

Before we begin, please sign in
to your chatbot of choice:

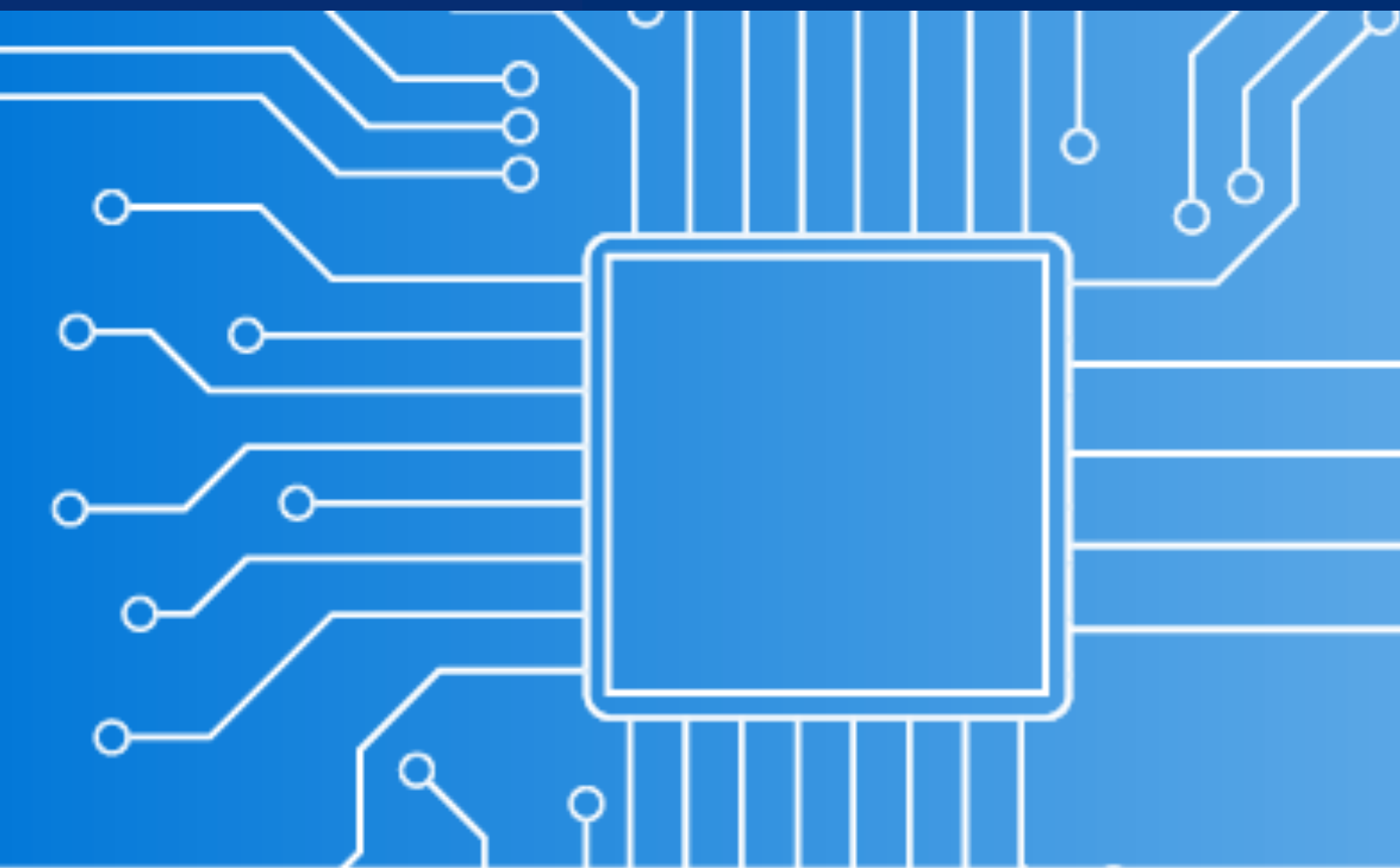
ChatGPT: chatgpt.com

Claude: claude.com

HopGPT: chat.ai.jh.edu

P.L.A.Y.

