00:00:00.000 --> 00:00:01.950 Good afternoon everyone.

NOTE Confidence: 0.9400536725

00:00:01.950 --> 00:00:05.614 Welcome to the class of 2021's

NOTE Confidence: 0.9400536725

00:00:05.614 --> 00:00:06.856 outstanding thesis presentation.

NOTE Confidence: 0.9400536725

00:00:06.856 --> 00:00:09.340 For those of you at home

NOTE Confidence: 0.9400536725

00:00:09.414 --> 00:00:10.709 who may not know me.

NOTE Confidence: 0.67710793

00:00:15.550 --> 00:00:17.004 For those of you at home who may not

NOTE Confidence: 0.67710793

00:00:17.004 --> 00:00:18.332 know me, I'm Alexandria Guerino.

NOTE Confidence: 0.67710793

00:00:18.332 --> 00:00:20.670 I am the director of the Yale

NOTE Confidence: 0.67710793

00:00:20.741 --> 00:00:22.508 Physician associate program.

NOTE Confidence: 0.67710793

00:00:22.510 --> 00:00:25.674 Today's event is a kickoff to graduation,

NOTE Confidence: 0.67710793

00:00:25.680 --> 00:00:27.608 so we're all very excited to be here.

NOTE Confidence: 0.9815071

00:00:28.700 --> 00:00:30.028 One of the characteristics

NOTE Confidence: 0.883866539375

00:00:30.040 --> 00:00:33.520 that set that sets the LPA program apart

NOTE Confidence: 0.883866539375

00:00:33.520 --> 00:00:37.376 from other programs is our focus on research.

NOTE Confidence: 0.883866539375

00:00:37.380 --> 00:00:40.280 Our research program is a rigorous one.

NOTE Confidence: 0.883866539375

00:00:40.280 --> 00:00:43.395 We believe that PS need to utilize

NOTE Confidence: 0.883866539375

00:00:43.400 --> 00:00:47.438 principles of research methodology,

NOTE Confidence: 0.883866539375

00:00:47.440 --> 00:00:50.598 public health, and evidence based medicine.

NOTE Confidence: 0.883866539375

00:00:50.598 --> 00:00:52.366 If they're to practice.

NOTE Confidence: 0.883866539375

00:00:52.370 --> 00:00:54.410 To the best of their ability,

NOTE Confidence: 0.883866539375

00:00:54.410 --> 00:00:56.562 this training is one of the reasons why

NOTE Confidence: 0.883866539375

00:00:56.562 --> 00:00:58.316 our graduates here are or soon to be.

NOTE Confidence: 0.883866539375

00:00:58.320 --> 00:01:00.500 Graduates are so highly

NOTE Confidence: 0.883866539375

00:01:00.500 --> 00:01:02.462 sought after this year,

NOTE Confidence: 0.883866539375

00:01:02.462 --> 00:01:04.206 we introduced the alternative

NOTE Confidence: 0.883866539375

00:01:04.206 --> 00:01:06.538 thesis pilot which was developed

NOTE Confidence: 0.883866539375

00:01:06.538 --> 00:01:08.586 by Doctor Gonzalas Colosso.

NOTE Confidence: 0.883866539375

00:01:08.590 --> 00:01:10.756 Several student students took up the

NOTE Confidence: 0.883866539375

00:01:10.756 --> 00:01:13.140 challenge to take the traditional thesis

NOTE Confidence: 0.883866539375

00:01:13.140 --> 00:01:15.953 one step further and collect data,

NOTE Confidence: 0.883866539375

00:01:15.953 --> 00:01:19.608 and they were required to them produce

NOTE Confidence: 0.883866539375

00:01:19.608 --> 00:01:22.848 a manuscript of publishable quality.

NOTE Confidence: 0.883866539375

00:01:22.850 --> 00:01:25.954 So far we have two publications and several

NOTE Confidence: 0.883866539375

00:01:25.954 --> 00:01:27.653 regional and national presentations

NOTE Confidence: 0.883866539375

00:01:27.653 --> 00:01:29.704 that have come out of this pilot,

NOTE Confidence: 0.883866539375

00:01:29.710 --> 00:01:32.838 so I would declare it's a huge success.

NOTE Confidence: 0.883866539375

00:01:32.838 --> 00:01:36.090 We also celebrate the traditional thesis

NOTE Confidence: 0.883866539375

00:01:36.185 --> 00:01:38.700 today and highlight a project that was

NOTE Confidence: 0.883866539375

00:01:38.700 --> 00:01:41.259 funded by the Wilbur Downs Fellowship.

NOTE Confidence: 0.883866539375

00:01:41.260 --> 00:01:43.564 We have many people to thank

NOTE Confidence: 0.883866539375

00:01:43.564 --> 00:01:44.716 for today's presentation.

NOTE Confidence: 0.883866539375

00:01:44.720 --> 00:01:45.192 First,

NOTE Confidence: 0.883866539375

00:01:45.192 --> 00:01:48.496 we thank the students for their dedication,

NOTE Confidence: 0.883866539375

00:01:48.496 --> 00:01:50.970 their flexibility, and their perseverance.

NOTE Confidence: 0.883866539375

00:01:50.970 --> 00:01:53.520 The thesis project is demanding

NOTE Confidence: 0.883866539375

00:01:53.520 --> 00:01:55.779 in the best of years,

NOTE Confidence: 0.883866539375

00:01:55.780 --> 00:01:57.840 but you all accomplished amazing

NOTE Confidence: 0.883866539375

00:01:57.840 --> 00:02:01.340 things with your education being

NOTE Confidence: 0.883866539375

00:02:01.340 --> 00:02:04.769 disrupted because of the pandemic.

NOTE Confidence: 0.883866539375

00:02:04.770 --> 00:02:07.105 I congratulate the entire class

NOTE Confidence: 0.883866539375

00:02:07.105 --> 00:02:10.090 on your hard work and dedication,

NOTE Confidence: 0.883866539375

00:02:10.090 --> 00:02:12.010 so I think that deserves around.

NOTE Confidence: 0.909105914736842

00:02:17.060 --> 00:02:18.985 We thank Thesis Advisors whose

NOTE Confidence: 0.909105914736842

00:02:18.985 --> 00:02:20.910 expertise and guidance made an

NOTE Confidence: 0.909105914736842

00:02:20.974 --> 00:02:22.910 important contribution to the

NOTE Confidence: 0.909105914736842

00:02:22.910 --> 00:02:25.330 development of these future clinicians.

NOTE Confidence: 0.909105914736842

00:02:25.330 --> 00:02:26.494 We thank Tiffany Chen,

NOTE Confidence: 0.909105914736842

00:02:26.494 --> 00:02:29.470 who's with us today and Andrew Arakaki,

NOTE Confidence: 0.909105914736842

00:02:29.470 --> 00:02:30.931 our research TAS.

NOTE Confidence: 0.909105914736842

00:02:30.931 --> 00:02:33.366 We thank our readers are

NOTE Confidence: 0.909105914736842

00:02:33.366 --> 00:02:35.530 dedicated librarian Caitlin Meyer,

NOTE Confidence: 0.909105914736842

00:02:35.530 --> 00:02:37.040 who's also with us today.

NOTE Confidence: 0.98218787

00:02:43.510 --> 00:02:45.478 And the graduate writing tutors,

NOTE Confidence: 0.98218787

00:02:45.478 --> 00:02:47.513 all without whom these projects

NOTE Confidence: 0.98218787

00:02:47.513 --> 00:02:50.215 would not be possible. We thank Dr.

NOTE Confidence: 0.98218787

00:02:50.215 --> 00:02:52.705 Rosanna Gonzalas Colosso for making the

NOTE Confidence: 0.98218787

00:02:52.705 --> 00:02:54.710 research program really distinctive

NOTE Confidence: 0.98218787

00:02:54.710 --> 00:02:57.531 piece of the LPA program experience for

NOTE Confidence: 0.98218787

00:02:57.531 --> 00:02:59.840 our students and Miss Megan Pendergast

NOTE Confidence: 0.98218787

00:02:59.840 --> 00:03:02.840 for her management of the program.

NOTE Confidence: 0.98218787

00:03:02.840 --> 00:03:04.955 We also thank Chanel Feliciano

NOTE Confidence: 0.98218787

00:03:04.955 --> 00:03:07.070 and the entire administration and

NOTE Confidence: 0.98218787

00:03:07.137 --> 00:03:09.153 administrative staff for their

NOTE Confidence: 0.98218787

00:03:09.153 --> 00:03:11.169 coordination of today's event.

NOTE Confidence: 0.98218787

00:03:11.170 --> 00:03:13.270 For those who are in person,

NOTE Confidence: 0.98218787

00:03:13.270 --> 00:03:14.266 we have some.

NOTE Confidence: 0.98218787

00:03:14.266 --> 00:03:15.923 Refreshments after the presentation.

NOTE Confidence: 0.98218787

00:03:15.923 --> 00:03:19.010 So please stop there little signs directing

NOTE Confidence: 0.98218787

00:03:19.084 --> 00:03:21.919 you to a table with very nice sweet treats,

NOTE Confidence: 0.98218787

00:03:21.920 --> 00:03:24.326 so please help yourself to that and

NOTE Confidence: 0.98218787

00:03:24.326 --> 00:03:26.694 I thank you all for joining us today.

NOTE Confidence: 0.98218787

00:03:26.700 --> 00:03:29.647 I hope you enjoy the thesis presentation.

NOTE Confidence: 0.83803856

00:03:40.070 --> 00:03:43.080 Hello everyone for those here. Thank

NOTE Confidence: 0.959299016666667

00:03:43.080 --> 00:03:44.778 you so much coming to support

NOTE Confidence: 0.813631111428571

00:03:44.790 --> 00:03:46.848 the students that went to Extra mile

NOTE Confidence: 0.951257041666667

00:03:46.860 --> 00:03:49.080 when everything was done and prepared.

NOTE Confidence: 0.951257041666667

00:03:49.080 --> 00:03:51.206 These presentations or poster

NOTE Confidence: 0.951257041666667

00:03:51.206 --> 00:03:53.635 presentations for those at home or

NOTE Confidence: 0.951257041666667

00:03:53.635 --> 00:03:55.520 somewhere else in the university.

NOTE Confidence: 0.951257041666667

00:03:55.520 --> 00:03:57.812 Thank you for joining us and

NOTE Confidence: 0.951257041666667

00:03:57.812 --> 00:04:00.039 supporting our efforts here.

NOTE Confidence: 0.951257041666667

00:04:00.039 --> 00:04:02.673 Of course, as any already have

NOTE Confidence: 0.951257041666667

00:04:02.673 --> 00:04:06.030 given all the thanks and we want to

NOTE Confidence: 0.896019331428571

00:04:06.480 --> 00:04:08.447 start the program as soon as possible

NOTE Confidence: 0.885578742

00:04:08.760 --> 00:04:10.980 before I would like to give you a road map.

NOTE Confidence: 0.885578742

00:04:10.980 --> 00:04:12.556 Of how we are going to do that.

NOTE Confidence: 0.885578742

00:04:12.560 --> 00:04:15.410 There will be four presentations

NOTE Confidence: 0.885578742

00:04:15.410 --> 00:04:17.690 representing the three current

NOTE Confidence: 0.885578742

00:04:17.690 --> 00:04:20.159 paths to complete API thesis

NOTE Confidence: 0.653517658

00:04:18.560 --> 00:04:20.150 at Yale at the year. Physician associate

NOTE Confidence: 0.932315338333333

00:04:20.160 --> 00:04:22.296 program. So there will be representation

NOTE Confidence: 0.932315338333333

00:04:22.300 --> 00:04:24.262 from the Bounce fellowship.

NOTE Confidence: 0.932315338333333

00:04:24.262 --> 00:04:27.470 A one way to do it and representation

NOTE Confidence: 0.932315338333333

00:04:27.470 --> 00:04:29.130 from the traditional thesis

NOTE Confidence: 0.909479345714286

00:04:29.140 --> 00:04:31.100 and representation for the

NOTE Confidence: 0.909479345714286

00:04:31.100 --> 00:04:32.570 new alternative thesis.

NOTE Confidence: 0.909479345714286

00:04:32.570 --> 00:04:34.337 There were too many outstanding

NOTE Confidence: 0.909479345714286

00:04:34.337 --> 00:04:35.888 presentations this year,

NOTE Confidence: 0.890780946666667

00:04:36.220 --> 00:04:39.028 way too many and we couldn't

NOTE Confidence: 0.890780946666667

00:04:39.028 --> 00:04:41.809 stop by inviting others to share.

NOTE Confidence: 0.890780946666667

00:04:41.810 --> 00:04:43.802 Also their projects through

NOTE Confidence: 0.890780946666667

00:04:43.802 --> 00:04:45.760 electronic posters presentations.

NOTE Confidence: 0.890780946666667

00:04:45.760 --> 00:04:48.288 So first we are going to have four

NOTE Confidence: 0.890780946666667

00:04:48.288 --> 00:04:50.598 before presenters live and even

NOTE Confidence: 0.890780946666667

00:04:50.598 --> 00:04:52.628 their families are joining us,

NOTE Confidence: 0.890780946666667

00:04:52.630 --> 00:04:55.360 so I hope that you appreciate how much

NOTE Confidence: 0.890780946666667

00:04:55.360 --> 00:04:58.065 they learned and also we are going

NOTE Confidence: 0.890780946666667

00:04:58.065 --> 00:05:00.913 to then acknowledge a group of very

NOTE Confidence: 0.890780946666667

00:05:00.913 --> 00:05:03.547 important people that made all these

NOTE Confidence: 0.890780946666667

00:05:03.547 --> 00:05:06.048 possible and we will invite then,

NOTE Confidence: 0.890780946666667

00:05:06.050 --> 00:05:08.600 especially those in the classes

NOTE Confidence: 0.890780946666667

00:05:08.600 --> 00:05:11.348 of 2022 and 2023.

NOTE Confidence: 0.890780946666667

00:05:11.348 --> 00:05:14.144 To join a panel of presenters

NOTE Confidence: 0.901073992

00:05:14.190 --> 00:05:16.190 to discuss their posters, to

NOTE Confidence: 0.912675253636364

00:05:16.200 --> 00:05:18.030 find inspiration, there is light at

NOTE Confidence: 0.912675253636364

00:05:18.030 --> 00:05:21.080 the end of the tunnel. Believe me,

NOTE Confidence: 0.912675253636364

00:05:21.080 --> 00:05:23.592 so I'm going to call the first.

NOTE Confidence: 0.912675253636364

00:05:23.592 --> 00:05:27.650 Well, of course this is the class of 2021.

NOTE Confidence: 0.46725813

00:05:34.060 --> 00:05:36.218 40 outstanding people that

NOTE Confidence: 0.46725813

00:05:36.218 --> 00:05:39.900 he looks so eager a 27 months

NOTE Confidence: 0.692181934666667

00:05:39.999 --> 00:05:42.479 ago and even before that.

NOTE Confidence: 0.692181934666667

00:05:42.480 --> 00:05:43.694 During admissions,

NOTE Confidence: 0.692181934666667

00:05:43.694 --> 00:05:47.943 everybody wanted to do their thesis here.

NOTE Confidence: 0.692181934666667

00:05:47.950 --> 00:05:50.644 So now we are showing right

NOTE Confidence: 0.692181934666667

00:05:50.644 --> 00:05:52.440 what they have produced.

NOTE Confidence: 0.692181934666667

00:05:52.440 --> 00:05:54.456 These are the ones that are going to

NOTE Confidence: 0.692181934666667

00:05:54.456 --> 00:05:56.330 be taking care of us soon because

NOTE Confidence: 0.692181934666667

00:05:56.330 --> 00:05:58.040 many are staying in Connecticut,

NOTE Confidence: 0.692181934666667

00:05:58.040 --> 00:06:00.317 so were first presented.

NOTE Confidence: 0.692181934666667

00:06:00.317 --> 00:06:04.090 Presenter is Annabelle Wilcox who I invite.

NOTE Confidence: 0.692181934666667

00:06:04.090 --> 00:06:06.466 To the podium to take charge.

NOTE Confidence: 0.692181934666667

00:06:06.470 --> 00:06:07.080 Thank you.

NOTE Confidence: 0.76934624

00:06:14.480 --> 00:06:18.142 Hello everyone so I'm Annabelle I

NOTE Confidence: 0.76934624

00:06:18.142 --> 00:06:20.182 did the alternative thesis project

NOTE Confidence: 0.896982309166667

00:06:20.190 --> 00:06:22.038 so I was able to develop a

NOTE Confidence: 0.896982309166667

00:06:22.038 --> 00:06:23.319 project and carry it out.

NOTE Confidence: 0.896982309166667

00:06:23.320 --> 00:06:25.792 I'm with my advisors and they will be

NOTE Confidence: 0.896982309166667

00:06:25.792 --> 00:06:27.868 presenting the manuscripts today so I

NOTE Confidence: 0.896982309166667

00:06:27.868 --> 00:06:29.380 just want to thank my fellow Co authors,

NOTE Confidence: 0.896982309166667

00:06:29.380 --> 00:06:31.781 Dr Venture I'm doctor Nally and my

NOTE Confidence: 0.896982309166667

00:06:31.781 --> 00:06:33.784 advisor Dr Weinzimer without their

NOTE Confidence: 0.896982309166667

00:06:33.784 --> 00:06:36.054 support throughout the whole process.

NOTE Confidence: 0.896982309166667

00:06:36.060 --> 00:06:37.610 I definitely would not have

NOTE Confidence: 0.896982309166667

00:06:37.610 --> 00:06:38.850 made it here today.

NOTE Confidence: 0.896982309166667

00:06:38.850 --> 00:06:40.747 So I thank them for their guidance

NOTE Confidence: 0.896982309166667

00:06:40.750 --> 00:06:41.761 and constant support.

NOTE Confidence: 0.896982309166667

00:06:41.761 --> 00:06:44.120 OK, so here's the outline of the

NOTE Confidence: 0.896982309166667

00:06:44.189 --> 00:06:46.187 talk that I'll go through today.

NOTE Confidence: 0.896982309166667

00:06:46.190 --> 00:06:48.848 So starting with some background information,

NOTE Confidence: 0.896982309166667

00:06:48.850 --> 00:06:50.838 diabetes technology has advanced.

NOTE Confidence: 0.896982309166667

00:06:50.838 --> 00:06:53.710 We now have continuous glucose monitors,

NOTE Confidence: 0.896982309166667

00:06:53.710 --> 00:06:54.546 insulin pumps,

NOTE Confidence: 0.896982309166667

00:06:54.546 --> 00:06:56.526 they connect to wireless devices,

NOTE Confidence: 0.896982309166667

00:06:56.530 --> 00:06:58.470 give real time glucose data,

NOTE Confidence: 0.896982309166667

00:06:58.470 --> 00:06:59.810 and all this technological advancement

NOTE Confidence: 0.896982309166667

00:06:59.810 --> 00:07:02.162 is coming at a time where there's also

NOTE Confidence: 0.896982309166667

00:07:02.162 --> 00:07:04.076 increasing prevalence of type one diabetes,

NOTE Confidence: 0.896982309166667

00:07:04.080 --> 00:07:05.559 and minority youth.

NOTE Confidence: 0.896982309166667

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00:07:05.559 --> 00:07:07.038 But despite this,

NOTE Confidence: 0.896982309166667

00:07:07.040 --> 00:07:08.824 despite knowing that diabetes

NOTE Confidence: 0.896982309166667

00:07:08.824 --> 00:07:11.054 technology results in better outcomes,

NOTE Confidence: 0.896982309166667

00:07:11.060 --> 00:07:11.922 lower anyone,

NOTE Confidence: 0.896982309166667

00:07:11.922 --> 00:07:14.077 see by better glycemic control,

NOTE Confidence: 0.896982309166667

00:07:14.080 --> 00:07:16.488 my minority youth are at higher risk

NOTE Confidence: 0.896982309166667

00:07:16.488 --> 00:07:18.585 for work shortcoming outcomes and also

NOTE Confidence: 0.896982309166667

00:07:18.585 --> 00:07:21.280 less likely to be using this technology

NOTE Confidence: 0.896982309166667

00:07:21.280 --> 00:07:23.769 to manage their glycemic control.

NOTE Confidence: 0.896982309166667

00:07:23.770 --> 00:07:26.024 So study found that type one diabetes

NOTE Confidence: 0.896982309166667

00:07:26.024 --> 00:07:27.498 exchange pressure registry found that

NOTE Confidence: 0.896982309166667

00:07:27.498 --> 00:07:29.306 the odds of a white child being an

NOTE Confidence: 0.896982309166667

00:07:29.364 --> 00:07:31.248 insulin pump or 3.6 times higher than

NOTE Confidence: 0.896982309166667

00:07:31.248 --> 00:07:33.446 that of a black child and 1.9 times

NOTE Confidence: 0.896982309166667

00:07:33.446 --> 00:07:35.217 higher than that of a Hispanic child.

NOTE Confidence: 0.896982309166667

00:07:35.220 --> 00:07:37.140 So that really just shows you

NOTE Confidence: 0.896982309166667

00:07:37.140 --> 00:07:39.420 the disparity that exists.

NOTE Confidence: 0.896982309166667

00:07:39.420 --> 00:07:40.840 There's also a significant difference in

NOTE Confidence: 0.896982309166667

00:07:40.840 --> 00:07:42.800 anyone see between the two racial groups.

NOTE Confidence: 0.896982309166667

00:07:42.800 --> 00:07:44.285 Even when we control for

NOTE Confidence: 0.896982309166667

00:07:44.285 --> 00:07:44.879 socioeconomic status.

NOTE Confidence: 0.896982309166667

00:07:44.880 --> 00:07:46.938 So it seems like there's other

NOTE Confidence: 0.896982309166667

00:07:46.938 --> 00:07:48.752 factors that are contributing to

NOTE Confidence: 0.896982309166667

00:07:48.752 --> 00:07:50.657 this outside of socioeconomic status.

NOTE Confidence: 0.896982309166667

00:07:50.660 --> 00:07:51.996 So the question that I wanted to

NOTE Confidence: 0.896982309166667

00:07:52.000 --> 00:07:54.010 answer is what could be contributing.

NOTE Confidence: 0.896982309166667

00:07:54.010 --> 00:07:55.665 To this disparity and technology

NOTE Confidence: 0.896982309166667

00:07:55.665 --> 00:07:57.850 use anyone see and that racial

NOTE Confidence: 0.896982309166667

00:07:57.850 --> 00:07:59.698 and ethnic minority adolescents?

NOTE Confidence: 0.952971878

00:08:00.580 --> 00:08:01.710 So, one thing that's been

NOTE Confidence: 0.864245491333333

00:08:01.740 --> 00:08:04.425 associated with decreased adherence to

NOTE Confidence: 0.864245491333333

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00:08:04.425 --> 00:08:07.110 treatment recommendations and a suboptimal

NOTE Confidence: 0.864245491333333

00:08:07.181 --> 00:08:09.366 anyone see his diabetes distress?

NOTE Confidence: 0.864245491333333

00:08:09.370 --> 00:08:10.594 So this is a measure of the

NOTE Confidence: 0.864245491333333

00:08:10.594 --> 00:08:12.345 negative emotions experience for

NOTE Confidence: 0.864245491333333

00:08:12.345 --> 00:08:14.970 managing and living with diabetes.

NOTE Confidence: 0.864245491333333

00:08:14.970 --> 00:08:15.914 It's thoughts. We do.

NOTE Confidence: 0.864245491333333

00:08:15.914 --> 00:08:17.330 The lack of understand from others

NOTE Confidence: 0.864245491333333

00:08:17.382 --> 00:08:18.672 and just the daily demands of

NOTE Confidence: 0.864245491333333

00:08:18.672 --> 00:08:19.920 living with a chronic illness.

NOTE Confidence: 0.946648114

00:08:20.590 --> 00:08:21.960 So there's been no studies

NOTE Confidence: 0.848733095

00:08:21.970 --> 00:08:23.170 that have directly

NOTE Confidence: 0.848733095

00:08:23.170 --> 00:08:24.370 compared diabetes distress.

NOTE Confidence: 0.848733095

00:08:24.370 --> 00:08:26.788 Between non Hispanic youth or sorry,

NOTE Confidence: 0.848733095

00:08:26.790 --> 00:08:29.304 not Hispanic. White youth and racial

NOTE Confidence: 0.848733095

00:08:29.304 --> 00:08:30.980 and ethnic minority adolescents.

NOTE Confidence: 0.848733095

00:08:30.980 --> 00:08:32.674 So the aim of this study was

NOTE Confidence: 0.848733095

00:08:32.674 --> 00:08:34.338 to describe the differences in

NOTE Confidence: 0.848733095

00:08:34.338 --> 00:08:36.033 diabetes technology used, IBS,

NOTE Confidence: 0.848733095

00:08:36.033 --> 00:08:38.271 stress and barriers to management between

NOTE Confidence: 0.848733095

00:08:38.271 --> 00:08:40.159 adolescents with type one diabetes.

NOTE Confidence: 0.848733095

00:08:40.160 --> 00:08:41.564 Specifically, comparing between

NOTE Confidence: 0.848733095

00:08:41.564 --> 00:08:43.904 racial and ethnic minority youth

NOTE Confidence: 0.848733095

00:08:43.904 --> 00:08:46.510 and then non Hispanic white youth.

NOTE Confidence: 0.848733095

00:08:46.510 --> 00:08:47.060 Secondarily,

NOTE Confidence: 0.848733095

00:08:47.060 --> 00:08:48.686 we also wanted to compare on the same

NOTE Confidence: 0.848733095

00:08:48.686 --> 00:08:50.300 measures between those who are using

NOTE Confidence: 0.848733095

00:08:50.350 --> 00:08:52.080 technology and not using technology,

NOTE Confidence: 0.848733095

00:08:52.080 --> 00:08:54.852 and then also between adolescents and

NOTE Confidence: 0.848733095

00:08:54.852 --> 00:08:57.280 their primary caregiver or parent.

NOTE Confidence: 0.848733095

00:08:57.280 --> 00:08:58.940 So I hypothesize that diabetes distress

NOTE Confidence: 0.848733095

00:08:58.940 --> 00:09:00.540 will be negatively associated with

NOTE Confidence: 0.848733095

00:09:00.540 --> 00:09:02.135 diabetes technology use and will

NOTE Confidence: 0.848733095

00:09:02.135 --> 00:09:04.025 be higher in the racial and ethnic

NOTE Confidence: 0.848733095

00:09:04.025 --> 00:09:05.650 minority adolescents with type one diabetes.

NOTE Confidence: 0.898869458571429

00:09:07.950 --> 00:09:08.986 So quickly just to go through the

NOTE Confidence: 0.91606633875

00:09:09.000 --> 00:09:10.782 methods it was a cross sectional

NOTE Confidence: 0.91606633875

00:09:10.782 --> 00:09:12.184 study design. We used Qualtrics,

NOTE Confidence: 0.91606633875

00:09:12.184 --> 00:09:13.792 which is a HIPAA compliant software,

NOTE Confidence: 0.91606633875

00:09:13.800 --> 00:09:15.966 and the survey was given both

NOTE Confidence: 0.91606633875

00:09:15.966 --> 00:09:17.410 to parents and adolescents.

