EBBDEL: Educational tools and resources

Background

In June 2012, Council (Resolution No. 2012/13-13) directed the Royal College’s Health and Public Policy Committee (HPPC) to examine the importance of early brain and biological development and early learning (EBBDEL) as a determinant of health, including the key issues, challenges, progress and initiatives in Canada and present recommendations for Council’s consideration.

One of the recommendations presented was the creation of a micro-site for access to resources and educational modules. Pending the creation of the micro-site planned, the following document has been made available which lists a number of key resources and tools which were assembled by an extensive scan of existing resources including a number of recommendations from HPPC’s EBBDEL working group.

The resources/tools have been grouped in 6 major categories. Each category also groups the resources based on the intended audience (that is, medical students, residents, and/or physicians in practice).


1 Language and Concepts

- **Medical Students**
  - Core Story Toolkit: Brain Builders Videos and Learning Cards
    Alberta Family Wellness Initiative
    - How Brains Are Built (4:05)
    - Brain Architecture (2:35)
    - Serve And Return (2:42)
    - Executive Function (3:52)
    - Stress (4:08)
    [http://www.albertafamilywellness.org/building-betterbrains](http://www.albertafamilywellness.org/building-betterbrains)

- Early Brain & Biological Development and Addictions, UME Podcast Series
  Canadian Healthcare Education Commons (AFMC)

  Core Concepts of Early Child Development:
  2 – Brain Architecture and Development (12:45)
  3 – Early Experiences and Gene Expression (16:20)
  4 – Building Cognitive, Emotional and Social Capacities (17:41)
  5 – Positive, Tolerable and Toxic Stress (16:46)
  6 – Brain Plasticity and Behavioural Change (16:00)
  7 – Intervention and Treatment in Children’s Mental Health (21:04)
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[Hyperlink]

- Medical Students, Residents and Practising Physicians
  - Core Concepts in the Science of Early Childhood Development Centre on the Developing Child (Harvard University)
    - Web-based Interactive Feature
      - [Link]
  - Encyclopedia on Early Child Development
    - Centre of Excellence for Early Childhood Development Strategic Knowledge Cluster on Early Child Development
    - Topics: Behaviour, Education and Learning, Health and Nutrition, Pregnancy, Family, Services and Policy (Introduction/Synthesis/According to experts/Resources/Complete Topic for each)
      - [Link]
  - Clinician Toolkit (Anticipatory Guidance for Media Related Health Concerns)
      - Center on Media and Child Health (Harvard Medical School & Boston Children’s Hospital)
        - [Link]

[Section]

Epigenetics

- Medical Students, Residents and Practising Physicians
  - “You are What Your Genes Experience”
    - Dr Clyde Hertzman, Canadian Institute for Advanced Research, 2011
      - [Link]

- Practising Physicians
  - Epigenetics – What Your Patients are Asking and What You Need to Know
    - Webinar from Genetics in Primary Care Institute, 2012
      - [Link]
Adverse Childhood Experiences

- Medical Students, Residents and Practising Physicians
  - “How Childhood Trauma Affects Health Across a Lifetime”
    Dr Nadine Burke-Harris, TEDMED Talk, September 2014
    [https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)

- Practising Physicians
  - Centers for Disease Control and Prevention

Literacy

- Practising Physicians
  - Canadian Pediatric Society
    Promoting Literacy: A Guide for Physicians

  - American Academy of Pediatrics
    Books Build Connections Toolkit
    [https://littoolkit.aap.org/forprofessionals/Pages/home.aspx](https://littoolkit.aap.org/forprofessionals/Pages/home.aspx)

Resilience

- Medical Students, Residents and Practising Physicians
  - Resilience Guide for Parents & Teachers – 10 Tips for building resilience in children and teens
    American Psychological Association
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- “Grit: A Character Trait Linked to Success”
  Dr Ken Ginsburg, author of Building Resilience in Children and Teens: Giving Kids Roots and Wings

6 Tools for Practice

☐ Practising Physicians

- Rourke Baby Record (birth – age 5)
  http://www.rourkebabyrecord.ca/default.asp
- Greig Health Record (ages 6-17)
  http://www.cps.ca/tools-outils/greig-health-record
- Nippissing District Developmental Screen
  http://www.ndds.ca/ontario.html
- Ontario’s Enhanced 18-Month Well-Baby Visit
  www.18monthvisit.ca
- Ontario College of Family Physicians
  Workshops:
  Healthy Child Development: Attachment
  Healthy Child Development: Improving the Odds
  Ontario’s Enhanced 18-Month Well-Baby Visit