



**EMPOWERMENT  
THROUGH EDUCATION**

# Advocacy Education Initiatives

Child Health Advocacy Institute



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# Our Vision for Advocacy Education

Children's National Hospital's **CARE** mission is to excel in **Care, Advocacy, Research and Education**. The Child Health Advocacy Institute (CHAI) at Children's National leads the institution's advocacy efforts and advances policy and systems change to achieve health equity for all children. We also strive to teach students, residents, fellows, faculty and other staff the most effective methods to become child health advocates. We accomplish this through education and exposure to interdisciplinary advocacy opportunities at the individual, community and legislative levels. CHAI is committed to impacting the lives of children beyond the hospital and leads several initiatives to advance advocacy and public policy.

Our vision is to become a national model for socially accountable, interprofessional advocacy education, resulting in a skilled workforce driven to advocate for child health equity and systemic change.



# About CHAI Advocacy Education



**Advocacy education in CHAI supports Children's National's priorities for community health improvement and clinical issues with complex etiologies and solutions. These efforts are occurring in a milieu of change as the U.S. health care system moves toward value-based care, and medical education is increasingly stretched to prepare trainees to think beyond individual patients and diseases and to work in interdisciplinary teams.**

Children's National attracts medical students, residents, fellows, faculty, and other clinical and non-clinical staff who are actively seeking advocacy opportunities. Our location in Washington, D.C. provides a dual reality: significant inequities based on race, ethnicity, and socioeconomic status, along with rich opportunities for community engagement and legislative advocacy. CHAI has significantly expanded its advocacy and community health education across the spectrum of learners, including close partnerships with community organizations to provide training on social determinants of health and health equity.

Each educational initiative is anchored in CHAI's mission of promoting health equity, defined by the Centers for Disease Control and Prevention as "when every person has the opportunity to attain his or her full health potential and no one is disadvantaged from achieving this potential because of social position or other socially determined circumstances."



*"I loved being able to work in the garden, cooking and understanding how to make healthy affordable meals was so fun, and discussing available resources was really helpful."*

*– Children's National Intern*

### Student Day Lecture

Third-year medical students at the George Washington University School of Medicine and Health Sciences complete their pediatrics rotation at Children's National. With each cohort of students every 8 weeks, a CHAI faculty member gives an interactive lecture on advocacy, culminating with practicing advocacy skills in a small group case simulation.

### Child Health Advocacy Elective

Fourth-year medical students have an opportunity to undertake a health policy project that will simulate the way a physician would advocate in the public policy arena. Working with a CHAI faculty member, the students identify a health issue, propose a solution for the issue, determine how to enact the solution and take steps to advance the solution in the public policy arena. The students use population, epidemiological and other data to describe the issue and evidence-based information to craft the solution. In addition, the students attend health-related legislative hearings and meetings with government officials and relevant organizations.

*"I really enjoyed the first activity where we worked as a team to package items for families. It really required teamwork, allowed us to work with others outside of medicine, learn about what inspired them to get involved and gain a real sense of community engagement."*

*– Children's National Intern*





## Child Health Advocacy and Public Policy (CHAPP) Pathway

The Child Health Advocacy and Public Policy (CHAPP) Pathway is offered to rising second and third year pediatric residents who are interested in receiving additional training in advocacy. The CHAPP Pathway consists of a variety of optional activities aimed at building pediatric residents' skills and understanding around public policy and advocacy. The CHAPP Pathway offers three main benefits to pediatric residents: an individualized curriculum, mentorship and community partnership building.

## Community Bus Trips (CBT) Curriculum

The Community Bus Trips (CBT) Curriculum is an innovative curriculum developed in partnership between Children's National pediatric residency program and CHAI. The goal of the CBT Curriculum is to provide first-year pediatric residents with a deeper understanding of how the social determinants of health contribute to health disparities through a bus trip to under-resourced areas of Washington, D.C. This active learning experience allows participants to get out and see the local factors that directly affect the health of the population served by Children's National. The knowledge gained by the residents in this experience is then applied to their clinical practice. This curriculum has been adapted for hospital staff and researchers.

## Intern Advocacy Day

Intern Advocacy Day is a year round program created in partnership between the CHAI and the Capital Area Food Bank to promote community-based learning in advocacy and food insecurity. The program is offered to pediatric residents, fellows, faculty and staff who are interested in gaining skills in advocacy related to child poverty and food insecurity. Participants spend a day volunteering at the food bank's community garden or distribution center, undergo a food insecurity simulation activity that recreates a day in the life of families experiencing food insecurity and reflect on their professional role in advocacy and connecting families to food resources. Participants demonstrate improved knowledge of advocacy and improved advocacy-related self-efficacy after participating in Intern Advocacy Day.