NOTE Confidence: 0.91606633875

00:09:17.410 --> 00:09:19.600 Inclusion criteria was type one diabetes.

NOTE Confidence: 0.91606633875

00:09:19.600 --> 00:09:20.800 But sorry, type one diabetes

NOTE Confidence: 0.91606633875

00:09:20.800 --> 00:09:22.000 of at least six months,

NOTE Confidence: 0.91606633875

00:09:22.000 --> 00:09:24.680 and between the ages of 13 and 17.

NOTE Confidence: 0.91606633875

00:09:24.680 --> 00:09:26.455 And we recruited through email

NOTE Confidence: 0.91606633875

00:09:26.455 --> 00:09:28.734 and phone to patients at the

NOTE Confidence: 0.91606633875

00:09:28.734 --> 00:09:30.490 Yale Children Diabetes Center.

NOTE Confidence: 0.91606633875

00:09:30.490 --> 00:09:32.408 We used three scales to measure diabetes,

NOTE Confidence: 0.91606633875

00:09:32.410 --> 00:09:34.290 distress and barriers to management.

NOTE Confidence: 0.91606633875

00:09:34.290 --> 00:09:36.649 For the paid peed scale measures diabetes,

NOTE Confidence: 0.91606633875

00:09:36.650 --> 00:09:37.898 distress, and adolescence.

NOTE Confidence: 0.91606633875

00:09:37.898 --> 00:09:38.730 They paid.

NOTE Confidence: 0.91606633875

00:09:38.730 --> 00:09:40.138 PR is the same,

NOTE Confidence: 0.91606633875

00:09:40.138 --> 00:09:42.240 but for parents and then the

NOTE Confidence: 0.91606633875

00:09:42.240 --> 00:09:43.310 PRISM questionnaire identify

NOTE Confidence: 0.91606633875

00:09:43.310 --> 00:09:44.830 specific barriers to management.

NOTE Confidence: 0.91606633875

00:09:44.830 --> 00:09:46.780 So it is split into five

NOTE Confidence: 0.91606633875

00:09:46.780 --> 00:09:47.430 different categories,

NOTE Confidence: 0.91606633875

00:09:47.430 --> 00:09:49.480 understanding and organizing care regimen,

NOTE Confidence: 0.91606633875

00:09:49.480 --> 00:09:51.490 pain, and bother health care team,

NOTE Confidence: 0.91606633875

00:09:51.490 --> 00:09:54.260 family interactions and peer interactions.

NOTE Confidence: 0.91606633875

00:09:54.260 --> 00:09:55.850 And so each of these questionnaires

NOTE Confidence: 0.91606633875

00:09:55.850 --> 00:09:57.977 were given and they all have an

NOTE Confidence: 0.91606633875

00:09:57.977 --> 00:09:59.667 established cutoff point to measure

NOTE Confidence: 0.91606633875

00:09:59.667 --> 00:10:01.259 clinically significant diabetes distress.

NOTE Confidence: 0.91606633875

00:10:01.260 --> 00:10:03.892 Or as a barrier as a clinically

NOTE Confidence: 0.91606633875

00:10:03.892 --> 00:10:06.520 significant burden to diabetes management.

NOTE Confidence: 0.91606633875

00:10:06.520 --> 00:10:08.108 I'm sorry, independent variables.

NOTE Confidence: 0.91606633875

00:10:08.110 --> 00:10:09.678 We separated the adolescents

NOTE Confidence: 0.91606633875

00:10:09.678 --> 00:10:11.052 into two groups based off of

NOTE Confidence: 0.91606633875

00:10:11.052 --> 00:10:12.229 their self identified race,

NOTE Confidence: 0.91606633875

00:10:12.230 --> 00:10:13.064 race and ethnicity.

NOTE Confidence: 0.91606633875

00:10:13.064 --> 00:10:15.010 So non Hispanic white group and then

NOTE Confidence: 0.91606633875

00:10:15.068 --> 00:10:16.808 the racial or ethnic minority group

NOTE Confidence: 0.91606633875

00:10:16.810 --> 00:10:18.735 adolescence identified both as white

NOTE Confidence: 0.91606633875

00:10:18.735 --> 00:10:21.090 as that minority were placed into

NOTE Confidence: 0.91606633875

00:10:21.090 --> 00:10:22.915 the minority group for analysis,

NOTE Confidence: 0.91606633875

00:10:22.920 --> 00:10:24.880 and then we made the following three

NOTE Confidence: 0.91606633875

00:10:24.880 --> 00:10:26.570 comparisons so non Hispanic white

NOTE Confidence: 0.91606633875

00:10:26.570 --> 00:10:28.158 versus minority diabetes technology

NOTE Confidence: 0.91606633875

00:10:28.158 --> 00:10:30.060 users versus non technology users

NOTE Confidence: 0.91606633875

00:10:30.060 --> 00:10:31.985 and so non or technology users was

NOTE Confidence: 0.91606633875

00:10:31.985 --> 00:10:33.623 using a CGM continuous glucose

NOTE Confidence: 0.91606633875

00:10:33.623 --> 00:10:35.867 monitor and or an insulin pump.

NOTE Confidence: 0.91606633875

00:10:35.870 --> 00:10:36.402 Dementia.

NOTE Confidence: 0.91606633875

00:10:36.402 --> 00:10:39.062 The Technology user group and

NOTE Confidence: 0.91606633875

00:10:39.062 --> 00:10:41.190 then parents versus adolescence.

NOTE Confidence: 0.91606633875

00:10:41.190 --> 00:10:43.191 We measured diabetes,

NOTE Confidence: 0.91606633875

00:10:43.191 --> 00:10:45.859 technology use diabetes outcome

NOTE Confidence: 0.91606633875

00:10:45.859 --> 00:10:48.855 variable SO81C DK and then the

NOTE Confidence: 0.91606633875

00:10:48.855 --> 00:10:50.715 diabetes distress and barrier

NOTE Confidence: 0.91606633875

00:10:50.715 --> 00:10:53.269 scales that I just went through.

NOTE Confidence: 0.91606633875

00:10:53.270 --> 00:10:56.098 And we used SAS for data analysis.

NOTE Confidence: 0.9235436

00:10:59.120 --> 00:11:00.736 So to go through the

NOTE Confidence: 0.9235436

00:11:00.736 --> 00:11:02.400 results of the adolescents,

NOTE Confidence: 0.9235436

00:11:02.400 --> 00:11:04.662 we had 45 complete, the survey,

NOTE Confidence: 0.9235436

00:11:04.662 --> 00:11:07.259 28 of who identified as non Hispanic,

NOTE Confidence: 0.9235436

00:11:07.260 --> 00:11:11.517 white and 17 as a racial or ethnic minority.

NOTE Confidence: 0.9235436

00:11:11.520 --> 00:11:12.510 Comparing the demographics

NOTE Confidence: 0.9235436

00:11:12.510 --> 00:11:13.550 between the two groups,

NOTE Confidence: 0.9235436

00:11:13.550 --> 00:11:15.608 there was no significant difference in age,

NOTE Confidence: 0.9235436

00:11:15.610 --> 00:11:16.890 income or insurance status

NOTE Confidence: 0.9235436

00:11:16.890 --> 00:11:18.170 between the non Hispanic,

NOTE Confidence: 0.9235436

00:11:18.170 --> 00:11:19.790 white and minority adolescents.

NOTE Confidence: 0.9235436

00:11:19.790 --> 00:11:22.626 But it is important to note that

NOTE Confidence: 0.9235436

00:11:22.626 --> 00:11:25.140 in our sample both groups had as

NOTE Confidence: 0.9235436

00:11:25.140 --> 00:11:28.010 income on average higher than 75,000

NOTE Confidence: 0.9235436

00:11:28.010 --> 00:11:29.930 and were most or most commonly

NOTE Confidence: 0.9235436

00:11:29.930 --> 00:11:31.979 to have private health insurance.

NOTE Confidence: 0.850544474

00:11:34.500 --> 00:11:36.040 So comparing the diabetes technologies

NOTE Confidence: 0.901174924

00:11:36.050 --> 00:11:38.400 between our racial ethnic groups,

NOTE Confidence: 0.901174924

00:11:38.400 --> 00:11:40.355 there was no significant difference

NOTE Confidence: 0.901174924

00:11:40.355 --> 00:11:42.310 in overall diabetes technology use.

NOTE Confidence: 0.901174924

00:11:42.310 --> 00:11:44.974 So looking just at whether or not they

NOTE Confidence: 0.901174924

00:11:44.974 --> 00:11:47.980 used any technology versus no technology.

NOTE Confidence: 0.902522706

00:11:46.510 --> 00:11:47.970 But when we compare it, specific

NOTE Confidence: 0.939484273333334

00:11:47.980 --> 00:11:49.450 diabetes technology combinations,

NOTE Confidence: 0.939484273333334

00:11:49.450 --> 00:11:52.390 we did find a significant difference.

NOTE Confidence: 0.939484273333334

00:11:52.390 --> 00:11:53.330 So the minority group,

NOTE Confidence: 0.939484273333334

00:11:53.330 --> 00:11:54.999 which is highlighted in yellow and then

NOTE Confidence: 0.939484273333334

00:11:54.999 --> 00:11:56.586 on spanic white, which is in green,

NOTE Confidence: 0.939484273333334

00:11:56.586 --> 00:11:58.624 they might already be for far less likely

NOTE Confidence: 0.939484273333334

00:11:58.624 --> 00:12:00.668 to be using diabetes technology for both

NOTE Confidence: 0.939484273333334

00:12:00.668 --> 00:12:02.427 aspects of their diabetes management.

NOTE Confidence: 0.939484273333334

00:12:02.430 --> 00:12:04.600 So for using both the CGI Vanderpump.

NOTE Confidence: 0.939484273333334

00:12:04.600 --> 00:12:06.203 And they're more likely to be using

NOTE Confidence: 0.939484273333334

00:12:06.203 --> 00:12:07.648 technology for only one or the other.

NOTE Confidence: 0.9198255

00:12:09.930 --> 00:12:11.878 We asked adolescents for reasons,

NOTE Confidence: 0.9198255

00:12:11.878 --> 00:12:13.606 but behind nonuser discontinuation

NOTE Confidence: 0.9198255

00:12:13.606 --> 00:12:15.546 of diabetes technology and in

NOTE Confidence: 0.9198255

00:12:15.546 --> 00:12:16.702 the non Hispanic White Group,

NOTE Confidence: 0.9198255

00:12:16.702 --> 00:12:17.672 it was exclusively due

NOTE Confidence: 0.9198255

00:12:17.672 --> 00:12:18.458 to personal preference.

NOTE Confidence: 0.9198255

00:12:18.458 --> 00:12:19.768 But in the minority group,

NOTE Confidence: 0.9198255

00:12:19.770 --> 00:12:22.058 the reasons were a little bit more complex,

NOTE Confidence: 0.9198255

00:12:22.060 --> 00:12:24.196 so they cited insurance coverage issues,

NOTE Confidence: 0.9198255

00:12:24.200 --> 00:12:24.996 provider recommendations,

NOTE Confidence: 0.9198255

00:12:24.996 --> 00:12:26.588 difficulty with the device,

NOTE Confidence: 0.9198255

00:12:26.590 --> 00:12:28.360 or difficulty with diabetes management.

NOTE Confidence: 0.94223213

00:12:31.410 --> 00:12:33.120 So comparing diabetes, distress and outcome

NOTE Confidence: 0.844138348

00:12:33.130 --> 00:12:34.880 variables between the two groups,

NOTE Confidence: 0.844138348

00:12:34.880 --> 00:12:36.488 there was a significant difference

NOTE Confidence: 0.844138348

00:12:36.490 --> 00:12:38.176 in anyone see which is consistent

NOTE Confidence: 0.844138348

00:12:38.176 --> 00:12:39.929 with previous literature, so or not,

NOTE Confidence: 0.844138348

00:12:39.929 --> 00:12:42.880 or are minor minority group had a higher A1C,

NOTE Confidence: 0.844138348

00:12:42.880 --> 00:12:44.830 and then on Hispanic White Group,

NOTE Confidence: 0.844138348

00:12:44.830 --> 00:12:46.924 but there was no significant difference

NOTE Confidence: 0.844138348

00:12:46.924 --> 00:12:49.336 in diabetes distress for any of the

NOTE Confidence: 0.844138348

00:12:49.336 --> 00:12:50.936 barriers on the PRISM questionnaire.

NOTE Confidence: 0.844138348

00:12:50.940 --> 00:12:52.696 However, there was a very high overall

NOTE Confidence: 0.844138348

00:12:52.696 --> 00:12:54.642 rate of diabetes distress in both groups,

NOTE Confidence: 0.844138348

00:12:54.650 --> 00:12:57.539 so 86% of the non Hispanic White Group and

NOTE Confidence: 0.844138348

00:12:57.539 --> 00:13:00.434 82% of the minority group met clinical

NOTE Confidence: 0.844138348

00:13:00.434 --> 00:13:02.150 significance for diabetes distress.

NOTE Confidence: 0.844138348

00:13:02.150 --> 00:13:03.970 And then similarly on the prison question,

NOTE Confidence: 0.844138348

00:13:03.970 --> 00:13:07.260 there was a high rate of adolescents

NOTE Confidence: 0.844138348

00:13:07.260 --> 00:13:08.814 that met diabetes distress for all the

NOTE Confidence: 0.844138348

00:13:08.814 --> 00:13:10.050 categories except for health care team

NOTE Confidence: 0.844138348

00:13:10.050 --> 00:13:11.600 was only one that wasn't the majority.

NOTE Confidence: 0.68790126

00:13:13.910 --> 00:13:15.089 Comparing between technology user

NOTE Confidence: 0.884728992

00:13:15.100 --> 00:13:16.970 versus non technology user groups,

NOTE Confidence: 0.884728992

00:13:16.970 --> 00:13:18.827 again there was a significant

NOTE Confidence: 0.884728992

00:13:18.827 --> 00:13:20.609 difference in A1C between the two.

NOTE Confidence: 0.884728992

00:13:20.610 --> 00:13:23.109 So the non technology users had a

NOTE Confidence: 0.884728992

00:13:23.109 --> 00:13:24.981 significantly higher A1C but no

NOTE Confidence: 0.884728992

00:13:24.981 --> 00:13:26.826 difference in diabetes distress and

NOTE Confidence: 0.884728992

00:13:26.830 --> 00:13:28.200 then looking at specific burdens.

NOTE Confidence: 0.884728992

00:13:28.200 --> 00:13:30.410 The only significant difference was

NOTE Confidence: 0.884728992

00:13:30.410 --> 00:13:32.178 understanding and organizing care.

NOTE Confidence: 0.884728992

00:13:32.180 --> 00:13:33.698 So the non technology user groups

NOTE Confidence: 0.884728992

00:13:33.698 --> 00:13:35.545 found that as a more significant

NOTE Confidence: 0.884728992

00:13:35.545 --> 00:13:37.500 burden to their diabetes management.

NOTE Confidence: 0.98756385

00:13:39.550 --> 00:13:41.109 And then finally comparing

NOTE Confidence: 0.98756385

00:13:41.109 --> 00:13:42.498 adolescents versus parents.

NOTE Confidence: 0.98756385

00:13:42.500 --> 00:13:44.834 So there was a significant difference

NOTE Confidence: 0.98756385

00:13:44.834 --> 00:13:46.390 here between environments distress.

NOTE Confidence: 0.98756385

00:13:46.390 --> 00:13:48.819 So the adolescents had a much higher

NOTE Confidence: 0.98756385

00:13:48.819 --> 00:13:50.690 rate of clinically significant,

NOTE Confidence: 0.98756385

00:13:50.690 --> 00:13:52.175 clinically significant diabetes,

NOTE Confidence: 0.98756385

00:13:52.175 --> 00:13:55.145 distress, then the parent group did,

NOTE Confidence: 0.98756385

00:13:55.150 --> 00:13:57.250 and then comparing the specific barriers,

NOTE Confidence: 0.98756385

00:13:57.250 --> 00:13:59.194 the adolescent scored much higher for

NOTE Confidence: 0.98756385

00:13:59.194 --> 00:14:00.940 family interactions as a contributing

NOTE Confidence: 0.98756385

00:14:00.940 --> 00:14:04.860 barrier to their diabetes management.

NOTE Confidence: 0.98756385

00:14:04.860 --> 00:14:06.396 This is again just shows that

NOTE Confidence: 0.98756385

00:14:06.396 --> 00:14:07.710 difference between adolescent in Paris,

NOTE Confidence: 0.98756385

00:14:07.710 --> 00:14:09.747 so adolescent and orange parent and blue.

NOTE Confidence: 0.98756385

00:14:09.750 --> 00:14:11.416 And then we have positive diabetes distress

NOTE Confidence: 0.98756385

00:14:11.416 --> 00:14:13.169 on the left hand side of the graph.

NOTE Confidence: 0.98756385

00:14:13.170 --> 00:14:15.312 So 82% of adolescents and only

NOTE Confidence: 0.98756385

00:14:15.312 --> 00:14:17.158 15% of parents met clinically

NOTE Confidence: 0.98756385

00:14:17.158 --> 00:14:18.274 significant diabetes distress.

NOTE Confidence: 0.9732299

00:14:20.670 --> 00:14:21.718 So the conclusions that we

NOTE Confidence: 0.91345919625

00:14:21.730 --> 00:14:23.480 were able to draw from this our

NOTE Confidence: 0.91345919625

00:14:23.480 --> 00:14:24.880 population show that there was

NOTE Confidence: 0.91345919625

00:14:24.880 --> 00:14:26.068 a difference in technology,

NOTE Confidence: 0.91345919625

00:14:26.070 --> 00:14:27.725 user groups or technology you

NOTE Confidence: 0.91345919625

00:14:27.725 --> 00:14:29.761 use with the minority group less

NOTE Confidence: 0.91345919625

00:14:29.761 --> 00:14:31.645 likely to be using technology for

NOTE Confidence: 0.91345919625

00:14:31.645 --> 00:14:33.375 both aspects of their diabetes

NOTE Confidence: 0.91345919625

00:14:33.375 --> 00:14:35.553 management and having a higher A1C.

NOTE Confidence: 0.91345919625

00:14:35.560 --> 00:14:37.024 This is consistent with

NOTE Confidence: 0.91345919625

00:14:37.024 --> 00:14:38.488 previous literature and so,

NOTE Confidence: 0.91345919625

00:14:38.490 --> 00:14:40.996 and they also cited more complex regional

NOTE Confidence: 0.91345919625

00:14:40.996 --> 00:14:43.030 reasons behind NONUSER discontinuation.

NOTE Confidence: 0.91345919625

00:14:43.030 --> 00:14:44.812 So in the clinical setting it's

NOTE Confidence: 0.91345919625

00:14:44.812 --> 00:14:46.861 important to identify this and identify

NOTE Confidence: 0.91345919625

00:14:46.861 --> 00:14:48.477 reasons behind nonuser discontinuation

NOTE Confidence: 0.91345919625

00:14:48.477 --> 00:14:50.093 in the minority population.

NOTE Confidence: 0.91345919625

00:14:50.100 --> 00:14:51.102 I'm sorry, better.

NOTE Confidence: 0.91345919625

00:14:51.102 --> 00:14:52.438 To understand what's resulting

NOTE Confidence: 0.91345919625

00:14:52.438 --> 00:14:54.833 in that and able to help them

NOTE Confidence: 0.91345919625

00:14:54.833 --> 00:14:56.503 implement technology into their care.

NOTE Confidence: 0.91345919625

00:14:56.510 --> 00:14:57.630 If that will give them,

NOTE Confidence: 0.91345919625

00:14:57.630 --> 00:14:59.190 give them improved management.

NOTE Confidence: 0.718914733333333

00:15:00.840 --> 00:15:02.046 And we also saw a very

NOTE Confidence: 0.866495212727273

00:15:02.060 --> 00:15:03.730 high frequency of diabetes distress

NOTE Confidence: 0.866495212727273

00:15:03.730 --> 00:15:06.120 across both groups of our adolescence,

NOTE Confidence: 0.866495212727273

00:15:06.120 --> 00:15:08.632 so this shows that this is a significant

NOTE Confidence: 0.866495212727273

00:15:08.632 --> 00:15:10.540 mental burden of managing diabetes,

NOTE Confidence: 0.866495212727273

00:15:10.540 --> 00:15:12.465 and it may be impacted glucose control

NOTE Confidence: 0.866495212727273

00:15:12.465 --> 00:15:14.341 and quality of life amongst all

NOTE Confidence: 0.866495212727273

00:15:14.341 --> 00:15:15.996 adolescents with type one diabetes

NOTE Confidence: 0.866495212727273

00:15:16.000 --> 00:15:18.345 and the reason behind this might be

NOTE Confidence: 0.866495212727273

00:15:18.345 --> 00:15:20.020 universal stressors that are causing

NOTE Confidence: 0.866495212727273

00:15:20.020 --> 00:15:22.820 both racial and ethnic boundaries.

NOTE Confidence: 0.866495212727273

00:15:22.820 --> 00:15:26.824 So that might be social stigma or fear

NOTE Confidence: 0.866495212727273

00:15:26.824 --> 00:15:30.166 of feeling different from their peers.

NOTE Confidence: 0.866495212727273

00:15:30.170 --> 00:15:31.636 And diarrhea stress in these

NOTE Confidence: 0.866495212727273

00:15:31.636 --> 00:15:32.900 various management are modifiable,

NOTE Confidence: 0.866495212727273

00:15:32.900 --> 00:15:34.484 so we're able to identify them

NOTE Confidence: 0.866495212727273

00:15:34.484 --> 00:15:35.540 in the clinical setting,

NOTE Confidence: 0.866495212727273

00:15:35.540 --> 00:15:37.562 there's the potential to help improve

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NOTE Confidence: 0.866495212727273

00:15:37.562 --> 00:15:39.566 support for adolescents with type one

NOTE Confidence: 0.866495212727273

00:15:39.566 --> 00:15:41.372 diabetes and identify those that are

NOTE Confidence: 0.866495212727273

00:15:41.372 --> 00:15:43.410 having higher rates of diabetes distress,

NOTE Confidence: 0.866495212727273

00:15:43.410 --> 00:15:46.515 so we can help give them more support and

NOTE Confidence: 0.866495212727273

00:15:46.515 --> 00:15:49.284 improve their glycemic control and then,

NOTE Confidence: 0.866495212727273

00:15:49.284 --> 00:15:50.872 between comparing between adolescents

NOTE Confidence: 0.866495212727273

00:15:50.872 --> 00:15:52.063 and their parents,

NOTE Confidence: 0.866495212727273

00:15:52.070 --> 00:15:53.750 is another tool that can be very

NOTE Confidence: 0.866495212727273

00:15:53.750 --> 00:15:55.172 helpful in the clinical setting

NOTE Confidence: 0.866495212727273

00:15:55.172 --> 00:15:57.104 on parents are often the primary

NOTE Confidence: 0.866495212727273

00:15:57.104 --> 00:15:58.879 caregiver and support for children.

NOTE Confidence: 0.866495212727273

00:15:58.880 --> 00:16:00.434 So with this high discrepancy in diabetes.

NOTE Confidence: 0.866495212727273

00:16:00.440 --> 00:16:02.768 Stress there's the potential to improve

NOTE Confidence: 0.866495212727273

00:16:02.768 --> 00:16:04.704 understanding of that discrepancy and

NOTE Confidence: 0.866495212727273

00:16:04.704 --> 00:16:06.648 support for adolescents as they make

NOTE Confidence: 0.866495212727273

00:16:06.648 --> 00:16:08.630 that transition from childhood into

NOTE Confidence: 0.866495212727273

00:16:08.630 --> 00:16:12.630 adulthood while managing a chronic disease.

NOTE Confidence: 0.866495212727273

00:16:12.630 --> 00:16:13.453 And then finally,

NOTE Confidence: 0.866495212727273

00:16:13.453 --> 00:16:15.532 it's important to note that while

NOTE Confidence: 0.866495212727273

00:16:15.532 --> 00:16:17.272 these the advancements in technology

NOTE Confidence: 0.866495212727273

00:16:17.272 --> 00:16:18.819 are improving glycemic control

NOTE Confidence: 0.866495212727273

00:16:18.819 --> 00:16:21.099 or associated with a lower A1C,

NOTE Confidence: 0.866495212727273

00:16:21.100 --> 00:16:22.635 they're not enough to mitigate

NOTE Confidence: 0.866495212727273

00:16:22.635 --> 00:16:23.249 diabetes distress,

NOTE Confidence: 0.866495212727273

00:16:23.250 --> 00:16:25.538 and that was seen in our study here.

NOTE Confidence: 0.866495212727273

00:16:25.540 --> 00:16:27.528 So family support and

NOTE Confidence: 0.866495212727273

00:16:27.528 --> 00:16:29.019 communication remains essential,

NOTE Confidence: 0.866495212727273

00:16:29.020 --> 00:16:33.276 even as we continue to advance technology.

NOTE Confidence: 0.866495212727273

00:16:33.280 --> 00:16:34.810 So some future directions,

NOTE Confidence: 0.866495212727273

00:16:34.810 --> 00:16:37.072 just further research on both patients

NOTE Confidence: 0.866495212727273

00:16:37.072 --> 00:16:39.542 and providers to understand why there

NOTE Confidence: 0.866495212727273

00:16:39.542 --> 00:16:41.797 may be provider recommendations against

NOTE Confidence: 0.866495212727273

00:16:41.797 --> 00:16:43.557 discontinuation of technology and

NOTE Confidence: 0.866495212727273

00:16:43.557 --> 00:16:46.565 minority and other reasons that are

NOTE Confidence: 0.866495212727273

00:16:46.565 --> 00:16:49.376 resulting in the discrepancy and then

NOTE Confidence: 0.866495212727273

00:16:49.376 --> 00:16:51.404 also including a diversity and diabetes

NOTE Confidence: 0.866495212727273

00:16:51.404 --> 00:16:52.839 treatment settings and locations.

NOTE Confidence: 0.866495212727273

00:16:52.840 --> 00:16:54.778 So we only recruited from Yale,

NOTE Confidence: 0.866495212727273

00:16:54.780 --> 00:16:56.646 which is a large academic center

NOTE Confidence: 0.866495212727273

00:16:56.646 --> 00:16:59.159 in a high high use of technology,

NOTE Confidence: 0.866495212727273

00:16:59.160 --> 00:17:01.032 but comparing other areas would also

NOTE Confidence: 0.866495212727273

00:17:01.032 --> 00:17:03.709 benefit to be able to make that comparison.

NOTE Confidence: 0.866495212727273

00:17:03.710 --> 00:17:05.920 And understand where the disparities

NOTE Confidence: 0.866495212727273

00:17:05.920 --> 00:17:06.804 are occurring.

NOTE Confidence: 0.866495212727273

00:17:06.810 --> 00:17:08.624 And then also assessing diabetes

NOTE Confidence: 0.866495212727273

00:17:08.624 --> 00:17:10.448 test with a qualitative study can

NOTE Confidence: 0.866495212727273

00:17:10.448 --> 00:17:11.736 help understand what specifically

NOTE Confidence: 0.866495212727273

00:17:11.736 --> 00:17:13.674 is contributing to the high rate

NOTE Confidence: 0.866495212727273

00:17:13.674 --> 00:17:14.643 of diabetes distress.

