0:0:0.0 --> 0:0:1.650  
Alejandra Gonzalez  
All right.

0:0:2.20 --> 0:0:6.20  
Alejandra Gonzalez  
And so First off, can you tell me a little bit about yourself?

0:0:6.730 --> 0:0:7.350  
Godwin, Dinah L. (Dinah)  
Yes, sure.

0:0:7.360 --> 0:0:8.700  
Godwin, Dinah L. (Dinah)  
My name is Diana Godwin.

0:0:8.710 --> 0:0:21.110  
Godwin, Dinah L. (Dinah)  
I am a licensed clinical social worker with the Myer Center for Developmental Pediatrics and Autism at Texas Children's Hospital, and I'm also an associate professor of Pediatrics for Baylor College of Medicine.

0:0:21.120 --> 0:0:29.50  
Godwin, Dinah L. (Dinah)  
So in my role I my primary responsibility is clinical care for families of children coming into our clinic for evaluation.

0:0:29.210 --> 0:0:42.670  
Godwin, Dinah L. (Dinah)  
They're evaluated and diagnosed with conditions such as autism, genetic disorders, developmental delays of all types of intellectual disability and other other medical conditions that affect children's development.

0:0:42.680 --> 0:0:57.250  
Godwin, Dinah L. (Dinah)  
We see kids with all of those concerns, so I meet with families to, you know, guide them regarding resources in the community to Purdue assess their needs and potential barriers to care, provide emotional support and counseling, and a lot of psychoeducation.

0:0:57.260 --> 0:1:0.950  
Godwin, Dinah L. (Dinah)  
We have a lot of educational programs here that we offer to our families.

0:1:2.570 --> 0:1:10.790  
Godwin, Dinah L. (Dinah)  
We also teach medical learners and social work learners and trainees from all disciplines about developmental, Pediatrics and the resources available for our families.

0:1:12.710 --> 0:1:15.180  
Godwin, Dinah L. (Dinah)  
So that's kind of a snapshot of what what I do here.

0:1:16.490 --> 0:1:17.510  
Alejandra Gonzalez  
Thank you so much.

0:1:17.790 --> 0:1:18.40  
Godwin, Dinah L. (Dinah)  
Sure.

0:1:17.520 --> 0:1:18.610  
Alejandra Gonzalez  
That was fantastic.

0:1:19.390 --> 0:1:28.20  
Alejandra Gonzalez  
Umm, so can you tell me about a typical day managing medications for your patients or yourself?

0:1:28.30 --> 0:1:29.270  
Alejandra Gonzalez  
If you feel comfortable sharing that.

0:1:29.970 --> 0:1:30.340  
Godwin, Dinah L. (Dinah)  
Sure.

0:1:30.350 --> 0:1:37.320  
Godwin, Dinah L. (Dinah)  
Well, as I had mentioned before the recording started I as a social worker, medication management is out of my scope of practice.

0:1:37.570 --> 0:1:37.820  
Alejandra Gonzalez  
Mm-hmm.

0:1:37.610 --> 0:1:47.620  
Godwin, Dinah L. (Dinah)  
So occasionally a family will call with concerns about behavior or their child's development or their, you know, special education or community services.

0:1:47.630 --> 0:1:57.720  
Godwin, Dinah L. (Dinah)  
And they may mention location issues or medication concerns during those calls, which then we route to our nursing team because our nursing team is able to triage those concerns.

0:1:57.730 --> 0:2:0.20  
Godwin, Dinah L. (Dinah)  
And then touch base with the provider as needed.

0:2:1.170 --> 0:2:4.680  
Godwin, Dinah L. (Dinah)  
We at our clinic don't do a lot of medication management.

0:2:13.830 --> 0:2:14.20  
Alejandra Gonzalez  
Mm-hmm.

0:2:4.770 --> 0:2:25.560  
Godwin, Dinah L. (Dinah)  
We have changed our model of practice because I don't know how familiar you are with this, but there is a huge shortage of developmental specialists in the Community, so our physicians provide mainly the initial diagnosis and then the social work and nursing team do the follow up after that point, unless there's an in small, certain situations, there's a new concern, families come back.

0:2:25.570 --> 0:2:30.0  
Godwin, Dinah L. (Dinah)  
But given our model, we really aren't able to do much medication management.

