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| **Block/Date** | **Resident Didactic** (Topics listed) | **Presenter**(SPFM faculty or outside presenter) | **Kid Talk**(Topic listed) | **Presenter**(Resident, student, other) | **Assigned Preceptor** | **Assigned Residents** | **Notes**(Student email addresses and other notes) |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **7** | **12/16/2021** | Adolescent Pregnancy & STIs | FM Faculty | Relationships, safe sex and contraception |  |  |  |  |
| **12/30/2021** | SSHADES, OrientationTeen Assessment | BH and FM Faculty | Breastfeeding |  |  |  |  |
| **8** | **1/13/2022** | AdolescentSubstance Use(Orientation) | FM Faculty | Nutrition and Apple slices |  |  |  |  |
| **1/27/2022** | Shaken Baby Syndrome and PURPLE crying | BH Faculty | Teething and Dental care |  |  |  |  |
| **9** | **2/10/2022** | Adolescent Pregnancy Nutrition | Dietician | Exercise in pregnancy |  |  |  |  |
| **2/24/2022** | Open Adoption (confirmed) | Outside presenter | Early Literacy |  |  |  |  |
| **10** | **3/10/2022** | Adolescent Sex and Sexuality | FM Faculty | Bonding with baby |  |  |  |  |
| **3/24/2022** | Tips for parent-child relationship/resources | Outside presenter | Wellness and mental health |  |  |  |  |
| **11** | **4/7/2022** | Teen pregnancy postpartum care | FM Faculty | Fetal Development |  |  |  |  |
| **4/21/2022** | Teen Fathers | BH Faculty | Nutrition and Smoothies |  |  |  |  |
| **12** | **5/5/2022** | Paternity (Dept. of Child Support)  | Outside presenter | Pregnancy Supplies |  |  |  |  |
| **5/19/2022** | Adolescent mental health, media, support | Outside presenter | Relaxation Techniques |  |  |  |  |
| **13** | **6/2/2022** | Adolescent eating disorders and nutrition | Dietician | Prenatal yoga |  |  |  |  |
| **6/16/2022** | ADOB Families and Talking to Teens | BH Faculty | Hopes, Dreams & Goals |  |  |  |  |

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**“Kid Talk” – Details & Instructions**

**Residents and medical students are responsible for the patient education component of ADOB. Each resident (and some students) will prepare and present an adolescent-friendly “kid talk” for the participating ADOB patients. Typically, residents are each responsible for the patient education during 1-3 ADOB clinics.**

* Each ADOB clinic starts off with a “Kid Talk”
* Led by a resident, student, guest, or other presenter
* 30 min. (2:15 – 2:45pm), group learning session with the ADOB patients and their support persons
* We encourage interactive and engaging sessions that are geared toward youth. This may include games (e.g. Jeopardy), participatory sessions (e.g., Prenatal Yoga), or group-based activities. Get CREATIVE!!!
* Hand-outs, PowerPoint, or video may supplement your interactive session
* Teaching aids are available for presenters to give out to ADOB participants – the teaching aid should help teach or reinforce the specific patient education topic. Past teaching aids have included books (*What to Expect*), swaddling blankets, breastfeeding covers, thermometers, etc. Talk to the ADOB assigned BHS or MA about the current inventory
* Presentation dates are assigned and added to the schedule above as each new block rolls out
* You will also receive email notice of each scheduled presentation with a list of available topic categories to choose from (see topic list below)
* If a schedule conflict arises, please contact the ADOB assigned BHS to coordinate any changes
* There will be 2 kid talks from each of the 4 categories during your ADOB rotation
	+ **Pregnancy**
	+ **Childbirth & Post-Partum**
	+ **Caring for Your Baby**
	+ **Breastfeeding**

See the “Kid Talk Topic List” for ideas (residency SharePoint, calendar tab, ADOB folder)