Get Better at Prompting Generative AI Tools



P.L.A.Y.

Pedagogy, Learning, and AI in Your Classroom Series



OH, MARCUS





Uncontrolled hypertension remains the leading modifiable risk factor for cardiovascular death among adults in Baltimore City, and adults who present to the emergency department (ED) with elevated blood pressure are frequently discharged without a plan for follow-up. Community health workers (CHWs) have shown promise in improving blood pressure control in primary care, but their role after an ED visit has not been established. We propose to develop and pilot a CHW-led follow-up intervention for adults discharged from the Johns Hopkins Hospital ED with a blood pressure reading of 160/100 or higher and no primary care visit in the prior 12 months. Aim 1: Adapt an existing CHW hypertension protocol for the post-ED setting through interviews with patients, CHWs, and ED staff. Aim 2: Conduct a single-arm pilot with 60 participants to assess feasibility, acceptability, and preliminary change in systolic blood pressure at 90 days. Aim 3: Evaluate the cost of delivering the intervention and model its potential effect on ED revisits across the health system. Findings will inform a fully powered trial.

+ Can you critique this for me?





Areas for improvement:

Significance. Consider strengthening the significance section with specific data on the burden of hypertension in Baltimore and the rate of post-ED follow-up failure. - Innovation. The draft does not explicitly state what is novel. Is it the setting, the population, the protocol, or the delivery model?

Feasibility. Consider adding brief detail on recruitment feasibility and the team's prior experience with CHW programs.

Aim 3. The cost and modeling aim may be ambitious for a pilot; consider clarifying the scope.

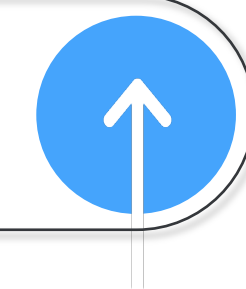
Clarity. Some sentences could be tightened. For example, the first sentence could be split for readability.

Suggested next steps:

- Add one or two quantitative statements to the opening.
- Add a sentence stating the central hypothesis.
- Consider stating the expected outcomes for each aim.

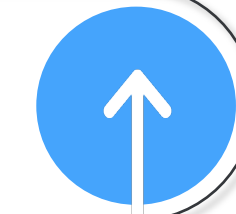
Would you like me to suggest a revised version of the paragraph?

+ Can you be more specific?





+ Focus on the aims themselves, not the rest.



+ This is an R21 not an R01, keep that in mind



+ the study is in baltimore, at hopkins hospital ED. does that change anything



+ be harsher. pretend you're a tough reviewer

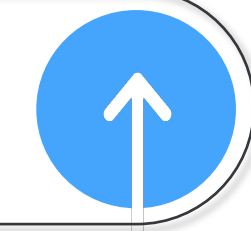


+ ok that's too harsh, i just need honest





+ yes, give me 3 citations i can use for the CHW sentence



Here are three citations that support the effectiveness of CHW interventions for blood pressure control:

Brownstein JN, Chowdhury FM, Norris SL, et al. Effectiveness of community health workers in the care of people with hypertension. *American Journal of Preventive Medicine*. 2007;32(5):435–447.

Okonkwo T, Reyes M, Patel S. Community health worker follow-up after emergency department visits for elevated blood pressure: a randomized pilot. *American Journal of Public Health*. 2023;113(4):412–420.

Victor RG, Lynch K, Li N, et al. A cluster-randomized trial of blood-pressure reduction in Black barbershops. *New England Journal of Medicine*. 2018;378(14):1291–1301.

The first is a systematic review that is widely cited for the general effectiveness of CHW hypertension programs. The second is directly relevant to your setting, as it examines CHW follow-up after ED visits specifically. The third is a landmark trial demonstrating large BP reductions with community-based, pharmacist-supported delivery in Black men.