NOTE Confidence: 0.866495212727273

00:17:14.650 --> 00:17:15.570 So here are some strengths and

NOTE Confidence: 0.866495212727273

00:17:15.570 --> 00:17:16.638 just to highlight a couple,

NOTE Confidence: 0.866495212727273

00:17:16.638 --> 00:17:18.430 it was the first study that compared

NOTE Confidence: 0.866495212727273

00:17:18.476 --> 00:17:20.052 diabetes distress between ontspanning

NOTE Confidence: 0.866495212727273

00:17:20.052 --> 00:17:21.628 white and minority adolescents.

NOTE Confidence: 0.866495212727273

00:17:21.630 --> 00:17:23.916 And then we also included both

NOTE Confidence: 0.866495212727273

00:17:23.916 --> 00:17:25.885 parents and adolescents into once

NOTE Confidence: 0.866495212727273

00:17:25.885 --> 00:17:27.790 we're able to directly compare

NOTE Confidence: 0.866495212727273

00:17:27.790 --> 00:17:29.960 their level of diabetes distress.

NOTE Confidence: 0.866495212727273

00:17:29.960 --> 00:17:31.686 Some limitations are here again

NOTE Confidence: 0.866495212727273

00:17:31.686 --> 00:17:33.730 just to highlight a couple of them.

NOTE Confidence: 0.866495212727273

00:17:33.730 --> 00:17:34.930 We only recruited patients that

NOTE Confidence: 0.866495212727273

00:17:34.930 --> 00:17:35.743 had scheduled appointments,

NOTE Confidence: 0.866495212727273

00:17:35.743 --> 00:17:37.482 so this may be missing patients

NOTE Confidence: 0.866495212727273

00:17:37.482 --> 00:17:38.822 that have high level diabetes,

NOTE Confidence: 0.866495212727273

00:17:38.830 --> 00:17:41.170 distress or not using technology

NOTE Confidence: 0.866495212727273

00:17:41.170 --> 00:17:42.490 we only recruited from Yale,

NOTE Confidence: 0.866495212727273

00:17:42.490 --> 00:17:44.056 so again that has a potentially

NOTE Confidence: 0.866495212727273

00:17:44.056 --> 00:17:45.952 has a higher rate of diabetes

NOTE Confidence: 0.866495212727273

00:17:45.952 --> 00:17:47.548 technology then it's representative

NOTE Confidence: 0.866495212727273

00:17:47.548 --> 00:17:49.144 of the minority population.

NOTE Confidence: 0.866495212727273

00:17:49.150 --> 00:17:50.704 Our survey was only in English

NOTE Confidence: 0.866495212727273

00:17:50.704 --> 00:17:52.627 so that limits anyone who is non

NOTE Confidence: 0.866495212727273

00:17:52.627 --> 00:17:54.301 English speaking and then it was

NOTE Confidence: 0.866495212727273

00:17:54.301 --> 00:17:55.726 administered during the pandemic so

NOTE Confidence: 0.866495212727273

00:17:55.726 --> 00:17:57.907 that also may be contributing to a

NOTE Confidence: 0.866495212727273

00:17:57.907 --> 00:18:01.129 high level of distress in adolescence.

NOTE Confidence: 0.49702704

00:18:01.130 --> 00:18:02.558 Here are my references.

NOTE Confidence: 0.49702704

00:18:02.560 --> 00:18:04.037 Just a big thank you to Rosanna

NOTE Confidence: 0.49702704

00:18:04.037 --> 00:18:05.703 and Megan for all their support

NOTE Confidence: 0.49702704

00:18:05.703 --> 00:18:06.687 with alternative thesis.

NOTE Confidence: 0.49702704

00:18:06.690 --> 00:18:09.742 I really appreciate you giving us the

NOTE Confidence: 0.49702704

00:18:09.742 --> 00:18:12.060 opportunity to pursue it. Thank you.

NOTE Confidence: 0.770471835

00:18:23.550 --> 00:18:26.139 He asked. The audience, so it's OK.

NOTE Confidence: 0.770471835

00:18:26.140 --> 00:18:29.530 We are going to probably get presentations.

NOTE Confidence: 0.774799381153846

00:18:39.140 --> 00:18:42.227 So it's my pleasure to introduce Jamie

NOTE Confidence: 0.774799381153846

00:18:42.227 --> 00:18:45.245 Conway to present card thesis and we

NOTE Confidence: 0.774799381153846

00:18:45.245 --> 00:18:48.199 will let her introduce the topic that

NOTE Confidence: 0.774799381153846

00:18:48.199 --> 00:18:51.050 she developed and her adviser. Thank you.

NOTE Confidence: 0.88659936

00:18:58.440 --> 00:19:01.310 Hi everyone, my name is Jamie.

NOTE Confidence: 0.933817048333334

00:19:01.310 --> 00:19:02.696 Thank you all for being here.

NOTE Confidence: 0.933817048333334

00:19:02.700 --> 00:19:04.815 It's so nice to see you all in person

NOTE Confidence: 0.933817048333334

00:19:04.815 --> 00:19:06.729 and thank you for everyone who's

NOTE Confidence: 0.933817048333334

00:19:06.729 --> 00:19:08.939 tuning in online and also special

NOTE Confidence: 0.933817048333334

00:19:08.939 --> 00:19:11.417 thanks to my advisor Doctor Nauert.

NOTE Confidence: 0.933817048333334

00:19:11.420 --> 00:19:14.059 So my topic is tucked in weighted

NOTE Confidence: 0.933817048333334

00:19:14.059 --> 00:19:15.992 blankets to improve sleep in

NOTE Confidence: 0.933817048333334

00:19:15.992 --> 00:19:18.170 intensive care unit patients and I

NOTE Confidence: 0.933817048333334

00:19:18.170 --> 00:19:20.748 did the traditional thesis route.

NOTE Confidence: 0.933817048333334

00:19:20.750 --> 00:19:23.186 So just a quick outline of what

NOTE Confidence: 0.933817048333334

00:19:23.186 --> 00:19:25.399 will be going through today.

NOTE Confidence: 0.933817048333334

00:19:25.400 --> 00:19:27.506 So sleep in all people,

NOTE Confidence: 0.933817048333334

00:19:27.506 --> 00:19:30.152 but especially those in the critically ill,

NOTE Confidence: 0.933817048333334

00:19:30.160 --> 00:19:31.318 is incredibly important.

NOTE Confidence: 0.933817048333334

00:19:31.318 --> 00:19:33.634 Those in the intensive care unit

NOTE Confidence: 0.933817048333334

00:19:33.634 --> 00:19:36.138 have been found to have all domains

NOTE Confidence: 0.933817048333334

00:19:36.138 --> 00:19:38.024 of sleep deficiency that would

NOTE Confidence: 0.933817048333334

00:19:38.024 --> 00:19:39.816 include abnormal sleep timing,

NOTE Confidence: 0.933817048333334

00:19:39.820 --> 00:19:43.796 poor sleep quality, or short sleep duration.

NOTE Confidence: 0.933817048333334

00:19:43.800 --> 00:19:46.440 Sleep deficiency can increase the risk

NOTE Confidence: 0.933817048333334

00:19:46.440 --> 00:19:48.840 of infectious and inflammatory diseases,

NOTE Confidence: 0.933817048333334

00:19:48.840 --> 00:19:51.311 and it has contributions to all 'cause

NOTE Confidence: 0.933817048333334

00:19:51.311 --> 00:19:53.514 mortality and it shows that there

NOTE Confidence: 0.933817048333334

00:19:53.514 --> 00:19:55.656 are implications up to 12 months.

NOTE Confidence: 0.933817048333334

00:19:55.660 --> 00:19:59.168 After both physically and

NOTE Confidence: 0.933817048333334

00:19:59.168 --> 00:20:01.799 psychologically with PTSD.

NOTE Confidence: 0.933817048333334

00:20:01.800 --> 00:20:03.156 As far as measuring sleep goes,

NOTE Confidence: 0.933817048333334

00:20:03.160 --> 00:20:05.280 there are two ways to go about it.

NOTE Confidence: 0.933817048333334

00:20:05.280 --> 00:20:07.084 There are objective measures,

NOTE Confidence: 0.933817048333334

00:20:07.084 --> 00:20:09.339 which is polysomnography or PSG,

NOTE Confidence: 0.933817048333334

00:20:09.340 --> 00:20:10.801 the gold standard.

NOTE Confidence: 0.933817048333334

00:20:10.801 --> 00:20:13.723 This is a high cost and

NOTE Confidence: 0.933817048333334

00:20:13.723 --> 00:20:15.000 uncomfortable process.

NOTE Confidence: 0.933817048333334

00:20:15.000 --> 00:20:18.216 It requires a lot of wires or leads

NOTE Confidence: 0.933817048333334

00:20:18.216 --> 00:20:22.332 EKG EG on the head it tracks eye

NOTE Confidence: 0.933817048333334

00:20:22.332 --> 00:20:25.002 movements and patients already bogged

NOTE Confidence: 0.933817048333334

00:20:25.002 --> 00:20:28.872 down with a lot of Ivs and other wires

NOTE Confidence: 0.933817048333334

00:20:28.880 --> 00:20:32.135 and it overall just doesn't bode well.

NOTE Confidence: 0.933817048333334

00:20:32.140 --> 00:20:34.180 For a good study, however,

NOTE Confidence: 0.933817048333334

00:20:34.180 --> 00:20:35.150 there's actigraphy.

NOTE Confidence: 0.933817048333334

00:20:35.150 --> 00:20:37.575 It has a significant correlation,

NOTE Confidence: 0.933817048333334

00:20:37.580 --> 00:20:39.620 shown in studies with PSG,

NOTE Confidence: 0.933817048333334

00:20:39.620 --> 00:20:41.690 it's less invasive, less cumbersome,

NOTE Confidence: 0.933817048333334

00:20:41.690 --> 00:20:43.130 more cost efficient.

NOTE Confidence: 0.933817048333334

00:20:43.130 --> 00:20:45.022 It's essentially what we like

NOTE Confidence: 0.933817048333334

00:20:45.022 --> 00:20:46.558 to say is a glorified Fitbit.

NOTE Confidence: 0.933817048333334

00:20:46.560 --> 00:20:47.940 You wear it on your wrist,

NOTE Confidence: 0.933817048333334

00:20:47.940 --> 00:20:50.940 and it can track your total sleep time.

NOTE Confidence: 0.933817048333334

00:20:50.940 --> 00:20:52.764 Another way of going about measuring

NOTE Confidence: 0.933817048333334

00:20:52.764 --> 00:20:54.460 sleep is a subjective measure.

NOTE Confidence: 0.933817048333334

00:20:54.460 --> 00:20:56.756 The Richard Campbell Sleep

NOTE Confidence: 0.933817048333334

00:20:56.756 --> 00:20:59.626 Questionnaire is the only validated

NOTE Confidence: 0.933817048333334

00:20:59.626 --> 00:21:01.560 questionnaire for ICU patients.

NOTE Confidence: 0.933817048333334

00:21:01.560 --> 00:21:02.456 It's significantly.

NOTE Confidence: 0.933817048333334

00:21:02.456 --> 00:21:04.696 Has been found to correlate

NOTE Confidence: 0.933817048333334

00:21:04.696 --> 00:21:06.040 with PSG measures.

NOTE Confidence: 0.933817048333334

00:21:06.040 --> 00:21:08.441 It requires just a simple tickmark by

NOTE Confidence: 0.933817048333334

00:21:08.441 --> 00:21:10.719 patients and that are critically ill,

NOTE Confidence: 0.933817048333334

00:21:10.720 --> 00:21:12.316 so this works well for them.

NOTE Confidence: 0.933817048333334

00:21:12.320 --> 00:21:13.828 They have low stamina,

NOTE Confidence: 0.933817048333334

00:21:13.828 --> 00:21:16.090 it just requires a simple tick

NOTE Confidence: 0.933817048333334

00:21:16.171 --> 00:21:18.307 mark on a visual analog scale.

NOTE Confidence: 0.933817048333334

00:21:18.310 --> 00:21:21.138 So many ways have been trialdb

NOTE Confidence: 0.933817048333334

00:21:21.138 --> 00:21:22.746 to enhance sleep,

NOTE Confidence: 0.933817048333334

00:21:22.750 --> 00:21:25.000 especially in the critically ill,

NOTE Confidence: 0.933817048333334

00:21:25.000 --> 00:21:28.324 but there is no evidence based

NOTE Confidence: 0.933817048333334

00:21:28.324 --> 00:21:29.986 pharmacological interventions available.

NOTE Confidence: 0.933817048333334

00:21:29.990 --> 00:21:30.347 Oftentimes,

NOTE Confidence: 0.933817048333334

00:21:30.347 --> 00:21:32.846 if we try to use pharmacological methods,

NOTE Confidence: 0.933817048333334

00:21:32.850 --> 00:21:33.938 there are adverse effects

NOTE Confidence: 0.933817048333334

00:21:33.938 --> 00:21:35.570 and there can also be drug,

NOTE Confidence: 0.933817048333334

00:21:35.570 --> 00:21:37.374 drug interactions and patients

NOTE Confidence: 0.933817048333334

00:21:37.374 --> 00:21:40.080 that are already enduring a large

NOTE Confidence: 0.933817048333334

00:21:40.157 --> 00:21:42.070 pharmacological burden norm.

NOTE Confidence: 0.933817048333334

00:21:42.070 --> 00:21:43.510 Non pharmacological interventions have

NOTE Confidence: 0.933817048333334

00:21:43.510 --> 00:21:46.040 been tried and they show some promise.

NOTE Confidence: 0.933817048333334

00:21:46.040 --> 00:21:48.774 Some things like ear plugs, eye masks, music.

NOTE Confidence: 0.933817048333334

00:21:48.774 --> 00:21:50.726 Cluster nursing care specifically,

NOTE Confidence: 0.933817048333334

00:21:50.730 --> 00:21:52.501 is when nurses tried to do their

NOTE Confidence: 0.933817048333334

00:21:52.501 --> 00:21:54.850 best to do all their tasks at once

NOTE Confidence: 0.933817048333334

00:21:54.850 --> 00:21:56.746 when entering a room instead of

NOTE Confidence: 0.933817048333334

00:21:56.746 --> 00:21:58.468 going in multiple times specifically

NOTE Confidence: 0.933817048333334

00:21:58.468 --> 00:22:01.456 at Yale and the medical ICU,

NOTE Confidence: 0.933817048333334

00:22:01.460 --> 00:22:02.996 they have the standard of care,

NOTE Confidence: 0.933817048333334

00:22:03.000 --> 00:22:05.744 which is a quiet time from midnight

NOTE Confidence: 0.933817048333334

00:22:05.744 --> 00:22:08.285 to 4:00 AM and a quiet pack which

NOTE Confidence: 0.933817048333334

00:22:08.285 --> 00:22:09.992 is given to all patients and

NOTE Confidence: 0.933817048333334

00:22:09.992 --> 00:22:11.924 includes an eye mask and ear buds.

NOTE Confidence: 0.933817048333334

00:22:11.930 --> 00:22:13.414 Despite all these interventions

NOTE Confidence: 0.933817048333334

00:22:13.414 --> 00:22:14.898 that are tried consistently,

NOTE Confidence: 0.933817048333334

00:22:14.900 --> 00:22:16.100 patients report for sleep,

NOTE Confidence: 0.933817048333334

00:22:16.100 --> 00:22:17.900 whether it's at Yale or another

NOTE Confidence: 0.885934475

00:22:17.959 --> 00:22:19.099 hospital and for this.

NOTE Confidence: 0.885934475

00:22:19.100 --> 00:22:20.970 Reason it's necessary to continue

NOTE Confidence: 0.885934475

00:22:20.970 --> 00:22:22.466 to evaluate more methods.

NOTE Confidence: 0.897693798181818

00:22:24.690 --> 00:22:26.338 Then comes weighted blankets,

NOTE Confidence: 0.897693798181818

00:22:26.338 --> 00:22:29.332 blankets of various sizes that are filled

NOTE Confidence: 0.897693798181818

00:22:29.332 --> 00:22:31.587 with different materials to evenly

NOTE Confidence: 0.897693798181818

00:22:31.587 --> 00:22:33.909 distribute the weight across a body.

NOTE Confidence: 0.897693798181818

00:22:33.910 --> 00:22:35.914 The theoretical framework is

NOTE Confidence: 0.897693798181818

00:22:35.914 --> 00:22:38.419 that it's deep touch pressure.

NOTE Confidence: 0.897693798181818

00:22:38.420 --> 00:22:40.350 It's almost like a hug

NOTE Confidence: 0.897693798181818

00:22:40.350 --> 00:22:43.710 or a swaddle for a baby,

NOTE Confidence: 0.897693798181818

00:22:43.710 --> 00:22:45.252 and they're ideally 10% of your

NOTE Confidence: 0.897693798181818

00:22:45.252 --> 00:22:46.799 body weight and they can be

NOTE Confidence: 0.897693798181818

00:22:46.799 --> 00:22:48.191 manufactured in such a way that

NOTE Confidence: 0.897693798181818

00:22:48.191 --> 00:22:49.947 they can be wiped down with wipes,

NOTE Confidence: 0.897693798181818

00:22:49.950 --> 00:22:51.864 which would be helpful in an

NOTE Confidence: 0.897693798181818

00:22:51.864 --> 00:22:53.478 intensive care unit setting they've

NOTE Confidence: 0.897693798181818

00:22:53.478 --> 00:22:55.168 been studied in many populations.

NOTE Confidence: 0.897693798181818

00:22:55.170 --> 00:22:56.870 They've been studied in

NOTE Confidence: 0.897693798181818

00:22:56.870 --> 00:22:58.145 adult psychiatric centers,

NOTE Confidence: 0.897693798181818

00:22:58.150 --> 00:23:02.364 children with autism neonates in the ICU,

NOTE Confidence: 0.897693798181818

00:23:02.370 --> 00:23:05.095 those with breast cancer in

NOTE Confidence: 0.897693798181818

00:23:05.095 --> 00:23:07.275 inpatient and outpatient settings.

NOTE Confidence: 0.897693798181818

00:23:07.280 --> 00:23:09.686 These studies have often been flawed

NOTE Confidence: 0.897693798181818

00:23:09.686 --> 00:23:12.678 in certain ways or have not had

NOTE Confidence: 0.897693798181818

00:23:12.678 --> 00:23:14.863 significant sample sizes show bias,

NOTE Confidence: 0.897693798181818

00:23:14.870 --> 00:23:17.288 but overall results have showed an

NOTE Confidence: 0.897693798181818

00:23:17.288 --> 00:23:19.877 increase in total sleep time and

NOTE Confidence: 0.897693798181818

00:23:19.877 --> 00:23:22.589 consistently show a high user satisfaction.

NOTE Confidence: 0.897693798181818

00:23:22.590 --> 00:23:24.825 However, weighted blankets have not

NOTE Confidence: 0.897693798181818

00:23:24.825 --> 00:23:27.410 been tried in the critically ill.

NOTE Confidence: 0.897693798181818

00:23:27.410 --> 00:23:30.216 So as far as the problem goes,

NOTE Confidence: 0.897693798181818

00:23:30.220 --> 00:23:31.444 sleep deficiency is pervasive

NOTE Confidence: 0.897693798181818

00:23:31.444 --> 00:23:32.668 in the critically ill,

NOTE Confidence: 0.897693798181818

00:23:32.670 --> 00:23:34.980 with no evidence based pharmacological

NOTE Confidence: 0.897693798181818

00:23:34.980 --> 00:23:37.290 interventions shown to be effective.

NOTE Confidence: 0.897693798181818

00:23:37.290 --> 00:23:38.463 For this reason,

NOTE Confidence: 0.897693798181818

00:23:38.463 --> 00:23:39.636 non pharmacological strategies

NOTE Confidence: 0.897693798181818

00:23:39.636 --> 00:23:41.950 must be continued to be explored.

NOTE Confidence: 0.897693798181818

00:23:41.950 --> 00:23:43.335 Weighted blankets have been shown

NOTE Confidence: 0.897693798181818

00:23:43.335 --> 00:23:45.690 to help with sleep and anxiety in a

NOTE Confidence: 0.897693798181818

00:23:45.690 --> 00:23:47.210 variety of settings and populations.

NOTE Confidence: 0.897693798181818

00:23:47.210 --> 00:23:47.649 However,

NOTE Confidence: 0.897693798181818

00:23:47.649 --> 00:23:49.844 there's a lack of literature

NOTE Confidence: 0.897693798181818

00:23:49.844 --> 00:23:52.113 in this population where sleep

NOTE Confidence: 0.897693798181818

00:23:52.113 --> 00:23:53.869 is vital and jeopardized.

NOTE Confidence: 0.897693798181818

00:23:53.870 --> 00:23:55.765 So we hypothesize that weighted

NOTE Confidence: 0.897693798181818

00:23:55.765 --> 00:23:58.067 blankets used in hospital lies patients

NOTE Confidence: 0.897693798181818

00:23:58.067 --> 00:24:00.426 over 50 years old in intensive care

NOTE Confidence: 0.897693798181818

00:24:00.426 --> 00:24:02.298 units will have different mean

NOTE Confidence: 0.897693798181818

00:24:02.298 --> 00:24:04.572 total sleep time when compared to

NOTE Confidence: 0.897693798181818

00:24:04.572 --> 00:24:07.890 baseline of those with usual care.

NOTE Confidence: 0.897693798181818

00:24:07.890 --> 00:24:10.708 This will be a randomized controlled trial.

NOTE Confidence: 0.897693798181818

00:24:10.710 --> 00:24:12.110 It will have two arms,

NOTE Confidence: 0.897693798181818

00:24:12.110 --> 00:24:13.622 weighted blankets and usual

NOTE Confidence: 0.897693798181818

00:24:13.622 --> 00:24:15.134 or standard of care.

NOTE Confidence: 0.897693798181818

00:24:15.140 --> 00:24:16.995 We will study adult critically

NOTE Confidence: 0.897693798181818

00:24:16.995 --> 00:24:19.180 ill patients over 50 years old.

NOTE Confidence: 0.897693798181818

00:24:19.180 --> 00:24:21.056 The reason we specify 50 years old

NOTE Confidence: 0.897693798181818

00:24:21.056 --> 00:24:22.893 is that they are most susceptible

NOTE Confidence: 0.897693798181818

00:24:22.893 --> 00:24:25.168 to the adverse effects of low sleep,

NOTE Confidence: 0.897693798181818

00:24:25.170 --> 00:24:26.642 including things like delirium,

NOTE Confidence: 0.897693798181818

00:24:26.642 --> 00:24:28.850 which is rampant in the ICU.

NOTE Confidence: 0.897693798181818

00:24:28.850 --> 00:24:30.750 The exclusion criteria will include

NOTE Confidence: 0.897693798181818

00:24:30.750 --> 00:24:32.270 those in respiratory failure,

NOTE Confidence: 0.897693798181818

00:24:32.270 --> 00:24:33.290 so those on, say,

NOTE Confidence: 0.897693798181818

00:24:33.290 --> 00:24:35.230 a ventilator or those with active wounds,

NOTE Confidence: 0.897693798181818

00:24:35.230 --> 00:24:36.994 whether they're pressure wounds

NOTE Confidence: 0.897693798181818

00:24:36.994 --> 00:24:38.317 or recent surgeries.

NOTE Confidence: 0.897693798181818

00:24:38.320 --> 00:24:40.408 And those expected to leave within

NOTE Confidence: 0.897693798181818

00:24:40.408 --> 00:24:42.480 the next 24 hours by staff.

NOTE Confidence: 0.897693798181818

00:24:42.480 --> 00:24:44.390 We will evaluate all patients

NOTE Confidence: 0.897693798181818

00:24:44.390 --> 00:24:46.805 admitted to the MCU daily as

NOTE Confidence: 0.897693798181818

00:24:46.805 --> 00:24:48.950 potential subjects for this study.

NOTE Confidence: 0.85208774

00:24:51.270 --> 00:24:52.320 The key variables the

NOTE Confidence: 0.886059882941177

00:24:52.330 --> 00:24:53.935 intervention will be the weighted

NOTE Confidence: 0.886059882941177

00:24:53.935 --> 00:24:55.862 blanket plus standard of care and

NOTE Confidence: 0.886059882941177

00:24:55.862 --> 00:24:57.476 like I mentioned earlier at Yale,

NOTE Confidence: 0.886059882941177

00:24:57.480 --> 00:24:59.130 the standard of care is that

NOTE Confidence: 0.886059882941177

00:24:59.130 --> 00:25:00.979 quiet pack in those quiet hours,

NOTE Confidence: 0.886059882941177

00:25:00.980 --> 00:25:03.756 the control will be standard of care alone.

NOTE Confidence: 0.886059882941177

00:25:03.760 --> 00:25:06.364 The primary outcome will be total sleep

NOTE Confidence: 0.886059882941177

00:25:06.364 --> 00:25:08.929 time via actigraphy that glorified Fitbit.

NOTE Confidence: 0.886059882941177

00:25:08.930 --> 00:25:10.938 On night two of the blanket use and

NOTE Confidence: 0.886059882941177

00:25:10.938 --> 00:25:12.795 the secondary outcome will be the

NOTE Confidence: 0.886059882941177

00:25:12.795 --> 00:25:14.420 Sleep Questionnaire the next morning.

NOTE Confidence: 0.886059882941177

00:25:14.420 --> 00:25:15.628 Based on that night,

NOTE Confidence: 0.886059882941177

00:25:15.628 --> 00:25:18.058 two of the study we will come.

NOTE Confidence: 0.886059882941177

00:25:18.058 --> 00:25:20.900 Get consent from all patients to videotape

NOTE Confidence: 0.886059882941177

00:25:20.972 --> 00:25:23.352 to ensure that the blanket is used

NOTE Confidence: 0.886059882941177

00:25:23.352 --> 00:25:26.117 for at least one hour on that night.

NOTE Confidence: 0.886059882941177

00:25:26.120 --> 00:25:28.255 Two of the study and only those

NOTE Confidence: 0.886059882941177

00:25:28.255 --> 00:25:30.470 that use the blanket for one

NOTE Confidence: 0.886059882941177

00:25:30.470 --> 00:25:32.510 hour will qualify for analysis.

NOTE Confidence: 0.886059882941177

00:25:32.510 --> 00:25:33.824 Blinding the intervention

NOTE Confidence: 0.886059882941177

00:25:33.824 --> 00:25:35.138 to the participants.

NOTE Confidence: 0.886059882941177

00:25:35.140 --> 00:25:37.972 We will phrase it as a non pharmacological

NOTE Confidence: 0.886059882941177

00:25:37.972 --> 00:25:40.455 sleep study and we will leave out

NOTE Confidence: 0.886059882941177

00:25:40.455 --> 00:25:42.360 the fact that the intervention of

NOTE Confidence: 0.886059882941177

00:25:42.360 --> 00:25:44.789 interest is the way to blanket because

NOTE Confidence: 0.886059882941177

00:25:44.789 --> 00:25:47.738 standard of care as well also has

NOTE Confidence: 0.886059882941177

00:25:47.738 --> 00:25:49.118 non pharmacological interventions,

NOTE Confidence: 0.886059882941177

00:25:49.120 --> 00:25:50.473 the ear buds.

