0:0:0.0 --> 0:0:0.580
Cristen Reat
About yourself.

0:0:0.870 --> 0:0:1.200
NJ
OK.

0:0:1.550 --> 0:0:3.220
NJ
My name is Natalie Jolivette.

0:0:3.630 --> 0:0:32.980
NJ
I'm a wife and mom of 30 years and then kids and I'll just get his 24 and youngest is 19 and my youngest child has an intellectual disability, has Down syndrome and I am also a registered nurse, a retired registered nurse was a nurse for 37 years and and I'm an only child and I take care of my mother who was diagnosed with dementia in six in 2016.

0:0:33.80 --> 0:0:33.760
NJ
No, I'm sorry.

0:0:34.170 --> 0:0:37.90
NJ
2018 that's a little bit about me.

0:0:38.450 --> 0:0:39.580
Cristen Reat
Thank you for that.

0:0:40.310 --> 0:0:45.350
Cristen Reat
So either for yourself or your mom or your son, or any of them.

0:0:45.660 --> 0:0:53.820
Cristen Reat
Umm, if you could tell me just a typical day of helping to manage or if you do all of it and managing their medications.

0:0:54.630 --> 0:0:54.890
NJ
OK.

0:0:56.90 --> 0:0:59.30
NJ
Well, 22 devil.

0:0:59.90 --> 0:1:2.960
NJ
I'll speak on both my son and my mother for my son.

0:1:3.10 --> 0:1:8.870
NJ
He does not take very many medications on the medications that he takes are as needed.

0:1:10.250 --> 0:1:15.950
NJ
So, for instance, he has some GI issues and so he has some prescribed.

0:1:17.250 --> 0:1:28.460
NJ
Medications for his stomach issues, and he has some over the counter things that I give him and so the prescriptions I give pretty much every day or every other day.

0:1:28.910 --> 0:1:31.840
NJ
And then the UM over the counter medications.

0:1:31.850 --> 0:1:38.20
NJ
I give him if he still, if he complains of symptoms, he cannot take the medications himself.

0:1:38.30 --> 0:1:48.680
NJ
So I administer them, and if it's during the school year, I just administer every administering every morning on our way out of the door on the way to school.

0:1:49.190 --> 0:1:51.480
NJ
In the summertime, it's whatever he wakes up.

0:1:51.900 --> 0:1:53.900
NJ
I'll just give them to him at that time.

0:1:54.470 --> 0:1:55.450
NJ
That's for my mom.

0:1:56.670 --> 0:1:59.890
NJ
Previously, she was living at home and so I would.

0:2:0.60 --> 0:2:7.880
NJ
Uh, it started off with me placing her medication in one of those medication pill boxes Monday.

0:2:7.890 --> 0:2:17.510
NJ
You know that are labeled Sunday through Saturday and I would monitor whether or not she would take them or not just by going over every three or four days to make sure that she took them.

0:2:17.800 --> 0:2:19.330
NJ
And that's how it started.

0:2:19.420 --> 0:2:25.340
NJ
This is the mother with dementia, obviously, but then she she was tricky.

0:2:25.700 --> 0:2:30.50
NJ
And so she would say that she took the medications, but she wasn't taking the medications.

0:2:30.60 --> 0:2:42.770
NJ
I would find the medrol later on somewhere build up so, but by that point I had her placed into a an assisted living facility and now they administer the medications.

0:2:43.450 --> 0:2:48.10
NJ
One more thing though, there were lots of, but this may be a question that comes further.

0:2:48.20 --> 0:2:48.330
NJ
I'll.

0:2:50.550 --> 0:2:50.750
Cristen Reat
Yeah.

0:2:48.340 --> 0:2:51.830
NJ
I'll, I'll let you end up, but there were lots of troubling errors.

0:2:51.840 --> 0:2:57.830
NJ
But with the mom on how to get her to take or remember to take the medications.

0:2:58.220 --> 0:3:0.900
NJ
So I don't know if that's a question that comes later or.

0:3:1.310 --> 0:3:2.730
Cristen Reat
That is, tell me more about that.

0:3:3.210 --> 0:3:3.630
NJ
OK.

0:3:4.810 --> 0:3:8.520
NJ
So first I began with just calling her mom.

0:3:8.530 --> 0:3:9.700
NJ
Did you take your medication?

0:3:10.250 --> 0:3:11.180
NJ
She would say yes.

0:3:11.710 --> 0:3:20.340
NJ
Then I would go over and either see the medication still in her pill box or later on I will find it in her drawer that she wasn't taking it.

0:3:20.770 --> 0:3:22.630
NJ
So then I would call her and.

0:3:23.290 --> 0:3:25.770
NJ
Say you know I'm on the phone with her mom.

0:3:25.780 --> 0:3:28.700
NJ
Go get your medicine right now and let and take it right now.

0:3:28.930 --> 0:3:34.540
NJ
And so that would work periodically that work for a few months, and she would do that. And it was twice a day.

0:3:34.580 --> 0:3:36.30
NJ
Would just call in the morning and night.

0:3:36.90 --> 0:3:39.860
NJ
We take them and then I would look at the pill box and sure enough, they'd be missing.

0:3:40.410 --> 0:3:44.620
NJ
And then then she started saying she was.

0:3:44.730 --> 0:3:47.520
NJ
She took it, but she wasn't really taking them on the phone.

0:3:47.750 --> 0:3:50.680
NJ
And and then I tried to get an iPhone for her.

0:3:50.690 --> 0:3:51.830
NJ
Well, I got an iPhone for her.