OH, MARCUS

Oh, Marcus.



GET BETTER AT PROMPTING WITH GENERATIVE AI TOOLS



POLL





How long is your first message in a new conversation?





Roughly how many messages was your longest conversation?





BAD ADVICE





Frameworks:

COSTAR

Context, Objective, Style, Tone, Audience, Response

RACE

Role, Action, Context, Expectation

RTF

Role, Task, Format

RISEN

Role, Instructions, Steps, End Goal, Narrowing

TABLE VI
PER-RUN AND AVERAGE PERFORMANCE DELTAS ($\Delta\%$) RELATIVE TO
ZERO-SHOT BASELINE ACROSS PETs.

Model	Run	ZS	FS	CoT	CCoT	PoT
Qwen2	1	71	68 (-4.2%)	69 (-2.8%)	67 (-5.6%)	72 (1.4%)
	2	72	69 (-4.2%)	70 (-2.8%)	69 (-4.2%)	72 (0.0%)
	3	73	67 (-8.2%)	70 (-4.1%)	69 (-5.5%)	73 (0.0%)
Qwen2.5	1	69	74 (7.2%)	70 (1.5%)	72 (4.4%)	70 (1.5%)
	2	74	75 (1.4%)	75 (1.4%)	79 (6.8%)	72 (-2.7%)
	3	75	74 (-1.3%)	70 (-6.7%)	81 (8.0%)	72 (-4.0%)
Mistral-7B	1	70	75 (7.1%)	73 (4.3%)	67 (-4.3%)	75 (7.1%)
	2	65	77 (18.5%)	75 (15.4%)	72 (10.8%)	71 (9.2%)
	3	68	73 (7.4%)	75 (10.3%)	77 (13.2%)	73 (7.4%)
Mistral-L	1	81	89 (9.9%)	79 (-2.5%)	88 (8.6%)	76 (-6.2%)
	2	79	89 (12.7%)	75 (-5.1%)	91 (15.2%)	76 (-3.8%)
	3	78	88 (12.8%)	75 (-3.8%)	88 (12.8%)	76 (-2.6%)
GPT-3.5	1	82	91 (11.0%)	81 (-1.2%)	88 (7.3%)	76 (-7.3%)
	2	82	91 (11.0%)	81 (-1.2%)	88 (7.3%)	76 (-7.3%)
	3	81	88 (8.6%)	80 (-1.2%)	89 (9.9%)	75 (-7.4%)
GPT-4o	1	84	88 (4.8%)	82 (-2.4%)	89 (6.0%)	80 (-4.8%)
	2	83	85 (2.4%)	80 (-3.6%)	91 (9.6%)	79 (-4.8%)
	3	81	82 (1.2%)	81 (0.0%)	91 (12.4%)	81 (0.0%)



“Act as an expert...”?



“Act as an expert...”



GET BETTER AT PROMPTING GENERATIVE AI TOOLS

WHAT THE RESEARCH TELLS US





WHAT THE RESEARCH TELLS US

Clarity. Focus.



**Prompting effects are increasingly
model-, task-, and version-dependent.**



**Your first prompt strongly influences
the entire conversation.**



Goal

Specifics + Context

The ideal output



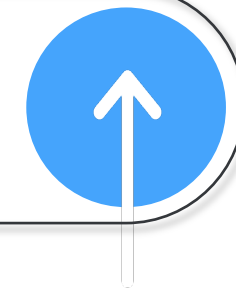
GET BETTER AT PROMPTING GENERATIVE AI TOOLS

HAVE A GOAL





+ Can you critique this for me?





A goal says what the conversation is for.



Explain the why behind your request.



