0:0:0.0 --> 0:0:2.500
Amy Fuchs
I'm still trying to, you know, reacclimate.

0:0:2.990 --> 0:0:3.460
Amy Fuchs
Umm.

0:0:3.930 --> 0:0:4.480
Amy Fuchs
OK.

0:0:4.490 --> 0:0:12.280
Amy Fuchs
So yeah, with that in mind, just you know, you could start by just talking about kind of your role with the patient.

0:0:12.290 --> 0:0:20.610
Amy Fuchs
So as far as you know, prescribing, but also you know what kind of information they ask you for just everything you want me to know about it?

0:0:21.310 --> 0:0:21.570
Peacock, Cynthia
OK.

0:0:23.710 --> 0:0:36.530
Peacock, Cynthia
So I think things have in the past it was hard to reconcile medlist because we, you know, in a long, long time ago in a far away place, we didn't have electronic health records.

0:0:37.110 --> 0:0:37.350
Amy Fuchs
Right.

0:0:38.0 --> 0:0:50.110
Peacock, Cynthia
Now we have electronic health records and the beauty of electronic health records even now is that we have health information sharing amongst entities, so.

0:0:52.700 --> 0:1:10.170
Peacock, Cynthia
You know, if somebody goes into the Herman memorial system or the UT BU TMB, anybody with Epic, which is what we use as a medical record, is interfacing with that and that ohm information can be reconciled in the chart when we see the patient.

0:1:11.250 --> 0:1:30.880
Peacock, Cynthia
So ideally, when a nurse walks in the room there to see the patient prior to the doctor coming in, and this is probably in general for most practices outpatient practices is they ask the family, has there been any changes in medication since the last visit?

0:1:42.20 --> 0:1:42.360
Amy Fuchs
Umm.

0:1:31.270 --> 0:1:43.120
Peacock, Cynthia
And ohh by the way, I'm reconciling your Med list and I see that you went and saw the dermatology at UTM B and they now have you on Humira, is that correct?

0:1:43.330 --> 0:1:44.500
Peacock, Cynthia
And is it this dose?

0:1:44.510 --> 0:1:44.900
Peacock, Cynthia
Yes.

0:1:44.910 --> 0:1:47.980
Peacock, Cynthia
OK, I'm gonna bring that in to our chart.

0:1:47.990 --> 0:1:48.880
Peacock, Cynthia
Reconcile it.

0:1:48.890 --> 0:1:50.10
Peacock, Cynthia
Put it into the list.

0:1:51.630 --> 0:1:55.280
Peacock, Cynthia
That's if everybody's got time to do it and it's done, right.

0:1:55.290 --> 0:1:59.830
Peacock, Cynthia
You know, you can imagine everything, so nothing's perfect.

0:2:2.190 --> 0:2:15.940
Peacock, Cynthia
Families then, after the after visit, summary the we we give everybody an after visit summary and and again most outpatient practices do that what they are printing out to the patient is instructions things.

0:2:15.950 --> 0:2:16.730
Peacock, Cynthia
Remember to do.

0:2:17.760 --> 0:2:21.270
Peacock, Cynthia
Uh, you know, whatever that would be that the doctor wants him to know.

0:2:21.280 --> 0:2:24.190
Peacock, Cynthia
But they're also printing out their Med list.

0:2:25.700 --> 0:2:30.870
Peacock, Cynthia
And so they do get a copy of their Med list, #1, and then #2.

0:2:31.900 --> 0:2:36.540
Peacock, Cynthia
They have portals that they can get apps put on their phone.

0:2:36.860 --> 0:2:40.900
Peacock, Cynthia
They can go into the portal, they can see what their meds are via the portal.

0:2:40.910 --> 0:2:59.610
Peacock, Cynthia
So we're we're coming of age when it comes to medical care and and you know if I'm on call over the weekend, I know enough information now that when somebody calls me and says Doctor Peacock, I didn't get my refill.

0:2:59.980 --> 0:3:4.760
Peacock, Cynthia
I can say ohh you did I see it here. Doctor.

0:3:4.770 --> 0:3:6.500
Peacock, Cynthia
Barons gave it to you on Friday.

0:3:6.510 --> 0:3:7.750
Peacock, Cynthia
He gave you 3 refills.

0:3:7.760 --> 0:3:11.700
Peacock, Cynthia
He sent it to this Walgreens and the the pair goes.

0:3:11.710 --> 0:3:13.860
Peacock, Cynthia
Oh, that's not the Walgreens.

0:3:13.870 --> 0:3:14.940
Peacock, Cynthia
I wanted it at.

0:3:17.800 --> 0:3:18.220
Amy Fuchs
Umm.

0:3:14.950 --> 0:3:18.250
Peacock, Cynthia
OK, well, let's get it to the right, Walgreens, OK, stuff like that.

0:3:20.610 --> 0:3:22.810
Peacock, Cynthia
Basically, you can't lie anymore.

0:3:22.630 --> 0:3:23.780
Amy Fuchs
Right, right.

0:3:23.830 --> 0:3:25.120
Peacock, Cynthia
You know, it's. It's I.

0:3:25.130 --> 0:3:26.860
Peacock, Cynthia
I'm always calling patients out. Yeah.

0:3:26.870 --> 0:3:28.180
Peacock, Cynthia
No, that's not what happened.

0:3:28.190 --> 0:3:29.200
Peacock, Cynthia
I can see it right here.

0:3:29.210 --> 0:3:31.30
Peacock, Cynthia
So. Umm.

0:3:32.760 --> 0:3:40.870
Peacock, Cynthia
Parents, we get a lot of apathy in our clinic and I don't know why.

0:3:40.880 --> 0:3:42.460
Peacock, Cynthia
Maybe it's burnout, caregiver burnout.

0:3:44.150 --> 0:3:48.60
Peacock, Cynthia
Umm, a lot of families will say, yeah, yeah, nothing's changed.

0:3:49.870 --> 0:3:53.860
Peacock, Cynthia
And you know, the nurse just goes with it, you know, goes on and does everything else.

0:3:53.870 --> 0:3:54.130
Peacock, Cynthia
Wait.

0:3:54.140 --> 0:3:55.790
Peacock, Cynthia
Vital signs and then gets out of the room.

0:3:57.370 --> 0:4:0.90
Peacock, Cynthia
And then it's always inevitable.

0:4:0.170 --> 0:4:0.660
Peacock, Cynthia
Two days.

