

**CAB Conference Call  
February 23, 2023  
12:00 ET  
Meeting Minutes**

---

**Participants:**

<b>Andrea</b>	Jacobi Medical Center
<b>Anisa</b>	Harvard T.H. Chan School of Public Health
<b>Claire</b>	Harvard T.H. Chan School of Public Health
<b>Eduardo</b>	Harvard T.H. Chan School of Public Health
<b>Falon</b>	University of Colorado, Denver
<b>Exzavia</b>	Children's Diagnostic & Treatment Center, Ft. Lauderdale
<b>Jackie</b>	Westat
<b>Karim</b>	Westat
<b>Kim</b>	Texas Children's Hospital
<b>Kylie</b>	Texas Children's Hospital
<b>Lesley</b>	Texas Children's Hospital
<b>Mandy</b>	Harvard T.H. Chan School of Public Health
<b>Morganne</b>	FSTRF
<b>Raiko</b>	University of Colorado, Denver
<b>Robert</b>	University of Miami
<b>Rosalva</b>	University of California San Diego
<b>Sharon</b>	Harvard T.H. Chan School of Public Health
<b>Theresa</b>	Texas Children's Hospital
<b>Vanessa</b>	Harvard T.H. Chan School of Public Health
<b>Veronica</b>	University of California San Diego

• **APPROVAL OF MINUTES**

The minutes from the January call were approved with no changes.

• **ICEBREAKER**

**Mandy** led the icebreaker.

• **SELF-CARE SPACE**

**Eduardo** led the self-care space.

• **SMARTT BANNER**

**Mandy** explained that SMARTT is nearing a big milestone: 5,000 children enrolled. PHACS wants to honor the participants by creating a banner. The banner will be posted on the website. **Mandy** presented the two options. She requested feedback from the CAB members.

- Several CAB members preferred the artwork with two hands.
- **Kim** suggested adding balloons as a symbol of celebration.
- **Veronica** mentioned that it will be nice to include, "Thank you!" In addition, she pointed out that the bracelet with beads could be a choking hazard for small children.
- **Theresa** suggested adding a graph with enrollment data per year or every 5 years.

- **Lesley** said that “PHACS” could be added in the bracelets.
- **Rosalva** commented that the artwork with the mother and the child is more inclusive.

### • **FOLLOW UP: UK RESEARCHERS VISIT**

**Mandy** talked about Tanvi and Bakita’s visit last week. They are researchers from UK that completed a study about parents’ choices between breastfeeding and formula. Last Wednesday, they had the opportunity to meet several HECC, CAB and PUG members. Tanvi loved that the community was very involved in research. **Mandy** mentioned that the discussion focused on challenges that people experience with stigma and disclosure. **Kim** mentioned that the discussion was eye-opening, especially when the researchers explained that rural areas of the UK people experience a lot of stigma. She expressed the importance of providing support to people living with HIV outside the US. She reiterated the importance of the voices of all PHACS members (researchers, site coordinators and staff, CAB members, etc.) in making a difference. **Mandy** mentioned that there could be a possibility to collaborate with the UK researchers in the future.

### • **DISCUSSION: SELF-TRUST/SPRING 2023 MEETING**

**Mandy** explained that Tanvi provided the contact information for Rachel Grob. Rachel is part of the Healthtalk.org website in the US. She has been doing research work focused on patient trust of their doctors and self-trust. She found that trust within the patient, or self-trust, is more important. It allows patients to have more satisfaction with the health care staff. Self-trust emphasizes understanding and advocating for ourselves. **Mandy** asked the CAB members about their thoughts on having self-trust as the theme for the Spring meeting:

- **Kim** said self-trust is a very important topic that should be explored. When trust is broken, many people don’t seek the help they need. But, if people have trust in their healthcare providers, they will communicate that with others. They will feel that is okay to speak up for themselves.
- **Claire** mentioned that it’s important to speak up and trust our bodies when it feels like symptoms are being ignored or brushed off by doctors.
- **Veronica** provided a definition of self-trust as, “consistently staying true to yourself. At its very core, trusting yourself means you look after your own needs and safety. You treat yourself with love and compassion, rather than strive for perfection. You know, deep down, that you can survive difficulties and you refuse to give up on yourself.”
- **Claire** said that in any equitable relationship, trust should go both ways. Doctors should trust us, too, and we should trust ourselves.
- **Kim** mentioned “self-trust can be the path to self-care.”
- **Theresa** suggested exploring other related topics such as health literacy and language competency. It is important that patients understand what the doctors and nurses are explaining to them.

- **Eduardo** mentioned that communities can lose trust through inequities that are faced. This takes away from personal and future health decisions that folks make.
- **Rosalva** said that for people from other countries it's different. People don't know how to trust the doctors. In addition, people will not question the decisions of their doctors. Doctors are often seen as gods that know it all.
  - **Mandy** agreed that people's background influences their relationships with doctors. For some people, it is very difficult to advocate for themselves.
- **Kim** mentioned white coat syndrome. It is important that doctors see patients as people. They need to treat them with respect.

Next steps, **Mandy** will send a survey to the CAB members to gather additional thoughts regarding the theme.

## • **SPRING 2023 NETWORK MEETING**

**Mandy** announced the Spring 2023 Network Meeting:

- Place: Hyatt Bethesda, MD.
- Dates
  - CAB Retreat: May 8, 2023.
  - General Sessions: May 9-10, 2023.
- Network meeting theme: Whole Person Health.
- COVID-19 Safety
  - Being vaccinated against COVID-19 is **not** required to attend the meeting, but it is strongly encouraged
  - **Masking with a KN95 or N95 will be required in any indoor sessions (masks will be provided).**

CAB Retreat ideas:

- **Kim** suggested an icebreaker where people write down negative experiences in healthcare on a lab coat. Then, paint the lab coat in the PHACS colors. Finally, add "PHACS" on top. It symbolizes that the impact of PHACS allows people to feel empowered. People should be comfortable not accepting those negative experiences.
- **Eduardo** agreed leading self-care sessions.
- **Rosalva** mentioned a cultural competency workshop.

**NOTE: The next CAB call will be on March 23, 2023 at 12:00 PM ET.**