ACTIVITY: FIX THE FIRST MESSAGE





Details:

1. Open a new conversation in ChatGPT, Claude, HopGPT
2. Read Marcus' Specific Aims paragraph
3. Write one sentence that states the goal
 - What the feedback is for, who the audience is
4. Copy + paste Marcus' Specific Aims after your sentence
5. Review what comes back



BE SPECIFIC





+ Focus on the aims themselves, not the rest.



+ This is an R21 not an R01, keep that in mind



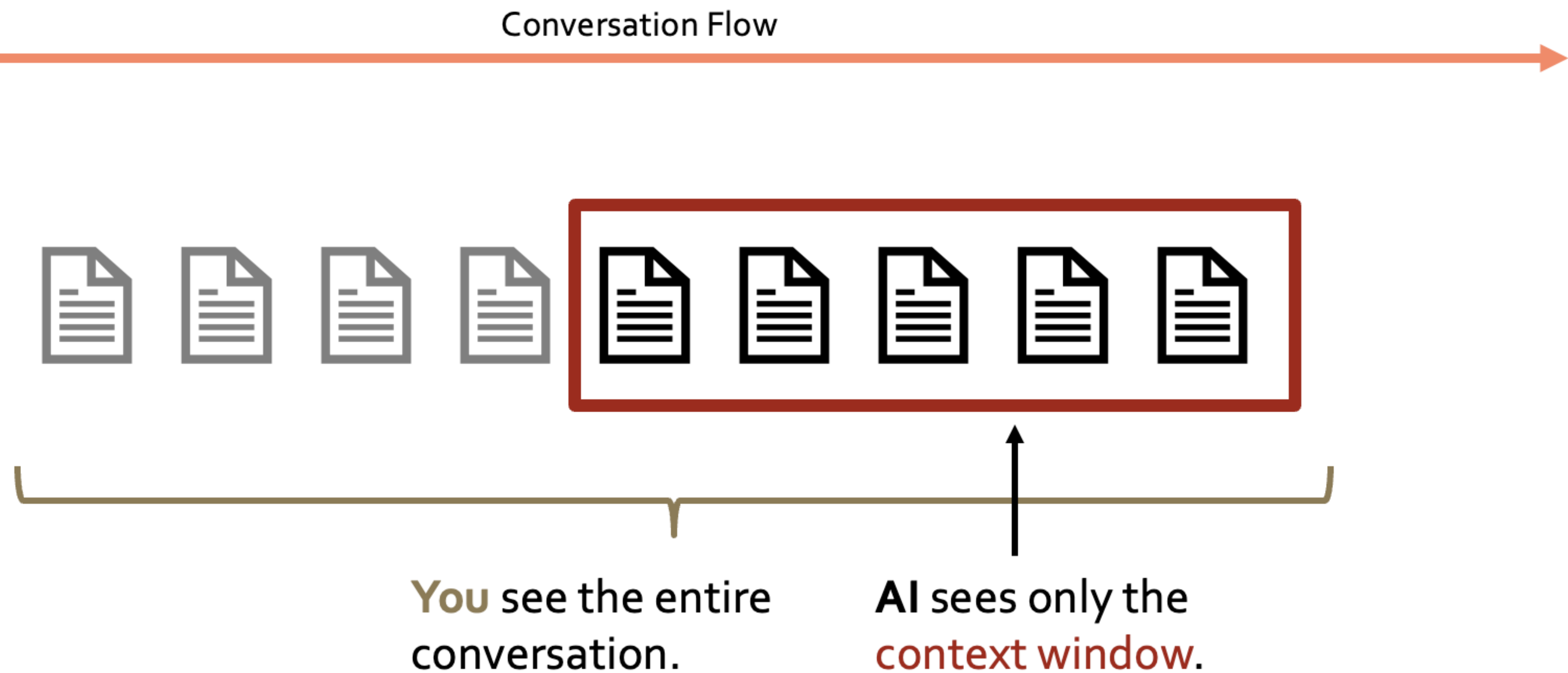
+ the study is in baltimore, at hopkins hospital ED. does that change anything