0:2:30.70 --> 0:2:38.810  
Godwin, Dinah L. (Dinah)  
We do have our fellows who are trainees and developmental Pediatrics and they do medication management and we have a part time psychiatrist who also does.

0:2:39.600 --> 0:2:43.540  
Godwin, Dinah L. (Dinah)  
So those are the main concerns that come in through our clinic related to medication.

0:2:44.520 --> 0:2:44.800  
Alejandra Gonzalez  
Umm.

0:2:44.440 --> 0:2:47.470  
Godwin, Dinah L. (Dinah)  
We have families called just from the calls that I receive.

0:2:47.560 --> 0:3:4.430  
Godwin, Dinah L. (Dinah)  
We have families call where they're concerned about medication, possibly not working, medication side effects, although I think more commonly it's medication not working and when I work with a family who has those concerns, I do refer to the nurse to talk about that.

0:3:4.620 --> 0:3:13.350  
Godwin, Dinah L. (Dinah)  
But I also talk about the fact that medication alone it does not typically address behavior concerns and behavior problems for our kids that we see here.

0:3:13.560 --> 0:3:20.100  
Godwin, Dinah L. (Dinah)  
Families need to consider interventions and therapies, behavioral therapies, in addition to medication.

0:3:20.290 --> 0:3:25.820  
Godwin, Dinah L. (Dinah)  
And that's kind of my role as talking about the other aspects of intervention other than medication.

0:3:26.220 --> 0:3:26.440  
Alejandra Gonzalez  
Umm.

0:3:26.270 --> 0:3:36.460  
Godwin, Dinah L. (Dinah)  
So when work hand in hand with our nurses and our providers to, you know, kind of keep that message going because medication alone really isn't going to fix the situation that's happening with our children.

0:3:37.330 --> 0:3:38.480  
Alejandra Gonzalez  
Of course.

0:3:38.490 --> 0:3:40.120  
Alejandra Gonzalez  
Thank you so much for that.

0:3:41.10 --> 0:3:49.500  
Alejandra Gonzalez  
So you mentioned that families call calls about concerns about medications not working or the medication side effects.

0:3:49.510 --> 0:3:51.270  
Alejandra Gonzalez  
Can you tell me the last time that happened?

0:3:52.560 --> 0:3:53.930  
Godwin, Dinah L. (Dinah)  
Medication not working?

0:3:53.940 --> 0:3:55.650  
Godwin, Dinah L. (Dinah)  
Call probably happened last week.

0:3:56.400 --> 0:3:56.640  
Alejandra Gonzalez  
OK.

0:4:3.870 --> 0:4:4.150  
Alejandra Gonzalez  
Umm.

0:3:57.40 --> 0:4:6.350  
Godwin, Dinah L. (Dinah)  
Concerns that it's, you know, the dosage might be off or that it's a medication that's not resolving the behavioral challenges and that's where my part of the conversation comes in.

0:4:6.360 --> 0:4:15.220  
Godwin, Dinah L. (Dinah)  
There are other things that we need to do in addition to medication side effects I haven't gotten personally, haven't gotten a call like that in a long time, but are nurses have?

0:4:16.10 --> 0:4:21.850  
Godwin, Dinah L. (Dinah)  
Sometimes we also get calls that a medication is not available at the pharmacy.

0:4:21.860 --> 0:4:27.350  
Godwin, Dinah L. (Dinah)  
That probably happened maybe a month or two ago for me, but our nurses again probably get that much more regularly.

0:4:28.330 --> 0:4:28.670  
Alejandra Gonzalez  
Hmm.

0:4:28.920 --> 0:4:29.670  
Alejandra Gonzalez  
OK.

0:4:29.920 --> 0:4:32.680  
Alejandra Gonzalez  
And what is the best part of what you do?

0:4:33.930 --> 0:4:38.480  
Godwin, Dinah L. (Dinah)  
The best part of what I do is being able to support families through this.

0:4:38.530 --> 0:4:40.630  
Godwin, Dinah L. (Dinah)  
What can be a very challenging time?

0:4:40.690 --> 0:4:45.440  
Godwin, Dinah L. (Dinah)  
My kind of talk to our trainees sometimes about we are with our family, our family.

0:4:45.450 --> 0:5:0.40  
Godwin, Dinah L. (Dinah)  
Is it one of the worst days of their lives in terms of getting a new diagnosis and so being able to support them, educate them and guide them through the different stages of their children's growth, their children's out of childhood and adolescence is very rewarding?