0:4:0.670 --> 0:4:5.700
Peacock, Cynthia
Two weeks later, the the the family members requesting a refill on something.

0:4:5.710 --> 0:4:9.360
Peacock, Cynthia
And I'm sending the my chart saying that's not in our medlist.

0:4:9.370 --> 0:4:12.180
Peacock, Cynthia
We're this come from you didn't add it.

0:4:12.190 --> 0:4:13.360
Peacock, Cynthia
You didn't tell me about it.

0:4:13.370 --> 0:4:13.900
Peacock, Cynthia
You didn't.

0:4:14.130 --> 0:4:14.870
Peacock, Cynthia
I don't see it.

0:4:14.880 --> 0:4:15.740
Peacock, Cynthia
You know that kind of stuff.

0:4:15.750 --> 0:4:17.680
Peacock, Cynthia
So we get a lot of that.

0:4:22.160 --> 0:4:38.210
Peacock, Cynthia
A lot of the systems, the electronic health systems when you're interacting with them can be interactive before the visit, so a lot of times institutions gains will send reminders to you that you have an upcoming visit.

0:4:38.620 --> 0:4:39.390
Peacock, Cynthia
Please go in.

0:4:39.400 --> 0:4:40.510
Peacock, Cynthia
Check your insurance.

0:4:40.520 --> 0:4:41.570
Peacock, Cynthia
Check your Med list.

0:4:41.580 --> 0:4:47.340
Peacock, Cynthia
Check your allergies and they ask you, you know, they make you go through this process of are you on this?

0:4:47.350 --> 0:4:47.710
Peacock, Cynthia
Yes.

0:4:47.720 --> 0:4:48.70
Peacock, Cynthia
What?

0:4:48.80 --> 0:4:48.880
Peacock, Cynthia
How much is it?

0:4:48.890 --> 0:4:49.190
Peacock, Cynthia
Yes.

0:4:49.200 --> 0:4:52.170
Peacock, Cynthia
And that kind of stuff, but we still get a lot of apathy.

0:4:52.180 --> 0:4:53.400
Peacock, Cynthia
People don't do that either.

0:4:54.860 --> 0:4:55.160
Amy Fuchs
Umm.

0:4:55.560 --> 0:4:56.500
Peacock, Cynthia
I think when people.

0:4:59.140 --> 0:5:1.730
Peacock, Cynthia
And tell me if I'm going on a tangent here, because I you know, I can.

0:5:1.100 --> 0:5:2.320
Amy Fuchs
Nope, you're fine.

0:5:2.990 --> 0:5:5.790
Peacock, Cynthia
I'm just giving you what I you know what we deal with?

0:5:6.520 --> 0:5:12.150
Peacock, Cynthia
Umm, a lot of times what happens is where they needed is.

0:5:12.300 --> 0:5:17.720
Peacock, Cynthia
They're going to a day Hab program and the day have program needs to know the PRN's or whatever.

0:5:17.730 --> 0:5:19.610
Peacock, Cynthia
You know what are they supposed to administer?

0:5:22.220 --> 0:5:22.660
Amy Fuchs
Uh-huh.

0:5:19.620 --> 0:5:32.320
Peacock, Cynthia
Depending on you know what the day program does, so then my nurse has to get on the phone, go over the list with the family and invariably it's wrong because they haven't updated it.

0:5:33.460 --> 0:5:35.890
Peacock, Cynthia
So it's it.

0:5:35.900 --> 0:5:37.990
Peacock, Cynthia
It's a lot more is about empowerment.

0:5:38.0 --> 0:5:45.580
Peacock, Cynthia
I think there's a lot out there that they interact with that they use.

0:5:47.410 --> 0:5:54.90
Peacock, Cynthia
I don't know how much you would need to reinvent the wheel, so to speak, unless they're in a private practice.

0:5:55.410 --> 0:5:57.760
Peacock, Cynthia
We're nobody's on the electronic health record.

0:5:58.150 --> 0:5:58.460
Amy Fuchs
Umm.

0:5:57.770 --> 0:6:16.320
Peacock, Cynthia
You know, they don't use a system, a big system or anything, but most of these individuals have Medicaid and anybody that takes Medicaid is uh, usually academic centers, big healthcare entities and that have the, you know, the option of doing something like that. So.

0:6:16.460 --> 0:6:16.760
Amy Fuchs
Umm.

0:6:19.750 --> 0:6:30.470
Peacock, Cynthia
I guess I, you know, I'm not really sure what you guys are looking at or what you're trying to look at, but you, you and I don't know what families are saying either that's that would be great.

0:6:30.530 --> 0:6:32.550
Peacock, Cynthia
I mean, I I think you're interviewing families, right?

0:6:32.820 --> 0:6:33.740
Amy Fuchs
We are, yes.

0:6:33.80 --> 0:6:40.210
Peacock, Cynthia
I would, yeah, I would love to know what they say because you know my perspective, it probably is completely different than theirs.

0:6:40.760 --> 0:6:41.180
Amy Fuchs
Right.

0:6:41.960 --> 0:6:48.70
Peacock, Cynthia
We also, you know, the care plans that you have for if you have home care in your house.

0:6:48.170 --> 0:6:48.440
Amy Fuchs
Umm.

0:6:48.180 --> 0:6:52.670
Peacock, Cynthia
OK, umm, we get tons of those.

0:6:54.40 --> 0:7:1.250
Peacock, Cynthia
And let me tell you something, as a physician that comes across as a fax, it's not part of the record.

0:7:1.420 --> 0:7:4.470
Peacock, Cynthia
It's not like you know those things.

0:7:4.820 --> 0:7:19.300
Peacock, Cynthia
Our next step in the world of sharing electronic health records is sharing with everybody that interacts with that patient, because in general they don't share with like the folks that do case management, care coordination, that kind of stuff.

0:7:19.560 --> 0:7:19.970
Amy Fuchs
Hmm.

0:7:19.310 --> 0:7:24.110
Peacock, Cynthia
But anyways umm, when that fax comes over, do you think I read that? Amy?

0:7:24.680 --> 0:7:25.540
Amy Fuchs
Probably not.

0:7:25.860 --> 0:7:27.440
Peacock, Cynthia
No, I just signed it and sent it better.

0:7:28.520 --> 0:7:28.690
Amy Fuchs
Yeah.