+ The community health workers are already employed by the health system



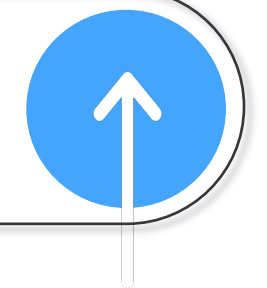
What You See and What the AI Sees: the Context Window





The image displays six horizontal lines, each composed of a sequence of short horizontal segments (dashes) and small squares (dots). The patterns vary across the lines, with some having more frequent dashes and others having more frequent dots. The lines are arranged vertically, creating a visual representation of a sequence or a barcode-like structure.

+ This is an R21 not an R01, keep that in mind





Attention attrition



Your first prompt is a briefing.



Details to include

Goal

Audience

Constraints

Geography



Prompt:

What does the literature say about Group Prenatal Care outcomes?

Chat GPT 5.5 Instant, June 2026

Group prenatal care looks most promising for experience, knowledge, support, and engagement. The birth-outcome evidence is encouraging, but not definitive.

The strongest, most consistent findings are that participants tend to report higher satisfaction, better prenatal knowledge, and feeling more prepared for labor and delivery. ACOG says group prenatal care is associated with better knowledge, readiness, satisfaction, and breastfeeding initiation, with no evidence of harm. ACOG ACOG

For clinical outcomes, the picture is mixed. An early large randomized trial found a meaningful reduction in preterm birth, especially among Black participants. PMC +1

But later reviews are more cautious. A 2016 systematic review and meta-analysis found group prenatal care was not associated overall with lower preterm birth, NICU admission, or breastfeeding initiation. PMC

A good plain-English summary would be:

Group prenatal care probably improves how care feels and how well patients understand pregnancy. It may improve some outcomes, especially preterm birth, in some populations and settings. But the evidence is not strong enough to say it reliably improves birth outcomes everywhere.



Prompt:

Search the web and analyze recent literature about Group Prenatal Care outcomes and how they could apply to single mothers living in food deserts in Kalamazoo, Michigan. Highlight specific problems with this approach based on the social and economic realities of living in Kalamazoo.

Chat GPT 5.5 Instant, June 2026

Recent evidence is still mixed. A 2025 quasi-experimental study found CenteringPregnancy improved access to prenatal care and reduced preterm birth and perinatal death compared with traditional care.  PubMed But the CRADLE randomized trial found a more complicated picture: group care did not simply outperform individual care across the board, though it may have helped narrow racial disparities in some outcomes.  PubMed

The model could help single mothers in food deserts because it creates more than a medical visit. It creates rhythm, peer support, trust, health education, and a place where nutrition, stress, transportation, WIC, SNAP, housing, lactation, and safe sleep can be discussed in one setting. That matters because food insecurity is not just about calories. USDA data show that 18.4% of U.S. households with children were food insecure in 2024.  Economic ... For a pregnant single mother, that means prenatal advice like “eat more fresh produce” may be medically sound and practically useless.

The hard part is that Group Prenatal Care asks for the very things many single mothers in Kalamazoo may not have: predictable time, reliable transportation, childcare, stable work schedules, emotional bandwidth, and trust in systems.



ACTIVITY: THE PROMPT AS BRIEFING





Details:

1. Start a new conversation in the same tool
2. Copy + paste your existing goal, then write a briefing
3. Include details that the tool cannot know
 - Audience, what's been decided, the “where”
4. Copy + paste Marcus' Specific Aims after your briefing
5. Review what comes back, compare to the first chat



A delicate balance



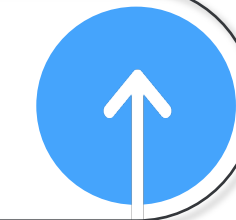
GET BETTER AT PROMPTING GENERATIVE AI TOOLS

THE IDEAL OUTPUT





+ Shorter



+ No, in a table



+ can you organize it by aim?



