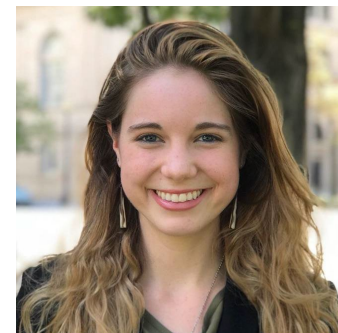




NIH Office of Research on Women's Health (ORWH)

# ORWH E-Learning Courses: Overview and Live Demonstration



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National Institutes of Health  
Office of Research on Women's Health

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#ResearchForWomen

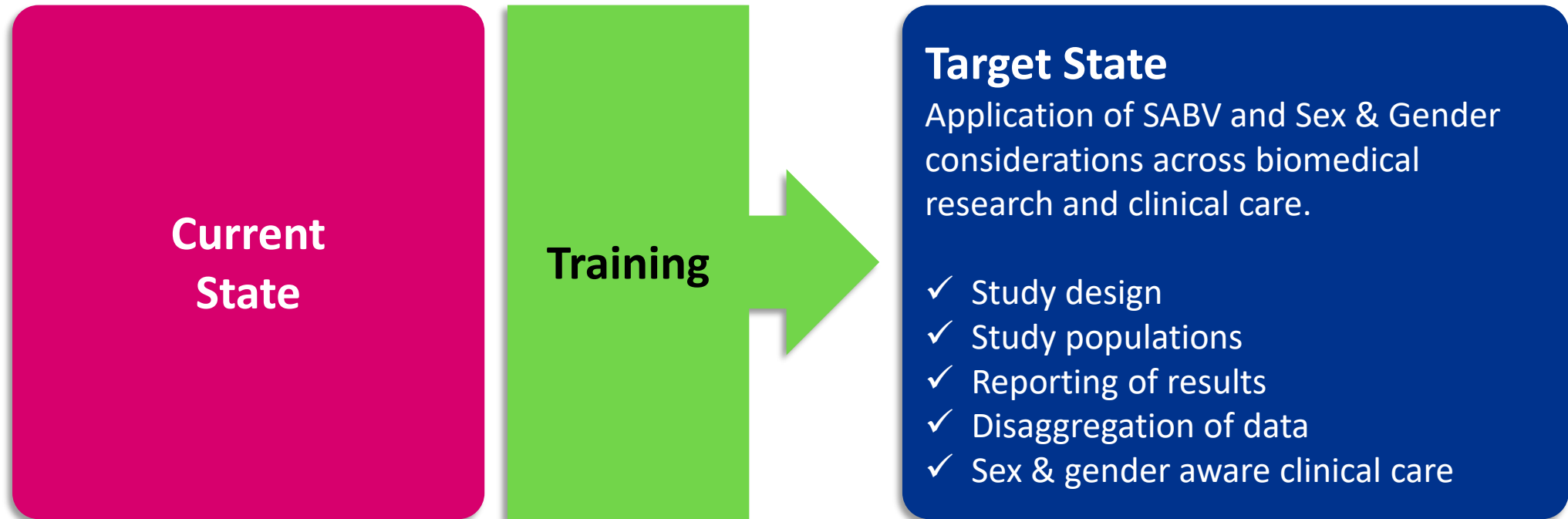
# The Need for Trainings:

“ ”

*“Less than **25%** of [548 medical school lectures and workshops audited] raised the topic of sex or gender influences on physiology and pathophysiology or the experience of the patient in the health care environment.”*

*“Only **8.1%** of all sessions included an in-depth discussion of sex or gender differences, and these discussions predominantly focused on basic physiology and prevalence and/or incidence of disease, and not on available data on sex- and gender-specific influences on diagnosis, treatment, prognosis, and drug effects.” (2019)*