0:7:28.150 --> 0:7:28.960
Peacock, Cynthia
So I'm not.

0:7:29.170 --> 0:7:31.770
Peacock, Cynthia
I'm not checking the, I'm not checking the meds.

0:7:31.780 --> 0:7:32.180
Peacock, Cynthia
I'm not.

0:7:33.660 --> 0:7:34.620
Amy Fuchs
Right, right.

0:7:32.230 --> 0:7:40.840
Peacock, Cynthia
I'm not checking anything because I would stay here every night till midnight if I had to read every piece of paper that I signed.

0:7:40.850 --> 0:7:45.120
Peacock, Cynthia
So you know that's that's always been interesting to me because.

0:7:47.370 --> 0:7:56.220
Peacock, Cynthia
Nurses are incredibly talented, incredibly diligent about reconciling, specially if they're in the home.

0:7:57.20 --> 0:7:57.290
Amy Fuchs
Umm.

0:7:57.290 --> 0:7:59.680
Peacock, Cynthia
They wanna make sure that every little you know.

0:8:0.860 --> 0:8:1.100
Amy Fuchs
Yeah.

0:8:2.510 --> 0:8:3.440
Peacock, Cynthia
Thing is on there.

0:8:3.450 --> 0:8:9.750
Peacock, Cynthia
So you know, a lot of times we'll get the mine nurses get calls all the time.

0:8:12.260 --> 0:8:12.490
Amy Fuchs
Uh-huh.

0:8:9.760 --> 0:8:19.310
Peacock, Cynthia
I have 4 nurses that do care coordination and they get calls from the nursing staff all the time in the House and I need an order for the moms doing this.

0:8:19.320 --> 0:8:20.550
Peacock, Cynthia
But the doesn't say this.

0:8:22.260 --> 0:8:22.620
Amy Fuchs
Uh-huh.

0:8:20.560 --> 0:8:27.910
Peacock, Cynthia
From what you guys have got and you know so and it can get really complicated in me because some of these folks are on multiple medications.

0:8:28.900 --> 0:8:29.480
Amy Fuchs
Right.

0:8:28.970 --> 0:8:38.450
Peacock, Cynthia
If you include all the PRN you know when necessary meds the tylenols, the Advil, the you know, whatever they're they're using it in the home.

0:8:39.720 --> 0:8:39.990
Amy Fuchs
Yeah.

0:8:40.0 --> 0:8:41.610
Amy Fuchs
And I wonder a lot about.

0:8:41.660 --> 0:8:47.770
Amy Fuchs
I mean, I do think a lot of the app they maybe caregiver burnout just knowing, you know, with that population.

0:8:47.780 --> 0:8:59.440
Amy Fuchs
I mean, you know, when you've been doing that for the 22 years or whatever of the child's life of the person's life, like that's, you know, that as a parent that's that's a lot.

0:9:1.760 --> 0:9:6.190
Amy Fuchs
But yeah, the the complicated the the multiple medications and all of that.

0:9:6.200 --> 0:9:8.130
Amy Fuchs
And that's really what we want is.

0:9:8.140 --> 0:9:15.800
Amy Fuchs
This is really helpful to get the big picture and to get, you know, to try to find out where the problems are.

0:9:16.310 --> 0:9:24.640
Amy Fuchs
We are looking at something that might make medication management easier for caregivers in the way of the day to day.

0:9:24.830 --> 0:9:26.180
Amy Fuchs
Are they taking it?

0:9:26.550 --> 0:9:28.440
Amy Fuchs
Are they taking it correctly?

0:9:28.930 --> 0:9:32.120
Amy Fuchs
How do you keep up with all of those schedules?

0:9:32.130 --> 0:9:37.260
Amy Fuchs
You know, a lot of people are using really piece together kinds of systems.

0:9:37.270 --> 0:9:43.20
Amy Fuchs
You know, we're talking to a lot of people who have The Who use location based reminders.

0:9:43.70 --> 0:9:52.530
Amy Fuchs
So I'm gonna put my morning pill next to my coffee maker or next to the refrigerator because I get my Diet Coke out and have my medication with a Diet Coke or whatever, you know?

0:9:52.540 --> 0:10:2.570
Amy Fuchs
And so, like all of these things that that work but could easily really fall apart or be, you know what, if you're not, you're not at home, you're traveling or, you know, and those kind of things.

0:10:2.630 --> 0:10:7.0
Amy Fuchs
And we are just really trying to get an idea of of how could we help.

0:10:7.10 --> 0:10:24.140
Amy Fuchs
I mean, obviously this is really close to Kristen's heart because, you know, she, she and Daniel are two very well educated people who manage this medication prevents it, and they have made mistakes, you know, and she'll say, like, if we're struggling with all of this, other caregivers probably are too, you know.

0:10:24.150 --> 0:10:30.850
Amy Fuchs
And so that's what we're really looking at is how can we make that easier and and just getting everybody's viewpoint on that.

0:10:33.130 --> 0:10:41.600
Amy Fuchs
As far as when you prescribe something new to someone or when you change, you know a dosage or what?

0:10:41.650 --> 0:11:1.600
Amy Fuchs
If there were something that the parents could, you know, keep as far as you know how that new medication is going, I'm guessing if somebody gets a new dosage, maybe you see them back in four weeks or six weeks or whatever if whatever we were able to create could give some kind of report like what kind of things would you wanna see on that from the parent?

0:11:1.610 --> 0:11:5.280
Amy Fuchs
Because we know that self reporting is really inaccurate if you ask me.

0:11:5.290 --> 0:11:10.820
Amy Fuchs
Sure, I felt great last week, but maybe I was having a terrible day and I just and my moment right now don't remember.

0:11:10.830 --> 0:11:11.300
Amy Fuchs
So what?

0:11:11.310 --> 0:11:12.100
Amy Fuchs
What would be helpful?

0:11:22.450 --> 0:11:22.790
Amy Fuchs
OK.

0:11:15.880 --> 0:11:23.70
Peacock, Cynthia
So the way we check to see if people are taking their medicines is if they refill and we can see that.

0:11:22.800 --> 0:11:24.590
Amy Fuchs
Yeah, alright, right.

0:11:25.320 --> 0:11:32.310
Peacock, Cynthia
So I would say overwhelming majority of our the docs that I work with. Umm.

0:11:34.830 --> 0:11:35.780
Peacock, Cynthia
That's how they do it.