0:3:51.840 --> 0:3:54.510
NJ
I would try to FaceTime her so that I could see her take it.

0:3:55.780 --> 0:4:6.990
NJ
No, because she may answer the phone or she may not, you know, or she may put me on audio, but not video, and so that that was a failure.

0:4:7.480 --> 0:4:24.470
NJ
And so then I got a I put a reminder on her phone and alarm, and so the alarm would go off and she was supposed to whenever, whenever that alarm would go off on her phone, take the medications again, that that by then I started.

0:4:24.530 --> 0:4:38.550
NJ
I just gave up the idea of having them in the pill box them Sunday through Saturday Pill box and I would just keep them in the in her medication bottles because I thought, OK, well, she can read the bottle still and then she can take the pill out when the alarm would go off.

0:4:39.540 --> 0:4:46.340
NJ
Well, then I would go over and count the medications and there would be the same amount of pills in there that that's the one I want the day before.

0:4:46.350 --> 0:4:47.790
NJ
So that was a failure.

0:4:48.540 --> 0:4:52.780
NJ
So all of those things, I think that's all that I tried.

0:4:55.490 --> 0:4:59.900
NJ
Ohh, there was a period of time where I I just rode out Monday.

0:4:59.990 --> 0:5:8.350
NJ
You know the days of the week and then I would just little boxes that I just a little rough, crude little grid that I made where she could check off you know.

0:5:8.400 --> 0:5:8.960
NJ
Morning.

0:5:8.970 --> 0:5:11.560
NJ
Evening, where she was to check when she took the pills.

0:5:12.750 --> 0:5:13.800
NJ
That didn't work either.

0:5:14.110 --> 0:5:19.260
NJ
So anyway, so all those are some of the message methods that I've tried, but they failed.

0:5:19.270 --> 0:5:20.990
NJ
It gently and so.

0:5:21.860 --> 0:5:24.250
Cristen Reat
That's a lot of things that you tried.

0:5:24.260 --> 0:5:29.890
Cristen Reat
Let let me ask you this because this has come up with more than one person.

0:5:30.410 --> 0:5:30.620
NJ
This.

0:5:30.100 --> 0:5:38.850
Cristen Reat
So do you think in your mom's case, was it more an issue with not remembering or whatever systems that you're using?

0:5:38.860 --> 0:5:43.0
Cristen Reat
She ignores or just willful, not wanting to take them.

0:5:45.530 --> 0:5:46.570
Cristen Reat
Uh, yeah.

0:5:44.20 --> 0:5:46.890
NJ
Both so because if.

0:5:47.80 --> 0:5:47.770
NJ
Because she?

0:5:47.980 --> 0:5:50.80
NJ
Because with dementia, she know.

0:5:57.490 --> 0:5:57.690
Cristen Reat
Yeah.

0:5:50.90 --> 0:6:5.910
NJ
I'm sure that the the IT waxes and wanes the mental status you know, and so if she understood, if she if she was having one of those clear days where she understood what was going on then she would know that she would need to take the medication.

0:6:5.920 --> 0:6:11.790
NJ
But she may forget to take the medication and then other days it was like you said it was just willful to just.

0:6:11.800 --> 0:6:13.670
NJ
No, you know, just I don't.

0:6:13.680 --> 0:6:14.350
NJ
I don't need it.

0:6:14.390 --> 0:6:15.350
NJ
I'm not gonna take it.

0:6:15.400 --> 0:6:16.890
NJ
And you're trying to make me take it?

0:6:16.900 --> 0:6:18.440
NJ
So I'm really not gonna take it.

0:6:20.160 --> 0:6:20.830
Cristen Reat
Got it.

0:6:19.530 --> 0:6:21.200
NJ
So you just the company?

0:6:20.900 --> 0:6:29.530
Cristen Reat
So when you tried the FaceTime, UM, that was kind of related to another question is what would make you feel confident that the medications were taken.

0:6:34.0 --> 0:6:34.460
NJ
Umm.

0:6:38.820 --> 0:6:39.50
NJ
Like.

0:6:29.540 --> 0:6:41.80
Cristen Reat
So before she was emphasis the sister living and she was like in her own place, it sounds like video confirming was it was something that would have been evidence was there.

0:6:41.140 --> 0:6:45.360
Cristen Reat
Is there any other things that you could have thought of where you'd feel confident that she took it?

0:6:45.370 --> 0:6:47.200
Cristen Reat
Or is it just basically just checking?

0:6:53.870 --> 0:6:54.230
Cristen Reat
OK.

0:6:47.800 --> 0:6:55.450
NJ
No, that was really the only way was for me to see them put them in her mouth because she would tell me.

0:6:55.540 --> 0:6:56.610
NJ
Ohh yes, I took them.

0:6:56.660 --> 0:6:58.100
NJ
You know, I took them with breakfast.

0:6:58.110 --> 0:6:59.90
NJ
Ohh yes, I had to.

0:6:59.100 --> 0:7:8.410
NJ
I had eggs and ham for breakfast and I took it before I took my first flight of him and then I would go over there and the pill would still be in Monday slot, you know?

0:7:9.100 --> 0:7:9.280
Cristen Reat
Yeah.

0:7:8.960 --> 0:7:11.710
NJ
So yeah, so that.

0:7:11.140 --> 0:7:19.930
Cristen Reat
Yep, since you tried so many things, do you have ideas of what a good reminder system would be like?

0:7:19.940 --> 0:7:23.830
Cristen Reat
Like what would it do or what could that look like?

0:7:24.790 --> 0:7:24.940
NJ
Uh.

