

Example of a Resident Activity Checklist/Sign Off Form

The below is an example of a resident activity checklist. It can be modified and used to keep track of your residents' progress throughout the curriculum. When the activities for each month are complete, the mentor may initial with his approval.

August 2008

- Self study:** Take pre-test by Tuesday, August 29.
- Large Group Activity:** City Wide Grand Rounds, Scott Auditorium, Noon, Wednesday, August 30.

Mentor
Initials

September 2008

- Self Study:** Teach three new mothers the three key components of breastfeeding; deadline Wednesday, April 11.
 - See one / Do one / Teach one
- Self Study:** Telephone follow-up with the three new mothers; deadline Wednesday, April 11.
 - Mother #1 / Mother #2 / Mother #3
- Self Study: (optional)** assess a breastfeeding session and score using "Breastfeeding Scoring System."
- Self Study:** Read The ABCs of Breastfeeding booklet deadline Wednesday, September 27.
- Large Group Activity:** Noon conference: Basic Skills Training; Wednesday, September 27.

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Initials

October 2008

- Self Study:** Read the Lactation Management Self-Study Module I; deadline Wednesday, October 25.
- Self Study:** Begin community Outreach Project; deadline Tuesday, December 5.
- Small Group Activity:** Discussion of Lactation Management Self-Study Module 1; deadline Wednesday, October 25.
- Field Trip:** MetroHealth Medical Center WIC field trip; deadline Friday, April 27.

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November 2008

- Self Study:** Read Lactation Management Self-Study Module II; deadline Wednesday, November, 22.
- Self Study:** Complete community outreach project; deadline Tuesday, December 5.
- Small Group Activity:** Discussion of Lactation Management Self-Study Module II; deadline Wednesday, November, 22.
- Field Trip:** MetroHealth Medical Center WIC field trip; deadline Friday, April 27.

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December 2008

- Self Study:** Read the Lactation Management Self-Study Module III; deadline Wednesday, December, 20.
- Self Study:** Read chapter 4 in the *Breastfeeding Handbook For Physicians*.
- Self Study:** Review chapters 2-3 in *Breastfeeding, A Guide for the Medical Profession*.
- Self Study:** Complete the Lactation Management Self-Study Modules test (in back of the binder) before Sunday, December 31.
- Large Group Activity:** Noon conference: Presentation of outreach projects; Wednesday, December 6.
- Field Trip:** MetroHealth Medical Center WIC field trip; deadline Friday, April 27.

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January 2009

- Self Study:** Read the Baby Friendly Hospital Initiative Ten Steps prior to the small group discussion; deadline Wednesday, January 24.
- Self Study:** Read the MetroHealth Medical Center breastfeeding policy prior to the small group discussion; deadline Wednesday, January 24.
- Self Study:** Use the Baby Friendly Hospital Initiative Self-Assessment to guide the group discussion; deadline Wednesday, January 24.
- Small Group Activity:** Discussion of the MetroHealth Medical Center breastfeeding policy and identify one barrier and one solution; deadline prior to Wednesday, January 24.
- Large Group Activity:** Noon conference: Advocacy; Wednesday, January 24.
- Field Trip:** MetroHealth Medical Center WIC field trip; deadline Friday, April 27.

Mentor
Initials

February 2009

- Self Study:** Teach three new mothers the three key components of breastfeeding; deadline Wednesday, April 11.
 - See one / Do one / Teach one
- Self Study:** Telephone follow-up with the three new mothers; deadline Wednesday, April 11.
 - Mother #1 / Mother #2 / Mother #3
- Large Group Activity:** Noon conference: Peripartum Breastfeeding Support; Friday, February 16.
- Field Trip:** MetroHealth Medical Center WIC field trip; deadline Friday, April 27.

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March 2009

- Self Study:** Choose one activity and complete corresponding report: 1). Visiting Nurses Association breastfeeding home visit, 2). Evaluation of MetroHealth Medical Center breastfeeding education material, 3). Breast pump assembly and operation, 4). Develop breastfeeding phone template or 5). List contraceptive methods for breastfeeding moms; deadline Wednesday, March 28.
- Self Study:** Teach three new mothers the three key components of breastfeeding; deadline Wednesday, April 11.
 - See one / Do one / Teach one
- Self Study:** Telephone follow-up with the three new mothers; deadline Wednesday, April 11.
 - Mother #1 / Mother #2 / Mother #3
- Large Group Activity:** Noon conference: True breastfeeding contraindications; Wednesday March 28.
- Field Trip:** MetroHealth Medical Center WIC field trip; deadline Friday, April 27.

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April 2009

- Self Study:** Teach three new mothers the three key components of breastfeeding; deadline Wednesday, April 11.
 - See one / Do one / Teach one
- Self Study:** Telephone follow-up with the three new mothers; deadline Wednesday, April 11.
 - Mother #1 / Mother #2 / Mother #3
- Self Study:** Retake Lactation Management Self-Study Modules test; deadline Friday, April 27.
- Small Group Activity:** Discussion of common ambulatory situations; deadline Friday, April 27.
- Large Group Activity:** Noon conference: Cultural competency; Wednesday, April 11.
- Field Trip:** MetroHealth Medical Center WIC field trip; deadline Friday, April 27.

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May 2009

- Small Group Activity:** Discussion of cultural competency cases; deadline Thursday, May 31.

Mentor
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June 2009

- Self Study:** Take posttest; deadline Saturday, June 30.
- Small Group Activity:** Wrap-up and debriefing session.
- Large Group Activity:** Dinner celebration.

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