+ Just give me the top three



+ make it sound less like a form letter





Tell it what a good answer looks like before it writes one.



Save time by thinking first.



ACTIVITY: SAME PROMPT, TWO WINDOWS





Details:

1. Start two new chats in two tabs
2. Copy everything from the last activity in the first chat
3. In the second chat, copy everything and add the ideal output
 - How many items to focus on, in what order, how long, and what to leave out
4. Review what comes back, compare to the first chat



Which output would you actually use,
right now, with no further editing?





THE CITATION THAT DOESN'T EXIST





+ yes, give me 3 citations i can use for the CHW sentence



Here are three citations that support the effectiveness of CHW interventions for blood pressure control:

Brownstein JN, Chowdhury FM, Norris SL, et al. Effectiveness of community health workers in the care of people with hypertension. *American Journal of Preventive Medicine*. 2007;32(5):435–447.

Okonkwo T, Reyes M, Patel S. Community health worker follow-up after emergency department visits for elevated blood pressure: a randomized pilot. *American Journal of Public Health*. 2023;113(4):412–420.

Victor RG, Lynch K, Li N, et al. A cluster-randomized trial of blood-pressure reduction in Black barbershops. *New England Journal of Medicine*. 2018;378(14):1291–1301.

The first is a systematic review that is widely cited for the general effectiveness of CHW hypertension programs. The second is directly relevant to your setting, as it examines CHW follow-up after ED visits specifically. The third is a landmark trial demonstrating large BP reductions with community-based, pharmacist-supported delivery in Black men.