0:7:24.0 --> 0:7:28.400
Cristen Reat
Whether it's for your mom or even for for you know, Kyle.

0:7:29.190 --> 0:7:38.900
NJ
I think it's solely depends on the person, because for instance, I unfortunately really do just suffer from.

0:7:43.230 --> 0:7:46.920
NJ
Being an overzealous mom, or overprotective or whatever.

0:7:46.930 --> 0:8:1.680
NJ
Whatever term you want to use, but I have a hard time letting go, but really and truly I could set up an alarm on Kyle's phone and for him that would remind him to take his medication everyday, and I know that it would work for him.

0:8:1.830 --> 0:8:12.990
NJ
And so I know that, you know, depending on the disability, I mean, you know, the level of the intellectual disability, then yes, that would work and would work well.

0:8:14.50 --> 0:8:15.600
NJ
And we worked well for Cole.

0:8:15.610 --> 0:8:17.330
NJ
If Mom would just let go, right?

0:8:17.340 --> 0:8:20.580
NJ
But Mom is just a control freak and just hadn't let go.

0:8:20.950 --> 0:8:26.580
NJ
And so I think that's something that we're really work is just an alarm.

0:8:26.630 --> 0:8:38.960
NJ
The only problem with so on your on an iPhone you can put a text in there and so the text would say would just pop up and say take your medicine tile or something like that.

0:8:39.250 --> 0:8:50.760
NJ
But what would be ideal is if, like someone like who's like my mom, who would be a little bit more cognitively, cognitively impaired before she is before she got 2.

0:8:50.850 --> 0:8:51.880
NJ
Extreme right?

0:8:51.970 --> 0:8:52.300
Cristen Reat
Mm-hmm.

0:8:52.10 --> 0:9:0.460
NJ
But if if something would say, take your lesson April, take your Zantac you know, or it's 9:00 AM.

0:9:0.470 --> 0:9:8.400
NJ
Specifics you know, because different people take different medications and different times, and so it would be ideal to have a queue.

0:9:8.410 --> 0:9:11.610
NJ
That said, take your Zantac at night.

0:9:11.620 --> 0:9:12.350
NJ
It's 9:00 AM.

0:9:12.360 --> 0:9:13.200
NJ
Take your Zantac.

0:9:13.980 --> 0:9:15.170
NJ
It's noon.

0:9:15.260 --> 0:9:16.550
NJ
Take your aspirin.

0:9:16.600 --> 0:9:19.30
NJ
Whatever you know, it's 6:00 PM.

0:9:19.40 --> 0:9:26.190
NJ
Take your whatever you know, I think that would be a specific queue like that would be ideal.

0:9:27.800 --> 0:9:44.230
Cristen Reat
So is that why you think unlike with your mom and her and, you know, the cognitive disability and the dementia versus Kyle, why are you confident or fairly confident that a system like that might work for him?

0:9:44.240 --> 0:9:50.70
Cristen Reat
Is that the audio, the text, the, the the customization like why do you?

0:9:50.80 --> 0:9:53.40
Cristen Reat
Why do you feel pretty confident that it would work with him?

0:9:53.950 --> 0:10:15.0
NJ
Because Kyle is very good with structure and routine, those two things if if if he had that queue then eventually after about a month he would know that it's time to to that the alarm would go off and he would know that it's time to get to take his medicine.

0:10:15.320 --> 0:10:20.210
NJ
However, he may if there is more than one, he may not know which one to take.

0:10:21.460 --> 0:10:22.700
Cristen Reat
Hmm hmm.

0:10:20.220 --> 0:10:32.450
NJ
If there a different time, so that is why I'm confident they will work with him, but it needs to go step further than you know, just the alarm.

0:10:33.80 --> 0:10:33.930
Cristen Reat
Just that, right?

0:10:33.940 --> 0:10:34.410
Cristen Reat
Just that.

0:10:34.420 --> 0:10:36.950
Cristen Reat
What what's currently like built into?

0:10:39.320 --> 0:10:39.660
NJ
Umm.

0:10:37.300 --> 0:10:41.910
Cristen Reat
Since you mentioned an iPhone, what so it would need to be something beyond what?

0:10:44.410 --> 0:10:45.100
NJ
Exactly.

0:10:41.920 --> 0:10:46.80
Cristen Reat
Just what's built in, like, more customized? Mm-hmm.

0:10:45.330 --> 0:10:46.940
NJ
Mm-hmm. Yep.

0:10:47.930 --> 0:11:2.560
Cristen Reat
So whether it's with her, whether it's with your mom at that time or with Kyle, what can you tell me a little bit about what might be your biggest frustration in managing medications and maybe you've already covered that?

0:11:3.540 --> 0:11:4.340
NJ
Ohh.

0:11:7.650 --> 0:11:10.520
NJ
Well, I'm not a spring chicken.

0:11:15.260 --> 0:11:15.490
Cristen Reat
Umm.

0:11:11.290 --> 0:11:32.120
NJ
And so sometimes I forget, you know, because it was quite a bit to manage it some it, you know, different points in my life to remind my husband to take what he needed to take remind Kyle what he needed to take and my mom what she needed to take and and me.

0:11:34.550 --> 0:11:34.810
Cristen Reat
Umm.

0:11:32.180 --> 0:11:37.120
NJ
You know, sometimes me, you know, you know, you know, different pairs of time.

0:11:37.130 --> 0:11:46.260
NJ
I was on medication and I am, of course, Mom really forgets because she puts herself less, but so that that was that.

