


SUGAR PACK

Pre-departure Activities Curricular Kit

APPD Enhanced Learning Session

sugarprep.org



At the completion of this session, the learners will be able to:

1. Explore a new comprehensive curriculum for global health elective preparation for pediatric residents and fellows
2. Navigate the multi-layer process of pre-departure training through utilization of innovative SUGAR PACK facilitator training resources (all available for free at sugarprep.org)
3. Gain expertise in pre-departure training for global health work

Facilitators:

Nikki St Clair, Denise Bothe, Sabrina Butteris, Carmen Cobb, Emilia Connolly, Liz Groothuis, Stephanie Lauden, Amy Rule, Chuck Schubert, Tasa Seibert, Sarah Webber, & Mike Pitt

For additional SUGAR PACK information, or to provide feedback please contact info@sugarprep.org

Time	Enhanced Learning Session Activity
15	Large group <ul style="list-style-type: none"> • Introductions & history of the Midwest Consortium of Global Child Health Educators • Objectives & a pitch for preparation • SUGARPREP.org history • SUGAR PACK synopsis
15-75	Small group stations Session moderators will orient participants to each SUGAR PACK activity, including an overview of resources and implementation strategies. This will entail spending 8 minutes per station (2 minute transitions between), with each station led by a SUGAR PACK expert. Stations include: <ol style="list-style-type: none"> (1) Orientation & Global Health 101 (lead: Mike Pitt) (2) Health, safety & travel logistics (leads: Carmen Cobb & Nikki St Clair) (3) Ethics mini case discussions (leads: Liz Groothuis & Amy Rule) (4) Culture shock activity: trainee blog dissection (leads: Sabrina Butteris & Tasa Seibert) (5) PEARLS Case Pairings (leads: Emi Connolly & Denise Bothe) (6) PACK for Wellness (leads: Sarah Webber, Steph Lauden & Chuck Schubert)
75-90	Large group debrief <ul style="list-style-type: none"> • Discuss SUGAR PACK implementation barriers & resources • Obtain feedback for SUGAR PACK 2.0 modifications

sugarprep.org resources

Created by the Midwest Consortium of Global Child Health Educators & Affiliates



Comprehensive, multi-disciplinary simulation case series designed for emotional preparation for working in resource limited settings.



Instructional video series describing procedural modifications for use when resources are limited













Our new comprehensive modular active learning sessions designed for pre-departure training

SUGAR PACK FRAMEWORK

The purpose of SUGAR PACK is to provide educators with a comprehensive facilitator training package, paired with an easily adaptable curriculum, to effectively prepare trainees for GH electives in low-resource settings. SUGAR PACK is free, online, easy to implement, and highlights the following pre-departure topics: core concepts in global health; clinical competency with resource limitations; health, safety and wellness; ethics and culture; and culture shock and professionalism. By adding to the existing preparation resources on sugarprep.org (including SUGAR simulations and PEARLS procedural training), educators now have a “total package” for preparation training materials, with the ability to tailor the package at individual institutions based on elective site characteristics and pre-existing curricula.

The SUGAR PACK team designed the learning objectives to ensure that the curriculum addressed all “Top Ten Considerations for Short-Term Global Health Elective Preparation” (Figure below; sources: [St Clair et al. Pediatrics 2017](#) & the [American Board of Pediatrics Global Health in Pediatric Education: An Implementation Guide for Program Directors](#)).