0:11:36.180 --> 0:11:36.420
Amy Fuchs
Yeah.

0:11:35.970 --> 0:11:53.860
Peacock, Cynthia
Like if I haven't written somebody's on search ruling, you know the mood stabilizer and I haven't written it in six months in the last time I wrote it was December for two months and had wanted them to come back to see what the increase in the, you know, I'm questioning families.

0:11:53.870 --> 0:11:55.100
Peacock, Cynthia
Families we.

0:11:54.830 --> 0:11:55.210
Amy Fuchs
Right.

0:11:55.110 --> 0:11:56.280
Peacock, Cynthia
That's what we look at.

0:11:56.290 --> 0:11:59.570
Peacock, Cynthia
So we look at the big picture, which is compliance.

0:12:0.70 --> 0:12:0.530
Amy Fuchs
Uh-huh.

0:12:0.730 --> 0:12:1.270
Peacock, Cynthia
Uh, we're not.

0:12:2.390 --> 0:12:3.710
Peacock, Cynthia
We don't do a lot of counseling.

0:12:3.720 --> 0:12:5.320
Peacock, Cynthia
I guess that's more nursing.

0:12:5.670 --> 0:12:13.130
Peacock, Cynthia
You know, if they go in and the family go, you know, we're having a real tough time, you know, figuring out how to give these medications, blah, blah, blah.

0:12:13.140 --> 0:12:13.920
Peacock, Cynthia
Sometimes we do.

0:12:13.930 --> 0:12:15.740
Peacock, Cynthia
I mean, you know, it depends who gets the question, but.

0:12:18.860 --> 0:12:23.60
Peacock, Cynthia
A lot of times the nurses are asking that like ohh well, if you're not doing this, why aren't you doing this?

0:12:23.70 --> 0:12:30.910
Peacock, Cynthia
And then I find out about it when it before I walk in there telling me, oh, you know, they're not taking their miralax they stop taking their miralax because it was causing diarrhea and went, oh, really.

0:12:30.920 --> 0:12:31.330
Peacock, Cynthia
Oh, OK.

0:12:31.340 --> 0:12:35.360
Peacock, Cynthia
Well, let me go in and let's sit down and talk more about how you use miralax, you know, or something.

0:12:47.300 --> 0:12:47.510
Amy Fuchs
Right.

0:12:38.360 --> 0:12:56.670
Peacock, Cynthia
A lot of non compliance for medications is uh, around the behavioral meds and around sometimes around the you know, if they see the side effect, they assume it's the Med that they just started and they stop.

0:12:56.680 --> 0:12:59.510
Peacock, Cynthia
You know, there's there's a lot of education that's needed around meds.

0:12:59.900 --> 0:13:0.300
Amy Fuchs
Umm.

0:12:59.520 --> 0:13:3.30
Peacock, Cynthia
So ohm right I think of ohh.

0:13:8.520 --> 0:13:8.830
Amy Fuchs
Mm-hmm.

0:13:5.20 --> 0:13:18.530
Peacock, Cynthia
Synthroid, which is the thyroid replacement medication, umm, we're constantly talking about you need to take that on an empty stomach in the morning and not eat or drink for 30 minutes except for water.

0:13:20.130 --> 0:13:30.740
Peacock, Cynthia
It does not work if you drink it with milk or dairy products or, you know, cause they'll come in and they'll have these elevated thyroid levels and we are thinking that the medicines not working.

0:13:30.750 --> 0:13:32.400
Peacock, Cynthia
So we're going up and up and up.

0:13:32.830 --> 0:13:35.240
Peacock, Cynthia
And then next thing we know it's like, wait a minute.

0:13:39.360 --> 0:13:39.620
Amy Fuchs
Umm.

0:13:35.250 --> 0:13:41.200
Peacock, Cynthia
We're way past the wait because it's based on weight and you know, I walk in and go.

0:13:41.210 --> 0:13:53.40
Peacock, Cynthia
OK, let's tell me how she takes it, or he takes it and then generally it's, you know, so we have to think of different ways to take medication for our population, right.

0:13:53.190 --> 0:13:53.510
Amy Fuchs
Umm.

0:13:53.410 --> 0:13:54.880
Peacock, Cynthia
Those are some of the issues.

0:13:55.550 --> 0:13:56.400
Peacock, Cynthia
Can you wake him up?

0:13:56.410 --> 0:13:57.600
Peacock, Cynthia
Do they get up in the middle of the night?

0:14:1.660 --> 0:14:1.880
Amy Fuchs
Umm.

0:13:58.680 --> 0:14:3.500
Peacock, Cynthia
It's always my question because a lot of these guys do is if they get up in the middle of night, just give it to him.

0:14:3.660 --> 0:14:3.920
Peacock, Cynthia
Yeah.

0:14:4.140 --> 0:14:5.0
Amy Fuchs
Right, yeah.

0:14:4.440 --> 0:14:5.810
Peacock, Cynthia
Ohh yeah.

0:14:8.240 --> 0:14:9.290
Peacock, Cynthia
That's other issues.

0:14:9.480 --> 0:14:18.570
Peacock, Cynthia
So compliance you know becomes an issue with a lot of families if they don't understand it, they don't get a lot of counseling on the medications.

0:14:19.610 --> 0:14:24.100
Peacock, Cynthia
Umm, you know, medications gotta be stored correctly.

0:14:24.670 --> 0:14:25.250
Peacock, Cynthia
They gotta be.

0:14:27.660 --> 0:14:37.970
Peacock, Cynthia
You know, like you said, take in on, you know, if you take a proton pump inhibitor which is like Nexium or Prilosec or Prevacid or one of those, again, gotta get up in the morning.

0:14:38.240 --> 0:14:39.650
Peacock, Cynthia
Gotta take it on an empty stomach.

0:14:39.660 --> 0:14:42.660
Peacock, Cynthia
Gotta wait 30 minutes for it to work with the most effective.

0:14:43.120 --> 0:14:43.390
Amy Fuchs
Umm.

0:14:43.930 --> 0:14:44.390
Peacock, Cynthia
Umm.

0:14:45.450 --> 0:14:53.430
Peacock, Cynthia
And then you know, if that's not happening and we're having problems, you know, then we're having, you know, we're usually addressing it because we're having problems.

0:14:56.820 --> 0:14:57.210
Amy Fuchs
Right.

