

Capstone for Impact Submission | GY2019

Project Title: Safe Sleep for Medical Students

Student Name(s): Hogikyan, Emily

Advisor Names(s): Dr. Fealy

Branch: Patients & Populations

Path of Excellence: Medical Humanities

Handover/Transition:

If this project can be continued by another UMMS student, you may contact them at the following email address/phone number (N/A if project cannot be handed over): **No**

Summary:

My project, which I am still working on completely rolling out, centers around enhancing safe sleep education for medical students at the University of Michigan Medical School. As a future pediatrician, this is an issue I am very passionate about. While not all medical students will become pediatricians, we all spend time on the newborn service and in pediatric primary care clinics where we counsel parents about the best and safest ways to care for their newborns.

While this topic had always felt important to me, I was spurred into working on this by an experience I had on the Child Abuse elective rotation. We attended a meeting in Detroit reviewing the deaths of children under 18 years old, and over a three-month span, seven babies had died from unsafe sleep conditions. This felt tragic and preventable, and it made me want to learn more about safe sleep and how to talk to parents about this issue.

I have created an informational card with an associated powerpoint presentation for medical students which they can use to learn more about the basics of safe sleep. With resources from the American Academy of Pediatrics, the CDC, and the primary literature, I have worked to create a document which describes the practical and scientific aspects of safe sleep.

I have also worked to create an FAQ section which can help students answer some of the questions parents may ask them, without having to ask their attending first! I think that this is an important area for medical students to be able to quickly and confidently provide advice, as it may save a baby's life.

My goal is to distribute this through the pediatrics clerkship.

Methodology:

- Researched society recommendations, primary literature, and government guidelines
- Discussed my deliverable with residents, attendings, and fellow students

Results/Conclusion:

TBD

Reflection/Lessons Learned:

I learned about the difficulty of providing straightforward answers with such an individualized topic like safe sleep. Each family's situation is different, but I hope that I have found some solid basics that can apply to most.