



## CLIENT

### Boulder Community Hospital

Located at the foothills of the Rocky Mountains, Boulder Community Hospital (BCH) was founded in 1922 as a community-owned and operated not-for-profit hospital. BCH is home to the Family Birth Center, the most medically progressive maternity center in the Rocky Mountain region. The Center's nurses strive to provide the most effective discharge education so that all new parents leave the hospital feeling confident in their ability to care for their newborn.

## SUMMARY

Using PowerPoint® to teach today's parents about childbirth or breastfeeding allows educators to keep their class content flowing smoothly—the technology is easy to use, organized, and the presentation looks professional. Best of all, your students will stay engaged and retain the important information that will help make their childbirth experience a positive one.

## Using PowerPoint® to Teach Today's Parents

### THE CHALLENGE

Between bigger classes and a new generation of tech-savvy parents, her flip charts just weren't cutting it anymore.

It was 2003, and Nancy Ottenstein, LCCE, CLE, realized that her childbirth classes were being under served by the time-trusted tools of the trade—flip charts. At the time, Ottenstein was teaching in a large Washington, D.C. hospital.

“My classes were filled, sometimes up to 14 couples,” Ottenstein explained. “I needed to present information in a way that was easy to see in a large classroom setting and keep their interest.”

### THE SOLUTION

After a bit of research, Ottenstein decided that PowerPoint, long-used for business presentations, was her solution to teaching large classes.

Using PowerPoint to teach childbirth education was virtually unheard of and was truly uncharted territory. At the time, there were plenty of DVDs and booklets available to prepare expectant parents, but no professionally-produced PowerPoint presentations. Ottenstein, with no prior experience using PowerPoint, approached her department manager and asked if the hospital would pay for her to attend a seminar to learn PowerPoint.

“Fortunately they readily agreed,” she said, “and I was soon setting up my own personalized presentation.”

She immediately noticed a difference in how her students learned with PowerPoint and how much more engaged they were with the content.

“People enjoy learning with this technique. They appreciate the approach to a free-flowing class using the computer and technology, yet I am still able to be very interactive with them,” she explained.

Ottenstein eventually moved to Boulder, Colorado, and began teaching childbirth education at Boulder Community Hospital (BCH) with her custom-made PowerPoint presentation. A forward thinker, she believes that the reason some instructors are resistant to using PowerPoint is because they feel intimidated by the technology.

“I have invited other instructors to come and watch when I'm teaching with PowerPoint. They can see just how easy it is and how much more professional they can make their classes,” she said.

Among the reasons that Ottenstein enjoys teaching with PowerPoint is because content flows smoothly—it is very organized, and the presentation is extremely professional. Best of all, there is no paper to be flipping through while searching for information.



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– Nancy Ottenstein, LCCE, CLE

Nancy K. Ottenstein, LCCE, CLE, became a Lamaze International Certified Childbirth Educator in 1984 and currently teaches Childbirth Education at Boulder Community Hospital, Boulder, Colorado.

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“Every other childbirth instructor I know who uses PowerPoint would never think about going back to the old flip charts for those reasons alone,” Ottenstein said.

Ottenstein looks forward to soon using a new presentation—InJoy’s *Understanding Birth®: PowerPoint Class*. She had the opportunity to review the program during development and gave valuable input to its content and flow.

“I loved it! InJoy’s program incorporates dynamic imaging along with the ability to play video—something I can’t do with my own PowerPoint,” she acknowledged. “These two things really reinforce the student’s retention of the information.”

### PowerPoint Teaching Tips

- Prior to using the presentation in class, practice presenting the slides and determine how long it takes for you to show the presentation.
- Before your class arrives, make sure the projector, screen, and speakers are set up appropriately. Test by playing a video clip, adjust your projector if it’s too dark or light, and adjust your speakers accordingly for the audio.
- Use a handheld wireless mouse during class to advance the presentation—this allows you to move around, which will be more engaging for your class than standing in one place.
- As you present the slides, avoid reading text word-for-word; paraphrase and add your own insights to personalize your presentation.
- To keep your class’s interest, break up the PowerPoint presentation with interactive group exercises and games.