	EXPLORE PERSONAL MOTIVATIONS FOR WORKING GLOBALLY <i>Avoid poverty tourism, seeking opportunities to practice outside the scope of your expertise, “drop-in” visits outside of a sustainable framework, and paternalistic pursuits. Also ensure that you have a firm understanding of the importance of cultural and professional humility prior to global engagement.</i>
	CHOOSE AN ETHICALLY SOUND GLOBAL HEALTH OPPORTUNITY <i>Review the Working Group on Ethics Guidelines for Global Health Training (WEIGHT) recommendations pertaining to ethical partnerships, and seek opportunities that are ethically sound, mutually beneficial, and preceded by clear communication and agreement with the hosts regarding the purpose of your visit.</i>
	ENSURE THAT GOALS ARE OPENLY ADDRESSED PRIOR TO THE VISIT <i>Clearly identify your professional goals and scope of practice and ensure that they are in line with the host goals for your visit. Also identify what documentation of licensure is required.</i>
	GAIN INSIGHT INTO THE IN-COUNTRY AND ON-SITE RESOURCES <i>When applicable, review formularies, supplies, other resources (e.g. clinical, research, etc.) at the host site.</i>
	RESEARCH THE REGION, PEOPLE, RELIGION(S), LOCAL LAWS, AND CUSTOMS <i>Engage in pre-departure cultural and language studies and, when able, meet with people from the region or who have traveled/worked in the region.</i>
	ASSESS AND PREPARE FOR ON-SITE PROFESSIONAL SCENARIOS <i>Identify the factors (e.g. resources, endemic diseases, infrastructure, etc.) that will inform modifications to your professional practice on-site, and determine what additional training is required prior to the visit to adapt to those factors.</i>
	ASSESS AND PREPARE FOR PERSONAL SCENARIOS DURING TRAVEL <i>Ensure that basic travel logistics are addressed and safety precautions are taken (e.g. registration with the Department of State Smart Traveler Enrollment Program; purchase of traveler and evacuation insurance; travel vaccines; malaria prophylaxis when applicable; post-exposure prophylaxis; safe modes of transportation; etc.).</i>
	RESEARCH AND RECOGNIZE CULTURE SHOCK <i>Review the stages of culture shock, and recognize them during your own experience. Prior to travel, identify resources to assist you during the rejection/frustration stage of culture shock.</i>
	ESTABLISH HOME COMMUNICATION PLANS THROUGH PRIVATE VENUES, AND IDENTIFY TIME FOR DEBRIEFING POST-RETURN <i>Ensure that communication meets professionalism guidelines (e.g. avoid public blogging, posting clinical photos, etc.), and that there is an opportunity established for debriefing post-return.</i>
	FOSTER CLEAR COMMUNICATION WITH HOSTS, INCLUDING DEVELOPMENT OF BIDIRECTIONAL PREPARATION GOALS, EXPLORATION OF OPPORTUNITIES FOR SUSTAINABLE COLLABORATION, AND INCORPORATION OF EVALUATION <i>Establish ongoing communication during and after the visit to optimize sustainability and future engagement, if applicable.</i>

SUGAR PACK CONTENT

PRE-COURSE FACILITATOR TRAINING (for facilitators only)




























- [SUGAR PACK Teaser Trailer](#): This is a 2 minute animation video that quickly orients educators to SUGAR PACK.
- Optional [Train the Trainers video](#) (for educators new to the field of pre-departure preparation): *Top Ten Considerations in Pre-Departure Preparation*. This is a 30 minute video that orients educators to the top ten considerations for preparation for short-term global health electives. It offers a comprehensive overview to fundamental components of preparation, and highlights how the SUGAR PACK modules fit into the top ten framework.

SUGAR PACK MODULES (for facilitators to use with trainees)

Module Title <i>(click on each hyperlink to access orientation videos)</i>	Description
Orientation Activity & Global Health 101	<p>This is an interactive introductory experience intended to orient/familiarize learners with the basic/fundamental principles necessary to prepare for global health rotations. Learners will partake in a crash course on global health electives via team based-learning, engage in icebreaker activities, and take time to reflect on their personal goals for participating in global health electives.</p> <p><i>Authors: Jones, Van Genderen, Schaack, Pitt</i></p>
Health, Safety & Travel Logistics	<p>This interactive session uses small group case discussions based on common health and safety challenges which can occur during global health experiences. Cases include discussion prompts and optional role play scenarios, and are paired with valuable resources related to health and safety while on a global health rotation.</p> <p><i>Authors: Cobb, Kaeppler, Conway, St Clair</i></p>
Ethics Mini Case Discussions	<p>In this exercise, learners discuss various scenarios they may encounter abroad; focusing on how to approach and diffuse potential clinical, ethical, and cultural conflicts while maintaining positive relationships in an unfamiliar setting.</p> <p><i>Authors: Groothuis, Weinert, Rule, Warrick, Rosenman, Butteris</i></p>
Culture Shock Activity: Dissection of a Trainee Blog	<p>This session uses a flipped classroom model, where learners first engage with an online module on culture and culture shock. In the in-person portion of the activity, learners dissect a fictional blog based on a traveler's real experiences, identifying the stages of culture shock, and discussing potential ramifications of social media use in global health settings.</p> <p><i>Authors: Groothuis, Houser, Connolly, Seibert, Butteris</i></p>
PEARLS (Procedural Education for Adaptation to Resource Limited Settings) Case Pairing	<p>These cases bring the procedural modifications featured in the PEARLS video series into context through simulation, by having learners navigating clinical cases where problem solving is necessary to perform needed procedures.</p> <p><i>Authors: Miller, Winter, Connolly, Ojo, Fischer, Van Genderen, Slusher</i></p>
PACK for Wellness	<p>This interactive activity uses cases, small group discussion, and reflection to address many of the challenges encountered on global health experiences from the perspective of the impact on individual well-being. The session provides a structured way for mentors and trainees to prepare for these experiences, armed with specific tools aimed at maximizing well-being before, during, and after the global health experience.</p> <p><i>Authors: Webber, Lauden, Miller, Beyerlein, Fischer, Schubert</i></p>
& Back after S-PACK Debriefing Resources	

SUGAR PACK TEAM

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