Cincinnati Children's Educator Empowerment Series
AI Resources – AI in Action: Practical Tools
for Health Care Educators
May 29, 2025

Prompt Engineering Cheat Sheet for Health Educators

Use this to get better results when working with AI tools like ChatGPT or Copilot.

The 4 P's of Prompting

🔤 P	💡 What to Think About	📝 Example
Purpose	What do you want AI to create?	"Write a quiz, lesson outline, script, or flyer…"
Population	Who is this for? What are their needs?	"Spanish-speaking teens with low health literacy"
Platform	How will this content be delivered?	"In-person class, printed handout, text message, social media post…"
Parameters	Set tone, language level, word count, visuals, or cultural considerations	"Use plain language. Max 100 words. Include friendly tone. Avoid medical jargon."

Prompt Template You Can Adapt

"I'm a health educator creating a [type of material] about [health topic]. The audience is [specific population]. It will be used in a [delivery method]. Please keep the language at a [grade] reading level, use a [tone], and [any other preferences]."

Example Prompts

- **Flyer Prompt:** Create a 1-page flyer about HPV prevention for high school students. Keep the language fun and easy to understand. Include 3 key facts and 1 myth vs. fact section.
- **Quiz Prompt:** Write 5 multiple-choice questions on nutrition for adult learners with low literacy. Include answers and explanations.
- **Lesson Plan Prompt:** Make a 30-minute lesson plan on diabetes prevention for Spanish-speaking seniors. Include a group activity and discussion questions.

Quick Tips

- Be specific: The more context, the better the result.
- Review critically: Always verify content accuracy, tone, and bias.
- Iterate: Tweak your prompt if the output isn't quite right. You're teaching the AI what you need.
- This is a conversation: Talk to it like you would a person ("That isn't quite what I was looking for. Can you try again & this time . . .")
- Ask follow-up questions: Examples – Can you put this into a visual? Is there anything I'm missing that you would suggest?

Resources

- [PerplexityAI](#): Perplexity AI is an AI-powered search and answer engine that combines conversational responses with cited, publicly available, sources. Less likely to hallucinate. Not as strong in copy-editing/brainstorming/visuals. Free and paid version available
- [Google NotebookLM | Note Taking & Research Assistant Powered by AI](#): Google's AI-powered research and note-taking tool that helps users analyze, summarize, and interact with their own documents (i.e., PDFs, Google Docs, web pages, etc.) by generating citations, study guides, and even podcast-style audio overviews. Limited customization across notebooks. Free and paid version available
- [Co-Pilot](#): Microsoft Copilot is an AI-powered assistant integrated across Microsoft 365 apps and services, designed to enhance productivity by generating content, summarizing information, and automating tasks within familiar tools like Word, Excel, PowerPoint, Outlook, and Teams. Cincinnati Children's preferred AI tool. Secure, enterprise-wide AI tool. Not good at visual representation. Cincinnati Children's enterprise AI tool.
- [HeyGen](#): An AI-powered video creation platform that enables users to produce professional-quality videos featuring realistic avatars and voiceovers. User-friendly with customization options. Limited features with free plan. Free and paid versions available.
- [ElevenLabs](#): An AI voice generation platform that offers text-to-speech synthesis and voice cloning. Has voice cloning capabilities and multilingual support (should only use after consultation with Language Access Services). Limited selection of pre-made voices. Free and paid versions available.
- [OpusPro](#): An AI-powered video editing platform that transforms long-form videos into engaging short clips optimized for social media platforms. There are editing limitations and can be processing delays. Limited free plan and paid plans available.
- [ChatGPT](#): An AI-powered conversational assistant designed to generate human-like responses. Good assistance with writing, analyzing data, and problem-solving. Prone to hallucinations. Very limited citation information provided. Free and paid plans available.

At Cincinnati Children's

- [Data and Analytics AI Centerlink Page](#)
- [AI Usage Guidelines](#)