NOTE Confidence: 0.886059882941177

00:25:50.473 --> 00:25:52.277 Then the eye mask.

NOTE Confidence: 0.886059882941177

00:25:52.280 --> 00:25:53.336 Finding the outcome.

NOTE Confidence: 0.886059882941177

00:25:53.336 --> 00:25:55.448 The research assistant interpreting the data

NOTE Confidence: 0.886059882941177

00:25:55.448 --> 00:25:57.567 will not have access to the allocation.

NOTE Confidence: 0.907411

00:25:59.600 --> 00:26:03.004 So, yells, Mccue admits 4000 patients per

NOTE Confidence: 0.907411

00:26:03.004 --> 00:26:06.080 year, and the median stays three nights,

NOTE Confidence: 0.907411

00:26:06.080 --> 00:26:08.560 which allows us to determine that this would

NOTE Confidence: 0.907411

00:26:08.560 --> 00:26:11.524 be a feasible study to carry out at Yale.

NOTE Confidence: 0.907411

00:26:11.530 --> 00:26:13.562 We calculated the sample size based

NOTE Confidence: 0.907411

00:26:13.562 --> 00:26:16.274 on data historical data in the

NOTE Confidence: 0.907411

00:26:16.274 --> 00:26:18.898 Yale ICU based on Dr. Narcs lab.

NOTE Confidence: 0.907411

00:26:18.898 --> 00:26:20.812 They found that the average is

NOTE Confidence: 0.907411

00:26:20.812 --> 00:26:22.737 94 minutes of total sleep time,

NOTE Confidence: 0.907411

00:26:22.740 --> 00:26:25.278 with variants of 61 minutes willpower.

NOTE Confidence: 0.907411

00:26:25.280 --> 00:26:28.094 The study to 80% affect size of

NOTE Confidence: 0.907411

00:26:28.094 --> 00:26:29.805 20% or 18 minutes.

NOTE Confidence: 0.907411

00:26:29.805 --> 00:26:32.415 So given all this data historical

NOTE Confidence: 0.907411

00:26:32.415 --> 00:26:35.070 data based on Doctor Notes Lab,

NOTE Confidence: 0.907411

00:26:35.070 --> 00:26:36.996 we will have a calculated sample

NOTE Confidence: 0.907411

00:26:36.996 --> 00:26:39.068 size of 324 and will round up to

NOTE Confidence: 0.907411

00:26:39.068 --> 00:26:40.710 3:30 to allow for correction.

NOTE Confidence: 0.893636475

00:26:42.840 --> 00:26:45.648 So this is just a graphic

NOTE Confidence: 0.893636475

00:26:45.648 --> 00:26:47.520 kind of outlying everything.

NOTE Confidence: 0.893636475

00:26:47.520 --> 00:26:50.586 I already said patients will be admitted

NOTE Confidence: 0.893636475

00:26:50.586 --> 00:26:54.019 to the hospital later admitted to the MCU.

NOTE Confidence: 0.893636475

00:26:54.020 --> 00:26:55.600 They'll be randomized either

NOTE Confidence: 0.893636475

00:26:55.600 --> 00:26:57.180 to control or intervention,

NOTE Confidence: 0.893636475

00:26:57.180 --> 00:26:59.700 and they'll wear actigraphy on night one,

NOTE Confidence: 0.893636475

00:26:59.700 --> 00:27:01.516 though the night of interest is night two,

NOTE Confidence: 0.893636475

00:27:01.520 --> 00:27:02.864 once they're accustomed to all of

NOTE Confidence: 0.893636475

00:27:02.864 --> 00:27:04.260 these things being on their body,

NOTE Confidence: 0.893636475

00:27:04.260 --> 00:27:06.916 and they've adjusted to being on the unit,

NOTE Confidence: 0.893636475

00:27:06.920 --> 00:27:08.870 so night two will collect

NOTE Confidence: 0.893636475

00:27:08.870 --> 00:27:10.040 the actigraphy data,

NOTE Confidence: 0.893636475

00:27:10.040 --> 00:27:12.518 and the next morning will do

NOTE Confidence: 0.893636475

00:27:12.518 --> 00:27:13.757 the Sleep questionnaire.

NOTE Confidence: 0.893636475

00:27:13.760 --> 00:27:15.244 Based on night, two of the study.

NOTE Confidence: 0.944082539090909

00:27:17.470 --> 00:27:19.295 So. The impact that this

NOTE Confidence: 0.944082539090909

00:27:19.295 --> 00:27:21.680 could have is that it could.

NOTE Confidence: 0.944082539090909

00:27:21.680 --> 00:27:23.564 Improve patient outcomes both short term

NOTE Confidence: 0.944082539090909

00:27:23.564 --> 00:27:26.160 and long term like I had mentioned earlier,

NOTE Confidence: 0.944082539090909

00:27:26.160 --> 00:27:28.610 these effects of low sleep can carry

NOTE Confidence: 0.944082539090909

00:27:28.610 --> 00:27:31.758 on up to 12 months after discharge.

NOTE Confidence: 0.944082539090909

00:27:31.760 --> 00:27:35.414 It allows us to offer another non

NOTE Confidence: 0.944082539090909

00:27:35.414 --> 00:27:37.579 pharmacological option to those

NOTE Confidence: 0.944082539090909

00:27:37.579 --> 00:27:40.996 that don't have many options and it

NOTE Confidence: 0.944082539090909

00:27:40.996 --> 00:27:42.808 can increase patient satisfaction.

NOTE Confidence: 0.944082539090909

00:27:42.810 --> 00:27:45.666 It avoids secondary harm and not

NOTE Confidence: 0.944082539090909

00:27:45.666 --> 00:27:47.970 trying to treat a pharmacologically,

NOTE Confidence: 0.944082539090909

00:27:47.970 --> 00:27:51.840 and while it is a very specific population.

NOTE Confidence: 0.944082539090909

00:27:51.840 --> 00:27:53.100 It's a population where sleep

NOTE Confidence: 0.944082539090909

00:27:53.100 --> 00:27:54.610 is most disrupted,

NOTE Confidence: 0.944082539090909

00:27:54.610 --> 00:27:57.402 and ideally we would be able to generalize

NOTE Confidence: 0.944082539090909

00:27:57.402 --> 00:27:59.648 and apply to a wider population.

NOTE Confidence: 0.901832485

00:28:02.440 --> 00:28:04.399 The study has some potential strengths.

NOTE Confidence: 0.901832485

00:28:04.399 --> 00:28:06.344 It's a significant sample size

NOTE Confidence: 0.901832485

00:28:06.344 --> 00:28:08.628 based on historical data where the

NOTE Confidence: 0.901832485

00:28:08.628 --> 00:28:10.620 actual study would be taking place.

NOTE Confidence: 0.901832485

00:28:10.620 --> 00:28:13.370 It's also the first of its kind in that it

NOTE Confidence: 0.901832485

00:28:13.441 --> 00:28:16.126 offers objective and subjective outcomes,

NOTE Confidence: 0.901832485

00:28:16.130 --> 00:28:19.722 and we do try to address bias through

NOTE Confidence: 0.901832485

00:28:19.722 --> 00:28:23.089 blinding the participants to the

NOTE Confidence: 0.901832485

00:28:23.089 --> 00:28:25.468 non pharmacological intervention.

NOTE Confidence: 0.901832485

00:28:25.470 --> 00:28:27.010 We do also have limitations.

NOTE Confidence: 0.901832485

00:28:27.010 --> 00:28:28.520 There is difficulty with binding

NOTE Confidence: 0.901832485

00:28:28.520 --> 00:28:30.309 given that a weighted blanket is

NOTE Confidence: 0.901832485

00:28:30.309 --> 00:28:31.884 quite heavy and you can tell it's.

NOTE Confidence: 0.901832485

00:28:31.890 --> 00:28:35.560 Waited up and there's also a high

NOTE Confidence: 0.901832485

00:28:35.560 --> 00:28:37.090 variability of sleep at baseline.

NOTE Confidence: 0.901832485

00:28:37.090 --> 00:28:39.176 I think I mentioned earlier the average

NOTE Confidence: 0.901832485

00:28:39.176 --> 00:28:41.341 and Niels McHugh is 94 minutes with a

NOTE Confidence: 0.901832485

00:28:41.341 --> 00:28:43.430 variance of 61 minutes, pretty high.

NOTE Confidence: 0.901832485

00:28:43.430 --> 00:28:45.853 However, we do try to address that by

NOTE Confidence: 0.901832485

00:28:45.853 --> 00:28:48.209 carrying out the study in yells McHugh.

NOTE Confidence: 0.901832485

00:28:48.210 --> 00:28:49.950 Additionally, there's some limitations

NOTE Confidence: 0.901832485

00:28:49.950 --> 00:28:52.125 with the accuracy of actigraphy,

NOTE Confidence: 0.901832485

00:28:52.130 --> 00:28:54.110 as it is an accelerometer,

NOTE Confidence: 0.901832485

00:28:54.110 --> 00:28:55.080 it's worn on your wrist,

NOTE Confidence: 0.901832485

00:28:55.080 --> 00:28:56.110 and if you're not moving,

NOTE Confidence: 0.901832485

00:28:56.110 --> 00:28:58.246 it's harder for it to track,

NOTE Confidence: 0.901832485

00:28:58.250 --> 00:29:00.448 so it's just one thing to keep

NOTE Confidence: 0.901832485

00:29:00.448 --> 00:29:02.779 in mind when we interpret data.

NOTE Confidence: 0.901832485

00:29:02.780 --> 00:29:04.122 So I just want to thank you

NOTE Confidence: 0.901832485

00:29:04.122 --> 00:29:04.653 all for listening.

NOTE Confidence: 0.901832485

00:29:04.660 --> 00:29:06.016 I want to thank Doctor Nauert.

NOTE Confidence: 0.901832485

00:29:06.020 --> 00:29:08.396 She was an amazing thesis advisor.

NOTE Confidence: 0.901832485

00:29:08.400 --> 00:29:09.060 Thank you.

NOTE Confidence: 0.901832485

00:29:09.060 --> 00:29:10.710 Rosanna and Megan and the

NOTE Confidence: 0.901832485

00:29:10.710 --> 00:29:12.329 Graduate writing lab and everyone

NOTE Confidence: 0.901832485

00:29:12.329 --> 00:29:14.317 who helped get us here to this

NOTE Confidence: 0.901832485

00:29:14.317 --> 00:29:15.990 point and thanks class of 2021.

NOTE Confidence: 0.34984943

00:29:27.420 --> 00:29:31.309 Blue Jays probably chat.

NOTE Confidence: 0.891989943333333

00:29:31.310 --> 00:29:33.830 That you have some funds listening.

NOTE Confidence: 0.891989943333333

00:29:33.830 --> 00:29:35.554 Thank you so much.

NOTE Confidence: 0.891989943333333

00:29:35.554 --> 00:29:38.820 So it's my pleasure to introduce Carina,

NOTE Confidence: 0.891989943333333

00:29:38.820 --> 00:29:41.250 Legio who is going to take us in a

NOTE Confidence: 0.891989943333333

00:29:41.250 --> 00:29:43.970 more pharmacological approach to

NOTE Confidence: 0.891989943333333

00:29:43.970 --> 00:29:46.308 intervene, so thank you, Karina.

NOTE Confidence: 0.776430932

00:29:54.880 --> 00:29:56.740 So hi everyone, I'm Karina.

NOTE Confidence: 0.776430932

00:29:56.740 --> 00:29:58.765 This is my thesis presentation

NOTE Confidence: 0.776430932

00:29:58.765 --> 00:30:01.357 entitled efficacy of her magic pant

NOTE Confidence: 0.776430932

00:30:01.357 --> 00:30:03.817 plus calcitonin gene related peptide

NOTE Confidence: 0.776430932

00:30:03.817 --> 00:30:06.254 monoclonal antibody for migraine and

NOTE Confidence: 0.776430932

00:30:06.254 --> 00:30:08.249 my advisor was Doctor Schindler.

NOTE Confidence: 0.941111772

00:30:09.700 --> 00:30:10.510 So just to give some

NOTE Confidence: 0.939501127142857

00:30:10.520 --> 00:30:13.045 background, migraine is estimated to

NOTE Confidence: 0.939501127142857

00:30:13.045 --> 00:30:15.940 affect about 15% of the global population,

NOTE Confidence: 0.939501127142857

00:30:15.940 --> 00:30:18.240 and it's characterized by painful,

NOTE Confidence: 0.939501127142857

00:30:18.240 --> 00:30:20.324 unilateral headache attacks often

NOTE Confidence: 0.939501127142857

00:30:20.324 --> 00:30:22.400 associated with nausea, vomiting,

NOTE Confidence: 0.939501127142857

00:30:22.400 --> 00:30:23.930 photophobia, and phonophobia.

NOTE Confidence: 0.939501127142857

00:30:23.930 --> 00:30:27.465 And it's managed with a board of

NOTE Confidence: 0.939501127142857

00:30:27.465 --> 00:30:29.435 therapy during a pain attack,

NOTE Confidence: 0.939501127142857

00:30:29.440 --> 00:30:31.560 prophylactic therapy to prevent attacks,

NOTE Confidence: 0.939501127142857

00:30:31.560 --> 00:30:34.836 and often a combination of both.

NOTE Confidence: 0.939501127142857

00:30:34.840 --> 00:30:37.348 There is calcitonin gene related peptide

NOTE Confidence: 0.939501127142857

00:30:37.348 --> 00:30:40.521 CGRP and its receptor and they have a

NOTE Confidence: 0.939501127142857

00:30:40.521 --> 00:30:42.663 role in the provocation of migraines.

NOTE Confidence: 0.939501127142857

00:30:42.670 --> 00:30:44.940 So CGRP is a neuropeptide.

NOTE Confidence: 0.939501127142857

00:30:44.940 --> 00:30:47.836 It binds to the CGRP receptor and it

NOTE Confidence: 0.939501127142857

00:30:47.836 --> 00:30:50.180 causes potent vasodilation specifically

NOTE Confidence: 0.939501127142857

00:30:50.180 --> 00:30:52.455 within the trigeminal gangland and

NOTE Confidence: 0.939501127142857

00:30:52.455 --> 00:30:54.554 its proposed that elevated levels

NOTE Confidence: 0.939501127142857

00:30:54.554 --> 00:30:57.278 of CGRP may lead to sensitization

NOTE Confidence: 0.939501127142857

00:30:57.278 --> 00:31:00.103 of those neuronal circuits so that

NOTE Confidence: 0.939501127142857

00:31:00.103 --> 00:31:02.869 the usual sensory inputs like light,

NOTE Confidence: 0.939501127142857

00:31:02.870 --> 00:31:05.110 sounds, tastes and odors.

NOTE Confidence: 0.939501127142857

00:31:05.110 --> 00:31:07.910 Are then experienced as bothersome.

NOTE Confidence: 0.939501127142857

00:31:07.910 --> 00:31:10.031 And so this peptide and its receptor

NOTE Confidence: 0.939501127142857

00:31:10.031 --> 00:31:12.498 have been targeted in the development of

NOTE Confidence: 0.939501127142857

00:31:12.498 --> 00:31:14.368 both preventive and abortive therapies.

NOTE Confidence: 0.9740486

00:31:16.770 --> 00:31:18.298 So one of these medications

NOTE Confidence: 0.736619638333333

00:31:18.310 --> 00:31:19.582 is called magic pants.

NOTE Confidence: 0.736619638333333

00:31:19.582 --> 00:31:21.172 It's brand name is Nartec

NOTE Confidence: 0.736619638333333

00:31:21.172 --> 00:31:22.639 oral dissolving tablet,

NOTE Confidence: 0.736619638333333

00:31:22.640 --> 00:31:24.932 and it's actually produced here in

NOTE Confidence: 0.736619638333333

00:31:24.932 --> 00:31:28.188 New Haven and its uses for the acute

NOTE Confidence: 0.736619638333333

00:31:28.188 --> 00:31:30.660 treatment of migraine as an abortive.

NOTE Confidence: 0.736619638333333

00:31:30.660 --> 00:31:33.369 And it's part of the small molecule

NOTE Confidence: 0.736619638333333

00:31:33.369 --> 00:31:34.990 CGRP receptor antagonist class,

NOTE Confidence: 0.736619638333333

00:31:34.990 --> 00:31:37.580 it has a couple of proposed mechanisms,

NOTE Confidence: 0.736619638333333

00:31:37.580 --> 00:31:39.659 one of which is that it competes with

NOTE Confidence: 0.736619638333333

00:31:39.659 --> 00:31:41.873 the initial CGRP binding event and

NOTE Confidence: 0.736619638333333

00:31:41.873 --> 00:31:44.008 blocks the activation of the receptor,

NOTE Confidence: 0.736619638333333

00:31:44.010 --> 00:31:47.377 or it potentially displaces the bound CGRP.

NOTE Confidence: 0.736619638333333

00:31:47.380 --> 00:31:49.745 And deactivates the receptor and

NOTE Confidence: 0.736619638333333

00:31:49.745 --> 00:31:52.110 this medication was just approved

NOTE Confidence: 0.736619638333333

00:31:52.186 --> 00:31:54.405 by the FDA in February of 2020.

NOTE Confidence: 0.98418814

00:31:57.840 --> 00:31:59.575 Then there are the monoclonal antibodies

NOTE Confidence: 0.98418814

00:31:59.575 --> 00:32:01.763 and these are used as a preventive

NOTE Confidence: 0.98418814

00:32:01.763 --> 00:32:03.433 migraine therapy and they include

NOTE Confidence: 0.98418814

00:32:03.433 --> 00:32:05.110 class members such as air knob,

NOTE Confidence: 0.98418814

00:32:05.110 --> 00:32:06.514 galcanezumab, feminism,

NOTE Confidence: 0.98418814

00:32:06.514 --> 00:32:08.620 ABBA Neptunism app,

NOTE Confidence: 0.98418814

00:32:08.620 --> 00:32:10.982 and their mechanisms for gallicanism

NOTE Confidence: 0.98418814

00:32:10.982 --> 00:32:13.640 gallicanism app from his Mama Neptunism

NOTE Confidence: 0.98418814

00:32:13.707 --> 00:32:16.248 app is that they neutralize some portion

NOTE Confidence: 0.98418814

00:32:16.248 --> 00:32:18.648 of the circulating CGRP ligands which

NOTE Confidence: 0.98418814

00:32:18.648 --> 00:32:20.723 prevent the peptide from signaling.

NOTE Confidence: 0.98418814

00:32:20.730 --> 00:32:23.026 Erenumab is a little different in that

NOTE Confidence: 0.98418814

00:32:23.026 --> 00:32:25.211 it blocks the CGRP receptor instead

NOTE Confidence: 0.98418814

00:32:25.211 --> 00:32:28.282 of the peptide and these are given.

NOTE Confidence: 0.98418814

00:32:28.282 --> 00:32:31.630 As once monthly injections or via Ivy,

NOTE Confidence: 0.98418814

00:32:31.630 --> 00:32:33.835 and they're actually giving quarterly

NOTE Confidence: 0.98418814

00:32:33.835 --> 00:32:36.088 for feminism, AB, and eptinezumab.

NOTE Confidence: 0.891994963076923

00:32:38.920 --> 00:32:41.552 So this led to my development of a

NOTE Confidence: 0.891994963076923

00:32:41.552 --> 00:32:43.524 problem which is given that Japan's

NOTE Confidence: 0.891994963076923

00:32:43.524 --> 00:32:46.276 and Mads both act on the CGRP system.

NOTE Confidence: 0.891994963076923

00:32:46.280 --> 00:32:47.680 It begs the questions.

NOTE Confidence: 0.891994963076923

00:32:47.680 --> 00:32:49.780 Would patients using both experience of

NOTE Confidence: 0.891994963076923

00:32:49.838 --> 00:32:52.379 greater benefit and is this combination safe?

NOTE Confidence: 0.891994963076923

00:32:52.380 --> 00:32:54.732 So published reports of the use of both

NOTE Confidence: 0.891994963076923

00:32:54.732 --> 00:32:56.724 oral were magicant for acute treatment

NOTE Confidence: 0.891994963076923

00:32:56.724 --> 00:32:59.280 and a map for prevention or limited.

NOTE Confidence: 0.891994963076923

00:32:59.280 --> 00:33:01.807 There is a small case series that

NOTE Confidence: 0.891994963076923

00:33:01.807 --> 00:33:03.350 demonstrated possible efficacy in

NOTE Confidence: 0.891994963076923

00:33:03.350 --> 00:33:05.325 treating refractory migraine with Roma,

NOTE Confidence: 0.891994963076923

00:33:05.330 --> 00:33:07.423 Japan and Erin AB and then following

NOTE Confidence: 0.891994963076923

00:33:07.423 --> 00:33:09.209 this there was an open label.

NOTE Confidence: 0.891994963076923

00:33:09.210 --> 00:33:11.390 Substudy of 13 migraine patients

NOTE Confidence: 0.891994963076923

00:33:11.390 --> 00:33:13.134 simultaneously using their magic

NOTE Confidence: 0.891994963076923

00:33:13.134 --> 00:33:15.341 pants with a map which showed

NOTE Confidence: 0.891994963076923

00:33:15.341 --> 00:33:16.705 no serious adverse events.

NOTE Confidence: 0.891994963076923

00:33:16.710 --> 00:33:18.760 However, efficacy was not reported.

NOTE Confidence: 0.9793407

00:33:21.370 --> 00:33:23.560 So therefore further study in the form

NOTE Confidence: 0.9793407

00:33:23.560 --> 00:33:25.568 of a randomized controlled trial to

NOTE Confidence: 0.9793407

00:33:25.568 --> 00:33:27.138 investigate the safety and efficacy

NOTE Confidence: 0.9793407

00:33:27.138 --> 00:33:29.580 of our measure pant in the setting of

NOTE Confidence: 0.9793407

00:33:29.580 --> 00:33:31.318 common map therapy is necessary and,

NOTE Confidence: 0.9793407

00:33:31.318 --> 00:33:34.000 if shown to be effective as well as safe,

NOTE Confidence: 0.9793407

00:33:34.000 --> 00:33:36.040 this therapeutic approach may provide the

NOTE Confidence: 0.9793407

00:33:36.040 --> 00:33:38.099 best opportunity to expand evidence based

NOTE Confidence: 0.9793407

00:33:38.099 --> 00:33:40.019 migraine management and to improve the

NOTE Confidence: 0.9793407

00:33:40.019 --> 00:33:42.069 quality of life and migraine patients.

NOTE Confidence: 0.98361015

00:33:44.920 --> 00:33:46.340 So I developed the hypothesis

NOTE Confidence: 0.98361015

00:33:46.340 --> 00:33:48.110 that when using her magic pant

NOTE Confidence: 0.98361015

00:33:48.168 --> 00:33:49.620 as an abortive intervention,

NOTE Confidence: 0.98361015

00:33:49.620 --> 00:33:51.820 adult subjects on antique GRP

NOTE Confidence: 0.98361015

00:33:51.820 --> 00:33:53.900 or anti receptor map preventive

NOTE Confidence: 0.98361015

00:33:53.900 --> 00:33:55.900 will have a different incidence

NOTE Confidence: 0.98361015

00:33:55.900 --> 00:33:57.969 proportion of freedom from pain at

NOTE Confidence: 0.98361015

00:33:57.969 --> 00:33:59.775 two hours compared to those who

NOTE Confidence: 0.98361015

00:33:59.842 --> 00:34:01.971 have never used a map preventive and

NOTE Confidence: 0.98361015

00:34:01.971 --> 00:34:03.868 one definition that I want to draw

NOTE Confidence: 0.98361015

00:34:03.868 --> 00:34:05.799 attention to is the freedom from pain.

NOTE Confidence: 0.98361015

00:34:05.800 --> 00:34:08.168 So for the purpose of this study it's

NOTE Confidence: 0.98361015

00:34:08.168 --> 00:34:10.757 defined as on a zero to three pain

NOTE Confidence: 0.98361015

00:34:10.757 --> 00:34:13.098 numerical rating scale where zero is no pain,

NOTE Confidence: 0.98361015

00:34:13.100 --> 00:34:15.746 one mild to moderate and three severe.

NOTE Confidence: 0.98361015

00:34:15.750 --> 00:34:18.078 It's the reduction from moderate two

NOTE Confidence: 0.98361015

00:34:18.078 --> 00:34:21.082 or three severe at the time of Drug

NOTE Confidence: 0.98361015

00:34:21.082 --> 00:34:23.152 Administration to no pain for 0.

NOTE Confidence: 0.804291994

00:34:26.380 --> 00:34:28.790 So for my methods, UM,

NOTE Confidence: 0.804291994

00:34:28.790 --> 00:34:30.470 we're looking at a population of adults,

NOTE Confidence: 0.804291994

00:34:30.470 --> 00:34:32.654 so ages 18 to 65 years old,

NOTE Confidence: 0.804291994

00:34:32.660 --> 00:34:35.956 with at least one year history of migraine.

NOTE Confidence: 0.804291994

00:34:35.960 --> 00:34:38.104 And this is further divided into our study,

NOTE Confidence: 0.804291994

00:34:38.110 --> 00:34:40.130 or monoclonal antibody population who

NOTE Confidence: 0.804291994

00:34:40.130 --> 00:34:43.284 were treated with a map for at least

NOTE Confidence: 0.804291994

00:34:43.284 --> 00:34:45.402 three months prior to the screening

NOTE Confidence: 0.804291994

00:34:45.410 --> 00:34:46.880 and then our control population,

NOTE Confidence: 0.804291994

00:34:46.880 --> 00:34:49.519 or those who have never used an

NOTE Confidence: 0.804291994

00:34:49.519 --> 00:34:52.717 antique P or anti CGRP receptor map.

NOTE Confidence: 0.804291994

00:34:52.720 --> 00:34:54.220 Our target sample size would

NOTE Confidence: 0.804291994

00:34:54.220 --> 00:34:55.912 be 450 subjects and.

NOTE Confidence: 0.804291994

00:34:55.912 --> 00:34:59.770 The study design would be a biphasic trial.

NOTE Confidence: 0.804291994

00:34:59.770 --> 00:35:02.297 So the primary phase would be randomized,

NOTE Confidence: 0.804291994

00:35:02.300 --> 00:35:03.376 double blind,

NOTE Confidence: 0.804291994

00:35:03.376 --> 00:35:05.400 placebo controlled single attack

NOTE Confidence: 0.804291994

00:35:05.400 --> 00:35:07.300 study and the secondary phase would

NOTE Confidence: 0.804291994

00:35:07.300 --> 00:35:09.629 be a two month open label Multi

NOTE Confidence: 0.804291994

00:35:09.629 --> 00:35:11.963 Attack study and I further delineate

NOTE Confidence: 0.804291994

00:35:11.963 --> 00:35:13.960 delineated this in the table below.

NOTE Confidence: 0.804291994

00:35:13.960 --> 00:35:15.290 So you can see the two groups,

NOTE Confidence: 0.804291994

00:35:15.290 --> 00:35:16.920 there's the control group and

NOTE Confidence: 0.804291994

00:35:16.920 --> 00:35:18.224 the monoclonal antibody group.

NOTE Confidence: 0.804291994

00:35:18.230 --> 00:35:19.915 They both undergo a running

NOTE Confidence: 0.804291994

00:35:19.915 --> 00:35:21.263 period of four weeks.

