:46.320 I can actually at you know it may

NOTE Confidence: 0.83554846

00:55:46.384 --> 00:55:48.666 not have the patient in front of me,

NOTE Confidence: 0.83554846

00:55:48.666 --> 00:55:50.572 but I can look at their living

NOTE Confidence: 0.83554846

00:55:50.572 --> 00:55:51.388 in the environment.

NOTE Confidence: 0.83554846

00:55:51.390 --> 00:55:52.760 And that's a big advantage.

NOTE Confidence: 0.83554846

00:55:52.760 --> 00:55:54.170 So I'm wondering what you

NOTE Confidence: 0.83554846

00:55:54.170 --> 00:55:55.016 think people should.

NOTE Confidence: 0.83554846

00:55:55.020 --> 00:55:56.260 Take advantage of that.

NOTE Confidence: 0.83554846

00:55:56.260 --> 00:55:58.150 They can otherwise get when the

NOTE Confidence: 0.83554846

00:55:58.150 --> 00:55:59.980 when the people are sort of,

NOTE Confidence: 0.83554846

00:55:59.980 --> 00:56:02.460 you know in the clinic with us and

NOTE Confidence: 0.83554846

00:56:02.460 --> 00:56:04.094 I'm wondering from your perspective

NOTE Confidence: 0.83554846

00:56:04.094 --> 00:56:06.460 or maybe some of the other trainings

NOTE Confidence: 0.83554846

00:56:06.523 --> 00:56:08.660 like what you know what is going to?

NOTE Confidence: 0.83554846

00:56:08.660 --> 00:56:10.830 What do you guys need from your

NOTE Confidence: 0.83554846

00:56:10.830 --> 00:56:11.760 training from us?

NOTE Confidence: 0.83554846

00:56:11.760 --> 00:56:12.033 What?

NOTE Confidence: 0.83554846

00:56:12.033 --> 00:56:14.490 What are some of the things we can do

NOTE Confidence: 0.83554846

00:56:14.554 --> 00:56:17.025 to make this experience better for you?

NOTE Confidence: 0.8626935

00:56:19.400 --> 00:56:23.270 You know? I'm I'm by no means an expert.

NOTE Confidence: 0.8626935

00:56:23.270 --> 00:56:24.925 I'm gonna try my best

NOTE Confidence: 0.8626935

00:56:24.925 --> 00:56:26.249 to answer that question.

NOTE Confidence: 0.8626935

00:56:26.250 --> 00:56:27.900 But you know, I I.

NOTE Confidence: 0.8626935

00:56:27.900 --> 00:56:30.548 I think if someone is good with technology,

NOTE Confidence: 0.8626935

00:56:30.550 --> 00:56:33.198 you know it could be a young patient,

NOTE Confidence: 0.8626935

00:56:33.200 --> 00:56:35.180 an old patient in, you know.

NOTE Confidence: 0.8626935

00:56:35.180 --> 00:56:37.497 And one thing I really enjoyed about

NOTE Confidence: 0.8626935

00:56:37.497 --> 00:56:39.144 virtual learning was, you know,

NOTE Confidence: 0.8626935

00:56:39.144 --> 00:56:41.760 when I would share the screen with patients

NOTE Confidence: 0.8626935

00:56:41.831 --> 00:56:44.120 and go over this sleep study results.

NOTE Confidence: 0.8626935

00:56:44.120 --> 00:56:46.768 You know, I saw how engaged they were.

NOTE Confidence: 0.8626935

00:56:46.770 --> 00:56:49.418 You know, I can never really kind of,

NOTE Confidence: 0.8626935

00:56:49.420 --> 00:56:51.412 you know, reproduce that effect when

NOTE Confidence: 0.8626935

00:56:51.412 --> 00:56:53.490 they're in person for some reason.

NOTE Confidence: 0.8626935

00:56:53.490 --> 00:56:55.626 Even when I'm showing them so,

NOTE Confidence: 0.8626935

00:56:55.630 --> 00:56:58.129 I I thought they seemed more engaged.