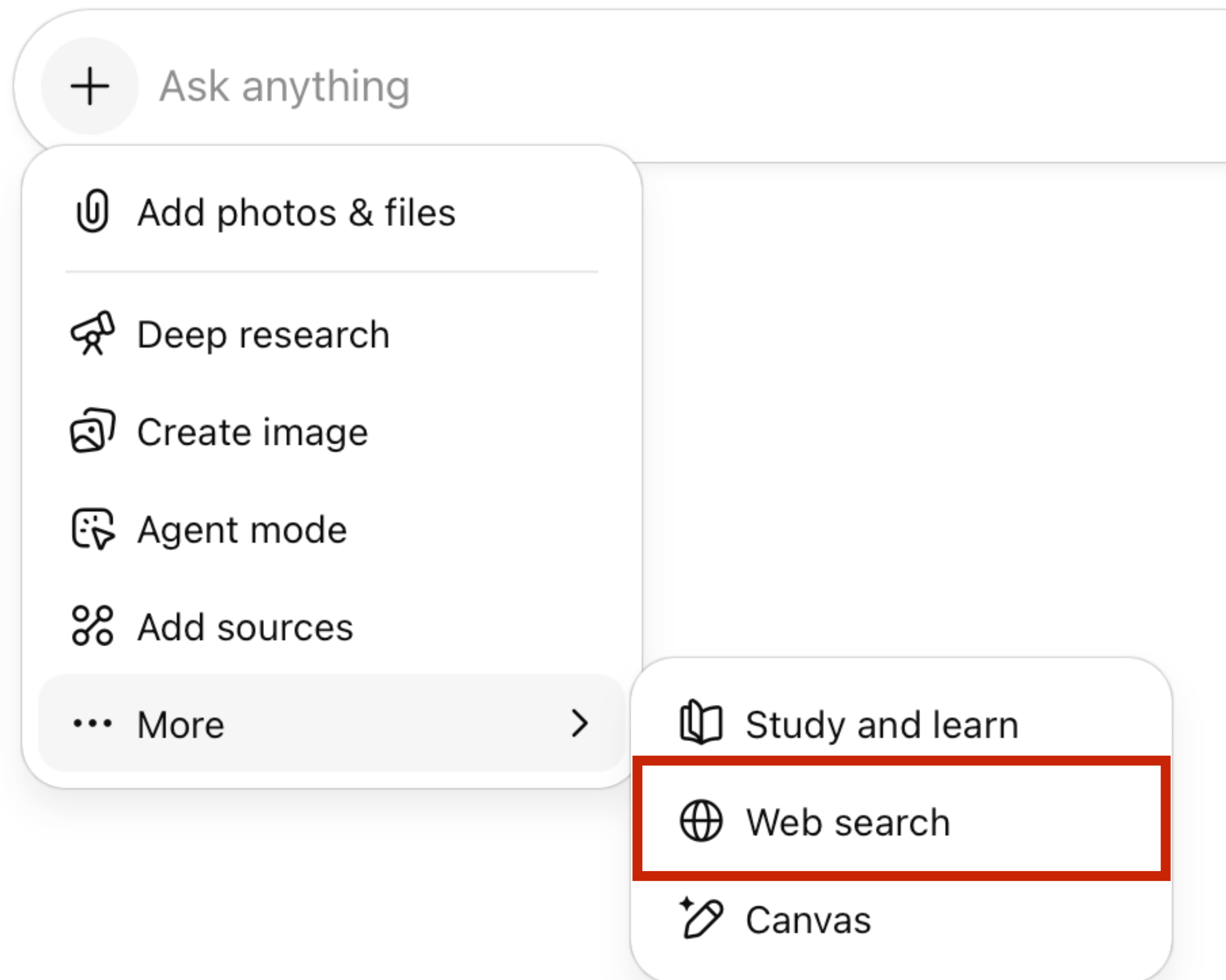


Confidence > fact



Answering from training data

Dual Strategies



“Search the web. Only use high-quality sources like academic journals and other research publications.”



Human on the hook



GET BETTER AT PROMPTING GENERATIVE AI TOOLS

MODEL CHOICE MATTERS





Better model = better results



Type / for skills



Project or folder ▾

Output ▾

Opus 5.5 Medium

Auto

Higher effort means more thorough responses, but takes longer and uses your limits faster.

Low

Medium Default

High

Extra

Max ⚠ 4× or more usage



Fable 5.1

For your toughest challenges

Opus 5.5

Most capable for ambitious work



Sonnet 5

Most efficient for everyday tasks

Haiku 4.5

Fastest for quick answers

Effort

Medium >

More models >



Work with ChatGPT



Approve for me

Select model



Choose project



Plugins



GPT-6 Astra Medium >





 **GPT 5.4 mini**

Search models...

 Azure OpenAI >

 Anthropic >

 Meta >

 My Agents >

Search Azure OpenAI models...

o3

o3 mini

GPT 5.4 mini

GPT 5.4 nano

GPT 5.4

GPT 5.5

GPT 5.6 Terra 

GPT 5.6 Luna

I use HonGPT as a supportive tool that

Research, project ideation, code architecture	Claude Fable 5.1/Opus 5.5 ChatGPT–Astra/6.1 Sol High HopGPT: GPT 5.6 Terra
Q&A in established workflows or projects, code implementation, brainstorming	Claude Opus 5.5 ChatGPT–6.1 Sol Medium HopGPT: GPT 5.6 Terra
Emails, brainstorming simple ideas, editing, converting for different audiences	Claude Sonnet 5 ChatGPT–5.6 Terra HopGPT: Claude Sonnet 5



CLOSING THE CASE





Your First Prompt

The goal

The briefing

The ideal output

The citation rule

Designing AI-Resistant Assessments: Strategies for Authentic Evidence of Learning