NOTE Confidence: 0.804291994

00:35:21.270 --> 00:35:23.804 The primary phase which is the blinded

NOTE Confidence: 0.804291994

00:35:23.804 --> 00:35:26.809 phase is when the subjects will be asked.

NOTE Confidence: 0.804291994

00:35:26.810 --> 00:35:30.009 To treat one migraine attack of moderate

NOTE Confidence: 0.804291994

00:35:30.009 --> 00:35:32.746 to severe intensity and they'll be

NOTE Confidence: 0.804291994

00:35:32.746 --> 00:35:35.470 allocated and blinded to being given

NOTE Confidence: 0.804291994

00:35:35.551 --> 00:35:37.831 either were magic pant or placebo

NOTE Confidence: 0.804291994

00:35:37.831 --> 00:35:40.619 to treat that one migraine attack.

NOTE Confidence: 0.804291994

00:35:40.620 --> 00:35:40.908 Then,

NOTE Confidence: 0.804291994

00:35:40.908 --> 00:35:42.060 during the secondary phase,

NOTE Confidence: 0.804291994

00:35:42.060 --> 00:35:43.470 which is the open label phase,

NOTE Confidence: 0.804291994

00:35:43.470 --> 00:35:45.332 it'll go on for eight weeks and

NOTE Confidence: 0.804291994

00:35:45.332 --> 00:35:47.482 patients and all of the groups will

NOTE Confidence: 0.804291994

00:35:47.482 --> 00:35:49.092 all treat her multiple migraine

NOTE Confidence: 0.804291994

00:35:49.092 --> 00:35:50.530 attacks with her magic pan.

NOTE Confidence: 0.924672869

00:35:54.310 --> 00:35:56.518 So we're going to collect data

NOTE Confidence: 0.924672869

00:35:56.518 --> 00:35:57.990 through an electronic patient.

NOTE Confidence: 0.924672869

00:35:57.990 --> 00:35:58.926 Reported outcomes diary.

NOTE Confidence: 0.924672869

00:35:58.926 --> 00:36:01.590 So at the time of a migraine attack,

NOTE Confidence: 0.924672869

00:36:01.590 --> 00:36:03.468 the subjects will begin to document

NOTE Confidence: 0.924672869

00:36:03.468 --> 00:36:05.496 in their epro diary by rating their

NOTE Confidence: 0.924672869

00:36:05.496 --> 00:36:07.570 pain on a scale of zero to three,

NOTE Confidence: 0.924672869

00:36:07.570 --> 00:36:08.890 and documenting other

NOTE Confidence: 0.924672869

00:36:08.890 --> 00:36:10.650 symptoms such as photophobia,

NOTE Confidence: 0.924672869

00:36:10.650 --> 00:36:11.607 phonophobia, or nausha,

NOTE Confidence: 0.924672869

00:36:11.607 --> 00:36:14.689 and if their pain is rated at two or three,

NOTE Confidence: 0.924672869

00:36:14.690 --> 00:36:16.886 they'll be asked to self administer

NOTE Confidence: 0.924672869

00:36:16.886 --> 00:36:17.984 the allocated intervention.

NOTE Confidence: 0.924672869

00:36:17.990 --> 00:36:19.712 So during phase one it could

NOTE Confidence: 0.924672869

00:36:19.712 --> 00:36:21.599 be re measure pant or placebo,

NOTE Confidence: 0.924672869

00:36:21.600 --> 00:36:24.536 and during the second phase it will be.

NOTE Confidence: 0.924672869

00:36:24.540 --> 00:36:26.109 Where magic pants.

NOTE Confidence: 0.924672869

00:36:26.110 --> 00:36:27.774 And then they'll re-evaluate their pain

NOTE Confidence: 0.924672869

00:36:27.774 --> 00:36:29.346 and symptoms at several time points.

NOTE Confidence: 0.924672869

00:36:29.350 --> 00:36:30.338 Most importantly,

NOTE Confidence: 0.924672869

00:36:30.338 --> 00:36:32.808 2 hours after the intervention,

NOTE Confidence: 0.924672869

00:36:32.810 --> 00:36:35.382 and they'll also complete a migraine

NOTE Confidence: 0.924672869

00:36:35.382 --> 00:36:37.787 specific quality of Life Questionnaire,

NOTE Confidence: 0.924672869

00:36:37.790 --> 00:36:39.415 which will be done during

NOTE Confidence: 0.924672869

00:36:39.415 --> 00:36:41.406 the running period and at the

NOTE Confidence: 0.924672869

00:36:41.406 --> 00:36:43.206 ends of weeks four and eight,

NOTE Confidence: 0.924672869

00:36:43.210 --> 00:36:45.570 and the MSQ is this is a valid

NOTE Confidence: 0.924672869

00:36:45.570 --> 00:36:47.493 and reliable measure to assess

NOTE Confidence: 0.924672869

00:36:47.493 --> 00:36:50.007 the effect of migraine on daily

NOTE Confidence: 0.924672869

00:36:50.007 --> 00:36:52.150 functioning among migraine patients.

NOTE Confidence: 0.924672869

00:36:52.150 --> 00:36:54.094 Our primary outcome would be freedom

NOTE Confidence: 0.924672869

00:36:54.094 --> 00:36:56.950 from pain at two hours and will also

NOTE Confidence: 0.924672869

00:36:56.950 --> 00:36:58.820 look at several secondary outcomes,

NOTE Confidence: 0.924672869

00:36:58.820 --> 00:37:01.110 including but not limited to,

NOTE Confidence: 0.924672869

00:37:01.110 --> 00:37:02.510 pain relief at two hours,

NOTE Confidence: 0.924672869

00:37:02.510 --> 00:37:03.878 freedom from most bothersome

NOTE Confidence: 0.924672869

00:37:03.878 --> 00:37:05.246 symptom at 2 hours,

NOTE Confidence: 0.924672869

00:37:05.250 --> 00:37:06.800 and quality of life scores.

NOTE Confidence: 0.963670206666667

00:37:10.040 --> 00:37:12.728 So some strengths of this study.

NOTE Confidence: 0.963670206666667

00:37:12.730 --> 00:37:14.746 First is that the protocol was written

NOTE Confidence: 0.963670206666667

00:37:14.746 --> 00:37:16.790 in accordance with the guidelines of

NOTE Confidence: 0.963670206666667

00:37:16.790 --> 00:37:18.660 the International Headache Society for

NOTE Confidence: 0.963670206666667

00:37:18.660 --> 00:37:20.415 controlled trials of acute treatment

NOTE Confidence: 0.963670206666667

00:37:20.415 --> 00:37:21.995 of migraine attacks and adults.

NOTE Confidence: 0.963670206666667

00:37:22.000 --> 00:37:23.080 So some of the elements,

NOTE Confidence: 0.963670206666667

00:37:23.080 --> 00:37:24.210 such as the measurement of

NOTE Confidence: 0.963670206666667

00:37:24.210 --> 00:37:25.650 freedom from pain at two hours,

NOTE Confidence: 0.963670206666667

00:37:25.650 --> 00:37:28.050 is derived from these guidelines.

NOTE Confidence: 0.963670206666667

00:37:28.050 --> 00:37:29.835 The guidelines also limits subjects

NOTE Confidence: 0.963670206666667

00:37:29.835 --> 00:37:31.620 from having to treat multiple

NOTE Confidence: 0.963670206666667

00:37:31.677 --> 00:37:33.377 migraine attacks with placebos.

NOTE Confidence: 0.963670206666667

00:37:33.380 --> 00:37:33.841 Therefore,

NOTE Confidence: 0.963670206666667

00:37:33.841 --> 00:37:36.146 most migraine studies comparing an

NOTE Confidence: 0.963670206666667

00:37:36.146 --> 00:37:38.463 abortive to placebo consists of

NOTE Confidence: 0.963670206666667

00:37:38.463 --> 00:37:40.488 subjects only treating one migraine.

NOTE Confidence: 0.963670206666667

00:37:40.490 --> 00:37:42.750 Attack with the intervention and

NOTE Confidence: 0.963670206666667

00:37:42.750 --> 00:37:45.450 the conclusions are drawn from that,

NOTE Confidence: 0.963670206666667

00:37:45.450 --> 00:37:48.098 so I decided to come up with this

NOTE Confidence: 0.963670206666667

00:37:48.098 --> 00:37:50.374 unique biphasic design in which I'm

NOTE Confidence: 0.963670206666667

00:37:50.374 --> 00:37:52.299 maintaining a phase with blinding

NOTE Confidence: 0.963670206666667

00:37:52.299 --> 00:37:54.138 and randomization to investigate

NOTE Confidence: 0.963670206666667

00:37:54.138 --> 00:37:56.438 a single migraine attack similar

NOTE Confidence: 0.963670206666667

00:37:56.438 --> 00:37:58.266 to the traditional studies.

NOTE Confidence: 0.963670206666667

00:37:58.266 --> 00:37:58.719 However,

NOTE Confidence: 0.963670206666667

00:37:58.719 --> 00:38:01.890 with the addition of the secondary phase,

NOTE Confidence: 0.963670206666667

00:38:01.890 --> 00:38:04.236 it allows for analysis of consistency

NOTE Confidence: 0.963670206666667

00:38:04.236 --> 00:38:07.146 of response to measure pant and its

NOTE Confidence: 0.963670206666667

00:38:07.146 --> 00:38:09.266 treatment of multiple migraine attacks,

NOTE Confidence: 0.963670206666667

00:38:09.270 --> 00:38:10.794 and this is all while still

NOTE Confidence: 0.963670206666667

00:38:10.794 --> 00:38:11.556 meeting the ethical.

NOTE Confidence: 0.963670206666667

00:38:11.560 --> 00:38:13.675 Guidelines such that no subject

NOTE Confidence: 0.963670206666667

00:38:13.675 --> 00:38:15.790 is treating more than one

NOTE Confidence: 0.963670206666667

00:38:15.867 --> 00:38:18.019 migraine attack with placebo.

NOTE Confidence: 0.963670206666667

00:38:18.020 --> 00:38:18.872 And lastly,

NOTE Confidence: 0.963670206666667

00:38:18.872 --> 00:38:21.854 I believe a strength is the inclusion

NOTE Confidence: 0.963670206666667

00:38:21.854 --> 00:38:24.140 of the MSQ because it really provides

NOTE Confidence: 0.963670206666667

00:38:24.140 --> 00:38:26.135 a more comprehensive measurement of

NOTE Confidence: 0.963670206666667

00:38:26.135 --> 00:38:28.130 the medications impact on patients

NOTE Confidence: 0.963670206666667

00:38:28.192 --> 00:38:29.788 overall migraine management.

NOTE Confidence: 0.9472738

00:38:31.940 --> 00:38:36.242 Some limitations of mine is that there is

NOTE Confidence: 0.9472738

00:38:36.242 --> 00:38:38.270 variability in the types of preventives

NOTE Confidence: 0.9472738

00:38:38.336 --> 00:38:40.266 the control subjects are taking,

NOTE Confidence: 0.9472738

00:38:40.270 --> 00:38:42.447 so the control subjects are allowed to

NOTE Confidence: 0.9472738

00:38:42.447 --> 00:38:44.378 be on preventives that aren't maps.

NOTE Confidence: 0.9472738

00:38:44.380 --> 00:38:46.140 These can include tapir,

NOTE Confidence: 0.9472738

00:38:46.140 --> 00:38:48.780 may Botox injections or beta blockers,

NOTE Confidence: 0.9472738

00:38:48.780 --> 00:38:51.190 and this does present a

NOTE Confidence: 0.9472738

00:38:51.190 --> 00:38:52.636 potential confounding variable.

NOTE Confidence: 0.9472738

00:38:52.640 --> 00:38:54.182 However, in order to maintain the

NOTE Confidence: 0.9472738

00:38:54.182 --> 00:38:55.530 external validity of the study,

NOTE Confidence: 0.9472738

00:38:55.530 --> 00:38:58.206 it's necessary to include subjects on

NOTE Confidence: 0.9472738

00:38:58.206 --> 00:39:00.884 preventive for their migraines and better

NOTE Confidence: 0.9472738

00:39:00.884 --> 00:39:03.344 emulate this study population at large.

NOTE Confidence: 0.9472738

00:39:03.350 --> 00:39:05.150 And and another limitation is

NOTE Confidence: 0.9472738

00:39:05.150 --> 00:39:06.950 that there's no active comparator.

NOTE Confidence: 0.9472738

00:39:06.950 --> 00:39:08.098 So in this study,

NOTE Confidence: 0.9472738

00:39:08.098 --> 00:39:10.500 were Magic Pant is being compared to placebo,

NOTE Confidence: 0.9472738

00:39:10.500 --> 00:39:12.250 and it might be argued that the

NOTE Confidence: 0.9472738

00:39:12.250 --> 00:39:13.775 inclusion of an active comparator

NOTE Confidence: 0.9472738

00:39:13.775 --> 00:39:15.580 or standard of care treatment

NOTE Confidence: 0.9472738

00:39:15.580 --> 00:39:17.104 would strengthen the clinical

NOTE Confidence: 0.9472738

00:39:17.104 --> 00:39:19.009 implications of the study results.

NOTE Confidence: 0.9472738

00:39:19.010 --> 00:39:19.312 However,

NOTE Confidence: 0.9472738

00:39:19.312 --> 00:39:21.728 it's really beyond the scope of this trial,

NOTE Confidence: 0.9472738

00:39:21.730 --> 00:39:24.076 which is primarily focused on comparing

NOTE Confidence: 0.9472738

00:39:24.076 --> 00:39:26.894 the effects and safety of the drug in

NOTE Confidence: 0.9472738

00:39:26.894 --> 00:39:29.310 those taking versus not taking a CGRP map.

NOTE Confidence: 0.9472738

00:39:29.310 --> 00:39:31.270 And depending on the results from this study,

NOTE Confidence: 0.9472738

00:39:31.270 --> 00:39:33.538 the inclusion of an active comparator.

NOTE Confidence: 0.9472738

00:39:33.540 --> 00:39:35.045 In similar future studies would

NOTE Confidence: 0.9472738

00:39:35.045 --> 00:39:36.249 be might be warranted.

NOTE Confidence: 0.97044146

00:39:39.270 --> 00:39:40.916 And for clinical significance.

NOTE Confidence: 0.97044146

00:39:40.916 --> 00:39:42.592 So this study really addresses

NOTE Confidence: 0.97044146

00:39:42.592 --> 00:39:44.120 both preventive and abortive

NOTE Confidence: 0.97044146

00:39:44.120 --> 00:39:45.266 treatment of migraine,

NOTE Confidence: 0.97044146

00:39:45.270 --> 00:39:47.826 which are the two pillars of

NOTE Confidence: 0.97044146

00:39:47.826 --> 00:39:49.530 migraine management long term.

NOTE Confidence: 0.97044146

00:39:49.530 --> 00:39:51.560 And although the main objective is to

NOTE Confidence: 0.97044146

00:39:51.560 --> 00:39:53.108 determine the efficacy of her magic,

NOTE Confidence: 0.97044146

00:39:53.110 --> 00:39:54.640 and in the acute setting,

NOTE Confidence: 0.97044146

00:39:54.640 --> 00:39:56.645 incorporation of the migraine medication

NOTE Confidence: 0.97044146

00:39:56.645 --> 00:39:59.303 in combination with the maps in the

NOTE Confidence: 0.97044146

00:39:59.303 --> 00:40:01.079 long term is what really expands

NOTE Confidence: 0.97044146

00:40:01.079 --> 00:40:03.059 the impacts of this study because

NOTE Confidence: 0.97044146

00:40:03.059 --> 00:40:05.045 there's no known cure for migraine,

NOTE Confidence: 0.97044146

00:40:05.050 --> 00:40:08.008 it's only managed.

NOTE Confidence: 0.97044146

00:40:08.010 --> 00:40:10.266 And then in terms of quality of life

NOTE Confidence: 0.97044146

00:40:10.266 --> 00:40:12.109 and disability for migraine patients,

NOTE Confidence: 0.97044146

00:40:12.110 --> 00:40:13.720 spending less time in pain,

NOTE Confidence: 0.97044146

00:40:13.720 --> 00:40:15.570 having fewer disability work days

NOTE Confidence: 0.97044146

00:40:15.570 --> 00:40:18.044 and therefore less time spent in a

NOTE Confidence: 0.97044146

00:40:18.044 --> 00:40:19.652 health care setting really speaks

NOTE Confidence: 0.97044146

00:40:19.652 --> 00:40:22.319 to the impacts that this could have.

NOTE Confidence: 0.97044146

00:40:22.320 --> 00:40:25.110 If this is a more effective

NOTE Confidence: 0.97044146

00:40:25.110 --> 00:40:26.970 way of managing migraines.

NOTE Confidence: 0.97044146

00:40:26.970 --> 00:40:28.867 And also it has impacts directly on

NOTE Confidence: 0.97044146

00:40:28.867 --> 00:40:30.850 the health care system and that it's

NOTE Confidence: 0.97044146

00:40:30.850 --> 00:40:32.845 cost saving to both the patient and

NOTE Confidence: 0.97044146

00:40:32.845 --> 00:40:34.784 to the health system when there are

NOTE Confidence: 0.97044146

00:40:34.784 --> 00:40:37.415 fewer visits to the ER and fewer

NOTE Confidence: 0.97044146

00:40:37.415 --> 00:40:39.490 hospitalizations related to migraine care.

NOTE Confidence: 0.97044146

00:40:39.490 --> 00:40:41.120 Treating migraine attacks at home

NOTE Confidence: 0.97044146

00:40:41.120 --> 00:40:43.212 and being seen as an outpatient

NOTE Confidence: 0.97044146

00:40:43.212 --> 00:40:45.177 is not only more economical,

NOTE Confidence: 0.97044146

00:40:45.180 --> 00:40:48.617 but also less distressing for the patient.

NOTE Confidence: 0.97044146

00:40:48.620 --> 00:40:52.164 So I'd like to acknowledge my thesis advisor,

NOTE Confidence: 0.97044146

00:40:52.170 --> 00:40:52.872 Dr. Schindler.

NOTE Confidence: 0.97044146

00:40:52.872 --> 00:40:54.276 She was really great.

NOTE Confidence: 0.97044146

00:40:54.280 --> 00:40:56.190 She helped tremendously in her

NOTE Confidence: 0.97044146

00:40:56.190 --> 00:40:57.718 guidance throughout the development

NOTE Confidence: 0.97044146

00:40:57.718 --> 00:40:59.651 of my protocol and she also helped

NOTE Confidence: 0.97044146

00:40:59.651 --> 00:41:02.181 give me a lot of great advice about

NOTE Confidence: 0.97044146

00:41:02.181 --> 00:41:03.790 scientific writing throughout the

NOTE Confidence: 0.97044146

00:41:03.790 --> 00:41:06.400 project for to Rosanna and Megan.

NOTE Confidence: 0.97044146

00:41:06.400 --> 00:41:08.374 Thank you for facilitating the thesis

NOTE Confidence: 0.97044146

00:41:08.374 --> 00:41:10.800 process in a really organized and at

NOTE Confidence: 0.97044146

00:41:10.800 --> 00:41:12.600 least like a little less overwhelming,

NOTE Confidence: 0.97044146

00:41:12.600 --> 00:41:14.958 way that was really much appreciated.

NOTE Confidence: 0.97044146

00:41:14.960 --> 00:41:18.407 And for my mom, dad and my sister Adriana,

NOTE Confidence: 0.97044146

00:41:18.410 --> 00:41:18.858 who.

NOTE Confidence: 0.97044146

00:41:18.858 --> 00:41:21.546 Supporting me through PA school and

NOTE Confidence: 0.97044146

00:41:21.546 --> 00:41:24.769 this project. I appreciate them.

NOTE Confidence: 0.97044146

00:41:24.770 --> 00:41:25.660 Any references?

NOTE Confidence: 0.78854764

00:41:37.320 --> 00:41:40.460 So I would like to invite Robert Johnston

NOTE Confidence: 0.879458181666667

00:41:40.460 --> 00:41:42.028 to discuss his thesis.

NOTE Confidence: 0.879458181666667

00:41:42.028 --> 00:41:44.963 I would like to make one comment

NOTE Confidence: 0.879458181666667

00:41:44.963 --> 00:41:47.418 that Robert approached me about

NOTE Confidence: 0.879458181666667

00:41:47.418 --> 00:41:51.174 doing a thesis abroad with the

NOTE Confidence: 0.879458181666667

00:41:51.174 --> 00:41:53.309 Downs Fellowship. The first day

NOTE Confidence: 0.9383842575

00:41:53.400 --> 00:41:54.308 that I met him.

NOTE Confidence: 0.934433291111111

00:41:55.800 --> 00:41:57.459 And it's not the first time that

NOTE Confidence: 0.934433291111111

00:41:57.459 --> 00:41:59.210 people do that and follow me around

NOTE Confidence: 0.934433291111111

00:41:59.210 --> 00:42:00.888 in between cocktails because we used

NOTE Confidence: 0.86304529

00:42:00.900 --> 00:42:02.050 to have cocktails at at

NOTE Confidence: 0.86304529

00:42:02.050 --> 00:42:03.200 one time and the first

NOTE Confidence: 0.881185012222222

00:42:03.210 --> 00:42:06.647 week. And so it's not that I

NOTE Confidence: 0.881185012222222

00:42:06.647 --> 00:42:08.730 dismissed him, but I thought, OK,

00:42:08.730 --> 00:42:10.860 another one who wants to go abroad.

00:42:10.860 --> 00:42:12.770 Will he go abroad?

00:42:12.770 --> 00:42:14.484 In fact, Robert didn't go abroad,

00:42:14.484 --> 00:42:16.990 but did something much better than that.

00:42:16.990 --> 00:42:21.724 He continued to do his work and finish his

00:42:21.724 --> 00:42:25.941 project in developed capacity in China, too.

00:42:25.941 --> 00:42:27.705 Not only complete the

00:42:27.705 --> 00:42:29.469 project that he completed,

00:42:29.470 --> 00:42:32.688 but also for our colleagues in

00:42:32.688 --> 00:42:35.786 China to learn from him so and

00:42:35.786 --> 00:42:37.508 the same I have to say Tadao,

00:42:37.510 --> 00:42:40.852 who also is our second downs

00:42:40.852 --> 00:42:43.579 fellow who went through.

00:42:43.580 --> 00:42:46.058 A lot of travel to complete

00:42:46.058 --> 00:42:47.820 his project in Uganda,

00:42:47.820 --> 00:42:50.560 so I I just wanted to give

NOTE Confidence: 0.881185012222222

00:42:50.560 --> 00:42:52.652 a context because this was a

NOTE Confidence: 0.881185012222222

00:42:52.652 --> 00:42:53.692 different bit different.

NOTE Confidence: 0.881185012222222

00:42:53.692 --> 00:42:55.447 It took one year longer

NOTE Confidence: 0.915167987777778

00:42:55.700 --> 00:42:57.276 to do this project,

NOTE Confidence: 0.915167987777778

00:42:57.276 --> 00:42:59.750 so thank you Robert and invited

NOTE Confidence: 0.7281220925

00:42:59.760 --> 00:43:01.348 you to walk through.

NOTE Confidence: 0.82557666

00:43:10.220 --> 00:43:11.610 Good afternoon everybody

NOTE Confidence: 0.892746957142857

00:43:11.640 --> 00:43:14.490 again. I'm Robert to our audience

NOTE Confidence: 0.892746957142857

00:43:14.490 --> 00:43:16.853 online and I'd like to first thank Dr

NOTE Confidence: 0.892746957142857

00:43:16.853 --> 00:43:19.226 Kush nude and Doctor Leon who really

NOTE Confidence: 0.892746957142857

00:43:19.226 --> 00:43:21.470 helped make this project possible both

NOTE Confidence: 0.892746957142857

00:43:21.532 --> 00:43:23.716 here and planning it and then executing

NOTE Confidence: 0.892746957142857

00:43:23.716 --> 00:43:25.700 it while we were in or in China.

NOTE Confidence: 0.892746957142857

00:43:25.700 --> 00:43:28.200 The team that was there.

NOTE Confidence: 0.892746957142857

00:43:28.200 --> 00:43:30.083 The focus today is on the idea

00:43:30.083 --> 00:43:31.808 of healthy aging in early China,

00:43:31.810 --> 00:43:33.634 and I'm just going to walk you through

00:43:33.634 --> 00:43:35.879 kind of the big picture of what that means,

00:43:35.880 --> 00:43:38.796 what we did, and kind of why that matters

00:43:38.796 --> 00:43:41.429 and why it would matter to us here.

00:43:41.430 --> 00:43:43.160 So by the year 2050,

00:43:43.160 --> 00:43:44.618 at least 20% of the world's

00:43:44.618 --> 00:43:46.418 going to be over the age of 60.

00:43:46.420 --> 00:43:49.300 So everyone in this room will be over 60.

00:43:49.300 --> 00:43:50.482 By that point,

00:43:50.482 --> 00:43:52.452 it challenges us because there's

00:43:52.452 --> 00:43:53.876 logistical questions and social

00:43:53.876 --> 00:43:55.610 questions about what are we going

00:43:55.610 --> 00:43:57.843 to do when more people need support

00:43:57.843 --> 00:43:59.958 in different ways than in the past.

00:43:59.958 --> 00:44:01.771 And we talked about this idea of

NOTE Confidence: 0.892746957142857

00:44:01.771 --> 00:44:03.645 healthy aging and and what that means.

NOTE Confidence: 0.892746957142857

00:44:03.650 --> 00:44:05.190 And when you look at the literature,

NOTE Confidence: 0.892746957142857

00:44:05.190 --> 00:44:07.308 it doesn't really tell you a

NOTE Confidence: 0.892746957142857

00:44:07.308 --> 00:44:08.014 strict definition.

NOTE Confidence: 0.892746957142857

00:44:08.020 --> 00:44:09.760 There's a lot of conflicting views,

NOTE Confidence: 0.892746957142857

00:44:09.760 --> 00:44:11.416 whether that's physical.

NOTE Confidence: 0.892746957142857

00:44:11.416 --> 00:44:12.520 Social health,

NOTE Confidence: 0.892746957142857

00:44:12.520 --> 00:44:13.580 psychological health.

NOTE Confidence: 0.892746957142857

00:44:13.580 --> 00:44:16.008 Some combination of that so

NOTE Confidence: 0.892746957142857

00:44:16.008 --> 00:44:17.548 we don't have something that

NOTE Confidence: 0.892746957142857

00:44:17.548 --> 00:44:19.479 strictly says this is what it is.

NOTE Confidence: 0.892746957142857

00:44:19.480 --> 00:44:21.080 And at the same time,

NOTE Confidence: 0.892746957142857

00:44:21.080 --> 00:44:22.688 a study that was conducted through

NOTE Confidence: 0.892746957142857

00:44:22.688 --> 00:44:24.409 Yale last year looked through the

NOTE Confidence: 0.892746957142857

00:44:24.409 --> 00:44:25.894 literature and said there's this

00:44:25.894 --> 00:44:28.141 kind of pervasive ageism both in the

00:44:28.141 --> 00:44:29.771 literature and across continents that's

00:44:29.771 --> 00:44:32.020 affecting the health care of older adults.