NOTE Confidence: 0.8626935

00:56:58.130 --> 00:57:00.332 You know more comfortable to ask

NOTE Confidence: 0.8626935

00:57:00.332 --> 00:57:02.193 questions about certain things because

NOTE Confidence: 0.8626935

00:57:02.193 --> 00:57:04.517 you know they would sometimes look up

NOTE Confidence: 0.8626935

00:57:04.517 --> 00:57:06.699 stuff while they're speaking with us.

NOTE Confidence: 0.8626935

00:57:06.700 --> 00:57:10.238 I wonder if that was the thing, and you know.

NOTE Confidence: 0.8626935

00:57:10.238 --> 00:57:12.660 Also, we have some patients you know

NOTE Confidence: 0.8626935

00:57:12.732 --> 00:57:15.140 who can't drive, you know, like I,

NOTE Confidence: 0.8626935

00:57:15.140 --> 00:57:18.837 I used to see a patient who is legally blind,

NOTE Confidence: 0.8626935

00:57:18.840 --> 00:57:21.339 but I could see them virtually because,

NOTE Confidence: 0.8626935

00:57:21.340 --> 00:57:23.578 you know, it would essentially eliminate.

NOTE Confidence: 0.8626935

00:57:23.580 --> 00:57:25.120 Their need for, you know,

NOTE Confidence: 0.8626935

00:57:25.120 --> 00:57:28.200 getting a bus or a cab to come see me.

NOTE Confidence: 0.8626935

00:57:28.200 --> 00:57:31.280 All they needed was an iPad to speak with me.

NOTE Confidence: 0.8626935

00:57:31.280 --> 00:57:33.557 So I think those were those are some of

NOTE Confidence: 0.8626935

00:57:33.557 --> 00:57:36.142 the things that I really find you know

NOTE Confidence: 0.8626935

00:57:36.142 --> 00:57:38.060 about virtual visits really helpful.

NOTE Confidence: 0.7895203

00:57:56.280 --> 00:58:01.122 Set an alarm. I had a quick question so so

NOTE Confidence: 0.7895203

00:58:01.122 --> 00:58:04.108 Doctor here are you sort of had a lot of

NOTE Confidence: 0.7895203

00:58:04.108 --> 00:58:06.568 your training in pre covid environment,

NOTE Confidence: 0.7895203

00:58:06.570 --> 00:58:08.220 pulmonary and critical care fellow.

NOTE Confidence: 0.7895203

00:58:08.220 --> 00:58:10.530 And now you know is asleep fellow.

NOTE Confidence: 0.7895203

00:58:10.530 --> 00:58:12.606 You know you're dealing more with

NOTE Confidence: 0.7895203

00:58:12.606 --> 00:58:14.652 the virtual environment in terms of

NOTE Confidence: 0.7895203

00:58:14.652 --> 00:58:16.464 learning so you know what things.

NOTE Confidence: 0.7895203

00:58:16.470 --> 00:58:18.120 Let's just assume that this

NOTE Confidence: 0.7895203

00:58:18.120 --> 00:58:19.440 is going to happen.

NOTE Confidence: 0.7895203

00:58:19.440 --> 00:58:21.420 Let's say essentially Kobid goes away.

NOTE Confidence: 0.7895203

00:58:21.420 --> 00:58:23.400 Let's all wish for the best.

NOTE Confidence: 0.7895203

00:58:23.400 --> 00:58:25.050 What things do you think

NOTE Confidence: 0.7895203

00:58:25.050 --> 00:58:26.370 will stick with things?

NOTE Confidence: 0.7895203

00:58:26.370 --> 00:58:29.114 Do you think or do better in there?

NOTE Confidence: 0.7895203

00:58:29.120 --> 00:58:30.932 Virtual format or what things do

NOTE Confidence: 0.7895203

00:58:30.932 --> 00:58:32.979 better in the in person format

NOTE Confidence: 0.7895203

00:58:32.979 --> 00:58:34.914 in terms of medical education.