# Purpose of ORWH Trainings:



# Goals for Today:



- Provide an overview of the course offerings



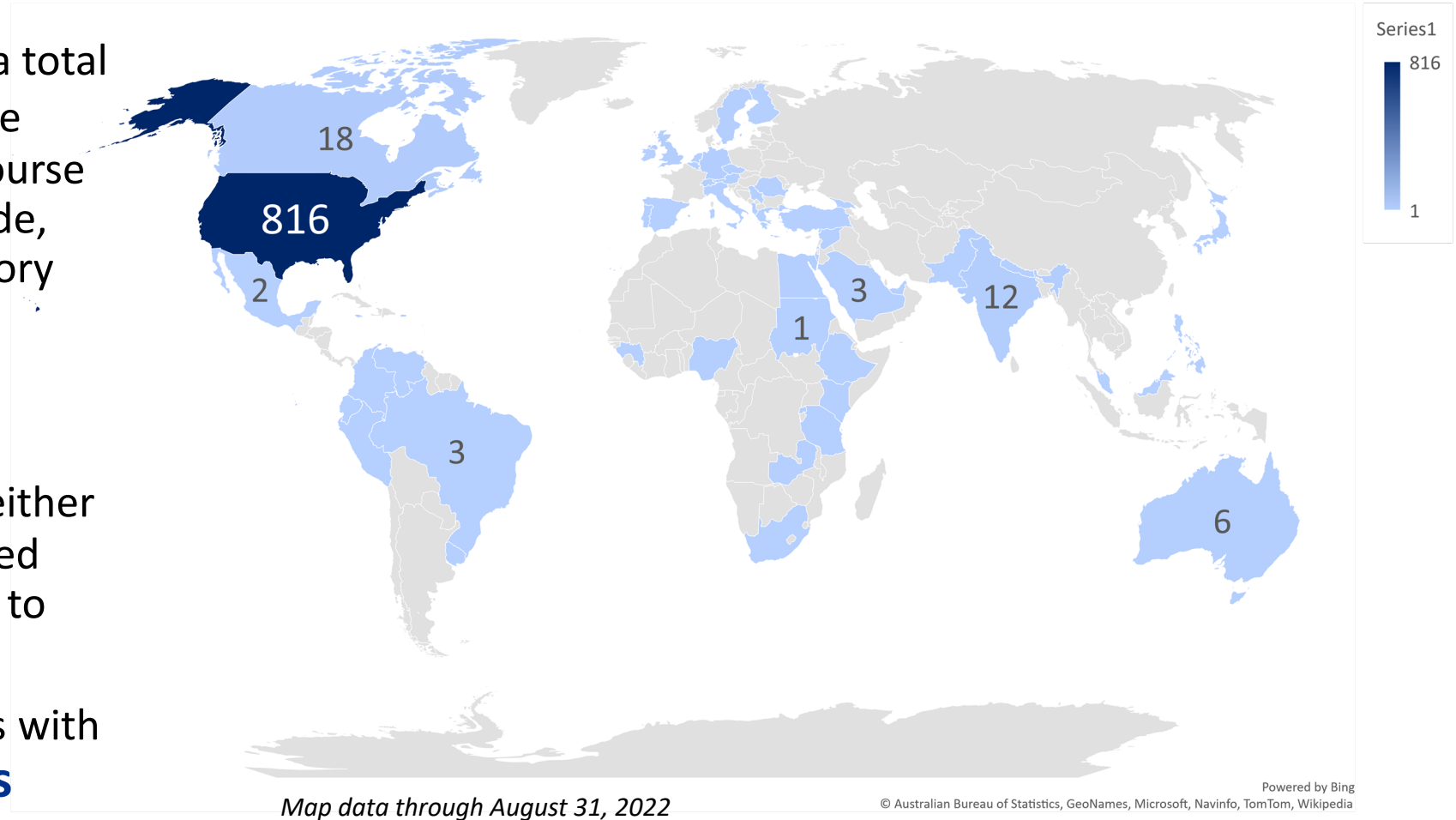
- Provide an understanding of who the courses are for, **key audiences** and **benefits**



