

# Community for Antepartum Patients (CAP): Teaching Undergraduates with Inpatient Group Prenatal Experiences

Sydney Mei Sheffield, BSPH<sup>1</sup>; Sally Kuehn, BSPH<sup>1</sup>; Tanvi Mehta, BA<sup>1</sup>; Sarah K. Dotters-Katz, MD, MMHPE<sup>2</sup>

<sup>1</sup>Duke University School of Medicine; <sup>2</sup>Duke University, Department of Obstetrics and Gynecology

## Introduction

Early clinical exposure has been shown to assist in premedical undergraduate students' decision-making to pursue medicine and to improve their preparedness for medical school.<sup>1,2</sup> Additionally, though graduate medical trainees are responsible for teaching medical students early in their careers, residents often report feeling underprepared for this role.<sup>3,4</sup>

## Materials & Methods

- Year-long, academic course taught by third-year medical students
- **Weekly** one-hour, seminar-style classes
  - Didactic topics included pregnancy physiology, lactation and breastfeeding, and maternal mental health
  - Overarching theme of social determinants
  - Each undergraduate led one class per semester
- **Monthly** one-hour, in-hospital group prenatal sessions with antepartum patients
  - Undergraduates assisted with patient recruitment and session facilitation

## References

1. Wilson JW, Baer RD, Villalona S. Patient Shadowing: A Useful Research Method, Teaching Tool, and Approach to Student Professional Development for Premedical Undergraduates. *Acad Med.* Nov 2019;94(11):1722-1727. doi:10.1097/acm.0000000000002882

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3. Rowe DG, Dalton JC, Ladowski JM, et al. Prior Teaching Experience and Barriers to Effective Resident Teaching: A Cross-Sectional Study. *J Surg Res.* Sep 2024;301:371-377. doi:10.1016/j.jss.2024.06.008

4. Ni L, Thomas HR, Raleigh DR, Boreta LC, Park CC, Braunstein SE. Residents-as-Teachers Curriculum for Radiation Oncology: A Targeted Needs Assessment. *Int J Radiat Oncol Biol Phys.* Nov 1 2021;111(3):638-642. doi:10.1016/j.ijrobp.2021.06.024

How might an academic course and group prenatal care facilitation impact students and teaching assistants?

1. *Improve premedical undergraduate student knowledge of reproductive health, understanding of clinical settings, and decision-making regarding medical school.*
1. *Increase medical student teaching assistants' preparedness for and comfort with teaching as a resident.*



**CAP**  
Community for Antepartum Patients

WEDNESDAYS + THURSDAYS 3:30 - 4:30 PM  
Antepartum Lounge

**MARCH TOPICS**

- 03/05 - Pelvic Floor PT
- 03/06 - Dried Bouquet Making
- 03/12 - Lactation and Feeding
- 03/13 - Paint by Number
- 03/19 - NICU Q&A Session + Optional Tour
- 03/20 - St. Patrick's Day Mocktail Making
- 03/26 - Stress Management with Janet
- 03/27 - Tote Painting



**CAP**  
Community for Antepartum Patients

Wednesdays and Thursdays  
3:30-4:30pm in the Antepartum Lounge

**January Topics**

- Th 1/9 - Candle painting
- W 1/15 - Lactation & Feeding
- W 1/22 - NICU Q&A + Optional Tour
- Th 1/23 - Air-dry clay + paint (part 1)
- W 1/29 - Pelvic Floor PT
- Th 1/30 Air-dry clay + paint (part 2)

## Experiences

Teaching Assistants

"You just get to listen and provide support and solidarity, and I think that having that kind of an experience is very valuable in...really reminding ourselves, like, what it is like to go through this experience, and I found that really impacted the way that I interacted with patients."

"Learning to facilitate discussion in a small group setting over zoom, about topics that you have learned several times over but may be the first time the undergrad students are learning it, allowed me to reflect on my communication and teaching skills in an environment where I had the freedom to try out different teaching methods to see what worked and what didn't while receiving feedback directly from the students."

"Before entering CAP, I was considering pre-med but throughout this year and my involvement with CAP, my decision to apply has been greatly solidified...No other class I have taken at Duke has provided me with such hands-on knowledge about the field of medicine..."

"This program has not only empowered me to learn about my body but has given me clarity about medical specialties and has reaffirmed my desire to pursue medical school."

"Before coming into the course, I had a very surface level understanding of OBGYN but now I feel so much more comfortable navigating some of the main topics surrounding pregnancy and delivery. It's especially been really cool for me to be able to attend CAP sessions and understand what patients and providers are talking about because of the time we have taken to learn for ourselves!"

"...this year is the first time that everything has really 'clicked' for me... Being a part of CAP has allowed me to draw more connections between my coursework and real patient experiences."

Undergraduates