NOTE Confidence: 0.7895203

00:58:34.920 --> 00:58:35.940 From your perspective,

NOTE Confidence: 0.86724126

00:58:35.940 --> 00:58:37.275 I think what certainly does

NOTE Confidence: 0.86724126

00:58:37.275 --> 00:58:39.688 better is that you know this cross

NOTE Confidence: 0.86724126

00:58:39.688 --> 00:58:40.710 institutional collaboration.

NOTE Confidence: 0.86724126

00:58:40.710 --> 00:58:42.708 We've had way more opportunities this

NOTE Confidence: 0.86724126

00:58:42.708 --> 00:58:45.149 year than any of the years before.

NOTE Confidence: 0.86724126

00:58:45.150 --> 00:58:47.088 I think combined some things that

NOTE Confidence: 0.86724126

00:58:47.088 --> 00:58:49.240 do really poorly is the Wellness.

NOTE Confidence: 0.86724126

00:58:49.240 --> 00:58:50.592 I think virtual Wellness.

NOTE Confidence: 0.86724126

00:58:50.592 --> 00:58:53.329 I'm not sure if that really works out.

NOTE Confidence: 0.86724126

00:58:53.330 --> 00:58:55.500 You can always have a you know

NOTE Confidence: 0.86724126

00:58:55.500 --> 00:58:57.080 team building activity virtually,

NOTE Confidence: 0.86724126

00:58:57.080 --> 00:58:59.560 but it's not the same.

NOTE Confidence: 0.86724126

00:58:59.560 --> 00:59:01.648 So I think you know virtual

NOTE Confidence: 0.86724126

00:59:01.648 --> 00:59:03.480 learning is there to stay.

NOTE Confidence: 0.86724126

00:59:03.480 --> 00:59:05.972 You know, if you have a way

NOTE Confidence: 0.86724126

00:59:05.972 --> 00:59:07.040 to engage audience,

NOTE Confidence: 0.86724126

00:59:07.040 --> 00:59:09.840 you know if this is a very advanced

NOTE Confidence: 0.86724126

00:59:09.840 --> 00:59:12.726 educator and they can get the audience to,

NOTE Confidence: 0.86724126

00:59:12.730 --> 00:59:14.866 you know, stay interactive and engage.

NOTE Confidence: 0.86724126

00:59:14.870 --> 00:59:17.000 That's a really really good thing.

NOTE Confidence: 0.86724126

00:59:17.000 --> 00:59:17.906 And you know.

NOTE Confidence: 0.86724126

00:59:17.906 --> 00:59:20.020 But I think Val being is one

NOTE Confidence: 0.86724126

00:59:20.093 --> 00:59:22.606 thing where I think we can do

NOTE Confidence: 0.86724126

00:59:22.606 --> 00:59:24.480 really well socially distanced.

NOTE Confidence: 0.7918816

00:59:28.060 --> 00:59:29.916 Great, well thank you. Thanks

NOTE Confidence: 0.7918816

00:59:29.916 --> 00:59:32.520 again and next week we're going to

NOTE Confidence: 0.7918816

00:59:32.520 --> 00:59:34.382 continue our string of these

NOTE Confidence: 0.7918816

00:59:34.382 --> 00:59:35.498 fantastic fellow talks.

NOTE Confidence: 0.7918816

00:59:35.498 --> 00:59:37.754 One of our yell sleep photos,

NOTE Confidence: 0.7918816

00:59:37.754 --> 00:59:40.428 Yvonne Chu is going to be speaking

NOTE Confidence: 0.7918816

00:59:40.428 --> 00:59:42.938 about the link between PCOS an OSA.

NOTE Confidence: 0.7918816

00:59:42.940 --> 00:59:45.166 So please join us for that,

NOTE Confidence: 0.7918816

00:59:45.170 --> 00:59:46.658 then have a great

NOTE Confidence: 0.7918816

00:59:46.660 --> 00:59:48.148 week everybody. Thank you.