0:11:46.270 --> 0:11:47.840
NJ
That was a huge challenge for me.

0:11:47.850 --> 0:11:50.10
NJ
Just keeping up with everyone.

0:11:50.670 --> 0:11:50.990
Cristen Reat
Umm.

0:11:51.530 --> 0:11:53.500
NJ
Everyone. Everyone.

0:11:53.920 --> 0:11:54.640
Cristen Reat
That's a lot.

0:11:53.870 --> 0:11:55.660
NJ
Yeah, yeah.

0:11:55.730 --> 0:11:59.220
NJ
If it were just one person, it was I.

0:11:59.230 --> 0:12:1.740
NJ
I don't think it was as much of a challenge.

0:12:1.830 --> 0:12:5.380
NJ
As long as I had a reminder myself, you know?

0:12:5.830 --> 0:12:5.990
Cristen Reat
Yeah.

0:12:5.490 --> 0:12:8.850
NJ
But for instance, but they've really that wasn't a challenge.

0:12:8.860 --> 0:12:13.540
NJ
If it's just one because I literally would keep, you know, keep Kyles right.

0:12:13.550 --> 0:12:17.880
NJ
His medication right there are by the refrigerator so that it's visual.

0:12:17.890 --> 0:12:26.700
NJ
It's right there for me to see so that I can, although you know some warnings you're rushing out of the door and you're like he walks out of them.

0:12:26.830 --> 0:12:30.480
NJ
Like God Dang it, I forgot to give it to him, you know?

0:12:30.490 --> 0:12:33.580
NJ
So yeah, yeah.

0:12:32.160 --> 0:12:39.130
Cristen Reat
So with his medications with Kyles, do you leave them in the bottles or you mentioned a pill box with your mom?

0:12:39.140 --> 0:12:45.840
Cristen Reat
Do you use some sort of pill box with Kyle or just or just you physically leave the medications where you can see them?

0:12:46.290 --> 0:12:48.440
NJ
I just physically leave it where I can see them.

0:12:48.650 --> 0:12:48.890
Cristen Reat
Umm.

0:12:48.450 --> 0:12:50.970
NJ
If we're going for vacation, then I'll put it in a box in.

0:12:50.980 --> 0:12:53.60
NJ
I put it in a pill box, you know?

0:12:53.20 --> 0:12:53.530
Cristen Reat
As I said.

0:12:55.900 --> 0:12:56.130
Cristen Reat
OK.

0:13:3.640 --> 0:13:3.930
Cristen Reat
Right.

0:12:53.170 --> 0:13:3.930
NJ
But no, but generally yeah, a few times I try to do that, but then it I found it wasn't even necessary because, you know, like it pretty much remember if it's just him what?

0:13:3.940 --> 0:13:6.970
Cristen Reat
And it's only it sounded like you said they're just as needed.

0:13:8.210 --> 0:13:10.30
NJ
Right, right.

0:13:10.40 --> 0:13:10.750
NJ
Exactly.

0:13:7.40 --> 0:13:11.350
Cristen Reat
There's at the moment there's not anything regular that makes sense.

0:13:10.840 --> 0:13:11.420
NJ
Exactly.

0:13:11.490 --> 0:13:11.950
NJ
Exactly.

0:13:12.280 --> 0:13:12.950
NJ
Yeah. Yep.

0:13:11.420 --> 0:13:17.360
Cristen Reat
OK, so kind of a follow up to the you know, what's the biggest frustration?

0:13:17.370 --> 0:13:21.490
Cristen Reat
What is the best part or positive part of managing Kyle's medications?

0:13:25.260 --> 0:13:25.600
Cristen Reat
If any.

0:13:22.770 --> 0:13:26.50
NJ
Ohh exit.

0:13:26.520 --> 0:13:27.540
NJ
Well, absolutely.

0:13:34.650 --> 0:13:34.800
Cristen Reat
Yeah.

0:13:27.550 --> 0:13:43.840
NJ
We just have to be the relief that he gets, you know, when the from the medication working, you know, because and like specifically he has some some GI upset when he's nervous you know or or or anxious.

0:13:44.250 --> 0:13:48.30
NJ
And so his his stomach heal complained of a stomach ache.

0:13:48.430 --> 0:13:55.860
NJ
And so I know as a nurse that that's just an increase of these secretions in his stomach based on stress.

0:13:56.170 --> 0:14:9.320
NJ
And so to quail that then he has his prescriptions Zantac or Pepcid or, you know, or whatever to just, you know, just call me stomach down.

0:14:19.770 --> 0:14:20.30
Cristen Reat
Yeah.

0:14:9.600 --> 0:14:22.580
NJ
And so that's why I said it's ideally he would take it everyday, but he doesn't really need it every day, like especially during the summer months because he doesn't have that anxiety in that that you know that. Yeah.

0:14:22.690 --> 0:14:23.550
NJ
So it's a little different.

0:14:26.290 --> 0:14:26.750
Cristen Reat
Got it.

0:14:27.130 --> 0:14:28.10
NJ
Yeah, yeah.

0:14:28.730 --> 0:14:37.210
Cristen Reat
So back to kind of another little follow up to the whether it's the pill bottles themselves or a pill organizer.

0:14:37.760 --> 0:14:38.0
NJ
Umm.

0:14:38.110 --> 0:14:40.0
Cristen Reat
Umm, how much?

0:14:50.50 --> 0:14:50.350
NJ
To the.

0:14:40.390 --> 0:14:52.340
Cristen Reat
So again, in thinking about your mom, when you used to organize the pills, and then it, you know, eventually it just didn't work out because because, you know, she was not taking them.

