

CONTACT



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Sandy, UT

EDUCATION

2020
Graduate Certificate
Instructional Design
UW - Stout

1996
Bachelors of Science
Health Education
University of Utah

Andrea Lythgoe

Instructional Designer/e-Learning Developer

EXPERIENCE

Birth Class Online *Owner & Principal Facilitator*

2018 – Present

Skills: Camtasia, PowerPoint, Photoshop, Storyline 360, WordPress, LearnDash & TinCanny Reporting

- Wrote, developed and implemented curriculum for completely asynchronous online childbirth classes for expecting parents
- Create & facilitate blended classes with both in-person & virtual options
- Wrote curriculum and conduct live online childbirth classes

St Mark's Hospital *Childbirth Educator*

2002 – Present

Skills: In Person Training, PowerPoint, WebEx

- Create and regularly update the curriculum for the in person Natural Childbirth class, including adapting the course for weekly series of varying lengths and weekend formats
- Created a job aid and trained the department's educators to bring all of the hospital's community education classes online when COVID-19 forced them out of the hospital
- Created slideshow tour of the hospital in a week to replace tours canceled due to COVID-19
- Taught approximately 1100 families in person in a hospital based setting

Pampered Birth *Owner, Doula & Childbirth Educator*

1999-2019

Skills: Excel, Word, WordPress

- Independent, nonclinical labor support for over 1000 birthing families in a variety of settings
- Customized and facilitated personal classes for childbearing year
- Business management accounting, social media, marketing and web design

Maternal Focus *Owner & Birth Photographer*

2009-2018

Skills: Photoshop CC, Lightroom Classic

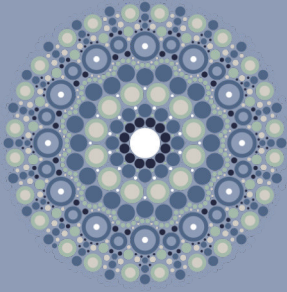
- Maternity, birth and newborn photography
- Photo editing

Midwives College of Utah *Instructor/Graduate Registrar*

2007-2012

Skills: Proprietary LMS, GoToMeeting, PowerPoint, Publisher

- Taught online and in person courses in research design, history of midwifery, and childbirth education to student midwives
- Tracked academic progress, supported thesis process for 20 graduate students
- Served on a committee to establish an Ethical Review Board for the college
- Revised the college plagiarism policy, created a summary document, and educated the faculty and student body via GoToMeeting on the new policy



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CERTIFICATIONS AND VOLUNTEER WORK

Lamaze Certified Childbirth Educator 2008 - present

Continuing Education Committee Member *Lamaze International* 2019 - present

Bereavement Photographer *Now I Lay Me Down to Sleep* 2013 - 2016

Board of Directors, Faculty Representative *Midwives College of Utah* 2007-2010

Board of Directors, Various roles *Utah Doula Association* 1998-2010

Babies and You Instructor *March of Dimes* 1999 - 2001

INDUSTRY ACTIVITY

Regular Contributor, [Connecting the Dots](#) - *Lamaze International*
Formerly *Science and Sensibility*

Studies, Stats and All That Jazz - *Lamaze International Annual Conference session, New Orleans, LA 2013*

[Detecting Bias in Research](#) - *On-demand webinar for the International Childbirth Education Association, 2020*

Top 10 Research Resources for Doulas - *DONA International Annual Conference session, Boston, 2010*

Studies, Stats and All That Jazz - *Lamaze International Annual Conference session, New Orleans, LA 2013*

Out of the Bayou: Helping Families Navigate the Online Swamp - *Lamaze International Annual Conference session, New Orleans, LA 2013*

Know When to Go: Understanding Progress In Labor - *Off Call Birth Photography Conference 2014 & 2017*

2010 Founder's Award - *Utah Doula Association*

Playing the Doula Numbers Game - *International Doula v. 18, issue 3*

They Said So On the News: Parsing Media Reports About Birth - *Journal of Perinatal Education, v.19 #1, 2010. Pp. 47-52*