

Nightingale News

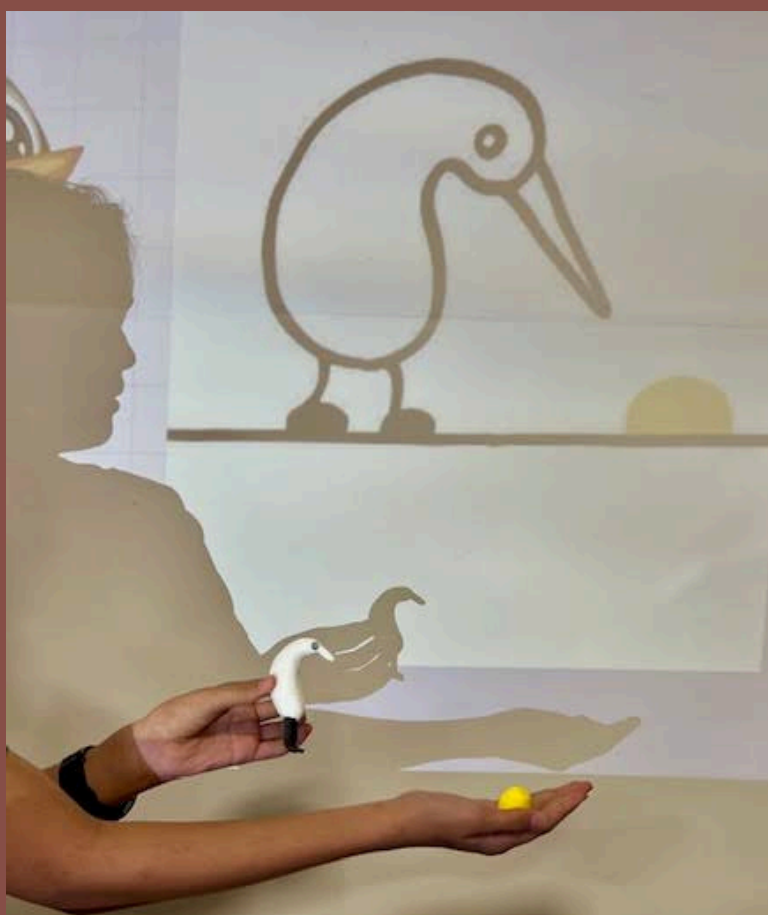
Blog Post 2, Page 1

September 6, 2024



[PART I - The Face Of Addiction: Challenging Perceptions](#)

On Tuesday, August 13th, our Educate Before You Medicate (EBYM) team conducted a **bilingual workshop on Opioid Use Disorder (OUD)** for Afghan refugee children and parents. You may be thinking - why are we teaching children about opioids? Well, opioid use disorder is not a disease that is confined to one age group or type of individual; we are actually seeing rates of opioid use among the younger population rising.



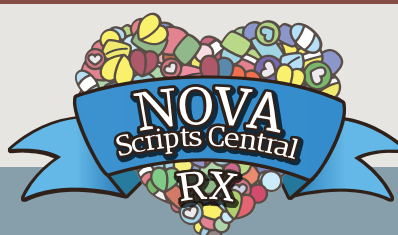
Pictured: An Afghan teen refugee holding a clay replica of a kiwi bird from a popular video about Addiction shown during the presentation.

It is important to address this issue earlier on and educate them about what opioids are, what addiction looks like, and the long-term effects from using. This topic, which carries significant sensitivity and stigma in the Afghan community, was addressed with great care. Extensive time was taken to consider the cultural context when delivering the presentation, as mental health issues in this population are often surrounded by stigma and not talked about.

The session, hosted by our esteemed community partners, the **Ethiopian Community Development Council (ECDC)**, saw a remarkable turnout of children ranging from elementary through high school and their parents. The interactive workshop provided comprehensive information on OUD, including its prevalence, available support, and other critical details.



Pictured: The NSC Team presenting on Opioid Use Disorder to recent Afghan Refugee Families.