0:14:53.440 --> 0:15:1.630
Peacock, Cynthia
We're not addressing it in the forefront, so education around the meds, if that's possible is, is always helpful.

0:15:1.950 --> 0:15:2.190
Amy Fuchs
Yeah.

0:15:1.780 --> 0:15:2.960
Peacock, Cynthia
I don't know if that's possible.

0:15:3.650 --> 0:15:11.500
Amy Fuchs
Now that's something we've actually looked at looked at because, you know, we've had, we've had, I mean different reasons for looking at that.

0:15:11.510 --> 0:15:21.230
Amy Fuchs
But some people saying like, well, you know, if my younger adult child really understood what this was for or really understood, you know exactly how to take it.

0:15:25.460 --> 0:15:25.680
Peacock, Cynthia
Yep.

0:15:21.240 --> 0:15:28.810
Amy Fuchs
So can we have like the Cliffs notes you know like take with milk or do not take with milk take on an and those kind of things.

0:15:28.820 --> 0:15:32.770
Amy Fuchs
So that's what we're looking at is all of that information is there somewhere.

0:15:32.980 --> 0:15:39.580
Amy Fuchs
But when you're talking about overwhelmed parents or a young adult with ID, they're not necessarily gonna get that.

0:15:39.590 --> 0:15:41.970
Amy Fuchs
So how can we make it more obvious, you know?

0:15:41.980 --> 0:15:48.200
Amy Fuchs
And of course, the compliance part is big, but it doesn't matter if you're not complying correctly, you know?

0:15:48.210 --> 0:15:51.220
Amy Fuchs
And so yeah, we're definitely looking at that.

0:15:51.230 --> 0:15:53.960
Amy Fuchs
How can we put kind of an education component in it?

0:15:53.970 --> 0:16:1.500
Amy Fuchs
And again, overall it just needs it just needs to be a simple interface, you know, and something that really caregivers can control.

0:16:1.510 --> 0:16:1.940
Amy Fuchs
What?

0:16:1.990 --> 0:16:21.190
Amy Fuchs
What's seen and what's not, and you know these young adults who are capable of being, you know, being somewhat independent with it, how much can we do to help them do that and take off the caregiver, but also to give them that, you know, autonomy?

0:16:21.200 --> 0:16:30.10
Amy Fuchs
I mean, everybody wants to feel like you've accomplished something, you know, and so if managing your own meds is your goal, then how can we help with that?

0:16:30.20 --> 0:16:32.520
Amy Fuchs
So yeah, that's really, really helpful.

0:16:32.530 --> 0:16:39.960
Amy Fuchs
We have heard a lot of people about the education, a lot of people wanting some kind of evidence that they've taken it.

0:16:39.970 --> 0:16:45.50
Amy Fuchs
I mean, if you're monitoring your 1920 year old from a distance, do I need?

0:16:45.60 --> 0:16:46.850
Amy Fuchs
Can I take a video of them taking it?

0:16:46.860 --> 0:16:48.590
Amy Fuchs
I mean, is there, you know, how can we?

0:16:48.600 --> 0:16:55.130
Amy Fuchs
So there, those are all things that people have really brought up, you know, and the caregivers are really smart, but they are overwhelmed.

0:16:55.140 --> 0:17:1.670
Amy Fuchs
They have so much on them, you know, and and I can see how it again, apathy is probably the best word to describe it.

0:17:1.680 --> 0:17:3.460
Amy Fuchs
Just you know, I'm just done.

0:17:4.120 --> 0:17:8.230
Amy Fuchs
I mean, so yeah, that's that's really helpful in.

0:17:7.740 --> 0:17:11.690
Peacock, Cynthia
Umm, the for kids.

0:17:11.770 --> 0:17:16.740
Peacock, Cynthia
If it's your younger adults, rather I should say they want to be independent.

0:17:16.750 --> 0:17:20.510
Peacock, Cynthia
I I noticed that they do better if it's all on the phone, so an app.

0:17:20.930 --> 0:17:21.250
Amy Fuchs
Uh-huh.

0:17:31.870 --> 0:17:32.80
Amy Fuchs
Umm.

0:17:22.160 --> 0:17:34.430
Peacock, Cynthia
If it's you, you know you probably if you could click on it to tell you more information about the Med, you know, like thyroid Med, you need to take it at half an hour, you know, on an empty stomach, not any food.

0:17:34.440 --> 0:17:41.80
Peacock, Cynthia
You know those kinds of directions, you know, having an app that you could click on it, it would give you whatever you need to know about that Med.

0:17:44.490 --> 0:17:52.730
Peacock, Cynthia
And alarms a lot of our spine of vivida patients that have executive function issues do really well with alarms.

0:17:53.190 --> 0:17:53.460
Amy Fuchs
Mm-hmm.

0:17:54.100 --> 0:18:1.270
Peacock, Cynthia
So you know, the four time a day Med that nobody can take does well with alarms.

0:18:1.530 --> 0:18:2.390
Amy Fuchs
Yeah, yeah.

0:18:10.360 --> 0:18:10.690
Amy Fuchs
Umm.

0:18:1.760 --> 0:18:12.630
Peacock, Cynthia
Ohh morning and night tends to be better cause of course you know you're starting your day or ending your day and you know you need to take something so but alarms work well.

0:18:12.820 --> 0:18:14.860
Peacock, Cynthia
Especially when it comes to breathing treatments.

0:18:16.780 --> 0:18:20.430
Peacock, Cynthia
Ohm, but yeah, I know.

0:18:21.590 --> 0:18:23.200
Amy Fuchs
Yeah, that, that's another one too.

0:18:23.210 --> 0:18:31.200
Amy Fuchs
Definitely the reminders, because again, especially when it's something that doesn't like you said come at the beginning or the middle or or even a middle day meal.

0:18:31.210 --> 0:18:33.720
Amy Fuchs
You know, like if it's still random kind of time.

0:18:33.970 --> 0:18:34.990
Amy Fuchs
So yeah, for sure.

0:18:35.820 --> 0:18:36.0
Peacock, Cynthia
Yeah.

0:18:36.90 --> 0:18:38.460
Amy Fuchs
Umm, so go ahead.

0:18:46.110 --> 0:18:46.390
Amy Fuchs
Mm-hmm.

0:18:48.750 --> 0:18:48.970
Amy Fuchs
Yeah.