0:5:0.450 --> 0:5:4.740  
Godwin, Dinah L. (Dinah)  
There's not a lot of support like this available in the community.

0:5:4.750 --> 0:5:22.170  
Godwin, Dinah L. (Dinah)  
There are different fragmented systems that I don't always work together very well, and I feel like we are kind of a hub of information that we're able to put out into the community to guide families both medically, you know, educationally and behaviorally regarding what their children need.

0:5:23.40 --> 0:5:23.850  
Alejandra Gonzalez  
Of course.

0:5:24.450 --> 0:5:24.900  
Alejandra Gonzalez  
Umm.

0:5:25.290 --> 0:5:31.20  
Alejandra Gonzalez  
And based on your experience with a couple classes you have taken about medication questions.

0:5:31.290 --> 0:5:37.970  
Alejandra Gonzalez  
How important do you think it is for your clients to know about the efficacy and side effects of medications?

0:5:38.850 --> 0:5:41.380  
Godwin, Dinah L. (Dinah)  
I certainly think it's important, especially for young children.

0:5:41.390 --> 0:6:6.440  
Godwin, Dinah L. (Dinah)  
I think it's extremely important for families to know that the the risks and the benefits of medication need to be considered together because many of the children we see in our clinic are very young and and although there's, you know, certainly tons of research and the FDA approves medication for children, we do know that children may respond differently and we do know that children with developmental disabilities may process medications differently.

0:6:6.450 --> 0:6:15.850  
Godwin, Dinah L. (Dinah)  
Their brains may not react to medication the way it typically developing child would, and so families do need to consider those things as they make decisions about medication.

0:6:17.90 --> 0:6:17.670  
Alejandra Gonzalez  
Got it.

0:6:18.660 --> 0:6:21.920  
Alejandra Gonzalez  
And if you had a magic wand, what would you do with it?

0:6:24.0 --> 0:6:30.50  
Godwin, Dinah L. (Dinah)  
Well, I would certainly increase resources here in Texas, across all all systems.

0:6:30.60 --> 0:6:40.910  
Godwin, Dinah L. (Dinah)  
I mean resources for special education, resources for long term supports for families which have 15 to 16 plus year weights, but also access to behavioral intervention.

0:6:40.920 --> 0:6:49.610  
Godwin, Dinah L. (Dinah)  
Because I do think the reason so many families do turn to medication is because they're just aren't programs to help their children with their behavior.

0:6:49.850 --> 0:6:55.410  
Godwin, Dinah L. (Dinah)  
Applied Behavior analysis is available now through private insurance, but also through Medicaid.

0:6:59.320 --> 0:6:59.780  
Alejandra Gonzalez  
Hmm.

0:6:55.420 --> 0:7:2.820  
Godwin, Dinah L. (Dinah)  
But there are very few providers who accept of Medicaid for ABA, so the way it list continues to be extremely long.

0:7:2.890 --> 0:7:11.970  
Godwin, Dinah L. (Dinah)  
Children who have similar behaviors to children with autism but who don't have an autism diagnosis, like children with Down syndrome, for example, don't have access to a B at all.

0:7:12.330 --> 0:7:12.860  
Alejandra Gonzalez  
Umm.

0:7:12.230 --> 0:7:21.810  
Godwin, Dinah L. (Dinah)  
And then behavior management, parent management training, behavior interventions that are adapted for children with disabilities are not commonly available.

0:7:21.820 --> 0:7:28.520  
Godwin, Dinah L. (Dinah)  
There are just a few places that we refer to consistently, so that's my magic wand would increase all of those types of services.

0:7:28.820 --> 0:7:30.900  
Godwin, Dinah L. (Dinah)  
A particularly the behavioral interventions.

0:7:32.190 --> 0:7:32.930  
Alejandra Gonzalez  
Got it.

0:7:33.320 --> 0:7:44.740  
Alejandra Gonzalez  
And then last question, are there any other concerns you've heard from your clients regarding medication like besides the side effects and whether the medication is working?

0:7:44.930 --> 0:7:47.60  
Alejandra Gonzalez  
Any other frustrations that they've expressed?