Read more



September 6, 2024

The presentation was delivered in both Dari and English, and as a result, we saw notable engagement from both parents and children. Participants were eager to understand how to protect themselves and sought further resources for naloxone training.

PART II - Prevent the Brain Drain: Sleep Hygiene Tips for Back-To-School

Importance of Sleep

The Vital Importance of Sleep

How much sleep should I get?

For 6 to 12 year olds:
9 to 10 hours

For 13 to 18 year olds:
8 to 10 hours

How does sleep affect your daily activities?

Good sleep = more energy throughout the day

Less Sleep = less energy throughout the day

What Is Sleep Hygiene?

Sleep hygiene are the routine practices or habits that you follow for good sleep. Sleep is very important for everyone at all ages.

What happens if you don't get enough sleep?

Moody & grumpy

Delays mental and physical growth

Tired & less focused in class

What are Good Sleep Habits?

Build a Bedtime Routine

Sleep & get up around the same time everyday - even weekends!

Get ready for bed 1-hour before bedtime

- Brush your teeth
- Take warm bath or shower
- Try reading or journaling

Make your bed a comfy place

Use the bed only for sleep!

Add comfy pillows & blankets

Dim or turn off the lights

Keep the temperature cool

Make the room quiet by removing distractions

What are some things to Avoid?

Stop using electronics 1 hour before bedtime

Avoid caffeine

Avoid snacking, drinking or heavy meals 3 hours before bed

Back-to-School Tips

Limit napping to less than 30 minutes - napping can make you less sleepy at night.

Adjust your sleep schedule in a 15-minute increment every few days until your schedule is adjusted to your desired schedule

Reference Links:

- National Children's Sleep Foundation: <http://www.nationalchildrenssleepfoundation.org/healthy-sleep-habits/healthy-bedtime-routine-and-sleepy-moments-welcoming-back-to-school-2016/>
- Cleveland Clinic: <http://www.clevelandclinicmedres.com/healthy-living/healthy-sleep-habits/>
- CDC: http://www.cdc.gov/sleep/about_sleep/article_04sleep_hygiene.html

Author: Mayana Sheppard & Vivian Du



NOVA
Scripts Central
RX



Nightingale News

Blog Post 2, Page 3

September 6, 2024



Pictured: Dr. Neha Dhavalikar, Safety-Net Health Equity Fellow with NSC and APHA, teaching Afghan children about sleep hygiene.

In today's world, children are constantly surrounded by screens, which can impact their engagement and energy levels at school. To address this, we developed interactive handouts designed to help children and parents understand the crucial role of sleep in academic performance. By using a phone battery analogy, we taught the children that their bed is like a charging station, essential for recharging their energy to stay powered up throughout the school day.

The kids were highly engaged, and their excitement peaked during a session of sleep hygiene trivia, where they eagerly demonstrated their knowledge to win prizes.



Pictured: Dr. Neha Dhavalikar, Dr. Se-a Han, and Dr. Shabnum Anwari educating Afghan Refugee children on the importance of sleep hygiene.

We hope to continue enhancing children's health literacy through learning opportunities like these through further collaboration with Second Story and the communities they serve.



Read more



Nightingale News

Blog Post 2, Page 4

September 6, 2024



Who am I?



Dr. Neha Dhavalikar, PharmD is a graduate of The University of Pittsburgh School of Pharmacy where she earned her Doctorate in Pharmacy with an area of concentration in PharmacoAnalytics. She is currently completing a 1-year Safety-Net Health Equity fellowship with NOVA ScriptsCentral and the American Pharmacists Association (APhA). As part of the fellowship, she is working with communities in Northern Virginia and learning population health strategies to improve access and affordability for underserved patients.

THANK YOU FOR READING!



Stay tuned for more Nightingale News as I continue my journey as a Safety-Net Health Equity Fellowship with
**NOVA ScriptsCentral and the
American Pharmacists Association...**