0:18:38.80 --> 0:18:49.880
Peacock, Cynthia
Patients with cerebral palsy have a lot of antispasmodic medications that are dose frequently, so that would be a good example where they could get into trouble.

0:18:50.970 --> 0:18:52.420
Amy Fuchs
Yeah, that's really helpful.

0:18:52.970 --> 0:18:54.40
Amy Fuchs
Umm anything else?

0:18:54.50 --> 0:19:0.720
Amy Fuchs
If you had like a magic wand, it could make things easier for for caregivers and and even maybe for you too.

0:19:1.90 --> 0:19:7.700
Amy Fuchs
As far as compliance or for like I said, those young adults that we want to give them as much, you know, freedom as we can.

0:19:7.710 --> 0:19:8.750
Amy Fuchs
Is there anything you would do?

0:19:10.220 --> 0:19:12.650
Peacock, Cynthia
I know it all comes back to transition again.

0:19:14.550 --> 0:19:16.760
Peacock, Cynthia
You know, for families not to be overwhelmed.

0:19:16.770 --> 0:19:18.640
Peacock, Cynthia
I'm always discussing you.

0:19:18.650 --> 0:19:22.440
Peacock, Cynthia
You need to start early, you know, 12 year old sometimes can do their meds. You know.

0:19:22.450 --> 0:19:36.830
Peacock, Cynthia
There you need to relinquish that you need to have them be as independent as possible so you know you trying to do it when they're surly and fighting back with you.

0:19:36.700 --> 0:19:37.10
Amy Fuchs
Umm.

0:19:36.880 --> 0:19:41.30
Peacock, Cynthia
And it's that's not the time.

0:19:41.40 --> 0:19:54.710
Peacock, Cynthia
The time is when they're ready and 12 and they wanna do things and they want to include you in on it and they wanna, you know, so by the time they're 16 and you can't deal with them, it's just part of their fabric.

0:19:54.720 --> 0:19:55.480
Peacock, Cynthia
And they're doing it.

0:19:56.330 --> 0:19:56.750
Amy Fuchs
Right.

0:19:57.40 --> 0:20:5.120
Peacock, Cynthia
But you know, I see families trying to give this responsibility to a 19 year old and that's too late, way too late.

0:20:6.10 --> 0:20:6.950
Amy Fuchs
Yeah, that, that's.

0:20:6.260 --> 0:20:13.450
Peacock, Cynthia
So again, it's there's an overtone of, you know, trying to do the transition part.

0:20:13.460 --> 0:20:18.120
Peacock, Cynthia
And sometimes I think it's parents struggle with the technology where the kids don't.

0:20:20.380 --> 0:20:20.670
Amy Fuchs
Uh-huh.

0:20:19.680 --> 0:20:27.130
Peacock, Cynthia
So you know, we have a problem where especially if we have somebody that well, even somebody was severe ID.

0:20:27.140 --> 0:20:36.730
Peacock, Cynthia
I have seen in the clinic where the mom just can't do the my chart, but yet I hand it to the patient and it's just like he can do this.

0:20:36.550 --> 0:20:37.130
Amy Fuchs
Hmm.

0:20:36.740 --> 0:20:38.790
Peacock, Cynthia
What part of this event you feel?

0:20:39.620 --> 0:20:39.900
Amy Fuchs
Yeah.

0:20:38.800 --> 0:20:42.640
Peacock, Cynthia
You know the technology, really.

0:20:43.110 --> 0:20:46.330
Peacock, Cynthia
The fear in older adults is, is it?

0:20:46.380 --> 0:20:48.80
Peacock, Cynthia
It really is quite interesting.

0:20:48.90 --> 0:20:55.290
Peacock, Cynthia
So almost, you know, sometimes I think, you know, we need to get back to the, you know, the basics of health education, you know, just really.

0:20:57.870 --> 0:21:7.310
Peacock, Cynthia
I've always said to the leadership here at Baylor is if you want people to use my chart, if you want people to engage, you gotta have classes.

0:21:7.940 --> 0:21:9.880
Amy Fuchs
Yeah, I agree.

0:21:10.290 --> 0:21:10.960
Amy Fuchs
I agree.

0:21:9.560 --> 0:21:11.700
Peacock, Cynthia
You know, yeah, so.

0:21:11.670 --> 0:21:18.140
Amy Fuchs
Well, and there there's, I mean, I feel like still there's a, you know, a mistrust of technology.

0:21:18.150 --> 0:21:20.710
Amy Fuchs
And, you know, people don't know what to believe.

0:21:20.720 --> 0:21:26.640
Amy Fuchs
And yeah, I mean we have that too, but that it is so intuitive to our younger kids.

0:21:26.620 --> 0:21:26.830
Peacock, Cynthia
Ohh.

0:21:26.650 --> 0:21:32.0
Amy Fuchs
I mean, again, I have a 13 year old and a 17 year old, my daughter, who's 13, has had an iPad since she was two.

0:21:32.570 --> 0:21:35.280
Amy Fuchs
Like I remember her teaching my father-in-law how to use it.

0:21:35.290 --> 0:21:37.980
Amy Fuchs
You know, it is just so natural to them.

0:21:38.410 --> 0:21:38.740
Peacock, Cynthia
Umm.

0:21:38.250 --> 0:21:48.70
Amy Fuchs
So yeah, and I and I again as a teacher, I've definitely seen that the the IQ score doesn't necessarily, you know mean that they can't do it.

0:21:48.910 --> 0:21:49.920
Peacock, Cynthia
Well, and every.

0:21:48.80 --> 0:21:50.330
Amy Fuchs
So this has been go ahead.

0:21:50.130 --> 0:21:50.440
Peacock, Cynthia
Yeah.

0:21:50.450 --> 0:21:52.440
Peacock, Cynthia
And everybody develops a, you know, you know this.

0:21:52.860 --> 0:21:52.990
Amy Fuchs
Yeah.

0:21:52.450 --> 0:21:53.790
Peacock, Cynthia
I'm not preaching the choir here.

0:21:55.580 --> 0:21:59.490
Peacock, Cynthia
We tend to have individuals with intellectual disabilities.

0:22:1.980 --> 0:22:13.810
Peacock, Cynthia
In grade school and we're trying to do everything possible for him and we get them in junior high and we're relying on the the school district to really do their job, which that doesn't happen.

0:22:14.740 --> 0:22:15.20
Amy Fuchs
I know.

