

**Center for Medical Humanities & Ethics
 Mini-Grant Application**

Applications will be evaluated by the CSL Mini-Grant Committee based on the following criteria:

1. The project is responsive to a real community need as defined by the community.	7. The project has a realistic timeframe
2. The student has identified an appropriate mentor, and there is evidence that the mentor is “on board”	8. The project has an appropriate budget
3. There is evidence of community engagement already underway	9. Projected number of community beneficiaries is appropriate
4. There is a realistic plan for community engagement	10. There are measurable objectives and anticipated outcomes
5. An appropriate site for the project has been identified	11. The project proposal has a realistic chance of making an impact on the identified community in need
6. The proposal clearly states how the project reflects an approach to service learning	

Completely answer each of the following to the best of your ability.

1. Project Title:

PMIG HIV Screening: OraQuick ADVANCE Rapid HIV-1/2 Antibody Test

2. Applicant(s) contact information. *Please list the names, emails, and phone numbers of each member participating in the project. Please identify the group leader in box 1.*

Name/Degree	School/yr of training (IE SON1, or MS2)	Email	Cell/office phone
Miranda Garcia	SON1	Personal information blocked for privacy	

3. Mentor:

Dr Ruth Berggren MD

4. Project Description *Briefly describe the specific community need, project site, intended activities, organization (if partnering with agency), target audience, and time frame of proposed project. Please name and describe the role of the Project Mentor(s) in this section. (500 words or less)*

The purpose of the Breastfeeding Education and Support for Teenage Mothers (BEST) project is to provide information to young teen mothers at Seton Home, on the advantages of breastfeeding while furthering a supportive learning environment. The BEST project aims to inform teen mothers on the anatomy and physiology of breastfeeding, discuss how the mother's diet impacts the breast milk, while also adding in teaching the mechanics of breastfeeding.

The ultimate goal of this project is to provide a measurable increase in breastfeeding rates among Seton Home residents who give birth while at Seton Home. We hope to see all residents attempt breastfeeding, and we hope to see at least 50% of residents continue to breastfeed for up to 6 weeks.

Project BEST will take place at the Seton Home at 1115 Mission Road in San Antonio, Texas.

The target audience is the young mothers that give birth while staying at the facility. This project's time frame is a minimum of one semester. Pre-post tests along with a three month follow up will be performed to show progress of the mothers. This project will begin the week of September 14, 2009 and continue until December 2009 and will include 40 documented hours of community service learning.

We will recruit Seton Home staff, medical and nursing students to attend Breastfeeding management training on October 24th, 2009, sponsored by the State Dept. of Health. After the training, medical and nursing students will hold bi-weekly support groups for the expecting and new mothers at Seton Home on the topic of breastfeeding. Seton Home residents will also have the option of partnering with a medical or nursing student who will serve as an individual mentor to them.

Dr. Berggren, the BEST project mentor, will facilitate group reflection activities, the first of which will be held in December, 2009. She will be available by email and phone to give input and guidance on the project.

5. Community Needs Assessment & Impact: *Describe the methods you/your team will use to assess the needs of the target community (i.e. focus groups, surveys, interviews, etc.) in order to determine that the proposed project will meet a community need. Include the plan for community engagement and the projected number of community beneficiaries.*

The BEST project is an established project at the Seton Home. The need for this project has already been established through results from a staff survey indicating a desire to educate and promote breastfeeding among new Seton Home mothers. The purpose is to increase the number of breastfeeding young mothers in order to provide the best nutrition for their newborns. By supporting young mothers in breastfeeding, the infant benefits from starting life with the best nutrition possible. This could lead to less infant illness, thereby lowering cost of medical care, while providing a strong bond between mother and baby.

Although the exact number of girls that will be served by this project is unknown, we estimate that it will serve at least 10 teen mothers in 2009. Seton Home houses an average of 85 girls per year, and they may be either parenting or pregnant at the time of admission.

6. Objectives & Outcomes: Please describe at least two objectives your proposed project will address and how the outcomes will be defined. (i.e. By the end of this four-week fitness workshop, participants will learn how to increase their physical activity level from 10 minutes per day to 30 minutes per day.)