0:14:52.770 --> 0:14:53.940
Cristen Reat
How much time?

0:14:53.950 --> 0:15:1.420
Cristen Reat
Just as a caregiver, would you expect to put into some sort of organizer or a tool for it to work?

0:15:2.510 --> 0:15:2.750
NJ
Umm.

0:15:1.530 --> 0:15:8.560
Cristen Reat
So some people have just described, you know, their elaborate kind of regimens and and how time intensive it is.

0:15:8.570 --> 0:15:9.470
Cristen Reat
So how much time?

0:15:10.160 --> 0:15:19.740
Cristen Reat
Umm, you know, would you expect to put it into some sort of tool or method or system like per day or per week or if there's a, if there's a way you can estimate that?

0:15:20.360 --> 0:15:23.670
NJ
Right, so my mom, fortunately, is heavy.

0:15:23.680 --> 0:15:25.190
NJ
I mean healthy generally.

0:15:27.640 --> 0:15:28.90
Cristen Reat
Hmm.

0:15:25.400 --> 0:15:31.910
NJ
So she only took two medications, you know, and so, so minimal time.

0:15:37.30 --> 0:15:37.260
Cristen Reat
Mm-hmm.

0:15:31.920 --> 0:15:39.100
NJ
Like I would go over every Sunday to feel the pill, case up, the pill organizer and I would take 5 minutes.

0:15:39.110 --> 0:15:40.170
NJ
Literally 5 minutes.

0:15:40.880 --> 0:15:41.240
NJ
Umm.

0:15:41.680 --> 0:15:49.250
NJ
However, for instance, I know now if this assisted living facility she's on 4/4.

0:15:51.340 --> 0:15:55.630
NJ
Yes, four prescription medications and then one over the counter medication.

0:16:8.230 --> 0:16:8.520
Cristen Reat
Umm.

0:15:56.220 --> 0:16:13.890
NJ
And so that and there are different times of the day you know, so it still could be done weekly, but it would take probably 15 or 20 minutes to sort the the times and the actual medications out for her.

0:16:13.830 --> 0:16:14.380
Cristen Reat
Umm.

0:16:19.500 --> 0:16:19.610
NJ
The.

0:16:15.30 --> 0:16:22.260
Cristen Reat
And for for Kyle, when you talked about kind of the reminders or the customized kind of messages for him?

0:16:22.880 --> 0:16:23.90
NJ
Umm.

0:16:23.80 --> 0:16:23.520
Cristen Reat
Umm.

0:16:23.660 --> 0:16:34.390
Cristen Reat
If if in whatever form, if that requires some sort of setup like what, what time, how much time would you expect to put into that to set that up?

0:16:35.570 --> 0:16:35.830
NJ
Umm.

0:16:34.780 --> 0:16:38.30
Cristen Reat
Like, do you have an ideal time?

0:16:38.390 --> 0:16:38.650
NJ
OK.

0:16:40.610 --> 0:16:42.860
NJ
OK, right.

0:16:38.140 --> 0:16:44.950
Cristen Reat
Have you done that either for yourself or ever with anyone else, and that this could also be like a nursing question to you?

0:16:48.600 --> 0:16:48.930
NJ
A.

0:16:44.960 --> 0:16:50.60
Cristen Reat
Like if you set some things up, how much time is spent putting into a system or a tool?

0:17:2.970 --> 0:17:3.200
Cristen Reat
Mm-hmm.

0:17:7.500 --> 0:17:7.660
Cristen Reat
Yeah.

0:16:50.990 --> 0:17:7.700
NJ
Again, probably 15 minutes or left or less because it would just be a matter of entering the time on the clock as I'm setting it as an alarm and then repeat, you know, a daily repeat or a weekly repeat or whatever, you know.

0:17:11.50 --> 0:17:11.350
Cristen Reat
OK.

0:17:8.50 --> 0:17:12.320
NJ
So probably again 15 minutes. Umm.

0:17:12.530 --> 0:17:14.650
Cristen Reat
How much do you want to know?

0:17:15.370 --> 0:17:20.400
Cristen Reat
Umm about the efficacy or or side effects of medication.

0:17:20.410 --> 0:17:25.830
Cristen Reat
So in other words, what do you wanna learn about the medication information?

0:17:27.570 --> 0:17:27.930
NJ
Yeah.

0:17:26.910 --> 0:17:28.250
Cristen Reat
Like, do you want to know that?

0:17:29.330 --> 0:17:33.0
NJ
So UM as a nurse and mom?

0:17:33.280 --> 0:17:33.540
Cristen Reat
Umm.

0:17:34.60 --> 0:17:36.980
NJ
Umm, but I'm a little.

0:17:45.850 --> 0:17:46.70
Cristen Reat
Mm-hmm.

0:17:37.530 --> 0:17:56.120
NJ
I'm a little odd or different and that I really don't like to take a lot of medications or give some a lot of medications, and so I read everything and so I read about the efficacy and I read about the side effects.

0:17:56.450 --> 0:18:1.400
NJ
And then I also do a lot of trying to 1st find out.

0:18:1.410 --> 0:18:8.240
NJ
You know, there's something homeopathic that I can give as a matter of fact, that's something I always deal is something extremely serious.

0:18:8.250 --> 0:18:23.40
NJ
But I always try and read and try and do something over the counter or something holistic before I make a doctor's appointment because if I can Umm if I can fix it myself, or like even like using old school methods.

0:18:23.50 --> 0:18:26.600
NJ
It I used, you know, the grandmother juiced with us as kids.