0:7:48.160 --> 0:7:57.200  
Godwin, Dinah L. (Dinah)  
I mentioned that the occasionally the nurses in particular get calls about medication not being available or the medications that have been recommended not being on formulary.

0:7:58.940 --> 0:8:3.190  
Godwin, Dinah L. (Dinah)  
I actually personally have the opposite problem is that CVS refills medications.

0:8:3.200 --> 0:8:7.390  
Godwin, Dinah L. (Dinah)  
I don't need all the time and so I have a surplus of medications.

0:8:10.310 --> 0:8:10.540  
Alejandra Gonzalez  
Mm-hmm.

0:8:7.400 --> 0:8:11.870  
Godwin, Dinah L. (Dinah)  
You know that that I don't ask for and I don't understand that disparity.

0:8:11.880 --> 0:8:20.810  
Godwin, Dinah L. (Dinah)  
I think that disparity is unreasonable because I'm getting things I don't need, whereas other, you know, children are not getting the the medications and materials that they need.

0:8:22.30 --> 0:8:29.660  
Alejandra Gonzalez  
Add it and would you mind sharing a little bit more about your experience with medication management if you're comfortable doing that?

0:8:30.90 --> 0:8:30.720  
Godwin, Dinah L. (Dinah)  
That's fine.

0:8:30.730 --> 0:8:36.930  
Godwin, Dinah L. (Dinah)  
I mean, I have no concern, no true concerns other than the fact that I can't seem to get the pharmacy to.

0:8:36.990 --> 0:8:38.760  
Godwin, Dinah L. (Dinah)  
If I say no, I don't need a refill.

0:8:41.510 --> 0:8:41.790  
Alejandra Gonzalez  
Umm.

0:8:38.770 --> 0:8:45.20  
Godwin, Dinah L. (Dinah)  
I still end up with a refill the next week, and that seems like a waste of resources.

0:8:45.30 --> 0:8:46.260  
Godwin, Dinah L. (Dinah)  
That's my only concern.

0:8:46.270 --> 0:8:48.110  
Godwin, Dinah L. (Dinah)  
I haven't had any difficulty getting the.

0:8:48.120 --> 0:8:51.100  
Godwin, Dinah L. (Dinah)  
I don't take a lot of medications with the medications that I need.

0:8:51.230 --> 0:8:53.280  
Godwin, Dinah L. (Dinah)  
Haven't had any difficulty getting them.

0:8:53.290 --> 0:8:59.670  
Godwin, Dinah L. (Dinah)  
I'm fortunate to have decent health insurance, but in my copays aren't out of out of range that I can.

0:8:59.960 --> 0:9:1.630  
Godwin, Dinah L. (Dinah)  
Yeah, still get my medications.

0:9:2.50 --> 0:9:2.230  
Alejandra Gonzalez  
Mm-hmm.

0:9:2.640 --> 0:9:8.180  
Godwin, Dinah L. (Dinah)  
So I don't have an issue other than the fact that I'm getting resources that I don't need, despite my efforts to stop that.

0:9:9.130 --> 0:9:9.880  
Alejandra Gonzalez  
Got it.

0:9:9.920 --> 0:9:12.290  
Alejandra Gonzalez  
Yes, the problem we all wanna have, right?

0:9:12.340 --> 0:9:13.130  
Godwin, Dinah L. (Dinah)  
Yeah, yeah.

0:9:13.140 --> 0:9:17.140  
Godwin, Dinah L. (Dinah)  
I mean, it's it's unfortunate that we have these disparities and I don't know how to fix that.

0:9:16.250 --> 0:9:21.490  
Alejandra Gonzalez  
Umm yeah, no, I mean, it's not your job at the end of the day.

0:9:21.640 --> 0:9:21.850  
Alejandra Gonzalez  
Yeah.

0:9:20.570 --> 0:9:22.810  
Godwin, Dinah L. (Dinah)  
No, it's not, but still.

0:9:24.320 --> 0:9:26.720  
Alejandra Gonzalez  
And how do you remember to take your medications?

0:9:27.700 --> 0:9:30.120  
Godwin, Dinah L. (Dinah)  
Ohh, I'm obsessed with compulsive, so it's really easy.

0:9:32.490 --> 0:9:35.350  
Godwin, Dinah L. (Dinah)  
I just have a routine I keep a routine and I have a routine.

0:9:36.860 --> 0:9:39.90  
Alejandra Gonzalez  
Can you tell me a little bit more about your routine?