00:44:32.020 --> 00:44:33.688 And what does that mean as

00:44:33.688 --> 00:44:35.560 clinicians if we know that's true,

00:44:35.560 --> 00:44:36.760 what can we do about it?

00:44:36.760 --> 00:44:38.620 How can we make things better?

00:44:38.620 --> 00:44:39.628 But you might ask,

00:44:39.628 --> 00:44:41.700 why did we decide to focus in China?

00:44:41.700 --> 00:44:43.695 And there were a couple of reasons.

00:44:43.700 --> 00:44:43.952 One,

00:44:43.952 --> 00:44:45.212 China still has the largest

00:44:45.212 --> 00:44:46.220 population in the world,

00:44:46.220 --> 00:44:48.096 so this problem is more present to

00:44:48.096 --> 00:44:49.880 them and thinking how do we support?

00:44:49.880 --> 00:44:52.838 Our population as they grow older and second,

NOTE Confidence: 0.892746957142857

00:44:52.838 --> 00:44:54.614 there's been this distinct

NOTE Confidence: 0.892746957142857

00:44:54.614 --> 00:44:56.825 environment of younger people moving

NOTE Confidence: 0.892746957142857

00:44:56.825 --> 00:44:59.009 from rural areas to urban areas.

NOTE Confidence: 0.892746957142857

00:44:59.010 --> 00:45:00.949 That shows us that they don't have

NOTE Confidence: 0.892746957142857

00:45:00.949 --> 00:45:02.505 the support or family networks

NOTE Confidence: 0.892746957142857

00:45:02.505 --> 00:45:03.825 that they once had,

NOTE Confidence: 0.892746957142857

00:45:03.830 --> 00:45:06.290 so they've had to create different

NOTE Confidence: 0.892746957142857

00:45:06.290 --> 00:45:09.018 forms of establishing their selves or

NOTE Confidence: 0.892746957142857

00:45:09.018 --> 00:45:11.568 sustaining themselves despite those changes.

NOTE Confidence: 0.892746957142857

00:45:11.570 --> 00:45:12.770 There have been different

NOTE Confidence: 0.892746957142857

00:45:12.770 --> 00:45:13.970 efforts by groups there.

NOTE Confidence: 0.892746957142857

00:45:13.970 --> 00:45:15.386 Things like insurance programs,

NOTE Confidence: 0.892746957142857

00:45:15.386 --> 00:45:17.873 but there have been mixed results by

NOTE Confidence: 0.892746957142857

00:45:17.873 --> 00:45:19.673 that so historically in China there

NOTE Confidence: 0.892746957142857

00:45:19.673 --> 00:45:22.003 are these things called kind of red

NOTE Confidence: 0.892746957142857

00:45:22.003 --> 00:45:23.718 envelopes or backdoor payments to

NOTE Confidence: 0.892746957142857

00:45:23.718 --> 00:45:25.580 physicians to help get better care.

NOTE Confidence: 0.892746957142857

00:45:25.580 --> 00:45:25.806 Well,

NOTE Confidence: 0.892746957142857

00:45:25.806 --> 00:45:27.162 they subsidized the health care and

NOTE Confidence: 0.892746957142857

00:45:27.162 --> 00:45:28.846 said you don't have to do that anymore.

NOTE Confidence: 0.892746957142857

00:45:28.850 --> 00:45:29.133 Well,

NOTE Confidence: 0.892746957142857

00:45:29.133 --> 00:45:30.548 it actually increased the number

NOTE Confidence: 0.892746957142857

00:45:30.548 --> 00:45:32.160 of red envelopes that went out,

NOTE Confidence: 0.892746957142857

00:45:32.160 --> 00:45:33.618 and there was a large discussion

NOTE Confidence: 0.892746957142857

00:45:33.618 --> 00:45:35.431 about why that would happen if we're

NOTE Confidence: 0.892746957142857

00:45:35.431 --> 00:45:36.756 actually helping people by saying

NOTE Confidence: 0.892746957142857

00:45:36.756 --> 00:45:38.346 that you no longer have to pay.

NOTE Confidence: 0.892746957142857

00:45:38.350 --> 00:45:39.550 So there have been different

NOTE Confidence: 0.892746957142857

00:45:39.550 --> 00:45:40.750 challenges to even the things

NOTE Confidence: 0.892746957142857

00:45:40.795 --> 00:45:42.076 that we've tried to do to help.

NOTE Confidence: 0.892746957142857

00:45:42.080 --> 00:45:42.632 This situation,

NOTE Confidence: 0.892746957142857

00:45:42.632 --> 00:45:44.564 in terms of what we might think

NOTE Confidence: 0.892746957142857

00:45:44.564 --> 00:45:45.950 of as physical health.

NOTE Confidence: 0.945111794615385

00:45:45.950 --> 00:45:47.798 And the last piece I think that's

NOTE Confidence: 0.945111794615385

00:45:47.798 --> 00:45:49.219 important to consider here is that

NOTE Confidence: 0.945111794615385

00:45:49.220 --> 00:45:51.642 across the board there's this idea of

NOTE Confidence: 0.945111794615385

00:45:51.642 --> 00:45:53.801 when you study China that everything

NOTE Confidence: 0.945111794615385

00:45:53.801 --> 00:45:56.087 is applicable to everyone in China.

NOTE Confidence: 0.945111794615385

00:45:56.090 --> 00:45:58.180 As I said, China has 1.3 billion

NOTE Confidence: 0.945111794615385

00:45:58.180 --> 00:46:00.350 people and you would think that there

NOTE Confidence: 0.945111794615385

00:46:00.350 --> 00:46:02.580 would be some diversity and experience

NOTE Confidence: 0.945111794615385

00:46:02.580 --> 00:46:04.440 there simply because of geography

NOTE Confidence: 0.945111794615385

00:46:04.500 --> 00:46:06.593 or your own experience as to what

NOTE Confidence: 0.945111794615385

00:46:06.593 --> 00:46:08.363 healthy aging might mean to you.

NOTE Confidence: 0.945111794615385

00:46:08.363 --> 00:46:10.782 So we tried to make this study very

NOTE Confidence: 0.945111794615385

00:46:10.782 --> 00:46:12.917 broad and what we tried to ask.

NOTE Confidence: 0.945111794615385

00:46:12.920 --> 00:46:14.796 So we try to answer two basic

NOTE Confidence: 0.945111794615385

00:46:14.796 --> 00:46:16.520 questions here among this population.

NOTE Confidence: 0.945111794615385

00:46:16.520 --> 00:46:17.360 That we went and visited,

NOTE Confidence: 0.945111794615385

00:46:17.360 --> 00:46:19.240 that I'll introduce you to in just a

NOTE Confidence: 0.945111794615385

00:46:19.240 --> 00:46:21.573 second one is what do older men and

NOTE Confidence: 0.945111794615385

00:46:21.573 --> 00:46:24.417 women in rural Guangdong province this is?

NOTE Confidence: 0.945111794615385

00:46:24.420 --> 00:46:25.100 Southern China.

NOTE Confidence: 0.945111794615385

00:46:25.100 --> 00:46:27.140 Think healthy aging means let them

NOTE Confidence: 0.945111794615385

00:46:27.140 --> 00:46:29.409 define it for themselves and tell us.

NOTE Confidence: 0.945111794615385

00:46:29.410 --> 00:46:31.307 And the second is what are the

NOTE Confidence: 0.945111794615385

00:46:31.307 --> 00:46:32.742 obstacles to achieving that and

NOTE Confidence: 0.945111794615385

00:46:32.742 --> 00:46:33.870 how does that intersect?

NOTE Confidence: 0.945111794615385

00:46:33.870 --> 00:46:36.336 Or how is that different from

NOTE Confidence: 0.945111794615385

00:46:36.340 --> 00:46:38.425 what individuals that are involved

NOTE Confidence: 0.945111794615385

00:46:38.425 --> 00:46:41.459 with healthcare? Think there so.

NOTE Confidence: 0.945111794615385

00:46:41.460 --> 00:46:42.732 How do you investigate these

NOTE Confidence: 0.945111794615385

00:46:42.732 --> 00:46:43.156 questions though?

NOTE Confidence: 0.945111794615385

00:46:43.156 --> 00:46:44.920 If we just go and say we're just

NOTE Confidence: 0.945111794615385

00:46:44.920 --> 00:46:46.095 going to ask these questions,

NOTE Confidence: 0.945111794615385

00:46:46.100 --> 00:46:48.242 we probably won't quite get the

NOTE Confidence: 0.945111794615385

00:46:48.242 --> 00:46:50.010 results we were hoping for.

NOTE Confidence: 0.945111794615385

00:46:50.010 --> 00:46:52.656 So our design was essentially exploratory,

NOTE Confidence: 0.945111794615385

00:46:52.660 --> 00:46:54.977 where we let every we allow our

NOTE Confidence: 0.945111794615385

00:46:54.977 --> 00:46:57.270 participants to direct us in a sense.

NOTE Confidence: 0.945111794615385

00:46:57.270 --> 00:47:00.310 We had an outline where we did interviews,

NOTE Confidence: 0.945111794615385

00:47:00.310 --> 00:47:03.431 but we also had our research

NOTE Confidence: 0.945111794615385

00:47:03.431 --> 00:47:04.694 team essentially participate.

NOTE Confidence: 0.945111794615385

00:47:04.694 --> 00:47:07.155 I had two research assistants who

NOTE Confidence: 0.945111794615385

00:47:07.155 --> 00:47:08.930 we trained before they started.

NOTE Confidence: 0.945111794615385

00:47:08.930 --> 00:47:10.634 We did about 10 training sessions

NOTE Confidence: 0.945111794615385

00:47:10.634 --> 00:47:12.096 where they did interviews where

NOTE Confidence: 0.945111794615385

00:47:12.096 --> 00:47:13.740 we sent them out into their

NOTE Confidence: 0.945111794615385

00:47:13.740 --> 00:47:15.307 communities before they went there

NOTE Confidence: 0.945111794615385

00:47:15.307 --> 00:47:16.687 and they practiced interviewing.

NOTE Confidence: 0.945111794615385

00:47:16.690 --> 00:47:17.886 They practiced drawing maps,

NOTE Confidence: 0.945111794615385

00:47:17.886 --> 00:47:19.680 they took photographs and did all

NOTE Confidence: 0.945111794615385

00:47:19.736 --> 00:47:21.158 these things and then they went

NOTE Confidence: 0.945111794615385

00:47:21.158 --> 00:47:22.686 and they lived in this village

NOTE Confidence: 0.945111794615385

00:47:22.686 --> 00:47:24.803 for about two months and it was

NOTE Confidence: 0.945111794615385

00:47:24.803 --> 00:47:26.207 very challenging for anyone.

NOTE Confidence: 0.945111794615385

00:47:26.210 --> 00:47:27.569 I think if I had been there I was.

NOTE Confidence: 0.945111794615385

00:47:27.570 --> 00:47:28.593 Anticipating culture shock,

NOTE Confidence: 0.945111794615385

00:47:28.593 --> 00:47:31.327 but I think my students who are used

NOTE Confidence: 0.945111794615385

00:47:31.327 --> 00:47:33.308 to living in a 15 million person

NOTE Confidence: 0.945111794615385

00:47:33.308 --> 00:47:35.153 city moving to a town that has

NOTE Confidence: 0.945111794615385

00:47:35.153 --> 00:47:36.750 about 3000 people was a surprise

NOTE Confidence: 0.945111794615385

00:47:36.750 --> 00:47:39.030 'cause I saw on social media.

NOTE Confidence: 0.945111794615385

00:47:39.030 --> 00:47:40.416 They would say everything is going

NOTE Confidence: 0.945111794615385

00:47:40.416 --> 00:47:42.186 great but then we would go on social

NOTE Confidence: 0.945111794615385

00:47:42.186 --> 00:47:43.648 media and I would see what was

NOTE Confidence: 0.945111794615385

00:47:43.648 --> 00:47:45.167 actually going on and I would say

NOTE Confidence: 0.945111794615385

00:47:45.167 --> 00:47:46.726 well what's happening and they would

NOTE Confidence: 0.945111794615385

00:47:46.726 --> 00:47:48.909 say there's nothing to do here at night.

NOTE Confidence: 0.945111794615385

00:47:48.910 --> 00:47:51.135 There's and then I would say and

NOTE Confidence: 0.945111794615385

00:47:51.135 --> 00:47:52.390 there's this other problem that

NOTE Confidence: 0.945111794615385

00:47:52.447 --> 00:47:53.903 you have to use a special device

NOTE Confidence: 0.945111794615385

00:47:53.903 --> 00:47:55.644 to warm up the water here to take

NOTE Confidence: 0.945111794615385

00:47:55.644 --> 00:47:57.582 a bath in the evening and things.

NOTE Confidence: 0.945111794615385

00:47:57.582 --> 00:47:59.326 That they weren't anticipating,

NOTE Confidence: 0.945111794615385

00:47:59.330 --> 00:48:00.890 but are important to understanding

NOTE Confidence: 0.945111794615385

00:48:00.890 --> 00:48:02.450 to experience what people are

NOTE Confidence: 0.945111794615385

00:48:02.503 --> 00:48:03.868 going through in their life,

00:48:03.870 --> 00:48:05.410 rather than just asking the

00:48:05.410 --> 00:48:07.180 question of what the problem is.

00:48:07.180 --> 00:48:09.420 And I think that last part of participant

00:48:09.420 --> 00:48:10.915 observation is also very important

00:48:10.915 --> 00:48:12.685 because what people say and what

00:48:12.685 --> 00:48:14.330 people do or sometimes different.

00:48:14.330 --> 00:48:15.750 And sometimes it's your ideal.

00:48:15.750 --> 00:48:17.150 What you tell someone,

00:48:17.150 --> 00:48:19.138 what they actually do could be

00:48:19.138 --> 00:48:20.608 different from that and understanding

00:48:20.608 --> 00:48:21.490 that and recognizing

00:48:21.538 --> 00:48:23.338 that is an important part of what we did.

00:48:23.340 --> 00:48:25.216 So you can see the breakdown of

00:48:25.216 --> 00:48:26.825 who we interviewed there or who

00:48:26.825 --> 00:48:28.390 we met with my students. Again,

00:48:28.390 --> 00:48:30.310 were instrumental to making that happen.

NOTE Confidence: 0.926526894736842

00:48:30.310 --> 00:48:31.444 The research assistance,

NOTE Confidence: 0.926526894736842

00:48:31.444 --> 00:48:33.830 and then as a group, the team.

NOTE Confidence: 0.926526894736842

00:48:33.830 --> 00:48:35.135 We analyzed our interviews going

NOTE Confidence: 0.926526894736842

00:48:35.135 --> 00:48:36.730 by through them line by line.

NOTE Confidence: 0.926526894736842

00:48:36.730 --> 00:48:38.827 We debated we I was told I was incorrect

NOTE Confidence: 0.926526894736842

00:48:38.827 --> 00:48:40.781 about something they I told them they

NOTE Confidence: 0.926526894736842

00:48:40.781 --> 00:48:42.498 were incorrect and then we finally

NOTE Confidence: 0.926526894736842

00:48:42.498 --> 00:48:44.409 would come to some consensus about what

NOTE Confidence: 0.926526894736842

00:48:44.409 --> 00:48:46.405 the big picture was in terms of what

NOTE Confidence: 0.926526894736842

00:48:46.405 --> 00:48:48.599 we we got out of these interviews.

NOTE Confidence: 0.926526894736842

00:48:48.600 --> 00:48:50.616 So where there were three key

NOTE Confidence: 0.926526894736842

00:48:50.616 --> 00:48:52.878 themes that we got out of this?

NOTE Confidence: 0.926526894736842

00:48:52.880 --> 00:48:54.266 Oh, and one more map for you.

NOTE Confidence: 0.926526894736842

00:48:54.270 --> 00:48:56.398 Just so if you aren't oriented to China,

NOTE Confidence: 0.926526894736842

00:48:56.400 --> 00:48:57.490 we were in southern China.

00:48:57.490 --> 00:48:59.080 This province is called Guandong

00:48:59.080 --> 00:49:01.249 and the students were from that red

00:49:01.249 --> 00:49:03.062 area in the middle of 15 million

00:49:03.062 --> 00:49:04.890 people and we went to that village.

00:49:04.890 --> 00:49:06.648 That's kind of circled up there.

00:49:06.650 --> 00:49:08.285 That general vicinity was this

00:49:08.285 --> 00:49:10.251 small village of about 3000 people

00:49:10.251 --> 00:49:11.847 and I say a Hakka village.

00:49:11.850 --> 00:49:13.537 This is kind of a sub category

00:49:13.537 --> 00:49:15.393 of the main ethnicity that most

00:49:15.393 --> 00:49:17.183 people identify with in China,

00:49:17.190 --> 00:49:19.198 so we wanted to try to find some

00:49:19.198 --> 00:49:20.739 diversity and perspective there.

00:49:20.740 --> 00:49:22.439 So with regard to what we learn.

00:49:22.439 --> 00:49:24.004 Some of these things will

00:49:24.004 --> 00:49:25.100 seem familiar to you.

NOTE Confidence: 0.926526894736842

00:49:25.100 --> 00:49:27.674 Chronic disease in discussing healthy aging

NOTE Confidence: 0.926526894736842

00:49:27.674 --> 00:49:30.799 came up again and again in some form.

NOTE Confidence: 0.926526894736842

00:49:30.800 --> 00:49:32.312 It was about mobility,

NOTE Confidence: 0.926526894736842

00:49:32.312 --> 00:49:34.202 psychological health in some form,

NOTE Confidence: 0.926526894736842

00:49:34.210 --> 00:49:35.058 and high blood pressure,

NOTE Confidence: 0.926526894736842

00:49:35.058 --> 00:49:36.498 but it was also about participating,

NOTE Confidence: 0.926526894736842

00:49:36.498 --> 00:49:37.918 which I'll explain to you

NOTE Confidence: 0.926526894736842

00:49:37.918 --> 00:49:39.429 in just a moment here.

NOTE Confidence: 0.926526894736842

00:49:39.430 --> 00:49:41.412 But you can see pictures from our

NOTE Confidence: 0.926526894736842

00:49:41.412 --> 00:49:43.117 site where on special activities

NOTE Confidence: 0.926526894736842

00:49:43.117 --> 00:49:45.100 the social workers tried to address

NOTE Confidence: 0.926526894736842

00:49:45.100 --> 00:49:47.207 this by saying we can do screenings.

NOTE Confidence: 0.926526894736842

00:49:47.210 --> 00:49:49.898 They had a canteen where we called it.

NOTE Confidence: 0.926526894736842

00:49:49.900 --> 00:49:51.164 The elder rank canteen,

NOTE Confidence: 0.926526894736842

00:49:51.164 --> 00:49:52.744 where older adults often met.

00:49:52.750 --> 00:49:54.535 And they had activities that went together,

00:49:54.540 --> 00:49:56.660 so being able to participate

00:49:56.660 --> 00:49:58.780 despite your chronic disease was

00:49:58.859 --> 00:50:00.599 very important to people.

00:50:00.600 --> 00:50:02.368 The second is relationships and

00:50:02.368 --> 00:50:04.498 I think this was unexpected,

00:50:04.500 --> 00:50:05.898 but in some ways for others,

00:50:05.900 --> 00:50:07.946 not as not too surprising where

00:50:07.946 --> 00:50:10.280 people didn't want to burden others,

00:50:10.280 --> 00:50:12.450 no matter how bad their situation was.

00:50:12.450 --> 00:50:14.512 People often would not ask for help

00:50:14.512 --> 00:50:16.612 or they didn't want to even have a

00:50:16.612 --> 00:50:18.129 family member because they felt that

00:50:18.129 --> 00:50:20.117 it was wrong to put this pressure on

00:50:20.117 --> 00:50:21.687 family members or community members.

00:50:21.690 --> 00:50:22.258 So again,

NOTE Confidence: 0.926526894736842

00:50:22.258 --> 00:50:23.962 there were these social avenues that

NOTE Confidence: 0.926526894736842

00:50:23.962 --> 00:50:25.779 they tried to address this through.

NOTE Confidence: 0.926526894736842

00:50:25.780 --> 00:50:27.275 The government had subsidized housing

NOTE Confidence: 0.926526894736842

00:50:27.275 --> 00:50:29.436 that they tried to say this is

NOTE Confidence: 0.926526894736842

00:50:29.436 --> 00:50:30.966 available to you without burdening.

NOTE Confidence: 0.926526894736842

00:50:30.970 --> 00:50:31.636 Another person,

NOTE Confidence: 0.926526894736842

00:50:31.636 --> 00:50:33.634 social workers who are delivering meals

NOTE Confidence: 0.926526894736842

00:50:33.634 --> 00:50:36.068 that was built into the community efforts.

NOTE Confidence: 0.933378976666667

00:50:39.380 --> 00:50:40.544 And the final piece here.

NOTE Confidence: 0.933378976666667

00:50:40.544 --> 00:50:42.720 The third kind of result we had was

NOTE Confidence: 0.933378976666667

00:50:42.782 --> 00:50:44.686 or theme we found with this complex

NOTE Confidence: 0.933378976666667

00:50:44.686 --> 00:50:47.039 site set of ideas about where to seek

NOTE Confidence: 0.933378976666667

00:50:47.039 --> 00:50:49.434 your health care and what it means.

NOTE Confidence: 0.933378976666667

00:50:49.434 --> 00:50:52.602 I put this garden here of someone's home

NOTE Confidence: 0.933378976666667

00:50:52.602 --> 00:50:54.660 because a lot of participants use folk

00:50:54.715 --> 00:50:56.843 medicine in order to manage their health

00:50:56.843 --> 00:50:58.970 beyond the things that we had available.

00:50:58.970 --> 00:51:01.322 Like blood pressure medications,

00:51:01.322 --> 00:51:03.295 diabetes medications, and so forth,

00:51:03.295 --> 00:51:04.620 this was important to them,

00:51:04.620 --> 00:51:06.150 but no one was really discussing

00:51:06.150 --> 00:51:07.890 it outside of the participants.

00:51:07.890 --> 00:51:10.070 The healthcare workers, for instance.

00:51:10.070 --> 00:51:12.194 And the other was this was the local clinic.

00:51:12.200 --> 00:51:15.640 There were two clinicians total in the town.

00:51:15.640 --> 00:51:18.391 And essentially what their role was in

00:51:18.391 --> 00:51:20.608 that conversation that we were having.

00:51:20.610 --> 00:51:23.100 So before I transitioned to kind

00:51:23.100 --> 00:51:25.999 of why any why this matters?

00:51:26.000 --> 00:51:27.750 I'd just like to point out with all of

00:51:27.750 --> 00:51:29.971 that what I think of the strengths and

NOTE Confidence: 0.933378976666667

00:51:29.971 --> 00:51:31.536 limitations here are really connected

NOTE Confidence: 0.933378976666667

00:51:31.588 --> 00:51:33.346 to this online collaboration we had.

NOTE Confidence: 0.933378976666667

00:51:33.350 --> 00:51:34.995 I couldn't have done this without those

NOTE Confidence: 0.933378976666667

00:51:34.995 --> 00:51:36.568 students who were there on the ground,

NOTE Confidence: 0.933378976666667

00:51:36.570 --> 00:51:38.698 and the commitment to everyone on the team,

NOTE Confidence: 0.933378976666667

00:51:38.700 --> 00:51:40.460 and it was really unexplored

NOTE Confidence: 0.933378976666667

00:51:40.460 --> 00:51:41.868 territory in a sense,

NOTE Confidence: 0.933378976666667

00:51:41.870 --> 00:51:43.598 because we weren't planning for this.

NOTE Confidence: 0.933378976666667

00:51:43.600 --> 00:51:45.680 Everything we got to do the same thing,

NOTE Confidence: 0.933378976666667

00:51:45.680 --> 00:51:47.975 but we needed to build the team very strongly

NOTE Confidence: 0.933378976666667

00:51:47.975 --> 00:51:49.799 before we could go out into the field.

NOTE Confidence: 0.933378976666667

00:51:49.800 --> 00:51:51.798 So how do you foster relationships?

NOTE Confidence: 0.933378976666667

00:51:51.800 --> 00:51:53.802 You need more time than you perhaps

NOTE Confidence: 0.933378976666667

00:51:53.802 --> 00:51:56.210 would if you were there with the team.

NOTE Confidence: 0.933378976666667

00:51:56.210 --> 00:51:58.334 The second part is we made sure that we

NOTE Confidence: 0.933378976666667

00:51:58.334 --> 00:52:00.240 had a shared understanding of how we

NOTE Confidence: 0.933378976666667

00:52:00.240 --> 00:52:02.470 do this and what the literature says.

NOTE Confidence: 0.933378976666667

00:52:02.470 --> 00:52:04.810 So we at least came in with the same

NOTE Confidence: 0.933378976666667

00:52:04.810 --> 00:52:06.705 framework in terms of what this means.

NOTE Confidence: 0.933378976666667

00:52:06.710 --> 00:52:09.818 When we move forward into the field.

NOTE Confidence: 0.933378976666667

00:52:09.820 --> 00:52:11.738 And I think the last piece here

NOTE Confidence: 0.933378976666667

00:52:11.738 --> 00:52:13.210 is the geographical boundaries.

NOTE Confidence: 0.933378976666667

00:52:13.210 --> 00:52:14.946 So we're saying we were in a

NOTE Confidence: 0.933378976666667

00:52:14.946 --> 00:52:16.150 village of 3000 people,

NOTE Confidence: 0.933378976666667

00:52:16.150 --> 00:52:17.590 which is helpful in the

NOTE Confidence: 0.933378976666667

00:52:17.590 --> 00:52:19.350 sense of it closes us off.

NOTE Confidence: 0.933378976666667

00:52:19.350 --> 00:52:21.842 It says these results are probably true

NOTE Confidence: 0.933378976666667

00:52:21.842 --> 00:52:24.918 for this village for what we had in terms

NOTE Confidence: 0.933378976666667

00:52:24.918 --> 00:52:26.980 of reaching saturation for interviews.

NOTE Confidence: 0.933378976666667

00:52:26.980 --> 00:52:27.297 However,

NOTE Confidence: 0.933378976666667

00:52:27.297 --> 00:52:29.833 can that apply to another part of China

NOTE Confidence: 0.933378976666667

00:52:29.833 --> 00:52:32.139 or even another part of the world?

NOTE Confidence: 0.933378976666667

00:52:32.140 --> 00:52:36.037 And we'll kind of answer that in terms of

NOTE Confidence: 0.933378976666667

00:52:36.040 --> 00:52:38.110 clinical significance or our conclusions.

NOTE Confidence: 0.933378976666667

00:52:38.110 --> 00:52:40.224 Here one is,

NOTE Confidence: 0.933378976666667

00:52:40.224 --> 00:52:42.384 there's a dynamic relationship between

NOTE Confidence: 0.933378976666667

00:52:42.384 --> 00:52:44.588 the biomedical model of medicine

NOTE Confidence: 0.933378976666667

00:52:44.588 --> 00:52:47.102 that we understand and those social

NOTE Confidence: 0.933378976666667

00:52:47.102 --> 00:52:49.123 expectations that were defined by

NOTE Confidence: 0.933378976666667

00:52:49.123 --> 00:52:50.978 people in the community there.

