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Transcript

Speaker 1

Welcome to the bridge, the official podcast for the University of Maryland Baltimore School of Pharmacy Patients program. Patients program is the bridge between the community and the researchers. The patients program created this partnership to help researchers listen to the Community's voice in order to build a bridge to an effective learning healthcare community. Here's your host, Rodney Elliott.

Rodney Elliott

Good afternoon, miss Barbara. How are you?

Barbara Palmer

I am doing great, Rodney. How about yourself?

Rodney Elliott

Oh, fantastic. Thanks for asking. But we had two major projects that we were. All hands on deck with concentrating on it. We're going to be talking about that today. My guest is Miss Barbara Palmer. She is what I like to call now. A patient's partner for right now. We'll figure out what the official title is going to be. But she's a patients friend as well.

Barbara Palmer

Hi everyone as Rodney stated, I am Barbara Palmer and I am a two time 19 year breast cancer survivor. I worked in the corporate world for. Quite some time and I retired five years ago. And the reason why I retired five years ago was because I knew that I needed to use my gifts and talents in a better way so I can impact more people. I first met Doctor Mullins and I was sitting here Rodney trying to really remember when I first met him. But it goes back quite some time ago, maybe like 10 or 12 years ago when I was a participant in a breast Cancer Research study at University of Maryland. And it was a breast Cancer Research project on African American women and exercise. And one of the days that came in for the research. Doctor Kathleen Griffith was the facilitator for this research project, and she took me over to the building where Doctor Mullins worked and introduced me to Karen Morales. And I was very fortunate because I think Doctor Mullins popped in. So I was introduced, introduced to him as well. So Fast forward. Little bit when Mrs. Miss Ernestine started doing her community walks, I started participating in those and I would run across Doctor Mullen so we would have a chance to talk and interact. And I said, oh, he's such a nice. Man ohh boy. Here we go so. So what happened was I never forget it was actually my birthday. February 27th of this year, and Doctor Mullins reached out to me through Facebook Messenger to wish me a happy birthday. And along with the happy birthday.

Rodney Elliott

Doctor Mullins slid in your DM.

Barbara Palmer

He slid in my DM's on my birthday.

Rodney Elliott

OK, I got you. I got you.

Barbara Palmer

He knows what he's. No one. So you slid into my DM's and it was like Barbara. Hi. Happy birthday. I really was trying to contact you, but I didn't have your contact information. Do you mind giving that to me? And so that's all I'm going to say. The rest is history. But but all playing aside, I have to say that Doctor Mollins is one of the kindest. Nicest people I have ever met in his life and his passion for his work is so tremendous and it's so authentic. And so there's no way in the world I can say no to him, even though I might want. To at times. There's no way you could say no to a person like that. That gets his heart and soul into his work and you know it's authentic.

Rodney Elliott

And I definitely can say Doctor Mullins is passionate about the patients program. I've been with the program for a little over five years now and. And you know from where we started or where or when I arrived and then where they started when I arrived, where we are now. Oh man, leaps and bounds as far as the impact that we've tried and have had some success in bridging that gap between research and the community. Those walks that you talked about with Miss Ernestine, I participated on them as well. And Miss Ernestine and Chauncey are great partners of the patient program as well, but that gives you an opportunity to, you know, meet the Community where they are and then not only get a little exercise in, but. Talk about some things and what people got going on so him sharing the word about the patients program to you during the walks is right up Doctor Muller's alley. Him reaching out to you and wish you a happy birthday. It's right up his alley as well. And I'm pretty sure he told you about the project that you have now participated in and finished was telling you about the project. That kind of gave us a little hiatus from our social media, which was PPA, the patients, Professors Academy. I want to say congratulations to you being one of the first graduates on the inaugural graduating class of patient Professors Academy, Miss Barbara, and. When you first heard about the PA, uh, what was your first? Understanding of what it was and and and you know like. I know you said you can't tell him no or have a hard time telling our mothers no. But like, were you literally excited or what are you expecting from the PA?

Barbara Palmer

Well, this is real talk, Rodney. So I'm gonna give it to you. In real. I received an e-mail. I believe I received it like maybe back in March or April about the Academy and it was inviting me to apply to be a part of. And there was a deadline. It was due by. April, I think so I looked.

Speaker

At I said.

Barbara Palmer

Oh, this sounds interesting, but that sounds like it's gonna be too much for me. So I passed it. On to. A couple of other people. Well then I received another e-mail and the deadline for the application have been extended. So I looked at it and I thought about it again and I said, you know what? This is something that's being offered to you for free and you can connect this to what you're already doing. Are you crazy? The least you. Can do is give it a try and so that's that's what I.

Rodney Elliott

Did what are some of the things that you learned from participating in the PA?

Barbara Palmer

Well, let me first say this about the program. One of the reasons why I'm so hesitant about participating is because it's a five week course and I knew there would be. A lot of information. That I would need to learn and I of course was worried about retaining the information at my young age. As you can see. So at any rate. I felt it to be very intense, especially. The first week. I was really nervous because I was like, overwhelmed, to be honest with you. I was like, Oh my God, how am I gonna do this? And homework is due once a week and then we would break up into these group sessions and I heard all these people in the group that had all of these titles behind their names and all.

Rodney Elliott

I Oh my God.

Barbara Palmer

What am I doing here? I don't. Belong here? What?

Rodney Elliott

Do you mean so you mean so.

Speaker

Well, I'm about.

Rodney Elliott

OK, OK, OK.

