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.