## "Meet the Pediatricians" at Joyful Food Markets

"Meet the Pediatricians" at Joyful Food Markets is a resident-run, longitudinal community-based partnership. Residents partner with Martha's Table, a Washington, D.C. based anti-hunger organization, to provide health education at an after-school food market. They design and run interactive demonstrations on a different health topic every month and partner with a broad network of organizations to teach children and their families about healthy eating in addition to mental and physical wellness. This hands-on experience teaches residents about the impact and sustainability of a community-based intervention.

## Pediatric Public Health and Advocacy (P-PHAC) Curriculum

The Pediatric Public Health and Advocacy Curriculum (P-PHAC) consists of a series of interactive lectures that aims to improve resident knowledge on prevalent pediatric public health topics. P-PHAC utilizes interactive learning sessions to empower residents with the knowledge and skills necessary to advocate for their patients and their families. Through the P-PHAC curriculum, residents learn about the child health effects of several public health topics, identify advocacy opportunities and learn strategies to communicate with lawmakers and community partners regarding child health.

## Trainee Education in Advocacy and Community Health (TEACH) Curriculum

The Trainee Education in Advocacy and Community Health (TEACH) Curriculum is an innovative multimodal curriculum developed in partnership between the CHAI and the Graduate Medical Education Office, funded by a 5-year, \$1 million grant from the Health Resources and Services Administration (HRSA). The TEACH Curriculum trains pediatric residents to understand, identify and address child poverty in a primary care setting. The curriculum consists of eLearning and experiential learning in the form of community-based activities. Throughout the three years of residency, residents complete the following components: Epidemiology of Child Poverty, Population Health and Social Determinants of Health, Biomedical Influences of Child Poverty, Taking Action in Primary Care and Policy and Child Poverty. Through this curriculum, residents have shown improved knowledge, confidence and attitudes about child poverty.

## Leadership in Advocacy, Under-resourced Communities and Health equity (LAUnCH) Residency Track

CHAI is proud to partner with the Children's National Pediatric Residency Program, specifically with a number of initiatives in the Leadership in Advocacy, Under-resourced Communities and Health equity (LAUnCH) track. Under the leadership of Cara Lichtenstein, M.D., the mission of the LAUnCH Track is to train a new generation of residents who will create successful community partnerships and integrate public health concepts into the everyday practice of medicine to improve the health of under-resourced communities. The training for the LAUnCH Track is integrated within the overall pediatric residency program to ensure excellence in attainment of clinical skills.

### FIRST YEAR

The **Community Building Blocks (CBB) rotation** is offered to first year pediatric residents who are part of the LAUnCH track. The goal of the CBB rotation is to provide residents with an understanding of how social determinants of health (SDH) affect the local community, to improve their knowledge of community resources, and to train them to incorporate a focus on SDH into their clinical care and future careers. Each week of the rotation is focused on one of four SDH: poverty; trauma and adversity; schools and education; and the neighborhood and built environment. The curriculum consists of required readings, meetings with interdisciplinary leaders in the field, community-based experiences and weekly reflections with rotation leaders.

### SECOND YEAR

The **Child Health Advocacy Institute (CHAI) rotation** is offered to second year pediatric residents who are part of the LAUnCH track and focuses on legislative advocacy. The goal of the rotation is to orient residents to CHAI's efforts and steps to engaging in advocacy, including identification of an issue, review of relevant data and policy, organization of partnerships, development and communication of proposed solutions and implementation. The rotation culminates in a meeting with a legislator or their staff member to present a policy brief prepared by the resident and discuss a child health advocacy issue.

### THIRD YEAR

In the **Population Health and Leadership rotation**, third year pediatric residents in the LAUnCH track develop the skills to advance the medical home model in order to improve population health outcomes for children. Through readings, coalition meetings and hands-on activities, residents learn how community partnerships and governmental policies advance population health.



### **Child Health Advocacy Institute Affiliate Faculty**

CHAI Affiliate Faculty members are Children's National and/or George Washington University School of Medicine and Health Sciences faculty members who are contributing substantially to CHAI's mission. CHAI Affiliate Faculty Members participate and lead in advocacy education, legislative advocacy, related community benefit programs and other advocacy related initiatives. CHAI Affiliate Faculty members are appointed on a continuous basis and then renewed annually based on the individual's involvement within CHAI's priority activities.

### **Grab a Plate and Advocate (GAPA) Trainings**

Grab a Plate and Advocate (GAPA) Trainings are sessions led by the CHAI to build and strengthen the capacity of Children's National employees to engage in various advocacy efforts. GAPA Trainings educate trainees (including residents and fellows), faculty and staff on key advocacy tools and how to use their expertise to advocate for children and families to advance health equity. GAPA Trainings are offered year round and cover various institution-led priority areas.

### **The Shared Nursing Leadership Advocacy Council**

The Shared Nursing Leadership Advocacy Council's Nursing Special Interest Group, along with the Department of Professional Practice, created a collaborative group to bring focus to global, local and community health efforts for Children's National Nurses. CHAI staff educate the workgroup in social determinants of health and best practices of legislative advocacy. This workgroup aims to support nurses as they partake in global and community endeavors.