Barbara Palmer

To tell you that I realized. Those letters really don't mean anything, and I don't want to say. It like that. What? I mean is as a survivor of an illness that can kill people and to have survived. Twice I am just as valuable as anybody else, and I realized that these researchers and these medical professionals needed my opinion. They need to hear from me, someone that has been through chemotherapy, someone that has wanted to die because the treatment was so bad. Someone that threw up all the time. Someone that could not eat someone that just had no energy. I felt like a vacuum cleaner had just sucked all of the energy out of me. And so I'm like they they don't know about that personally, so they need to hear

from me so they can make better choices when it comes to treatment, especially for African American people.

Rodney Elliott

Barbara, not miss Barbara. You, you. You mentioned earlier about like the names of the letters behind the names not really mean anything. I know you didn't mean it. That way, but you.

Barbara Palmer

Leave it that way.

Rodney Elliott

I think you know we have a in the patients program. We try to make sure everyone's on an even plane, right, like all on the same level. And when it comes to. Having meetings or when it comes to the setting and the. EPA we understood the importance of everybody's opinion and no one should feel intimidated. No one should feel better than or no one should feel your lived experiences like you said are just as important as the years that the people with the names behind there, the letters behind their names, study to get those letters. So in the setting. That you're with. Other community members, you're with researchers, you're with doctors, you're with, you know, people in the medical field. What gave you that confidence to say? You know what? It changed from the beginning, being overwhelmed to say, you know what? I'm just as valuable. Like how? How did that transition?

Barbara Palmer

Well, first of all, I want to apologize for anyone that may have been offended by me saying that your initial self.

Rodney Elliott

I know what? You mean by it? Yeah.

Barbara Palmer

Me anything because I know you worked very hard to to get your degree. So my apologies if I did offend anyone. However, I have been a breast cancer survivor since 2013 and I've always been very authentic about my journey, always willing to help other people and as. A matter of. Fact that's part of what I do now is mentor. Other women, through their job, and so.

Speaker

There you go.

Barbara Palmer

I realize that people come to me, women. Come to me so and so told me to contact you, Barbara, because you're so inspiring. You can help me get through this journey. And so that made me help me realize my value. And helping others that are hopeless leads to be inspired. People need to know that there's hope and. And what better way than for them to hear from someone that had thought. And won a battle that they are going through.

Rodney Elliott

Did you come across anything that surprised you or anything that stood out to you any to guest speakers? Did they drop some jewels on something that that you didn't know before?

Barbara Palmer

I have to say each W. Was filled with so much valuable information. I just wish I could retain it all, but of course I can't. But from week one everything was just so impactful, but I I think my favorite. Or session with session #3 when they actually had some current patient advisors speak. And when you hear these patient advisors speak, they speak from their heart, they are very authentic and they truly, truly care. They're not being phony, and so for them to be on the seminar, to express maybe some of the fears they may have had before they evolved. And just to see where they are now, it really make me think, well, I can do this too. I want to be a part of this group. This group is tremendous. And and also I really like the first week as well because. There was one article we had to read for Homeworkers and it was a writer who gave an analogy of riding a bike and comparing it. To people who are different.

Speaker

I heard about that actually.

Barbara Palmer

It was a wonderful article and. I know I myself I'm shangdu say, but sometimes I don't give bicyclists. I should say the courtesy that. They deserve. It's like, why are? They going too slow? Whatever. But they have as much right to be. On the road. As I do or any other vehicle do. And so I have to keep that in mind. It really made me think that I need to respect. That they have a right to be there and me as an African American woman, I have a right to get the best health care possible. Regardless of my social background, regardless of my age, I deserve to right to have the best health care possible.

Rodney Elliott

So, so, so when you say the exercise actually help everyone attending the PA understand the implicit biases that are out there sometimes.

Barbara Palmer

Oh my God. Because so often we don't even realize we have these values and one of the articles reflected on maybe how we treat blind people. Blind people are people just like us, but they have a challenge that we don't have. They want to be treated as one race, the human race, and quite often we see blind people. We may feel sorry for them, but we shouldn't feel sorry for them because quite frankly, they are so sharpened. Of the census. And once again, they are part of the human race. And so it made me realize that I, too, have some vices that I may not always own up to, but it made me be aware that when I see it coming, that I need to. Shift my thinking.

Rodney Elliott

Before we get going, 5 fives ready, miss. Bob, we're gonna get out of here. You got to choose either or first one.

Speaker

OK.

Rodney Elliott

A three mile run. Or a five mile hike.

Barbara Palmer

I'll take the three mile. Run and run OK yeah.

Speaker

OK, here we go.

Rodney Elliott

A documentary or good TV series.

Barbara Palmer

Rather, watch.

Rodney Elliott

I don't.

Barbara Palmer

It's kind of a heartland. I'm going to say TV series. Because I am stuck. On one in particular, I won't say.

Rodney Elliott

OK. This could be. This is true depending on how you red wine or white wine. Summer or winter?

Barbara Palmer

Really like them both. Take your truth. I'm going to save one chicken. Leave your mind. I'm going to say.

Speaker

I'm like a.

Rodney Elliott

Nice, good. Putting a nice you know.

Speaker 1

They always put more clothes on.

Rodney Elliott

I'll go more. Close right is that. Last one, patients, professors, Academy or patients day.

Barbara Palmer

Ohh man me. I'm not answering that one. That's not fair.

Rodney Elliott

Good answer, good answer. I wouldn't want you to answer that either. You participated in both. You are a jewel to both as well, Barbara and I really appreciate you for joining me today.

Barbara Palmer

Well, thank you. So. Much for having me, I really enjoyed it.

Rodney Elliott

Same here. Thank you guys for tuning in to us. We appreciate you and we'll see you next time.