0:9:39.420 --> 0:9:44.250  
Godwin, Dinah L. (Dinah)  
I just know that when I get up in the morning, I take my blood pressure medicine and that's just how it goes.

0:9:44.880 --> 0:9:45.360  
Alejandra Gonzalez  
Got it.

0:9:45.210 --> 0:9:47.500  
Godwin, Dinah L. (Dinah)  
Yeah, it's just part of the morning.

0:9:47.510 --> 0:9:48.800  
Godwin, Dinah L. (Dinah)  
'S bad and coffee.

0:9:50.610 --> 0:9:51.510  
Alejandra Gonzalez  
Got it. Yes.

0:9:48.810 --> 0:9:59.510  
Godwin, Dinah L. (Dinah)  
You know, I do think that that does bring a challenge that some families have, I think is maybe a lack of understanding of the importance of consistency, of medication.

0:9:59.560 --> 0:10:4.300  
Godwin, Dinah L. (Dinah)  
And have the same that, particularly with medications that address anxiety and depression.

0:10:4.780 --> 0:10:4.980  
Alejandra Gonzalez  
Umm.

0:10:4.570 --> 0:10:14.260  
Godwin, Dinah L. (Dinah)  
You know, sometimes parents don't realize that they it's going to take a while for the medications to to show an effect and that it's important to take them consistently.

0:10:14.270 --> 0:10:26.710  
Godwin, Dinah L. (Dinah)  
So that is something I have heard from families that just brought up that other issue too is just maybe not understanding that it's so important to follow the actual, you know, prescribed prescribers recommendations.

0:10:27.260 --> 0:10:27.550  
Alejandra Gonzalez  
Mm-hmm.

0:10:29.340 --> 0:10:33.40  
Alejandra Gonzalez  
Now, is there anything else you'd like to share that I haven't asked about?

0:10:34.300 --> 0:10:35.50  
Godwin, Dinah L. (Dinah)  
I don't think so.

0:10:35.60 --> 0:10:40.850  
Godwin, Dinah L. (Dinah)  
I do hope that one of our nurses or fellas may have reached out because I think they would be able to provide a different side.

0:10:44.130 --> 0:10:44.410  
Alejandra Gonzalez  
Mm-hmm.

0:10:40.860 --> 0:10:44.750  
Godwin, Dinah L. (Dinah)  
They get many, many more calls about, especially our nurses than I do.

0:10:44.760 --> 0:10:51.570  
Godwin, Dinah L. (Dinah)  
So I know that I'm going and coming from a different perspective, but but no, I don't think there's anything that you haven't asked.

0:10:52.580 --> 0:10:53.130  
Alejandra Gonzalez  
All right.

0:10:53.140 --> 0:10:56.390  
Alejandra Gonzalez  
Well, thank you so much for meeting with me, Diana.

0:10:56.750 --> 0:10:57.300  
Godwin, Dinah L. (Dinah)  
You're welcome.

0:10:56.980 --> 0:11:0.610  
Alejandra Gonzalez  
We really appreciate the experience you have shared with us.

0:11:0.620 --> 0:11:5.710  
Alejandra Gonzalez  
It's important to get all sides, even if you don't have a like a lot of experience with it.

0:11:5.780 --> 0:11:6.870  
Alejandra Gonzalez  
What you do?

0:11:7.60 --> 0:11:9.320  
Alejandra Gonzalez  
I mean, I took a lot of notes just from what you did.

0:11:10.370 --> 0:11:11.610  
Godwin, Dinah L. (Dinah)  
Sure, hold good.

0:11:9.330 --> 0:11:18.130  
Alejandra Gonzalez  
Share so right is the gift card OK to be sent through email or would you prefer a physical card?

0:11:18.290 --> 0:11:19.340  
Godwin, Dinah L. (Dinah)  
Oh, I forgot about that.

0:11:19.350 --> 0:11:20.360  
Godwin, Dinah L. (Dinah)  
Email's fine.

0:11:20.370 --> 0:11:21.140  
Godwin, Dinah L. (Dinah)  
Sure, that's fine.

0:11:20.510 --> 0:11:23.200  
Alejandra Gonzalez  
OK, perfect.

0:11:23.270 --> 0:11:26.80  
Alejandra Gonzalez  
Thank you so much for your time with me today.