* Chose a topic that has not been done in the last 4-5 months. Also, if you want to talk on nutrition, be sure to talk with the ADOB dietitian. She does 1-2 “Kid Talks” and 2 resident talks every 6 months
* Inform the ADOB assigned BHS of your selected topic and plan and review your presentations ahead of time

**FINALLY:**

**Inform the ADOB assigned BHS of your selected topic and plan and review your presentations ahead of time.**

**OTHER RESOURCES AND PEOPLE**

Residents and students have in the past recruited guest leaders to present to the group on various topics. Past presenters have included:

* Pregnancy Yoga
* RN’s at hospital special care nursery
* Nurse Family Partnership RN can come and talk on their program and many other topics.
* Early child educator from Kaleidoscope Play and Learn group can present on the play group, other services, and many other topics.
* Paternity and Fathers with DSHS
* Family Birth Center at the hospital RN can lead our group in a tour
* Car Seat Safety with Lacey Fire Department

Great on-line resources for preparing interactive talks with pregnant teens: <https://www.weteachfacs.com/>

**ADOB – Kid Talk Topic List**

(BOLDED = core, priority topics)

|  |  |  |  |
| --- | --- | --- | --- |
| **Pregnancy** | **Childbirth and Post-Partum** | **Caring for Your Baby** | **Breastfeeding** |
| * **Fetal Development**
* **Pregnancy Supplies**
* **Prenatal Testing**
* **Your pregnancy lifestyle**
* Relaxation Techniques
* Exercise (option to arrange for guest to lead prenatal yoga or dance)
* Avoiding substance use
* **Hopes, Dreams & Goals**
* **Interpersonal Violence (DV)**
* **Family Financial Planning**
* **Postpartum Depression**
* **Prepping for arrival**
* Infant Supplies
* Parenting skills with babies
* **Nutrition during pregnancy** (mostly covered by Sharon)
 | * **Developing a birth plan**
* **Labor & Delivery**
* Tools and Expectations
* Labor pain management
* Labor Issues
* Natural birth
* Pre, False, and Real Labor
* **Post-Partum**
* The first 6 weeks
* Self-Care
* Changes
* Depression
* Weight and body image
* Relationships, sex, contraception
 | * **Growth and development**
* **Newborn Care in the First 28 Days**
* **Time management and meeting baby’s needs**
* **Infant Sleep**
* Swaddling
* Bedtime Routines
* Safe Sleep
* Soothing a crying baby
* **Health/Safety**
* Common Infant Illnesses
* SIDS
* Teething/Dental Care
* Baby-proofing your home
* First Aid/Preparing for Emergencies/CPR
* Shaken Baby Syndrome/Crying baby plan
* **Relationship building**
* Bonding
* Fathers and infants
* **Early Reading**
 | * **Breastfeeding Basics**
* Keeping your milk healthy and safe
* Pumping Breast Milk
* Nursing Problems & Solutions
* When formula feeding is necessary
* Feeding Schedule
* Resources for Breastfeeding Education and Support
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 **PAST ADOB KID TOPICS/TALKS:**

(list of topics here that have already been covered over the last 4 months)

**Resident Adolescent Medicine Didactic:**

Faculty lead didactics designed to orient each new team of residents/students as well as provide education on topics in adolescent medicine and OB. Topics may include:

* Orientation (All)
* SSHADES (Adolescent psychosocial assessment = All)
* Adolescent Substance Use (FM Faculty)
* Adolescent Sex and Sexuality (FM Faculty)
* Adolescent Pregnancy & STIs (FM Faculty)
* Postpartum Care (FM Faculty)
* Teen Pregnancy Nutrition (RD)
* Adolescent eating disorders and nutrition (RD)
* Shaken Baby Syndrome and PURPLE crying (BH Faculty)
* Adolescent Fathers (BH Faculty)
* Adolescent depression and mental health (BH Faculty)
* Open Adoption and pregnancy options (Open Adoption)
* Paternity (Dept. of Child Support)
* Tips for parent-child relationship/resources (Child Care Action Council)
* ADOB family changes and talking with teens (BH Faculty)