0:18:26.830 --> 0:18:27.750
NJ
Then I'm gonna do that.

0:18:27.760 --> 0:18:29.860
NJ
If that doesn't work, then we're going to the doctor.

0:18:30.250 --> 0:18:41.720
NJ
So circling back to what you were saying, once we make it to the doctor and he's prescribed something, then as soon as I get home, I'm going to be Googling and reading a see.

0:18:42.700 --> 0:18:44.350
Cristen Reat
That's exactly what I was getting at.

0:18:45.700 --> 0:18:46.930
NJ
And side effects.

0:18:46.940 --> 0:18:51.40
NJ
So yes, I'm very interested in both of those things.

0:18:53.90 --> 0:18:54.480
Cristen Reat
As a caregiver, right?

0:18:55.940 --> 0:18:56.110
NJ
Yes.

0:18:54.490 --> 0:19:10.270
Cristen Reat
So as a caregiver, so this question also, you know, when we're talking with with individuals who would be using themselves, they're just, they're many who, who have described how they are told to take stuff and they don't know why they're on it.

0:19:11.470 --> 0:19:12.230
NJ
That would be my husband.

0:19:13.340 --> 0:19:14.250
NJ
That would be my husband.

0:19:14.640 --> 0:19:15.130
NJ
Ohh right.

0:19:14.740 --> 0:19:15.330
Cristen Reat
Yeah.

0:19:15.400 --> 0:19:15.690
Cristen Reat
No.

0:19:15.140 --> 0:19:16.150
NJ
He's not gonna read any.

0:19:19.10 --> 0:19:19.400
NJ
Uh.

0:19:15.740 --> 0:19:26.470
Cristen Reat
So we're just trying to understand like the education piece is that, would that be a helpful part of a system or a tool like how much do you wanna know about why you're taking what you're taking?

0:19:30.610 --> 0:19:30.890
Cristen Reat
Sure.

0:19:26.800 --> 0:19:33.30
NJ
Umm, taking off the nurses hat and let's and let's pretend like I'm my husband.

0:19:33.40 --> 0:19:35.570
NJ
Just a caregiver and a parent or or right?

0:19:35.640 --> 0:19:35.880
NJ
Right.

0:19:35.270 --> 0:19:36.430
Cristen Reat
OK. Mm-hmm.

0:19:37.970 --> 0:19:57.620
NJ
He would want information, but it would need to be very condensed and to the point because and I think this is with several people, especially with elderly people, they're not going to read a whole bunch of information about, you know, side effects or, I mean, generally speaking, of course.

0:19:57.760 --> 0:19:58.100
Cristen Reat
Mm-hmm.

0:20:6.940 --> 0:20:7.100
Cristen Reat
Yeah.

0:19:57.930 --> 0:20:9.650
NJ
And so I think if there were just like bullet points, you know, this medication is for your blood pressure and don't take these foods with this medication.

0:20:10.530 --> 0:20:12.70
NJ
Can you know something?

0:20:12.80 --> 0:20:14.160
NJ
Just broad.

0:20:14.570 --> 0:20:19.50
NJ
That's the word for others, I think.

0:20:19.120 --> 0:20:19.360
Cristen Reat
Yeah.

0:20:19.110 --> 0:20:20.250
NJ
Or at yeah.

0:20:21.270 --> 0:20:30.220
Cristen Reat
So how important would it be for you in any of these roles as a caregiver or for yourself or or as a nurse?

0:20:30.270 --> 0:20:33.800
Cristen Reat
How important would it be for you to understand how many?

0:20:33.850 --> 0:20:38.790
Cristen Reat
How the medications are working or and or how the side effects are affecting you?

0:20:38.800 --> 0:20:52.290
Cristen Reat
And the question here is more on the terms of like like a scale and the best example I can give is is with the COVID vaccines right for anybody who registered with the National registry would get that little text message.

0:20:52.550 --> 0:20:52.720
Cristen Reat
Hey.

0:20:52.730 --> 0:20:53.840
Cristen Reat
Hey, how are you feeling?

0:20:55.200 --> 0:20:55.670
NJ
Umm.

0:20:53.850 --> 0:21:3.680
Cristen Reat
And they did a little, a little scale for you to say, you know, to track, to track side effects is would that be something important for you?

0:21:3.690 --> 0:21:7.600
Cristen Reat
Would that be something that you that would be helpful or just a distraction?

0:21:14.320 --> 0:21:15.390
NJ
As a nurse?

0:21:15.400 --> 0:21:16.0
NJ
Caregiver.

0:21:17.160 --> 0:21:19.550
NJ
Probably a distraction.

0:21:20.390 --> 0:21:20.620
Cristen Reat
Mm-hmm.

0:21:20.130 --> 0:21:21.200
NJ
Just a distraction.

0:21:22.160 --> 0:21:25.140
NJ
Umm yeah, yeah.

0:21:30.520 --> 0:21:30.680
Cristen Reat
OK.

0:21:28.850 --> 0:21:30.880
NJ
Yeah, yeah.

0:21:31.10 --> 0:21:34.240
NJ
If it's for me, if you know it's kind of weird.

0:21:34.250 --> 0:21:42.790
NJ
If, if it's a fact finding you know, like like you said, like you just mentioned, how are you feeling something like that?

0:21:42.890 --> 0:21:44.250
NJ
For me, that would be a distraction.

0:21:44.940 --> 0:21:50.820
NJ
Umm, but if it's information being provided to me, then that's not a distraction and that would welcome that.