- Provide a live demo of the *Bench to Bedside Course*

# High-Level Metrics:

- As of September 30, 2022, a total of **2,006 individuals** have registered for the ORWH Course Dashboard (Bench to Bedside, SABV Primer, and Introductory Training).
  - **1344 since Aug 1, 2020**
- As of September 30, 2022, **1,267 individuals** have either started (N=493) or completed (N=774) a module of Bench to Bedside
- Learners reported affiliations with institutions in **56 countries**
- **81%** of learners are female



# E-Learning Home:

<https://orwh.od.nih.gov/career-development-education/e-learning>

NIH National Institutes of Health  
Office of Research on Women's Health

Putting science to work for the health of women

WOMEN'S HEALTH RESEARCH ▾ SEX & GENDER ▾ IN THE SPOTLIGHT ▾ SCIENCE POLICY ▾ CAREER DEVELOPMENT & EDUCATION ▾

HOME > CAREER DEVELOPMENT & INTERPROFESSIONAL EDUCATION > E-LEARNING

## E-Learning

[Create Account](#) [Log In to Your Account](#)

ORWH e-learning courses give users a thorough and up-to-date understanding of sex and gender influences on health and disease and NIH requirements on factoring sex as a biological variable into research designs. Users will be able to apply this knowledge when designing and conducting research or interpreting evidence for clinical practice. Offerings include *Bench to Bedside: Integrating Sex and Gender to Improve Human Health* (CME credits available), *Sex as a Biological Variable: A Primer*, *Introduction: Sex- and Gender-Related Differences in Health*, and the *SABV Primer: Train the Trainer*.

[E-Learning Courses Flyer](#) [E-Learning Course Guide](#)

The courses are open to the public, and registration is free.

- Bench to Bedside: Integrating Sex and Gender to Improve Human Health**
- Sex as a Biological Variable (SABV): A Primer**
- SABV Primer: Train the Trainer**
- Introduction: Sex- and Gender-Related Differences in Health**


### Career Development & Education

- ▶ Mentored Career Development
- ▶ Building Interdisciplinary Research Careers in Women's Health (BIRCWH)
  - Re-Entry into Biomedical Research Careers
- ▶ NIH Working Group on Women in Biomedical Careers
  - Women of Color Research Network
  - Ending Structural Racism
- ▼ E-Learning
  - Bench to Bedside: Integrating Sex and Gender to Improve Human Health Course
  - Sex as a Biological Variable: A Primer
  - SABV Primer Supplement
  - SABV Primer: Train the Trainer
  - Introduction: Sex- and Gender-Related Differences in Health
  - Research Continuity Supplements

Find E-Learning under  
Career Development and  
Educational Resources

# Course Offerings Overview:

**All courses are free**

	Primary Aim	Primary Audience	Modules
<b>Bench to Bedside: Integrating Sex and Gender to Improve Human Health</b>  	<ul style="list-style-type: none"> <li><i>Provide a thorough understanding of sex and gender influences on health and disease; instruct users how to apply this knowledge when conducting research and interpreting evidence for clinical practice</i></li> </ul>	Clinicians, researchers, healthcare workforce	6
<b>Sex as a Biological Variable: Primer &amp; Supplement</b>  <i>NIH OD &amp; NIGMS</i>	<ul style="list-style-type: none"> <li><i>Demonstrate how to consider SABV in all stages of biomedical research and clarify requirements of the NIH SABV policy</i></li> </ul>	Researchers, including all NIH grant applicants	4
<b>SABV Primer: Train the Trainer</b>	<ul style="list-style-type: none"> <li><i>Help researchers account for, implement, and appropriately teach the SABV policy</i></li> </ul>	Researchers, all NIH grant applicants, trainers	6
<b>Introduction: Sex- and Gender-Related Differences in Health</b>  <i>(Update underway)</i>	<ul style="list-style-type: none"> <li><i>Introduce to the concepts and terminology of sex and gender and how to incorporate a multidimensional sex and gender lens into research and clinical care</i></li> </ul>	Researchers, clinicians, policymakers, public (everyone)	N/A

**Free CMEs available**

# Pre-Test Screenshots:

(Applies to Bench to Bedside and SABV Primer)