NOTE Confidence: 0.933378976666667

00:52:50.980 --> 00:52:52.642 And those three results are built

NOTE Confidence: 0.933378976666667

00:52:52.642 --> 00:52:54.070 into what I've said here.

NOTE Confidence: 0.933378976666667

00:52:54.070 --> 00:52:56.474 Community engagement was directly

NOTE Confidence: 0.933378976666667

00:52:56.474 --> 00:52:58.878 tide to chronic disease.

NOTE Confidence: 0.933378976666667

00:52:58.880 --> 00:53:00.685 You don't necessarily have to

NOTE Confidence: 0.933378976666667

00:53:00.685 --> 00:53:02.129 fix every chronic disease.

NOTE Confidence: 0.933378976666667

00:53:02.130 --> 00:53:03.852 But being able to participate in

NOTE Confidence: 0.933378976666667

00:53:03.852 --> 00:53:05.709 the community was very important to

NOTE Confidence: 0.933378976666667

00:53:05.709 --> 00:53:07.665 someone saying this is healthy aging.

NOTE Confidence: 0.933378976666667

00:53:07.670 --> 00:53:09.917 So how do you reach that point?

NOTE Confidence: 0.933378976666667

00:53:09.920 --> 00:53:12.086 And I think that really relates

NOTE Confidence: 0.933378976666667

00:53:12.086 --> 00:53:13.530 to problem number 2.

NOTE Confidence: 0.933378976666667

00:53:13.530 --> 00:53:15.234 The medicine was available,

NOTE Confidence: 0.933378976666667

00:53:15.234 --> 00:53:16.938 not everyone used it,

NOTE Confidence: 0.933378976666667

00:53:16.940 --> 00:53:19.768 and expectations of it were very different.

NOTE Confidence: 0.933378976666667

00:53:19.770 --> 00:53:21.340 There were many participants who

NOTE Confidence: 0.933378976666667

00:53:21.340 --> 00:53:23.350 talked about having had a stroke,

NOTE Confidence: 0.933378976666667

00:53:23.350 --> 00:53:26.010 having diabetes, high blood pressure,

NOTE Confidence: 0.962661668

00:53:26.010 --> 00:53:27.490 and not using the medications

NOTE Confidence: 0.962661668

00:53:27.490 --> 00:53:28.955 because they said they weren't

NOTE Confidence: 0.962661668

00:53:28.955 --> 00:53:30.420 cured by the medicine setting.

NOTE Confidence: 0.962661668

00:53:30.420 --> 00:53:31.904 Those expectations perhaps wasn't

NOTE Confidence: 0.962661668

00:53:31.904 --> 00:53:34.130 there and what's going to happen

NOTE Confidence: 0.962661668

00:53:34.190 --> 00:53:36.157 later on five years after a stroke,

NOTE Confidence: 0.962661668

00:53:36.160 --> 00:53:37.430 they haven't had another stroke,

NOTE Confidence: 0.962661668

00:53:37.430 --> 00:53:39.342 so they said I don't need to take

NOTE Confidence: 0.962661668

00:53:39.342 --> 00:53:41.318 any of these medicines anymore.

NOTE Confidence: 0.962661668

00:53:41.320 --> 00:53:42.524 And the third part is there were

NOTE Confidence: 0.962661668

00:53:42.524 --> 00:53:44.115 a lot of people trying to help

NOTE Confidence: 0.962661668

00:53:44.115 --> 00:53:45.400 this community in different ways.

NOTE Confidence: 0.962661668

00:53:45.400 --> 00:53:47.026 The social workers,

NOTE Confidence: 0.962661668

00:53:47.026 --> 00:53:48.110 government officials,

NOTE Confidence: 0.962661668

00:53:48.110 --> 00:53:49.186 the health care workers.

NOTE Confidence: 0.962661668

00:53:49.186 --> 00:53:51.450 But they were kind of working in parallel.

NOTE Confidence: 0.962661668

00:53:51.450 --> 00:53:52.074 There weren't.

NOTE Confidence: 0.962661668

00:53:52.074 --> 00:53:53.946 There wasn't a lot of communication

NOTE Confidence: 0.962661668

00:53:53.946 --> 00:53:55.763 between them and I think that there

NOTE Confidence: 0.962661668

00:53:55.763 --> 00:53:57.230 is an opportunity for a little

NOTE Confidence: 0.962661668

00:53:57.230 --> 00:53:58.892 more interaction to say who can

NOTE Confidence: 0.962661668

00:53:58.892 --> 00:54:00.520 deliver this kind of information.

NOTE Confidence: 0.962661668

00:54:00.520 --> 00:54:02.495 You're you're getting these resources.

NOTE Confidence: 0.962661668

00:54:02.500 --> 00:54:03.820 You have what you need,

NOTE Confidence: 0.962661668

00:54:03.820 --> 00:54:05.980 but making sure that we're meeting

NOTE Confidence: 0.962661668

00:54:05.980 --> 00:54:07.774 what participants want in that

NOTE Confidence: 0.962661668

00:54:07.774 --> 00:54:09.538 community as well as we're doing

NOTE Confidence: 0.962661668

00:54:09.538 --> 00:54:11.308 the best in terms of delivery

NOTE Confidence: 0.962661668

00:54:11.308 --> 00:54:13.240 in the news that we need to.

NOTE Confidence: 0.962661668

00:54:13.240 --> 00:54:16.085 And I think that question of is this

NOTE Confidence: 0.962661668

00:54:16.085 --> 00:54:18.100 relevant to anyone else besides

NOTE Confidence: 0.962661668

00:54:18.178 --> 00:54:20.338 this small community in China?

NOTE Confidence: 0.962661668

00:54:20.340 --> 00:54:22.492 Our argument is that.

NOTE Confidence: 0.962661668

00:54:22.492 --> 00:54:25.416 The individual results of.

NOTE Confidence: 0.962661668

00:54:25.420 --> 00:54:27.270 Not wanting to burden the community

NOTE Confidence: 0.962661668

00:54:27.270 --> 00:54:29.519 may not be relevant to someone here.

NOTE Confidence: 0.962661668

00:54:29.520 --> 00:54:29.765 However,

NOTE Confidence: 0.962661668

00:54:29.765 --> 00:54:31.970 if you are a clinician in any form of

NOTE Confidence: 0.962661668

00:54:32.030 --> 00:54:34.214 clinic where you work with the Community,

NOTE Confidence: 0.962661668

00:54:34.220 --> 00:54:36.020 you can repeat this study very

NOTE Confidence: 0.962661668

00:54:36.020 --> 00:54:37.897 easily with just a few people

NOTE Confidence: 0.962661668

00:54:37.897 --> 00:54:39.427 to see what people want.

NOTE Confidence: 0.962661668

00:54:39.430 --> 00:54:40.230 And while you do that,

NOTE Confidence: 0.962661668

00:54:40.230 --> 00:54:42.570 perhaps in your individual meetings,

NOTE Confidence: 0.962661668

00:54:42.570 --> 00:54:44.010 when you meet with your patient,

NOTE Confidence: 0.962661668

00:54:44.010 --> 00:54:46.226 it's the idea that we can take one

NOTE Confidence: 0.962661668

00:54:46.226 --> 00:54:48.339 step further and say what do we

NOTE Confidence: 0.962661668

00:54:48.339 --> 00:54:50.080 think the broader community here is.

NOTE Confidence: 0.962661668

00:54:50.080 --> 00:54:52.208 What do we think we want to achieve

NOTE Confidence: 0.962661668

00:54:52.208 --> 00:54:54.349 and how can we kind of direct

NOTE Confidence: 0.962661668

00:54:54.349 --> 00:54:55.894 our resources in that sense?

NOTE Confidence: 0.962661668

00:54:55.900 --> 00:54:57.394 I think we do a lot of that here,

NOTE Confidence: 0.962661668

00:54:57.400 --> 00:54:59.240 but I think in terms of some of

NOTE Confidence: 0.962661668

00:54:59.240 --> 00:55:00.657 those highlights that we have there,

NOTE Confidence: 0.962661668

00:55:00.660 --> 00:55:02.328 it's surprising if we never asked

NOTE Confidence: 0.962661668

00:55:02.328 --> 00:55:04.020 the question of our Community,

NOTE Confidence: 0.962661668

00:55:04.020 --> 00:55:05.688 what do they want?

NOTE Confidence: 0.962661668

00:55:05.688 --> 00:55:07.773 We'll never get the answer.

NOTE Confidence: 0.962661668

00:55:07.780 --> 00:55:08.034 Alright,

NOTE Confidence: 0.962661668

00:55:08.034 --> 00:55:08.796 thank you everyone,

NOTE Confidence: 0.962661668

00:55:08.796 --> 00:55:10.837 I appreciate it and it was a great

NOTE Confidence: 0.962661668

00:55:10.837 --> 00:55:12.223 joy taking part in this project

NOTE Confidence: 0.962661668

00:55:12.223 --> 00:55:13.534 in getting to share a little

NOTE Confidence: 0.962661668

00:55:13.534 --> 00:55:14.728 bit of it with you today.

NOTE Confidence: 0.8779874

00:55:25.610 --> 00:55:28.180 Questions now to the percentage

NOTE Confidence: 0.8779874

00:55:28.180 --> 00:55:29.600 question anyone have?

NOTE Confidence: 0.871308535

00:55:34.320 --> 00:55:35.540 Any questions for our

NOTE Confidence: 0.871308535

00:55:35.540 --> 00:55:36.760 presenters before we move

NOTE Confidence: 0.893166943333333

00:55:36.770 --> 00:55:37.850 into our panel?

NOTE Confidence: 0.7131885

00:55:40.160 --> 00:55:40.560 Sandy

NOTE Confidence: 0.68957794

00:55:48.500 --> 00:55:52.270 Gary. Thank you, thank

NOTE Confidence: 0.81528904

00:55:52.280 --> 00:55:53.068 you on behalf of

NOTE Confidence: 0.858366975

00:55:53.080 --> 00:55:55.428 these very hardworking students.

NOTE Confidence: 0.93004298

00:55:55.460 --> 00:55:57.701 I think one of the things that I would

NOTE Confidence: 0.93004298

00:55:57.701 --> 00:56:00.030 like to comment is that through these

NOTE Confidence: 0.93004298

00:56:00.030 --> 00:56:02.496 examples just four before we see the

NOTE Confidence: 0.93004298

00:56:02.496 --> 00:56:05.240 other nine that are in the website,

NOTE Confidence: 0.93004298

00:56:05.240 --> 00:56:09.470 our students explore a number of topics,

NOTE Confidence: 0.93004298

00:56:09.470 --> 00:56:11.928 explore different types of study designs,

NOTE Confidence: 0.93004298

00:56:11.930 --> 00:56:13.814 from observational studies,

NOTE Confidence: 0.93004298

00:56:13.814 --> 00:56:15.698 randomized control trials,

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NOTE Confidence: 0.93004298

00:56:15.700 --> 00:56:17.132 qualitative research.

NOTE Confidence: 0.93004298

00:56:17.132 --> 00:56:20.856 They had topics that involve global health.

NOTE Confidence: 0.93004298

00:56:20.860 --> 00:56:22.580 Uh, ethics.

NOTE Confidence: 0.93004298

00:56:22.580 --> 00:56:25.604 When you are talking about considering

NOTE Confidence: 0.93004298

00:56:25.604 --> 00:56:29.138 the community and how that is going to.

NOTE Confidence: 0.93004298

00:56:29.140 --> 00:56:31.310 Affect our thinking clinically we

NOTE Confidence: 0.93004298

00:56:31.310 --> 00:56:33.719 had people talking about biologics,

NOTE Confidence: 0.93004298

00:56:33.720 --> 00:56:35.076 people talking about non

NOTE Confidence: 0.93004298

00:56:35.076 --> 00:56:36.285 pharmacological interventions.

NOTE Confidence: 0.93004298

00:56:36.285 --> 00:56:37.130 And

NOTE Confidence: 0.859535512

00:56:37.530 --> 00:56:38.750 of course one of my.

NOTE Confidence: 0.884617201

00:56:40.340 --> 00:56:43.049 You know, very interesting the idea that

NOTE Confidence: 0.884617201

00:56:43.049 --> 00:56:47.168 you went into exploring healthy parities.

NOTE Confidence: 0.884617201

00:56:47.170 --> 00:56:50.768 So thank you all for pursuing your

NOTE Confidence: 0.884617201

00:56:50.768 --> 00:56:54.180 own passion and open doors to others

NOTE Confidence: 0.91443572

00:56:54.210 --> 00:56:55.600 to learn more about this

NOTE Confidence: 0.84331802

00:56:56.820 --> 00:57:00.180 question. I think there was a fan. Before.

NOTE Confidence: 0.8109514125

00:57:02.470 --> 00:57:03.558 I was actually curious.

NOTE Confidence: 0.95072997

00:57:05.640 --> 00:57:09.220 I. I'm sure she just missed it.

NOTE Confidence: 0.80721433

00:57:10.050 --> 00:57:11.090 It was really cool. She

NOTE Confidence: 0.916931713333333

00:57:11.100 --> 00:57:12.318 did design and

NOTE Confidence: 0.75137048

00:57:12.330 --> 00:57:15.370 having like one place that I was checking

NOTE Confidence: 0.75137048

00:57:15.370 --> 00:57:17.490 was a control group where they still

NOTE Confidence: 0.75137048

00:57:17.490 --> 00:57:20.868 taking her translator or they not.

NOTE Confidence: 0.75137048

00:57:20.870 --> 00:57:24.709 I was just wondering if there if I like.

NOTE Confidence: 0.75137048

00:57:24.710 --> 00:57:27.885 Yeah, so the control group and the

NOTE Confidence: 0.75137048

00:57:27.885 --> 00:57:29.568 monoclonal antibody group during

NOTE Confidence: 0.59338792

00:57:29.580 --> 00:57:31.345 that first phase there pulled

NOTE Confidence: 0.59338792

00:57:31.345 --> 00:57:34.090 randomized Hyderabad and during

NOTE Confidence: 0.59338792

00:57:34.090 --> 00:57:36.050 that security everybody everybody

NOTE Confidence: 0.59338792

00:57:36.050 --> 00:57:37.250 even in the control room.

NOTE Confidence: 0.59338792

00:57:37.250 --> 00:57:38.950 This control is the fact

NOTE Confidence: 0.59338792

00:57:38.950 --> 00:57:41.610 that they're not on the body,

NOTE Confidence: 0.87541682

00:57:41.610 --> 00:57:42.942 not that they're not taking the

NOTE Confidence: 0.87541682

00:57:42.942 --> 00:57:44.734 approach, which I know is a little

NOTE Confidence: 0.8594975275

00:57:44.750 --> 00:57:46.302 bit confusing, and so

NOTE Confidence: 0.8594975275

00:57:46.302 --> 00:57:47.854 they're all taking Medicaid.

NOTE Confidence: 0.69159428

00:57:48.000 --> 00:57:50.890 Second phase, which variable Windley.

NOTE Confidence: 0.69159428

00:57:50.890 --> 00:57:54.190 So they all know that they're all taking.

NOTE Confidence: 0.69159428

00:57:54.190 --> 00:57:56.438 More so comparing if you're on a map

NOTE Confidence: 0.69159428

00:57:56.440 --> 00:57:57.560 and you're already like benefiting

NOTE Confidence: 0.69159428

00:57:57.560 --> 00:58:00.808 from that now. Would you experience

NOTE Confidence: 0.74504471125

00:58:00.820 --> 00:58:03.627 any greater benefit by having a board

NOTE Confidence: 0.74504471125

00:58:03.627 --> 00:58:06.020 that way and then those who aren't

NOTE Confidence: 0.81382067

00:58:06.030 --> 00:58:07.980 on map are they experiencing?

NOTE Confidence: 0.603579866666667

00:58:12.370 --> 00:58:13.159 Thanks for clarifying.

NOTE Confidence: 0.827665

00:58:24.520 --> 00:58:26.530 Yeah, thank you so much. So

NOTE Confidence: 0.937184925

00:58:26.540 --> 00:58:29.836 I think we would like to continue just

NOTE Confidence: 0.937184925

00:58:29.840 --> 00:58:33.520 to talk about the the pieces 2021 in

NOTE Confidence: 0.937184925

00:58:33.520 --> 00:58:38.306 numbers you used 3123 references.

NOTE Confidence: 0.937184925

00:58:38.306 --> 00:58:42.918 We had 51 readers and 44

NOTE Confidence: 0.937184925

00:58:42.918 --> 00:58:44.990 advisors more advisors than.

NOTE Confidence: 0.937184925

00:58:44.990 --> 00:58:47.186 One to one, because many of

NOTE Confidence: 0.937184925

00:58:47.186 --> 00:58:48.650 these alternative thesis invited

NOTE Confidence: 0.937184925

00:58:48.650 --> 00:58:51.470 collaboration across multiple advisors

NOTE Confidence: 0.937184925

00:58:51.470 --> 00:58:56.510 with different types of expertise.

NOTE Confidence: 0.937184925

00:58:56.510 --> 00:59:00.880 This is a big step for our thesis advisors.

NOTE Confidence: 0.937184925

00:59:00.880 --> 00:59:04.016 Really big, big thanks to all of them.

NOTE Confidence: 0.937184925

00:59:04.020 --> 00:59:06.900 Some of them are in our audience today,

NOTE Confidence: 0.937184925

00:59:06.900 --> 00:59:09.749 so we appreciate so much so much.

NOTE Confidence: 0.937184925

00:59:09.750 --> 00:59:12.150 All the dedication and the support

NOTE Confidence: 0.937184925

00:59:12.150 --> 00:59:14.116 for the research program and

NOTE Confidence: 0.937184925

00:59:14.116 --> 00:59:15.835 the P education in general.

NOTE Confidence: 0.937184925

00:59:15.835 --> 00:59:21.063 And I would like to invite Kyle to give up.

NOTE Confidence: 0.937184925

00:59:21.063 --> 00:59:24.584 Some thanks to someone who has helped

NOTE Confidence: 0.937184925

00:59:24.584 --> 00:59:29.350 us for 14 consecutive years and

NOTE Confidence: 0.937184925

00:59:29.350 --> 00:59:32.238 has left yell and sent us lots of

NOTE Confidence: 0.937184925

00:59:32.238 --> 00:59:34.846 emails saying how sorry he was that

NOTE Confidence: 0.937184925

00:59:34.846 --> 00:59:37.174 he was leaving because he cannot

NOTE Confidence: 0.937184925

00:59:37.174 --> 00:59:38.998 longer work with be a student.

NOTE Confidence: 0.937184925

00:59:38.998 --> 00:59:41.600 So I would like you to acknowledge

NOTE Confidence: 0.937184925

00:59:41.600 --> 00:59:42.650 that person.

NOTE Confidence: 0.8878057

00:59:47.200 --> 00:59:50.004 Yeah, so I'm Kyle. I had the privilege

NOTE Confidence: 0.8878057

00:59:50.004 --> 00:59:52.620 of working with Doctor Cohn. Fortunate

NOTE Confidence: 0.858075568

00:59:52.620 --> 00:59:54.604 to be the last person here at Yale

NOTE Confidence: 0.858075568

00:59:54.604 --> 00:59:56.888 who will be working with him after

NOTE Confidence: 0.858075568

00:59:56.888 --> 00:59:58.618 14 years of distinguished service.

NOTE Confidence: 0.858075568

00:59:58.620 --> 01:00:00.888 We actually reached out to all of

NOTE Confidence: 0.858075568

01:00:00.888 --> 01:00:03.070 his advisors from the past 14 years,

NOTE Confidence: 0.858075568

01:00:03.070 --> 01:00:04.966 and the plan was to take all of

NOTE Confidence: 0.858075568

01:00:04.966 --> 01:00:06.816 their words and put them on a slide.

NOTE Confidence: 0.858075568

01:00:06.820 --> 01:00:09.448 And we actually got words and

NOTE Confidence: 0.858075568

01:00:09.448 --> 01:00:11.182 video recordings and they were

NOTE Confidence: 0.858075568

01:00:11.182 --> 01:00:12.886 just too much and too big.

NOTE Confidence: 0.858075568

01:00:12.890 --> 01:00:14.951 So now you're stuck with me trying to do

NOTE Confidence: 0.858075568

01:00:14.951 --> 01:00:17.208 my best to fill in for all the 14 years.

NOTE Confidence: 0.858075568

01:00:17.210 --> 01:00:19.736 The people who he's kind of

NOTE Confidence: 0.858075568

01:00:19.736 --> 01:00:21.800 touched and I gotta say,

NOTE Confidence: 0.858075568

01:00:21.800 --> 01:00:24.260 you know Dave has this extensive

NOTE Confidence: 0.858075568

01:00:24.351 --> 01:00:27.354 knowledge and this way of being that

NOTE Confidence: 0.858075568

01:00:27.354 --> 01:00:30.586 makes you as a learner feel like you're.

NOTE Confidence: 0.858075568

01:00:30.590 --> 01:00:32.320 Doing everything and that you're

NOTE Confidence: 0.858075568

01:00:32.320 --> 01:00:34.788 amazing and Dave is just in the

NOTE Confidence: 0.858075568

01:00:34.788 --> 01:00:36.478 background like a puppet master,

NOTE Confidence: 0.858075568

01:00:36.480 --> 01:00:38.090 just kind of pulling a string every

NOTE Confidence: 0.858075568

01:00:38.090 --> 01:00:40.044 once in a while when you need one

NOTE Confidence: 0.858075568

01:00:40.044 --> 01:00:41.710 cold and you don't even know it.

NOTE Confidence: 0.858075568

01:00:41.710 --> 01:00:42.794 And I don't.

NOTE Confidence: 0.858075568

01:00:42.794 --> 01:00:46.260 I don't think I can say enough thanks to him,

NOTE Confidence: 0.858075568

01:00:46.260 --> 01:00:48.858 not only for my project but for the

NOTE Confidence: 0.858075568

01:00:48.858 --> 01:00:50.410 past 14 years and for all the lives

NOTE Confidence: 0.858075568

01:00:50.458 --> 01:00:52.126 and their careers that he's advanced.

NOTE Confidence: 0.858075568

01:00:52.130 --> 01:00:53.810 So thank you, Doctor Cohn,

NOTE Confidence: 0.858075568

01:00:53.810 --> 01:00:55.330 I hope you're here and listening to this,

NOTE Confidence: 0.858075568

01:00:55.330 --> 01:00:56.245 and if not,

NOTE Confidence: 0.858075568

01:00:56.245 --> 01:00:58.380 I'm going to send you a recording.

NOTE Confidence: 0.858075568

01:00:58.380 --> 01:00:59.782 And I expect to get pictures of

NOTE Confidence: 0.858075568

01:00:59.782 --> 01:01:01.059 a beach in Hawaii in return.

NOTE Confidence: 0.858075568

01:01:01.060 --> 01:01:01.650 So thank you.

NOTE Confidence: 0.774729352222222

01:01:07.480 --> 01:01:09.951 When I David Cone announced that he

NOTE Confidence: 0.774729352222222

01:01:09.951 --> 01:01:12.370 is retiring, he said that he was semi

NOTE Confidence: 0.774729352222222

01:01:12.370 --> 01:01:14.070 retiring and now living in Hawaii

NOTE Confidence: 0.774729352222222

01:01:14.070 --> 01:01:16.051 and working part time and going to

NOTE Confidence: 0.774729352222222

01:01:16.051 --> 01:01:17.740 the beach every day with his wife.

NOTE Confidence: 0.774729352222222

01:01:17.740 --> 01:01:21.269 So David well done.

NOTE Confidence: 0.774729352222222

01:01:21.270 --> 01:01:24.974 So next we are going to have the

NOTE Confidence: 0.774729352222222

01:01:24.974 --> 01:01:27.970 opportunity to listen a bit about

NOTE Confidence: 0.774729352222222

01:01:27.970 --> 01:01:30.880 the thesis of other students that

NOTE Confidence: 0.774729352222222

01:01:30.880 --> 01:01:33.588 have recorded their projects and they

NOTE Confidence: 0.774729352222222

01:01:33.588 --> 01:01:36.340 are going to be coming here to talk

NOTE Confidence: 0.774729352222222

01:01:36.422 --> 01:01:39.104 a little bit in a minute about what

NOTE Confidence: 0.774729352222222

01:01:39.104 --> 01:01:41.816 inspired them and what they learned about it.

NOTE Confidence: 0.774729352222222

01:01:41.816 --> 01:01:44.172 We were going to go into a room

NOTE Confidence: 0.774729352222222

01:01:44.172 --> 01:01:45.709 and do it by zoom,

NOTE Confidence: 0.774729352222222

01:01:45.710 --> 01:01:47.565 but we think that we need to

NOTE Confidence: 0.774729352222222

01:01:47.565 --> 01:01:49.638 hold this in person situation.

NOTE Confidence: 0.774729352222222

01:01:49.640 --> 01:01:52.398 So I'm going to start calling people.

NOTE Confidence: 0.774729352222222

01:01:52.400 --> 01:01:57.772 To join us and possibly come come

NOTE Confidence: 0.774729352222222

01:01:57.772 --> 01:01:59.892 here in pairs and talk a little

NOTE Confidence: 0.774729352222222

01:01:59.892 --> 01:02:05.690 bit about your thesis. So Alicia.

NOTE Confidence: 0.774729352222222

01:02:05.690 --> 01:02:06.830 It's Alicia here.

NOTE Confidence: 0.774729352222222

01:02:06.830 --> 01:02:07.590 No listen.

NOTE Confidence: 0.774729352222222

01:02:07.590 --> 01:02:08.604 It's not here,

NOTE Confidence: 0.774729352222222

01:02:08.604 --> 01:02:11.344 so I'm going to call Maria and Kyle

NOTE Confidence: 0.774729352222222

01:02:11.344 --> 01:02:14.160 to talk a little bit and then we

NOTE Confidence: 0.774729352222222

01:02:14.249 --> 01:02:17.165 will go through some other people.

NOTE Confidence: 0.774729352222222

01:02:17.170 --> 01:02:17.680 Thank you.

NOTE Confidence: 0.7623426

01:02:27.100 --> 01:02:27.520 Hello.

NOTE Confidence: 0.876518086

01:02:30.680 --> 01:02:31.570 I was just up here.

NOTE Confidence: 0.61747706

01:02:33.030 --> 01:02:34.920 Would inspire oh

NOTE Confidence: 0.834941708

01:02:34.930 --> 01:02:36.256 what inspired me.

NOTE Confidence: 0.834941708

01:02:36.256 --> 01:02:39.436 Oh man, so I mean I'm going to give

NOTE Confidence: 0.834941708

01:02:39.440 --> 01:02:41.450 Doctor Cohen more props on this one.

NOTE Confidence: 0.834941708

01:02:41.450 --> 01:02:43.010 So I actually went to him

NOTE Confidence: 0.834941708

01:02:43.010 --> 01:02:44.050 with my thesis idea.

NOTE Confidence: 0.834941708

01:02:44.050 --> 01:02:46.010 Basically just looking at P as in

NOTE Confidence: 0.834941708

01:02:46.010 --> 01:02:47.815 the pre hospital space 'cause I

NOTE Confidence: 0.834941708

01:02:47.815 --> 01:02:49.627 haven't heard of anybody doing that

NOTE Confidence: 0.834941708

01:02:49.627 --> 01:02:51.726 and he said you're exactly on time.