0:21:51.550 --> 0:21:51.820
Cristen Reat
Mm-hmm.

0:21:52.970 --> 0:21:54.580
NJ
Yeah, that makes.

0:21:54.200 --> 0:21:54.670
Cristen Reat
OK.

0:22:1.850 --> 0:22:2.80
NJ
Umm.

0:21:54.750 --> 0:22:9.820
Cristen Reat
So kind of in the context also of of kind of let's say a medication as prescribed, you're taking it and then six weeks later or you know whether it's a virtual visit or in person, you've got to communicate back.

0:22:9.830 --> 0:22:11.620
Cristen Reat
Like, hey, how do you think this is working?

0:22:13.230 --> 0:22:13.860
Cristen Reat
You know what?

0:22:13.870 --> 0:22:19.350
Cristen Reat
It's some sort of tracking information or, you know, symptom tracker.

0:22:19.770 --> 0:22:19.960
NJ
Umm.

0:22:19.820 --> 0:22:20.190
Cristen Reat
Yeah.

0:22:20.200 --> 0:22:26.370
Cristen Reat
Be helpful in kind of reporting back to to understand how how the medication is working.

0:22:30.920 --> 0:22:31.490
Cristen Reat
Mm-hmm.

0:22:27.420 --> 0:22:32.990
NJ
If it's succinct, yes, you know, like like scale of 1 to 10, you know?

0:22:33.40 --> 0:22:33.690
NJ
Yeah.

0:22:31.530 --> 0:22:33.880
Cristen Reat
Got it. Yeah.

0:22:33.880 --> 0:22:35.210
NJ
Then yes, absolutely.

0:22:35.220 --> 0:22:41.410
NJ
Just something I can just quickly you know answer if it's gonna be a 10 question survey.

0:22:42.650 --> 0:22:44.210
Cristen Reat
Not really. OK.

0:22:41.500 --> 0:22:44.340
NJ
No, no, no, no.

0:22:45.60 --> 0:22:46.170
NJ
Excuse me one second, though.

0:22:46.180 --> 0:22:46.550
NJ
OK.

0:22:46.910 --> 0:22:47.130
Cristen Reat
Sure.

0:22:46.940 --> 0:22:48.360
NJ
I'm gonna tell Christy.

0:22:48.400 --> 0:22:48.870
NJ
Hey, Chris.

0:22:50.170 --> 0:22:52.180
NJ
Hey, Chris, can you?

0:22:52.190 --> 0:22:57.200
NJ
Uh, make sure that Kyle is brushing his teeth and washing his face and getting dressed.

0:22:57.590 --> 0:22:58.240
NJ
OK.

0:22:58.290 --> 0:22:59.320
NJ
OK, thanks.

0:22:59.890 --> 0:23:0.850
NJ
Alright, sorry about that.

0:23:0.900 --> 0:23:1.710
Cristen Reat
That's OK.

0:23:1.720 --> 0:23:3.320
Cristen Reat
No, I've got one more question.

0:23:3.730 --> 0:23:4.10
NJ
OK.

0:23:4.580 --> 0:23:8.880
Cristen Reat
This is the last one so and you may have already answered it.

0:23:8.890 --> 0:23:14.550
Cristen Reat
I don't know if you had a magic wand when it came to medication management in any of these roles.

0:23:14.820 --> 0:23:15.720
Cristen Reat
What would you do with it?

0:23:20.430 --> 0:23:25.320
Cristen Reat
If you could create your own perfect thing, what would you do with it?

0:23:24.230 --> 0:23:26.800
NJ
I would have umm.

0:23:30.360 --> 0:23:30.590
NJ
Umm.

0:23:32.350 --> 0:23:33.640
NJ
Well, two things came to mind.

0:23:35.30 --> 0:23:35.330
Cristen Reat
No.

0:23:34.30 --> 0:23:39.780
NJ
The first thing that came to mind was that I want somebody's calling calling back.

0:23:39.950 --> 0:23:50.640
NJ
I would have a robot ohm administered the medications on time and make sure that they took them, that that would.

0:23:50.650 --> 0:23:55.540
NJ
That would be ideal if I had a magic wand, but realistically a magic wand.

0:23:59.200 --> 0:24:1.10
NJ
I think I probably already answered it.

0:24:1.60 --> 0:24:5.210
NJ
It would just be some sort of tool that would just tell them.

0:24:5.340 --> 0:24:7.490
NJ
I thought that wouldn't tell me if they took it or not.

0:24:8.920 --> 0:24:11.750
NJ
Maybe I don't know if there were some tool.

0:24:12.780 --> 0:24:14.450
NJ
Ohh well OK.

0:24:14.460 --> 0:24:16.490
NJ
So maybe if the tool not only.

0:24:18.50 --> 0:24:19.270
NJ
Reminded them.

0:24:19.660 --> 0:24:23.310
NJ
Ohh that's what would work if the tool yes OK.

0:24:23.420 --> 0:24:33.210
NJ
If the tool reminded them to take the medication and then after they took the medication then they would have to do something, I don't know.

0:24:33.320 --> 0:24:35.990
NJ
Press a button to say taken you know.

0:24:36.920 --> 0:24:46.400
NJ
Umm, I think that would give me some peace to know that they've taken, although my mother probably would have pushed the button and said she took it and it didn't really take it.

0:24:47.390 --> 0:24:49.30
Cristen Reat
I want to hear more about the robot.

0:24:50.670 --> 0:24:52.280
Cristen Reat
Tell me about more about this robot.

0:24:53.670 --> 0:24:55.970
NJ
I need the robot to be able to go up the stairs.