By the end of this semester long project, the new mothers at Seton Home will be better able to understand the benefits of breastfeeding their newborns. They will have access to a support group of students and staff to assist in answering common questions and problems that may arise during the mothers' journey in breastfeeding. A pre and post test along with a three month follow up will be given to the new mothers to hopefully show a marked increase in breastfeeding. The amount of pregnant young women at the beginning of the program will be documented. The amount of mothers who discontinue breastfeeding will be noted and compared to the amount of mothers that continue to breastfeed. These statistics will be evaluated to propose future modifications to better improve the program for following participants. The goal of BEST is to have more teen mothers nursing their newborns while getting positive support, knowledge, and encouragement from an educated group of students, instructors, and staff from the University of Texas Health Science Center.

BEST hopes to:

- 1) Have all teen mothers attempt breastfeeding after giving birth.
- 2) Have at least 50% of teen mothers continue to breastfeed for at least 6 weeks.
- 3) Create a supportive, encouraging, and nurturing environment at Seton Home to all for new teen mothers attempting and continuing to breastfeeding.

7. Results / Evaluation: Briefly describe what evaluation tools (i.e. pre/post test, survey, focus group, etc.) you will use to determine the effectiveness of the proposed service project. Also, describe how you will present the project results to the targeted community.

A pre and post test as well as a three month follow up will be given to the new mothers at Seton Home to show their progress and experience in breastfeeding their newborns. The true test of whether this project is succeeding is the amount of new mothers that respond to the Seton Home's support to establish a pleasant nursing experience for both baby and mother. Reasons for new mothers to choose not to breastfeed or to discontinue will be noted and examined. Results of the tests and follow up along with the number of new mothers breastfeeding will be evaluated to determine how improvements could be implemented to the BEST program.

8. Reflection: *Please describe the mechanism you will use for reflection (journaling, blogging, discussions with mentor), and the manner in which your project mentor will engage with you in the reflection process.*

Miranda will be developing a journal with weekly entries and emailing them to Dr. Adelita Cantu. Miranda will also be speaking with the project mentor at least monthly to ensure this program continues on track. Weekly updates, such as specific activities and outcomes that shape the progress of the BEST project will also provided to Dr. Adelita Cantu. All participants in the BEST project will attend reflection meetings, the first of which will be held in December at Dr. Berggren's home. This project will begin the week of September 14, 2009 and continue until December 2009.

9. Budget: *Itemize all anticipated expenses for your project (i.e. printing, supplies, fitness equipment, etc.) PLEASE NOTE: Food is not an acceptable budget item unless it is being used as a teaching activity that relates directly to the objectives of the project. Incentives are not allowed.*

Item	Quantity	Estimated Cost
Item 1	X	\$X
Item 2	X	\$X
Item 3	X	\$X
Total		\$500

10. Letter of Support:

I have submitted a letter of support from my Mentor.

11. Conditions:

I acknowledge that if awarded a Mini-Grant of any amount I will sign a consent form stating that I will comply with following conditions:

- I understand that reimbursement for expenditures on this grant requires that I submit original receipts to the Center for Medical Humanities & Ethics.
- I will maintain and document regular contact with my mentor (at least quarterly for a year-long project).
- I will complete the report required to provide student service learning hours and number of beneficiaries from my project.
- I will submit an abstract and a poster for inclusion in the Annual Community Service Learning Conference.
- I will attend the Annual Community Service Learning Conference

Please submit your letter of support from your mentor confirming his/her availability and commitment to your project before submitting your application. Mentors may send letters as a Word document or PDF to Melanie Stone at csl@uthscsa.edu, fax typed letters to 210-567-0805 or mail to: Melanie Stone, Center for Medical Humanities & Ethics, 7703 Floyd Curl Dr., MC 7730, San Antonio, TX 78229.

You will receive notification of your application status within three (3) weeks.

For more information, please email or call Melanie Stone, Community Service Learning Coordinator, 210-567-0523.