1. Please rate your understanding of the following terms:

	Have never heard this term	Have heard term but don't know what it means	Somewhat familiar with this term	Confident in my understanding	Expert understanding
1a. NIH Sex as a Biological Variable Policy*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1b. Sex*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1c. Gender*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1d. Women's Health*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1e. Sex and gender specific medicine*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1f. Intersection of sex and gender *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. I am familiar with the following topics:

	Strongly Disagree	Somewhat Disagree	Do Not Know	Agree	Strongly Agree
2a. Sex differences in health and medicine *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2b. Gender differences in health and medicine*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2c. The intersection of sex and gender in health and medicine*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2d. The importance of including both sexes in animal and human research studies*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2e. Sex-specific reporting of study results *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

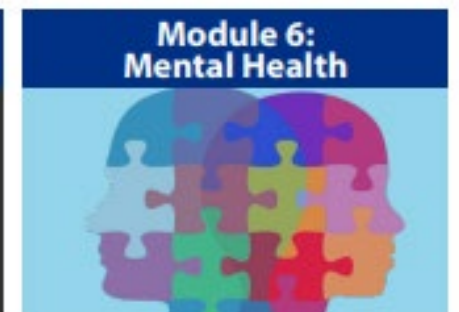
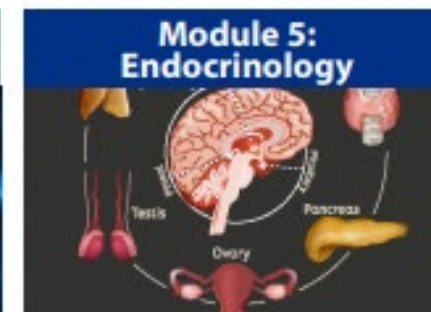
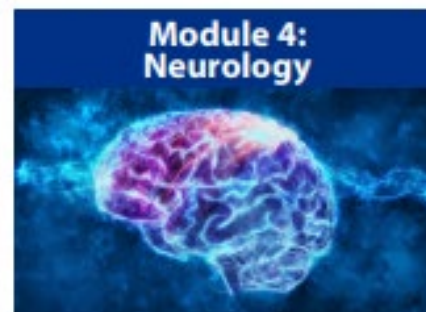
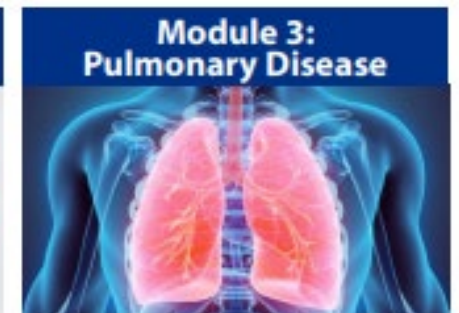
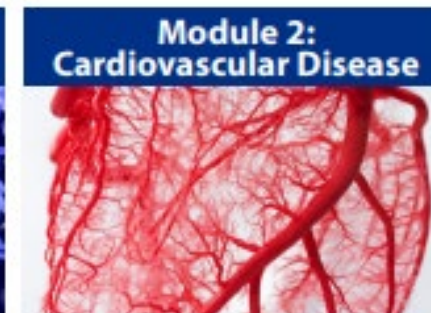


# ***Bench to Bedside: Who is it for?***

- Clinicians (Including trainees)
- All healthcare professionals (nurses, administrators, public health workers)
- Researchers (all career levels)
- Students
  - Advanced undergraduate
  - Graduate, post graduate
  - Medical, pharmaceutical, and other allied health professional schools
- All interested learners

**Free  
CMEs  
available**

## ***Bench to Bedside Modules***



# ***Bench to Bedside: How to use it?***

- ✓ **Incorporate into academic courses**
- ✓ **Incorporate as training for lab members**
- ✓ **Provide as an extra-credit option for students**
- ✓ **Share with school libraries**
- ✓ **Share with professional associations**
- ✓ **Share with department faculty**
- ✓ **Share with networks online**
- ✓ **Share your experience taking the course(s)**



# Bench to Bedside Course Demo