0:24:56.610 --> 0:24:57.60
NJ
What?

0:24:57.640 --> 0:25:1.460
NJ
And then the medication stand there and make sure he takes it.

0:25:1.470 --> 0:25:6.910
NJ
And then come on back down or can go into a closet until it's time to come back out again.

0:25:8.480 --> 0:25:9.210
Cristen Reat
I love it.

0:25:10.470 --> 0:25:11.270
NJ
Yeah.

0:25:11.360 --> 0:25:12.670
NJ
Yeah, I think that's it.

0:25:12.270 --> 0:25:12.940
Cristen Reat
That's awesome.

0:25:12.950 --> 0:25:13.420
Cristen Reat
OK.

0:25:13.510 --> 0:25:20.660
Cristen Reat
That's all I have, except are the last thing is really if what didn't I ask you if is there anything else?

0:25:21.330 --> 0:25:22.800
Cristen Reat
Final final thoughts.

0:25:22.810 --> 0:25:27.70
Cristen Reat
Final comments or anything that I didn't ask you that you wish I had asked.

0:25:33.800 --> 0:25:36.760
NJ
Ohh no no.

0:25:43.410 --> 0:25:43.610
Cristen Reat
No.

0:25:40.540 --> 0:25:45.690
NJ
No, no, no, no, no, no, I don't think so.

0:25:45.760 --> 0:25:53.170
NJ
But what I would like to know though is if you would just keep me posted on the progress that you guys make.

0:25:53.180 --> 0:26:2.440
NJ
Like if you get, I'd love to know if you get the grant and then a year from now if y'all have developed your app or or or not.

0:26:2.500 --> 0:26:6.0
NJ
You know, just keep me posted on the progression cause that, yeah.

0:26:9.10 --> 0:26:9.220
NJ
OK.

0:26:5.840 --> 0:26:20.350
Cristen Reat
I will absolutely keep you posted and I am still offering the gift card if you for your time and really our plan would be umm, whether we get the grant or not.

0:26:21.110 --> 0:26:21.950
Cristen Reat
We're so committed.

0:26:24.560 --> 0:26:35.830
Cristen Reat
We're so committed to it at this point because we put so much work in and we feel so strongly and we've talked to and so many people that that were just committed to getting it done somehow.

0:26:36.260 --> 0:26:36.590
NJ
Ohh.

0:26:36.910 --> 0:26:43.880
Cristen Reat
So we may, we may just try to work with a corporate sponsor or we're really committed to it.

0:26:43.890 --> 0:26:47.200
Cristen Reat
So we do wanna circle back to let people know.

0:26:47.210 --> 0:26:53.300
Cristen Reat
First of all, the update and then eventually when we have what is called a minimum viable product.

0:26:53.330 --> 0:26:53.550
NJ
Mm-hmm.

0:26:59.430 --> 0:26:59.630
NJ
Mm-hmm.

0:26:53.530 --> 0:27:2.690
Cristen Reat
Meaning, like even just a like a map of how a tool would work that we wanted additional feedback on that.

0:27:2.700 --> 0:27:12.260
Cristen Reat
So if I could put a yes by your name that that it whether it's this fall or next spring or something, if you'd be willing to to answer more questions that would be ideal.

0:27:12.980 --> 0:27:14.420
NJ
Sure, sure, sure, sure.

0:27:14.580 --> 0:27:15.60
Cristen Reat
So.

0:27:14.640 --> 0:27:18.70
NJ
Yes, yes, I have all the time in the world.

0:27:19.190 --> 0:27:19.930
Cristen Reat
Look at you.

0:27:22.810 --> 0:27:23.450
Cristen Reat
I love it.

0:27:23.580 --> 0:27:23.820
Cristen Reat
No.

0:27:24.700 --> 0:27:26.130
Cristen Reat
Well, that's that's it.

0:27:26.140 --> 0:27:26.990
Cristen Reat
That's all.

0:27:25.430 --> 0:27:27.570
NJ
And OK, great.

0:27:27.580 --> 0:27:27.760
NJ
Great.

0:27:27.360 --> 0:27:28.730
Cristen Reat
That's all I've got.

0:27:28.890 --> 0:27:29.290
NJ
OK.

0:27:28.740 --> 0:27:31.270
Cristen Reat
And so thank you so much for your time.

0:27:31.280 --> 0:27:33.230
Cristen Reat
Please make sure to tell Chris Hello.

0:27:30.800 --> 0:27:34.630
NJ
That's absolutely I will.

0:27:34.440 --> 0:27:35.610
Cristen Reat
And Kyle hulett.

0:27:35.620 --> 0:27:36.600
Cristen Reat
Tellem, Vincent says.

0:27:36.610 --> 0:27:37.110
Cristen Reat
Hello.

0:27:37.360 --> 0:27:37.580
NJ
Uh.

0:27:37.120 --> 0:27:39.610
Cristen Reat
And then maybe at some point I'll see you in person.

0:27:40.180 --> 0:27:41.560
NJ
Yes, that would be great.

0:27:42.460 --> 0:27:42.930
Cristen Reat
OK.

0:27:42.940 --> 0:27:44.210
Cristen Reat
Thanks so much, Natalie.

0:27:41.630 --> 0:27:45.140
NJ
OK, alright. Of course.

0:27:45.150 --> 0:27:46.890
NJ
Take good care that.

0:27:45.920 --> 0:27:47.30
Cristen Reat
OK, you too.

0:27:47.40 --> 0:27:47.230
Cristen Reat
Bye bye.