0:22:20.120 --> 0:22:20.540
Amy Fuchs
Uh-huh.

0:22:14.730 --> 0:22:20.600
Peacock, Cynthia
But but the real issue is nobody's reassessing that individual then.

0:22:20.610 --> 0:22:22.590
Peacock, Cynthia
Individuals continues to develop.

0:22:22.600 --> 0:22:27.250
Peacock, Cynthia
They're not developing with their neurotypical peers, but they continue to develop.

0:22:27.740 --> 0:22:28.40
Amy Fuchs
Uh-huh.

0:22:28.320 --> 0:22:37.660
Peacock, Cynthia
And so, yeah, that's something to take into consideration too, when you're you're talking about this because we have.

0:22:37.730 --> 0:22:39.160
Peacock, Cynthia
So here's a good example.

0:22:44.820 --> 0:22:45.60
Amy Fuchs
Umm.

0:22:39.830 --> 0:22:49.400
Peacock, Cynthia
We have a grant with Texas Council developmental Disabilities on dental work, and we're doing what's called desensitization to people to dental procedures.

0:22:49.710 --> 0:22:49.980
Amy Fuchs
Umm.

0:22:49.410 --> 0:22:54.430
Peacock, Cynthia
OK, we had tons of individuals who come in.

0:22:55.0 --> 0:23:3.810
Peacock, Cynthia
All they needed was a reassessment, so here they had been going, the parents had been coming in telling us ohh they need conscious sedation.

0:23:7.740 --> 0:23:8.370
Amy Fuchs
Hmm.

0:23:3.820 --> 0:23:9.540
Peacock, Cynthia
They can't cooperate and we believed him, of course, until we started this process.

0:23:9.550 --> 0:23:13.810
Peacock, Cynthia
And then we started realizing, Oh my God, we're putting them in dental chairs.

0:23:17.880 --> 0:23:18.400
Amy Fuchs
Wow.

0:23:14.280 --> 0:23:19.770
Peacock, Cynthia
We're having the dentist come in and they're they're cooperative and so.

0:23:34.300 --> 0:23:34.540
Amy Fuchs
Umm.

0:23:47.320 --> 0:23:47.560
Amy Fuchs
Mm-hmm.

0:23:19.820 --> 0:23:48.50
Peacock, Cynthia
And I would say overwhelmingly at least minimum 50, if not 60 to 70% of them with just the assessment and showing them what the process is, we'll do what you request of them and it's just all about, they've just gotten older, they've gotten wiser, more, you know, engaging in their environment and seeing what's going on and willing to work with people and you know, be part of the process and so.

0:23:49.960 --> 0:23:51.390
Peacock, Cynthia
Yeah, we're we really.

0:23:51.440 --> 0:23:56.740
Peacock, Cynthia
I think we do a Miss justice on a lot of these individuals where we just don't recognize their ability.

0:23:58.0 --> 0:23:59.970
Amy Fuchs
Yeah, for sure. I think.

0:23:59.980 --> 0:24:0.610
Amy Fuchs
Yeah.

0:24:0.980 --> 0:24:3.440
Amy Fuchs
And in every aspect for sure.

0:24:4.210 --> 0:24:9.170
Peacock, Cynthia
I mean, if I I I'm in clinic all the time, Amy and I.

0:24:9.240 --> 0:24:14.490
Peacock, Cynthia
I bet you once a week I am just overwhelmed by what I learned about someone in our my clinic.

0:24:14.970 --> 0:24:15.400
Amy Fuchs
Umm.

0:24:14.500 --> 0:24:16.510
Peacock, Cynthia
You know, just like, wow, you can do that.

0:24:17.500 --> 0:24:23.610
Peacock, Cynthia
You're nonverbal, but you paint that, you know, you draw like a master.

0:24:21.630 --> 0:24:23.900
Amy Fuchs
All right. Umm.

0:24:23.740 --> 0:24:25.40
Peacock, Cynthia
Where did that come from?

0:24:25.50 --> 0:24:27.990
Peacock, Cynthia
Are you fix computers or you know, and the parents go?

0:24:28.0 --> 0:24:30.850
Peacock, Cynthia
Yeah, that is amazing.

0:24:30.860 --> 0:24:36.190
Peacock, Cynthia
We took him today have and they pulled him out a day half and he's working in the office now fixing computers.

0:24:37.250 --> 0:24:38.190
Peacock, Cynthia
We know we could do that.

0:24:39.220 --> 0:24:39.830
Peacock, Cynthia
Just what?

0:24:37.470 --> 0:24:40.80
Amy Fuchs
Yeah, that's the best.

0:24:40.130 --> 0:24:42.900
Amy Fuchs
That's the best part when it actually happens that way.

0:24:43.70 --> 0:24:57.920
Amy Fuchs
What I what makes me sad is when you see all that talent and then they are still doing it in a day hab like, why hasn't someone taking time to pull this person out and and put them in a job or, you know, be creative and find them a job or they can do that.

0:24:58.940 --> 0:24:59.90
Peacock, Cynthia
Yeah.

0:24:57.930 --> 0:25:5.370
Amy Fuchs
So yeah, I know that that's the reason I'm not teaching anymore because of the the failure of the school system.

0:25:5.640 --> 0:25:10.570
Amy Fuchs
My husband finally said this is not worth your mental and physical health to be in the classroom.

0:25:10.620 --> 0:25:12.390
Amy Fuchs
It was just that that hard.

0:25:11.80 --> 0:25:15.550
Peacock, Cynthia
Well, I have a really close friend of mine that she's a special Ed teacher.

0:25:15.560 --> 0:25:19.910
Peacock, Cynthia
She's in the HID system and I was completely.

0:25:20.940 --> 0:25:25.870
Peacock, Cynthia
I did not know what was going on until I sat down with her one day and said something and she goes.

0:25:26.120 --> 0:25:27.470
Peacock, Cynthia
Do you know how this works?

0:25:27.840 --> 0:25:28.10
Amy Fuchs
Yeah.

0:25:27.480 --> 0:25:28.670
Peacock, Cynthia
And so she told me.

0:25:34.340 --> 0:25:34.550
Amy Fuchs
Mm-hmm.

0:25:28.680 --> 0:25:35.410
Peacock, Cynthia
And I went ohh my God cause ohh I know was I was trying to get some neuro psych testing through the school and she goes.