### **Intern Advocacy Day**

*Intern Advocacy Day is also offered to GW medical students and all Children's National trainees, faculty and staff to promote interdisciplinary learning. Please refer to page 6 for more details.*

### **Community Bus Trips (CBT) Curriculum**

*The CBT Curriculum has been adapted for a diverse group of staff and researchers. Please refer to page 6 for more details.*

*"I really do think a day at the Capital Area Food Bank could be used as a wellness activity for hospital employees... And it's just refreshing to break up the day to day routine and reconnect with the community in a tangible way; reminds us of why we serve in the first place."*

*– Children's National Pediatric Hospitalist*



## Selected Grants, Publications, Abstracts and Presentations from CHAI Advocacy Education Initiatives and Partnerships

### Grants:

- » 5-Year Primary Care Medicine and Dentistry Career Development Award from HRSA for the creation of the Trainee Education in Advocacy and Community Health (TEACH) Curriculum
- » American Academy of Pediatrics Rome CATCH Visiting Professor Award

### Journal Publications:

- » Faraz Covelli A, Ben-Maimon S, Falusi O, Darcy-Mahoney A. Assessing Nurse Practitioner and Medical Student Experience and Self-efficacy Caring for Patients and Families Living in Poverty. *Education in the Health Professions*. 2020;3:27-32.
- » Darcy-Mahoney A, Dooley D, Davis N, Stephens M, Falusi O. Closing the Gap: Addressing Adversity and Promoting Education in Early Childhood Visits. *Advances in Family Practice Nursing*. 2019;1:183-199.
- » Lichtenstein C, de la Torre D, Falusi O, Sims A, Smiley Y, Baiyewu M. Using a Community Bus Tour to Increase Knowledge of Health Disparities among Pediatric Residents. *Academic Pediatrics*. 2018;18(6):717-719.

### Electronic Publications:

- » "Medicaid." Contributing authors of online module of the Academic Pediatric Association U.S. Child Poverty Curriculum.
- » "Pediatric Adversity and Early Brain Development." Contributing authors of online module of the National League for Nursing.

### Abstracts:

- » Falusi O, Weisz J, Clarence I, Lichtenstein C, Coddington D, Ottolini M. Leveraging eLearning and Community Assets to "TEACH" Residents to Address Child Poverty. 2020 Pediatric Academic Societies Meeting. (Conference canceled due to COVID-19 pandemic)
- » Baiyewu M, Lichtenstein C, Falusi O, Sims A, Smiley Y, Dooley D, Merrill C, de la Torre D. Transforming Education: Using a Bus Trip to Increase Knowledge of Health Disparities. 2019 Children's National Hospital Research and Education Week.
- » Falusi O, Weisz J, Clarence I, Lichtenstein C, Gai J, Ottolini M. TEACHing Residents to Address Child Poverty: An Innovative Multimodal Curriculum. 2019 American Academy of Pediatrics National Conference and Exhibition.
- » Falusi O, Weisz J, Clarence I, Ottolini M. Pediatric Resident Knowledge, Skills, Attitudes, and Experiences when Caring for Children in Poverty: A Mixed-Methods Study. 2018 Children's National Hospital Research and Education Week.
- » Dooley D, Falusi O, de la Torre D, De Angelo J, Beers L. CHAI Roadshow: Appraising the Role of Advocacy in Pediatric Care. 2017 Children's National Research and Education Week.
- » Falusi O, Dooley D, Sims A, Beers L. Integrating Hands-On Advocacy Education in a Pediatric Residency Curriculum. 2017 Pediatric Academic Societies Meeting.

### Presentations:

- » Lichtenstein C, Baiyewu M, Falusi O, de la Torre D. Engaging the Community to Transform Pediatric Residency Training. 2020 Beyond Flexner Alliance Conference. (Conference canceled due to COVID-19 pandemic)
- » Falusi O, Weisz J. "TEACHing Residents to Address the Effects of Poverty in Primary Care." 2019 Association of Pediatric Program Directors Regional Meeting.
- » Smiley Y, Lichtenstein C, Sims A, Falusi O, Agrawal D. "Implicit Bias: Conscientious Interventions to Tackle the Elephant in the Room" 2019 Pediatric Academic Societies Meeting.
- » Beers L, Dooley D, Falusi O, Anyigbo C, Jarvis L. Making Legislative Advocacy Part of Your Trainees' Careers. 2019 Pediatric Academic Societies Meeting.
- » Falusi O. "Integrating Pediatric Social Determinants of Health in Medical and Nursing Education." 2018 Beyond Flexner Alliance Conference.
- » Lichtenstein C, Beers L, Dooley D, Falusi O in collaboration with the Education Subcommittee of the Academic Pediatric Association Poverty Task Force. Medicaid and Health Coverage for Children: A New Curriculum. 2018 Pediatric Academic Societies Meeting.
- » Beers L. "Incorporating Advocacy Work into an Academic Portfolio." 2017 Advocacy in Academic Pediatrics Symposium, Children's National Hospital.

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