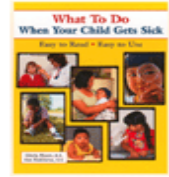


B-4: Boo-boos, Belly-aches and Bumps

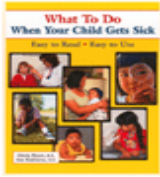
Before you go to the doctor
What to do when your child gets sick
Train the trainer program



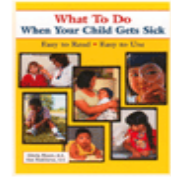
WELCOME

20 minutes total (10 minutes for welcome and 10 minutes for pre-training evaluation)

- 1. Introduce yourself and credential yourself. Do housekeeping.**
- 2. Lead a warm-up exercise selected from one of the three exercises suggested at the Training for Trainers.**
- 3. Discuss what the training is about – it's value to the trainees. (See "Purpose of Training" on the next page.) Tell the trainees that the 1½ hr. – 2 hr. training will include 2 five minute breaks.**
- 4. Post a Parking Lot and discuss its purpose.**
- 5. Administer the pre-training evaluation (10 min.). Remind the trainees that they will be contacted by phone in three months as a follow-up to the training.**



B-4: Boo-boos, Bell y-aches and Bumps *Before* you go to the doctor What to do when your child gets sick Train the trainer program



THE PURPOSE OF THE TRAINING

- Research has shown that parents can reduce the amount of time they spend with their children in emergency departments, urgent care clinics, and doctors' offices, if they have a basic knowledge of safety, first aid, and what to do when their children are sick.
- Did you know that in San Diego County, 40% of all emergency department discharges, among patients with medical related diagnosis, could have been treated in a primary care setting?
- The top three reasons why young children visit San Diego County emergency rooms is because of injuries & poisoning, high fever and respiratory related symptoms.
- Two pediatric nurses have written a book, "What To Do If Your Child Gets Sick." The book is written with the express purpose of giving parents a guide to household safety and tips for what to do when their children get sick.
- The training program is sponsored by CHIP (Community Health Improvement Partners). The mission is to train 100 trainers from community agencies who will then train 1,000 parents about the book. The goal is to reduce emergency department/urgent care clinic/ and doctor office visits for people who could take care of many issues themselves. The successful attainment of the goal will benefit the parent and the community.