0:25:36.340 --> 0:25:45.640
Peacock, Cynthia
There's one psychologist for all of ISD, and that person only probably does a few dozen a year at the most, she goes.

0:25:45.790 --> 0:25:46.190
Amy Fuchs
Wow.

0:25:45.650 --> 0:25:48.420
Peacock, Cynthia
You'll never get it if they have an intellectual disability.

0:25:51.530 --> 0:25:51.810
Amy Fuchs
Uh-huh.

0:25:48.430 --> 0:25:52.60
Peacock, Cynthia
They have an intellectual disability and that's what you work with as like.

0:25:52.70 --> 0:25:52.840
Peacock, Cynthia
You're kidding me.

0:25:52.850 --> 0:25:56.260
Peacock, Cynthia
So how do we know what they what what they can and cannot do?

0:25:56.270 --> 0:25:58.760
Peacock, Cynthia
She goes well unless the parents pay for it.

0:25:59.90 --> 0:26:0.320
Peacock, Cynthia
Just the things I've learned.

0:26:1.570 --> 0:26:1.750
Amy Fuchs
Yeah.

0:26:0.330 --> 0:26:1.890
Peacock, Cynthia
I'm just amazed.

0:26:2.770 --> 0:26:10.600
Amy Fuchs
Yeah, it's, it's depressing and I opening and yeah, it makes me it.

0:26:10.610 --> 0:26:13.920
Amy Fuchs
I have to remind myself I cannot save the world, you know, and I did.

0:26:13.990 --> 0:26:17.160
Amy Fuchs
I did advocacy for about three years and it was the same way.

0:26:17.170 --> 0:26:19.210
Amy Fuchs
It was like I I can't.

0:26:19.690 --> 0:26:25.80
Amy Fuchs
I can't tackle all of these problems, you know, like the people who are really, really invested in it.

0:26:25.450 --> 0:26:28.250
Amy Fuchs
It's like physically I could not take it, you know?

0:26:30.840 --> 0:26:31.390
Peacock, Cynthia
Yeah, I.

0:26:28.260 --> 0:26:34.270
Amy Fuchs
I mean, I just, it's just so much, you know, maybe after I don't have children in my house anymore, you know?

0:26:34.280 --> 0:26:34.850
Amy Fuchs
Maybe.

0:26:34.860 --> 0:26:37.690
Amy Fuchs
But right now, like I you know, it's too much.

0:26:37.700 --> 0:26:39.980
Amy Fuchs
So it it is really sad.

0:26:41.590 --> 0:26:44.860
Amy Fuchs
You know, again, I wish I could save the education system.

0:26:44.870 --> 0:26:45.90
Amy Fuchs
I'm.

0:26:45.100 --> 0:26:48.60
Amy Fuchs
I'm just glad my children are almost out of it, you know?

0:26:48.70 --> 0:26:48.640
Amy Fuchs
Really.

0:26:51.600 --> 0:26:53.880
Peacock, Cynthia
OK, I don't know if that was helpful.

0:26:53.890 --> 0:26:54.650
Peacock, Cynthia
I mean, I hopefully.

0:26:49.30 --> 0:26:55.710
Amy Fuchs
So I appreciate your time and please let me know if no, it's definitely helpful.

0:26:55.720 --> 0:26:57.0
Amy Fuchs
That's exactly what we want.

0:26:57.10 --> 0:27:8.330
Amy Fuchs
And if you know anybody else that you think would be willing to help physicians, doctors, nurses, whatever, you know, just please, please, just give them my contact information.

0:27:9.190 --> 0:27:9.390
Peacock, Cynthia
So.

0:27:8.720 --> 0:27:11.670
Amy Fuchs
We're gonna be conducting these for the next month or so at least.

0:27:12.160 --> 0:27:15.310
Peacock, Cynthia
OK, if you need nurses, I have four.

0:27:15.320 --> 0:27:24.580
Peacock, Cynthia
They may, you know how many you wanna interview, but I can CC them on an email to you and introduce them and then you can decide if you want to interview them or not.

0:27:24.760 --> 0:27:25.60
Amy Fuchs
Yeah.

0:27:25.70 --> 0:27:26.10
Amy Fuchs
No, that would be great.

0:27:26.20 --> 0:27:37.70
Amy Fuchs
We're not turning anyone away because we wanna hear all different perspectives and I know that we have talked to some in home nurses and they're like, no, we wouldn't use anything electronic because we need all this.

0:27:37.320 --> 0:27:38.930
Amy Fuchs
You know, we need to see it.

0:27:38.940 --> 0:27:41.880
Amy Fuchs
We need to, you know, but we wanna know all those things.

0:27:41.890 --> 0:27:46.530
Amy Fuchs
Like what are the limitations if we did put something great in place who could use it and who couldn't?

0:27:46.540 --> 0:27:48.830
Amy Fuchs
So yeah, your nurses would be really helpful.

0:27:50.660 --> 0:27:50.940
Peacock, Cynthia
Ohh.

0:27:48.840 --> 0:27:53.510
Amy Fuchs
I'm sure they've heard a lot of things from the families that they just take care of that never make it to you.

0:27:56.740 --> 0:27:56.860
Peacock, Cynthia
Yes.

0:27:53.520 --> 0:27:58.740
Amy Fuchs
So I would love that if you could just just do that and introduce me, that would be great.

0:27:59.130 --> 0:28:0.470
Peacock, Cynthia
I will, Amy, no problem.

0:28:0.240 --> 0:28:0.790
Amy Fuchs
OK.

0:28:0.980 --> 0:28:2.550
Amy Fuchs
Thank you so much, Doctor Peacock.

0:28:2.560 --> 0:28:4.430
Amy Fuchs
It was great catching up with you.

0:28:4.440 --> 0:28:4.790
Amy Fuchs
Really.

0:28:4.800 --> 0:28:5.150
Amy Fuchs
Really.

0:28:5.160 --> 0:28:8.350
Amy Fuchs
Again, appreciate your time and maybe I'll see you in person soon.

0:28:9.0 --> 0:28:9.350
Peacock, Cynthia
Yeah.

0:28:10.930 --> 0:28:11.450
Amy Fuchs
Thanks.

0:28:11.460 --> 0:28:11.780
Amy Fuchs
Take care.

0:28:9.780 --> 0:28:12.910
Peacock, Cynthia
Good, but Yep, you too.

0:28:13.230 --> 0:28:13.510
Amy Fuchs
Bye bye.