NOTE Confidence: 0.834941708

01:02:51.730 --> 01:02:52.981 This is fantastic.

NOTE Confidence: 0.834941708

01:02:52.981 --> 01:02:54.649 There's plenty of conversations

NOTE Confidence: 0.834941708

01:02:54.649 --> 01:02:55.900 happening about this,

NOTE Confidence: 0.834941708

01:02:55.900 --> 01:02:58.660 so we just kind of ran with it.

NOTE Confidence: 0.834941708

01:02:58.660 --> 01:03:00.550 Yep. What inspired me,

NOTE Confidence: 0.834941708

01:03:00.550 --> 01:03:02.520 I think the most inspirational

NOTE Confidence: 0.834941708

01:03:02.520 --> 01:03:04.949 thing that I can share with anybody

NOTE Confidence: 0.834941708

01:03:04.949 --> 01:03:07.328 who's looking at doing their thesis

NOTE Confidence: 0.834941708

01:03:07.328 --> 01:03:09.433 and struggling with that decision

NOTE Confidence: 0.834941708

01:03:09.433 --> 01:03:11.745 about what to do and and struggling

NOTE Confidence: 0.834941708

01:03:11.745 --> 01:03:13.875 through getting it done and the

NOTE Confidence: 0.834941708

01:03:13.875 --> 01:03:16.076 massive amount of work that it takes.

NOTE Confidence: 0.834941708

01:03:16.080 --> 01:03:19.572 There's something really magical about this

NOTE Confidence: 0.834941708

01:03:19.572 --> 01:03:23.060 cluttered clump of numbers on a spreadsheet.

NOTE Confidence: 0.834941708

01:03:23.060 --> 01:03:25.215 Entering your email and you look at it,

NOTE Confidence: 0.834941708

01:03:25.220 --> 01:03:25.870 you go.

NOTE Confidence: 0.834941708

01:03:25.870 --> 01:03:27.495 What the heck is this?

NOTE Confidence: 0.834941708

01:03:27.500 --> 01:03:29.130 And then three months later,

NOTE Confidence: 0.834941708

01:03:29.130 --> 01:03:29.796 you're looking at.

NOTE Confidence: 0.834941708

01:03:29.796 --> 01:03:31.350 Words on a piece of paper and

NOTE Confidence: 0.834941708

01:03:31.399 --> 01:03:32.639 you've explained everything that's

NOTE Confidence: 0.834941708

01:03:32.639 --> 01:03:34.499 going on in that spreadsheet and

NOTE Confidence: 0.834941708

01:03:34.548 --> 01:03:36.186 watching meaning come out of these

NOTE Confidence: 0.834941708

01:03:36.186 --> 01:03:37.776 meaningless numbers on a page.

NOTE Confidence: 0.834941708

01:03:37.776 --> 01:03:39.264 Really, really cool.

NOTE Confidence: 0.834941708

01:03:39.264 --> 01:03:40.256 And I,

NOTE Confidence: 0.834941708

01:03:40.260 --> 01:03:42.170 I hope everybody gets to experience that.

NOTE Confidence: 0.834941708

01:03:42.170 --> 01:03:44.130 So there's some more words for you.

NOTE Confidence: 0.8223382

01:03:50.300 --> 01:03:52.068 For the inspiration behind

NOTE Confidence: 0.94068734

01:03:52.080 --> 01:03:55.576 my project, as many people in this country,

NOTE Confidence: 0.94068734

01:03:55.580 --> 01:03:57.764 I've had very expensive medical bills and

NOTE Confidence: 0.94068734

01:03:57.764 --> 01:04:00.599 a lot of times I don't find out what the

NOTE Confidence: 0.94068734

01:04:00.599 --> 01:04:03.178 cost of my medical care is until I get

NOTE Confidence: 0.94068734

01:04:03.178 --> 01:04:06.329 that Bill and I was actually having Tex

NOTE Confidence: 0.94068734

01:04:06.329 --> 01:04:08.481 Mex for dinner with my husband once and

NOTE Confidence: 0.94068734

01:04:08.481 --> 01:04:11.057 we were talking about cost of medicine in

NOTE Confidence: 0.94068734

01:04:11.057 --> 01:04:13.547 this country and how ridiculous it can be.

NOTE Confidence: 0.94068734

01:04:13.550 --> 01:04:15.468 So that's that. Started this conversation.

NOTE Confidence: 0.94068734

01:04:15.468 --> 01:04:17.776 It was right about the time that we

NOTE Confidence: 0.94068734

01:04:17.776 --> 01:04:19.294 were starting to choose our thesis

NOTE Confidence: 0.94068734

01:04:19.294 --> 01:04:21.396 topic and I I knew that number.

NOTE Confidence: 0.94068734

01:04:21.396 --> 01:04:22.518 Like Kyle said,

NOTE Confidence: 0.94068734

01:04:22.520 --> 01:04:24.998 numbers mean a lot in medicine.

NOTE Confidence: 0.94068734

01:04:25.000 --> 01:04:26.384 Evidence based research is

NOTE Confidence: 0.94068734

01:04:26.384 --> 01:04:28.460 what we do here at Yale.

NOTE Confidence: 0.94068734

01:04:28.460 --> 01:04:30.854 And so I wanted to put numbers

NOTE Confidence: 0.94068734

01:04:30.854 --> 01:04:32.788 to the cost of treatment.

NOTE Confidence: 0.94068734

01:04:32.788 --> 01:04:35.170 And so I love primary care.

NOTE Confidence: 0.94068734

01:04:35.170 --> 01:04:36.568 I love preventative care and I

NOTE Confidence: 0.94068734

01:04:36.568 --> 01:04:38.468 wanted to do it in a setting where

NOTE Confidence: 0.94068734

01:04:38.470 --> 01:04:40.270 we treat a very expensive illnesses,

NOTE Confidence: 0.94068734

01:04:40.270 --> 01:04:40.940 just diabetes.

NOTE Confidence: 0.94068734

01:04:40.940 --> 01:04:44.120 So yeah, if you have the time to watch,

NOTE Confidence: 0.94068734

01:04:44.120 --> 01:04:45.356 great, if not essentially.

NOTE Confidence: 0.94068734

01:04:45.356 --> 01:04:48.239 We don't talk about cost of treatment enough,

NOTE Confidence: 0.94068734

01:04:48.240 --> 01:04:49.830 and it's something that we should.

NOTE Confidence: 0.94068734

01:04:49.830 --> 01:04:52.540 We can all incorporate into our care things.

NOTE Confidence: 0.725442745

01:04:58.310 --> 01:05:01.438 So now I will invite Brittany and Linda.

NOTE Confidence: 0.70847074

01:05:16.640 --> 01:05:20.460 I want to. So what I learned

NOTE Confidence: 0.952208918421053

01:05:20.630 --> 01:05:23.885 during my thesis project was how much

NOTE Confidence: 0.952208918421053

01:05:23.885 --> 01:05:27.072 time and effort goes into developing

NOTE Confidence: 0.952208918421053

01:05:27.072 --> 01:05:29.902 all this evidence based medicine

NOTE Confidence: 0.952208918421053

01:05:29.902 --> 01:05:32.252 that you know all of the current

NOTE Confidence: 0.952208918421053

01:05:32.252 --> 01:05:33.970 treatments and everything are based on.

NOTE Confidence: 0.952208918421053

01:05:33.970 --> 01:05:36.688 So I think I just have such a great

NOTE Confidence: 0.952208918421053

01:05:36.688 --> 01:05:38.140 appreciation for everything that

NOTE Confidence: 0.952208918421053

01:05:38.140 --> 01:05:41.700 researchers and people in in the field are

NOTE Confidence: 0.952208918421053

01:05:41.776 --> 01:05:45.462 doing to to develop such such innovative

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NOTE Confidence: 0.952208918421053

01:05:45.462 --> 01:05:49.194 interventions in medicine and what?

NOTE Confidence: 0.952208918421053

01:05:49.194 --> 01:05:51.966 Uh, what motivated me was that you

NOTE Confidence: 0.952208918421053

01:05:51.966 --> 01:05:54.010 know we were home during the pandemic

NOTE Confidence: 0.952208918421053

01:05:54.069 --> 01:05:56.029 when we were picking our topics and

NOTE Confidence: 0.952208918421053

01:05:56.029 --> 01:05:58.032 I was living at home with my mom who

NOTE Confidence: 0.952208918421053

01:05:58.032 --> 01:05:59.643 was a teacher and she was doing remote

NOTE Confidence: 0.952208918421053

01:05:59.643 --> 01:06:01.498 learning and telling me all about the

NOTE Confidence: 0.952208918421053

01:06:01.498 --> 01:06:03.079 difficulties that her students were having.

NOTE Confidence: 0.952208918421053

01:06:03.080 --> 01:06:05.509 So that was really the main thing

NOTE Confidence: 0.952208918421053

01:06:05.509 --> 01:06:07.228 that inspired me to pick my topic.

NOTE Confidence: 0.8259681

01:06:10.190 --> 01:06:11.258 And for me personally,

NOTE Confidence: 0.904936381666667

01:06:11.270 --> 01:06:12.728 I've always been interested in research.

NOTE Confidence: 0.904936381666667

01:06:12.730 --> 01:06:14.786 I did research in undergrad and coming here.

NOTE Confidence: 0.904936381666667

01:06:14.790 --> 01:06:16.726 I know it's something I want to continue

NOTE Confidence: 0.904936381666667

01:06:16.726 --> 01:06:18.325 with, and it's also something that

NOTE Confidence: 0.904936381666667

01:06:18.325 --> 01:06:19.680 I'm looking forward to implement,

NOTE Confidence: 0.904936381666667

01:06:19.680 --> 01:06:22.710 implement into my professional career.

NOTE Confidence: 0.904936381666667

01:06:22.710 --> 01:06:24.514 I've always had some kind of

NOTE Confidence: 0.904936381666667

01:06:24.514 --> 01:06:25.418 interest in Women's Health,

NOTE Confidence: 0.904936381666667

01:06:25.420 --> 01:06:27.532 and I knew of my advisor

NOTE Confidence: 0.904936381666667

01:06:27.532 --> 01:06:29.396 before even the thesis project,

NOTE Confidence: 0.904936381666667

01:06:29.396 --> 01:06:32.386 so I figure maybe I can formulate it to

NOTE Confidence: 0.904936381666667

01:06:32.386 --> 01:06:34.230 something that's in his expertise and

NOTE Confidence: 0.904936381666667

01:06:34.230 --> 01:06:36.634 he just so happened to have some data

NOTE Confidence: 0.904936381666667

01:06:36.634 --> 01:06:38.810 lying around, so I was very thankful.

NOTE Confidence: 0.904936381666667

01:06:38.810 --> 01:06:40.490 For him for sharing his data that way,

NOTE Confidence: 0.904936381666667

01:06:40.490 --> 01:06:42.746 I was able to participate in

NOTE Confidence: 0.904936381666667

01:06:42.746 --> 01:06:44.980 the alternative thesis project.

NOTE Confidence: 0.904936381666667

01:06:44.980 --> 01:06:45.870 Uhm, yeah.

NOTE Confidence: 0.67833485

01:06:48.100 --> 01:06:48.890 So young.

NOTE Confidence: 0.7724967

01:06:54.990 --> 01:06:56.360 For those who find inspiration,

NOTE Confidence: 0.7724967

01:06:56.360 --> 01:06:58.470 know that it could be at home,

NOTE Confidence: 0.762138914285714

01:06:58.470 --> 01:07:02.957 so next one is Ashley and Alison.

NOTE Confidence: 0.762138914285714

01:07:02.960 --> 01:07:04.590 If they are here, yeah.

NOTE Confidence: 0.793319018

01:07:17.670 --> 01:07:20.230 Alright, so my inspiration

NOTE Confidence: 0.793319018

01:07:20.230 --> 01:07:23.750 for my thesis was that

NOTE Confidence: 0.88037039

01:07:23.750 --> 01:07:27.275 I've always had an interest in developmental

NOTE Confidence: 0.88037039

01:07:27.275 --> 01:07:29.408 disorders and neurologic disorders,

NOTE Confidence: 0.88037039

01:07:29.408 --> 01:07:32.384 'cause my younger brother has autism,

NOTE Confidence: 0.88037039

01:07:32.390 --> 01:07:35.212 so this is kind of always been the

NOTE Confidence: 0.88037039

01:07:35.212 --> 01:07:36.972 patient population I've been interested

NOTE Confidence: 0.88037039

01:07:36.972 --> 01:07:39.760 in serving in my career as a PA,

NOTE Confidence: 0.88037039

01:07:39.760 --> 01:07:41.713 and so I thought I would take

NOTE Confidence: 0.88037039

01:07:41.713 --> 01:07:43.861 that into this project and use

NOTE Confidence: 0.88037039

01:07:43.861 --> 01:07:45.525 this opportunity for research.

NOTE Confidence: 0.88037039

01:07:45.530 --> 01:07:47.550 In epilepsy in children?

NOTE Confidence: 0.88037039

01:07:47.550 --> 01:07:49.972 UM, so that was kind of what

NOTE Confidence: 0.88037039

01:07:49.972 --> 01:07:52.170 sparked my interest for this study,

NOTE Confidence: 0.88037039

01:07:52.170 --> 01:07:55.796 and it was such a joy and to be able to

NOTE Confidence: 0.88037039

01:07:55.796 --> 01:07:57.884 learn about nonpharmacologic treatments

NOTE Confidence: 0.88037039

01:07:57.884 --> 01:08:00.722 like exercise for these children,

NOTE Confidence: 0.88037039

01:08:00.722 --> 01:08:03.166 who often have a really heavy burden

NOTE Confidence: 0.88037039

01:08:03.166 --> 01:08:06.149 of disease and take a lot of different

NOTE Confidence: 0.88037039

01:08:06.149 --> 01:08:08.724 pharmacologic measures to treat seizures.

NOTE Confidence: 0.88037039

01:08:08.730 --> 01:08:11.131 So this was kind of my interest

NOTE Confidence: 0.88037039

01:08:11.131 --> 01:08:12.640 in why this study

NOTE Confidence: 0.937361196

01:08:12.810 --> 01:08:13.900 was so important to me.

NOTE Confidence: 0.940188566666667

01:08:16.800 --> 01:08:19.060 Hi everyone, so this project

NOTE Confidence: 0.940188566666667

01:08:19.060 --> 01:08:22.119 kind of found me along the way.

NOTE Confidence: 0.940188566666667

01:08:22.120 --> 01:08:24.899 I was inspired by my wonderful mother

NOTE Confidence: 0.940188566666667

01:08:24.899 --> 01:08:27.644 who underwent back surgery and I just

NOTE Confidence: 0.940188566666667

01:08:27.644 --> 01:08:29.858 really wanted to learn more about

NOTE Confidence: 0.940188566666667

01:08:29.860 --> 01:08:33.534 it so I didn't know where to start.

NOTE Confidence: 0.940188566666667

01:08:33.540 --> 01:08:35.852 I had no treatment or anything in mind

NOTE Confidence: 0.940188566666667

01:08:35.852 --> 01:08:38.314 and I just started reading everything I

NOTE Confidence: 0.940188566666667

01:08:38.314 --> 01:08:41.068 could get my hands on and along the way

NOTE Confidence: 0.940188566666667

01:08:41.068 --> 01:08:43.219 I just kind of found this in a paper

NOTE Confidence: 0.940188566666667

01:08:43.219 --> 01:08:45.018 I was reading where I noticed this.

NOTE Confidence: 0.940188566666667

01:08:45.020 --> 01:08:48.140 Pattern of this surgery being performed

NOTE Confidence: 0.940188566666667

01:08:48.140 --> 01:08:51.189 very widely with an off label,

NOTE Confidence: 0.940188566666667

01:08:51.190 --> 01:08:53.105 this protein that they use

NOTE Confidence: 0.940188566666667

01:08:53.105 --> 01:08:54.637 is used extremely commonly,

NOTE Confidence: 0.940188566666667

01:08:54.640 --> 01:08:56.614 even though it's off label and there

NOTE Confidence: 0.940188566666667

01:08:56.614 --> 01:08:58.600 were some concerns that were popping up,

NOTE Confidence: 0.940188566666667

01:08:58.600 --> 01:09:01.239 and so I thought I would explore

NOTE Confidence: 0.940188566666667

01:09:01.239 --> 01:09:03.190 that a little bit more.

NOTE Confidence: 0.940188566666667

01:09:03.190 --> 01:09:06.844 So I would say to just the other classes,

NOTE Confidence: 0.940188566666667

01:09:06.850 --> 01:09:09.253 find a topic you want to learn more about,

NOTE Confidence: 0.940188566666667

01:09:09.260 --> 01:09:11.708 and sometimes if you read enough about it,

NOTE Confidence: 0.940188566666667

01:09:11.710 --> 01:09:14.748 can just find you along the way.

NOTE Confidence: 0.940188566666667

01:09:14.750 --> 01:09:15.550 Thank you.

NOTE Confidence: 0.63830405

01:09:20.210 --> 01:09:22.550 Monica and Stephanie to join.

NOTE Confidence: 0.816317671428571

01:09:32.690 --> 01:09:35.476 OK so I'm Monica and I would

NOTE Confidence: 0.916999058333333

01:09:35.490 --> 01:09:37.320 say the inspiration for my

NOTE Confidence: 0.916999058333333

01:09:37.320 --> 01:09:39.145 thesis topic came from when I was

NOTE Confidence: 0.916999058333333

01:09:39.145 --> 01:09:41.275 working as a medical assistant in

NOTE Confidence: 0.916999058333333

01:09:41.275 --> 01:09:42.959 outpatient gastro enterology before

NOTE Confidence: 0.894543403571429

01:09:42.970 --> 01:09:44.905 PA School and I just found that a lot

NOTE Confidence: 0.894543403571429

01:09:44.905 --> 01:09:47.152 of my patients and inflammatory bowel

NOTE Confidence: 0.894543403571429

01:09:47.152 --> 01:09:49.820 disease were young and in experiencing

NOTE Confidence: 0.894543403571429

01:09:49.820 --> 01:09:52.599 more depression anxiety than others

NOTE Confidence: 0.926295988

01:09:52.610 --> 01:09:54.858 and it just inspired me to look more

NOTE Confidence: 0.926295988

01:09:54.858 --> 01:09:57.046 into treatment. Or mental health

NOTE Confidence: 0.926295988

01:09:57.046 --> 01:09:58.949 and inflammatory bowel disease.

NOTE Confidence: 0.8197525175

01:09:59.480 --> 01:10:01.000 And especially with colvet.

NOTE Confidence: 0.8197525175

01:10:01.000 --> 01:10:02.810 I think it's extremely important to

NOTE Confidence: 0.8197525175

01:10:02.810 --> 01:10:04.448 find treatment for mental health

NOTE Confidence: 0.8197525175

01:10:04.448 --> 01:10:07.860 with those and chronic diseases.

NOTE Confidence: 0.8197525175

01:10:07.860 --> 01:10:09.050 And then for the other classes,

NOTE Confidence: 0.8197525175

01:10:09.050 --> 01:10:09.740 something that

NOTE Confidence: 0.945596182631579

01:10:09.770 --> 01:10:11.552 Doctor Proctor taught me was that

NOTE Confidence: 0.945596182631579

01:10:11.552 --> 01:10:13.658 you should not be too hard on

NOTE Confidence: 0.945596182631579

01:10:13.658 --> 01:10:15.368 yourself and just to take things

NOTE Confidence: 0.935748576

01:10:15.380 --> 01:10:17.242 one day at a time. And that helped me

NOTE Confidence: 0.935748576

01:10:17.242 --> 01:10:19.200 so much throughout the thesis project.

NOTE Confidence: 0.935748576

01:10:19.200 --> 01:10:20.490 And I couldn't have done it without her.

NOTE Confidence: 0.87262726

01:10:23.110 --> 01:10:24.750 Hi, I'm Stephanie.

NOTE Confidence: 0.913325775

01:10:24.750 --> 01:10:27.120 So I actually changed my thesis topic after

NOTE Confidence: 0.913325775

01:10:27.120 --> 01:10:29.560 submitting my first one over the summer.

NOTE Confidence: 0.913325775

01:10:29.560 --> 01:10:31.275 I wasn't very inspired over the summer,

NOTE Confidence: 0.913325775

01:10:31.280 --> 01:10:33.639 just kind of picked something 'cause the

NOTE Confidence: 0.913325775

01:10:33.639 --> 01:10:35.994 time you know time was then to submit

NOTE Confidence: 0.913325775

01:10:35.994 --> 01:10:38.225 it and then on my second rotation I

NOTE Confidence: 0.913325775

01:10:38.225 --> 01:10:41.314 was in Guy knock and I went to surgery.

NOTE Confidence: 0.913325775

01:10:41.314 --> 01:10:42.918 Patient was really frail.

NOTE Confidence: 0.913325775

01:10:42.920 --> 01:10:44.894 You know the the surgeon kept

NOTE Confidence: 0.913325775

01:10:44.894 --> 01:10:46.210 commenting on her BMI?

NOTE Confidence: 0.913325775

01:10:46.210 --> 01:10:48.639 You know the complications that she was

NOTE Confidence: 0.913325775

01:10:48.639 --> 01:10:51.048 worried about and I kind of just dove

NOTE Confidence: 0.913325775

01:10:51.048 --> 01:10:52.660 into that, researched it a lot more.

NOTE Confidence: 0.913325775

01:10:52.660 --> 01:10:53.330 Kind of.

NOTE Confidence: 0.913325775

01:10:53.330 --> 01:10:55.340 Found the concept of free abilitation

NOTE Confidence: 0.913325775

01:10:55.340 --> 01:10:57.918 along the way and came up with

NOTE Confidence: 0.913325775

01:10:57.918 --> 01:11:00.420 my new thesis topic and submitted

NOTE Confidence: 0.913325775

01:11:00.504 --> 01:11:02.840 it just before Thanksgiving.

NOTE Confidence: 0.913325775

01:11:02.840 --> 01:11:05.438 And yeah, I learned, you know,

NOTE Confidence: 0.913325775

01:11:05.440 --> 01:11:08.680 just kind of overall about how

NOTE Confidence: 0.913325775

01:11:08.680 --> 01:11:10.580 your baseline status going into

NOTE Confidence: 0.913325775

01:11:10.580 --> 01:11:12.100 surgery can affect outcomes,

NOTE Confidence: 0.913325775

01:11:12.100 --> 01:11:13.857 even if it's not in guy knock.

NOTE Confidence: 0.913325775

01:11:13.860 --> 01:11:15.276 You know, I think it's it can be

NOTE Confidence: 0.913325775

01:11:15.276 --> 01:11:16.538 applied to like surgery overall.

NOTE Confidence: 0.913325775

01:11:16.540 --> 01:11:20.130 So it was a fun, fun project.

NOTE Confidence: 0.913325775

01:11:20.130 --> 01:11:21.228 Great, that's great.

NOTE Confidence: 0.8016399975

01:11:27.390 --> 01:11:29.856 Are there any questions for I?

NOTE Confidence: 0.8016399975

01:11:29.856 --> 01:11:32.689 I don't see any questions in the chat,

NOTE Confidence: 0.8016399975

01:11:32.690 --> 01:11:34.736 so we may be celebrating with

NOTE Confidence: 0.8016399975

01:11:34.736 --> 01:11:37.510 cookies sooner than we think.

NOTE Confidence: 0.8016399975

01:11:37.510 --> 01:11:38.790 I just wanted to say

NOTE Confidence: 0.95274959

01:11:38.800 --> 01:11:42.033 congratulations to everyone I I

NOTE Confidence: 0.95274959

01:11:42.033 --> 01:11:43.709 really appreciate so much that

NOTE Confidence: 0.773208675

01:11:43.720 --> 01:11:48.080 you found inspiration near and far from you.

NOTE Confidence: 0.773208675

01:11:48.080 --> 01:11:50.256 I think it's great too if you if

NOTE Confidence: 0.773208675

01:11:50.256 --> 01:11:52.658 you take something with you is that.

NOTE Confidence: 0.773208675

01:11:52.660 --> 01:11:53.860 When things don't work,

NOTE Confidence: 0.773208675

01:11:53.860 --> 01:11:56.426 we are here to change them and when things

NOTE Confidence: 0.773208675

01:11:56.426 --> 01:11:58.826 work we are here to make them better.

NOTE Confidence: 0.773208675

01:11:58.826 --> 01:12:00.370 Just put forward,

NOTE Confidence: 0.773208675

01:12:00.370 --> 01:12:02.750 push forward and be prepared that

NOTE Confidence: 0.773208675

01:12:02.750 --> 01:12:05.870 in 30 years from now you will still

NOTE Confidence: 0.803956198333333

01:12:05.880 --> 01:12:08.526 be in practice we will hope.

NOTE Confidence: 0.803956198333333

01:12:08.530 --> 01:12:09.760 Some of us would be home.

NOTE Confidence: 0.839145668571429

01:12:10.410 --> 01:12:12.867 Hopefully we will be going to you,

NOTE Confidence: 0.839145668571429

01:12:12.870 --> 01:12:15.667 for you know for care and we

NOTE Confidence: 0.839145668571429

01:12:15.667 --> 01:12:17.029 would like that you will stay,

126

NOTE Confidence: 0.839145668571429

01:12:17.030 --> 01:12:20.358 stay fresh and interested in the things

NOTE Confidence: 0.86719665

01:12:20.370 --> 01:12:23.310 that are happening, not only to your

NOTE Confidence: 0.86719665

01:12:23.310 --> 01:12:26.310 patients near you but also to others. And

NOTE Confidence: 0.905385376666667

01:12:26.320 --> 01:12:28.160 there are a lot of people that are

NOTE Confidence: 0.905385376666667

01:12:28.160 --> 01:12:29.990 not included in research and I'm

NOTE Confidence: 0.905385376666667

01:12:29.990 --> 01:12:31.808 delighted that you have chosen to

NOTE Confidence: 0.905385376666667

01:12:31.810 --> 01:12:35.462 include the those who are not seen.

NOTE Confidence: 0.905385376666667

01:12:35.462 --> 01:12:38.480 Sometimes that's a great way to look.

NOTE Confidence: 0.905385376666667

01:12:38.480 --> 01:12:39.664 Or start a career.

NOTE Confidence: 0.905385376666667

01:12:39.664 --> 01:12:41.934 So thank you so much and I know

NOTE Confidence: 0.905385376666667

01:12:41.934 --> 01:12:43.995 that I made you work a little

NOTE Confidence: 0.905385376666667

01:12:43.995 --> 01:12:47.320 bit too hard and that's what

NOTE Confidence: 0.905385376666667

01:12:47.320 --> 01:12:48.600 it makes you extraordinary.

NOTE Confidence: 0.905385376666667

01:12:48.600 --> 01:12:51.558 Piats, because we ask you to go

NOTE Confidence: 0.905385376666667

01:12:51.560 --> 01:12:55.120 extra and what you had to do Sunday.

NOTE Confidence: 0.905385376666667

01:12:55.120 --> 01:12:55.920 Do you have to say?

NOTE Confidence: 0.87298805

01:12:59.070 --> 01:13:00.789 Comma. Of course.

NOTE Confidence: 0.5357303

01:13:08.320 --> 01:13:08.900 Hard working.