

# SPEAK UP Ambassador

## Implicit and Explicit Racial Bias Education



May 17, 2024  
8:30 AM-2:30 PM ET

The SPEAK UP Champion™ Implicit and Explicit Racial Bias Education participants learned foundational concepts. The SPEAK UP Ambassador Conference is the next step on the Institute for Perinatal Quality Improvement's SPEAK UP Action Pathway challenging participants to enhance their SPEAK UP Action Plans by engaging in deeper discussions on how to mitigate the lingering effects of racism to improve Black maternal outcomes.

During this day-long interactive session, participants will expand their expertise in how to become allies and leaders working to dismantle racism with the overarching goal of providing equitable care and eliminating health disparities using quality improvement methods and tools.

### Target Audience

Healthcare professionals who support and care for patients before, during and after pregnancy or professionals that care for newborns.

### Learning Outcomes

1. Demonstrate how to use SPEAK UP acronym and anti-racist communication techniques to mitigate racism experienced in perinatal health that leads to health disparities.
2. Create an action plan that can be used in professional practice to mitigate racism within healthcare settings.

### Content

#### 1. Background and SPEAK UP Essentials

- Review current Black maternal mortality and morbidity rates.
- Explore the impact of racism on Black women's health care experiences and its influence on health outcomes.
- Review health care system factors and social determinants that contribute to maternal racial and ethnic disparities.
- Practice SPEAK UP communication essentials to effectively address microaggressions and make a change within your sphere of influence.

#### 2. Anti-Racist Action Plan

- Identify anti-racist strategies and tactics to reduce inequalities and disparities in health care by confronting racism.

#### 3. Quality Improvement

- Expand your quality improvement action focused on eradicating racism to improve health outcomes for women, birthing people, and families.

### Faculty

Debra Bingham, DrPH, RN, FAAN  
Renée Byfield, MS, RN, FNP

Friday, May 17, 2024, 8:30 AM-2:30 PM ET		
Time	Content	Faculty & Methods of Instruction
8:30 AM ET (15 min)	<ul style="list-style-type: none"> <li>Welcome and Introductions</li> <li>PQI's Vision and Mission</li> <li>Communal Agreement</li> </ul>	Debra Bingham, Andrea Cross
8:45 AM ET (30 min)	<ul style="list-style-type: none"> <li>Lessons from the SPEAK UP Champion™ Conference</li> <li>28 Day Anti-Racism Challenge, v2 insights</li> <li>SPEAK UP Action Plan Implementation</li> </ul>	Lecture Q&A
9:15 AM ET (45 min)	<p>Background and SPEAK UP Essentials</p> <ul style="list-style-type: none"> <li>Review current Black maternal mortality and morbidity rates.</li> <li>Explore the impact of systemic racism on Black women's health care experiences and its influence on health outcomes.</li> <li>Review health care system factors and social determinants that contribute to maternal racial and ethnic disparities.</li> </ul>	Lecture Slides Handouts Videos
10:00 AM ET (20 min)	Practice SPEAK UP communication essentials to effectively address microaggressions and make a change within your sphere of influence.	Lecture Slides Handouts Case Scenarios & Role Play Group Discussion
10:20 AM ET (20 min)	<p>Group Work</p> <ul style="list-style-type: none"> <li>Build on SPEAK UP communication essentials.</li> </ul>	Slides Handouts Breakout Rooms
10:40 AM ET	BREAK (15 min)	
10:55 AM ET (35 min)	<p>Anti-Racist Action Plan</p> <ul style="list-style-type: none"> <li>Identify anti-racist strategies and tactics to reduce inequalities and disparities in health care by confronting racism. Define allyship.</li> <li>Identify anti-racist activities and create opportunities for allyship.</li> </ul>	Lecture Slides Handouts Breakout Rooms

Friday, May 17, 2024, 8:30 AM-2:30 PM ET		
Time	Content	Faculty & Methods of Instruction
11:30 AM ET (30 min)	<p>Group Work</p> <ul style="list-style-type: none"> <li>Using the PQI Socio-Ecological Perinatal Disparities Ishikawa Diagram to identify anti-racist strategies to dismantle racism within society, community, individual, interpersonal relationships, etc.</li> </ul>	Lecture Slides Handouts Breakout Rooms Socio-Ecological Model Ishikawa Diagram
12:00 PM ET	LUNCH (30 min)	
12:30 PM ET (40 min)	<p>Quality Improvement</p> <ul style="list-style-type: none"> <li>Expand your quality improvement action focused on eradicating racism to improve health outcomes for women, birthing people, and families.</li> <li>Use SMART Goals to describe facilitators and barriers to QI implementation.</li> <li>Discuss developing an implementation plan and adjusting this plan using Bingham's ABCDE's of Implementation Strategies and Tactics.</li> </ul>	Lecture Slides Handouts Breakout Rooms
1:10 PM ET (20 min)	<p>Group Work</p> <ul style="list-style-type: none"> <li>Revisit and refine SMARTIE goals.</li> <li>Design and implement strategies for a SPEAK UP Action Plan to eliminate perinatal disparities.</li> </ul>	Slides Handouts Breakout Rooms
1:30 PM ET	BREAK (15 min)	
1:45 PM ET (15 min)	<ul style="list-style-type: none"> <li>Discuss next steps.</li> </ul>	Discussion
2:00 PM ET (30 min)	<ul style="list-style-type: none"> <li>Synthesis of content</li> <li>Question and answer session</li> </ul>	Discussion
2:30 PM ET	Adjourn	Thank you for participating!

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## Nursing Continuing Professional Development (NCPD also known as Continuing Nursing Education [CNE]) - 5.0 Contact Hours

This nursing continuing professional development activity was approved by Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## Continuing Medical Education (CME) - 5.0 CME Credit Hours



In support of improving patient care, this activity has been planned and implemented by Boston University Chobian & Avedisian School of Medicine and The Institute for Perinatal Quality Improvement. Boston University Chobian & Avedisian School of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The Boston University Chobian & Avedisian School of Medicine designates this live activity for a maximum of *5.0 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

	Early Bird Through April 5th	Regular
Current Paid PQI Membership*	\$239	\$259
All Others	\$259	\$279

*\*Institute for Perinatal Quality Improvement (PQI) paid membership includes discounts to all PQI educational events and discounts on all e-learning modules. Visit [www.perinatalQ1.org](http://www.perinatalQ1.org) for more information.*

### [REGISTER HERE](#)

Please fill out our [pre-survey](#). A post-survey will be sent after the conference for CE credit.

### Preparing for the Conference

Prior to the conference, participants are requested to complete:

- The [SPEAK UP Ambassador Pre-Survey](#). A post-survey will be sent after the conference for CE credit.
- The [Harvard Implicit Bias \(Race IAT\) self-assessment](#). The test is free and can be accessed at <https://implicit.harvard.edu/implicit/takeatest.html>. Retaking the IAT assists with gauging where you truly are in your implicit bias journey.
- The [28 Day Anti-Racism Challenge, v2](#). (optional)
- Submission of your [SPEAK UP Action Plan](#). (recommended)

### Additional Learning Activities

Registrants will receive a promo code to access the online [SPEAK UP Module Bundle](#) at a discounted price.

- **Module 1:** Why Everyone Must SPEAK UP: Trends and Racial Disparities in Maternal Mortality and Morbidity
- **Module 2:** Pledging to SPEAK UP: Recognizing Bias, Inequity, and Racism in Perinatal Care
- **Module 3:** How to SPEAK UP Against Racism in Perinatal Care



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