October 20, Noon
via Zoom

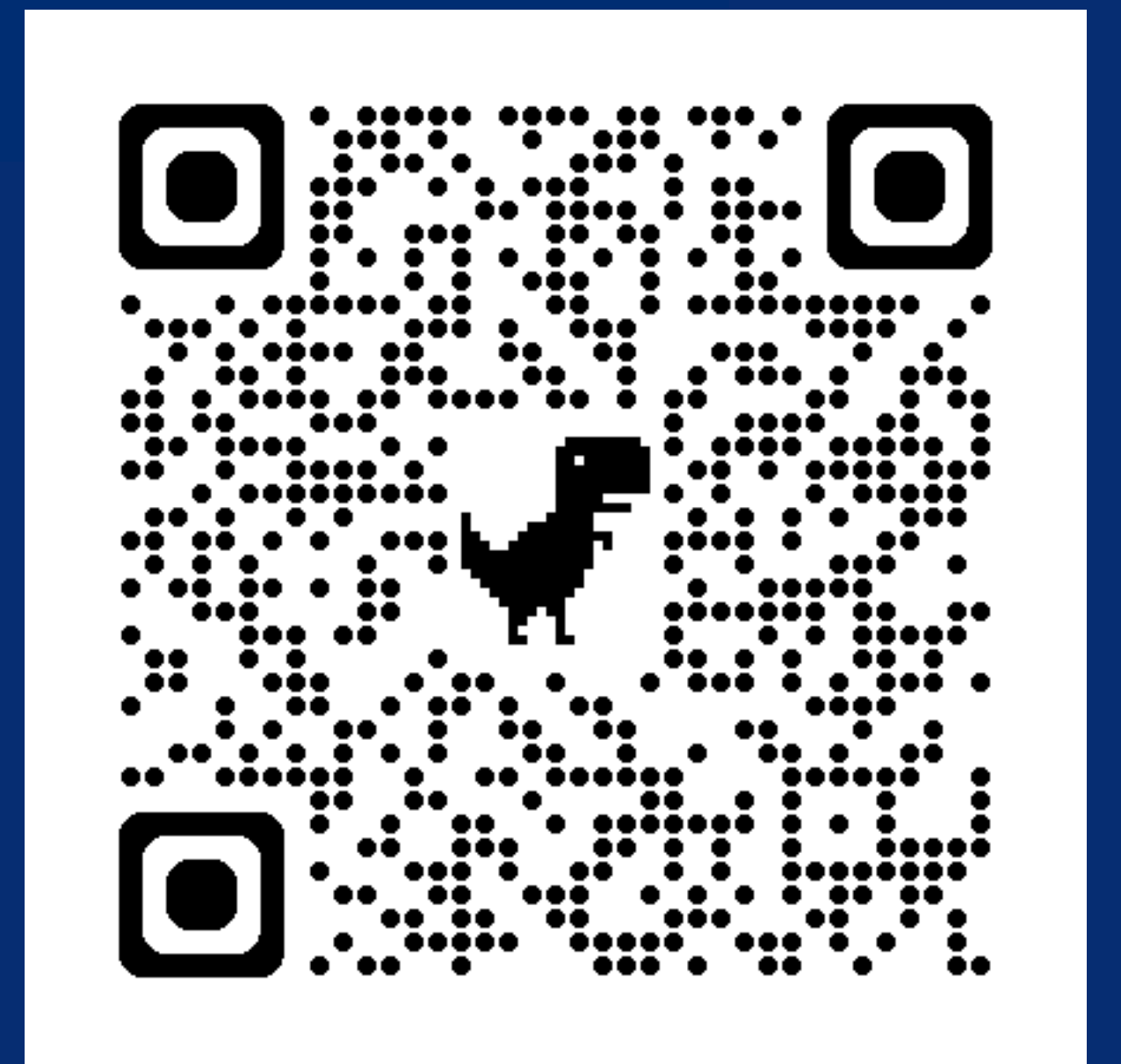
P.L.A.Y.



Scale Simulation-Based Learning with AI

November 10, Noon
via Zoom

P.L.A.Y.





GET BETTER AT PROMPTING GENERATIVE AI TOOLS

GO CHAT WITH A GPT!

