



Developing a Community-Engaged Research Unit

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**CHRONIC PAIN
AND FATIGUE**
RESEARCH CENTER

Increasing Community Engagement (CE)

Purpose: Improve CE in Chronic Pain & Fatigue Research Center (CPFRC) research:

- Establish a tailored recruitment model for HEAL BACPAC studies and beyond
- Develop novel community partnerships
- Hire 2 full-time community research facilitators
- Identify opportunities for resource sharing
- Form a CPFRC Community Advisory Board

Tailored Recruitment Model for HEAL BACPAC Studies

Strategies

- Targeted recruitment using existing tools
 - UM Health Research
 - DataDirect
- Tailored recruitment materials
 - Flyers
 - Emails
- Recruitment liaison (Keiyana Chambers-Peeple)
- Community research facilitators (to be hired)
- Transportation assistance and/or overnight accommodations
- Adjusting visit schedules to non-business hour times including two Saturdays a month
- Offering virtual or telephone visits when possible

Do you suffer from lower back pain?

We are seeking
volunteers, age 25-70, to
help us learn more about
different treatments that
are commonly used to
help people manage their
low back pain.

BACPAC



What is involved?

There are a total of 5 study visits (virtual and in-person) over the course of 9 months.

- The first visit includes a blood draw, MRI, and physical function tests
- Up to two 8-week intervention periods for one of the following randomized treatments:
 - Mindfulness-based stress reduction through virtual group meetings
 - Self-administered acupressure
 - Physical therapy
 - Duloxetine
- You will be asked to complete a few online surveys during the intervention

Participants will receive \$550 for completing the 5 study visits, blood draw, and MRI.
Optional study tasks may be completed to receive an additional \$500.

Want to learn more?

Contact: The BACPAC Study Team

Call: 734-763-5226

Email: BACPACstudy@med.umich.edu

Visit: <https://umhealthresearch.org/#studies/HUM00180994> (or scan QR code)





BACPAC
The Back Pain Consortium
Research Program



Do you suffer from lower back pain?

We are seeking volunteers, age 25-70, to help us learn more about different treatments that are commonly used to help people manage their low back pain.

What is involved?

There are a total of 5 study visits (virtual and in-person) over the course of 9 months.

- The first visit includes a blood draw, MRI, and physical function tests
- You will be assigned up to two treatments for lower back pain that include:
 - Mindfulness-based stress reduction through virtual group meetings
 - Self-administered acupuncture
 - Physical therapy
 - FDA approved medication
- You will receive \$550 for your participation in this study.
- Optional study tasks can be completed to receive an additional \$500.

Want to learn more?

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Developing novel community partnerships

Conducted in-depth interviews with representatives of community organizations

- Input re the nature and scope of new Community Research Facilitator role.

Community representation:

- Director of Tri-City (faith-based non-profit network, serving the Ecorse, River Rouge areas)
- Board of Commissioners Genesee county (Flint)
- ACCESS (Immigrant and Arab American communities in Dearborn)
- Project Coordinator at Michigan Medicine (statewide)
- Vice President for Detroit Recovery Project (Detroit Metro Area)

Community partner input

- Concerns about recruitment facilitator and community-engagement coordinator roles
 - One individual to focus more on community education, hosting/co-hosting events, and social media outreach to open the door and create the space for study recruitment
 - One individual to focus on recruiting and enrolling participants, and helping with study recruitment
- Want CRFs that look like them, or at least are hired from within their community
- A buffer between CRFs working in the community and investigators
- Can't overestimate the level of caution and skepticism in the community
- A need to empower the Community Advisory Board

Community Advisory Board (CAB)

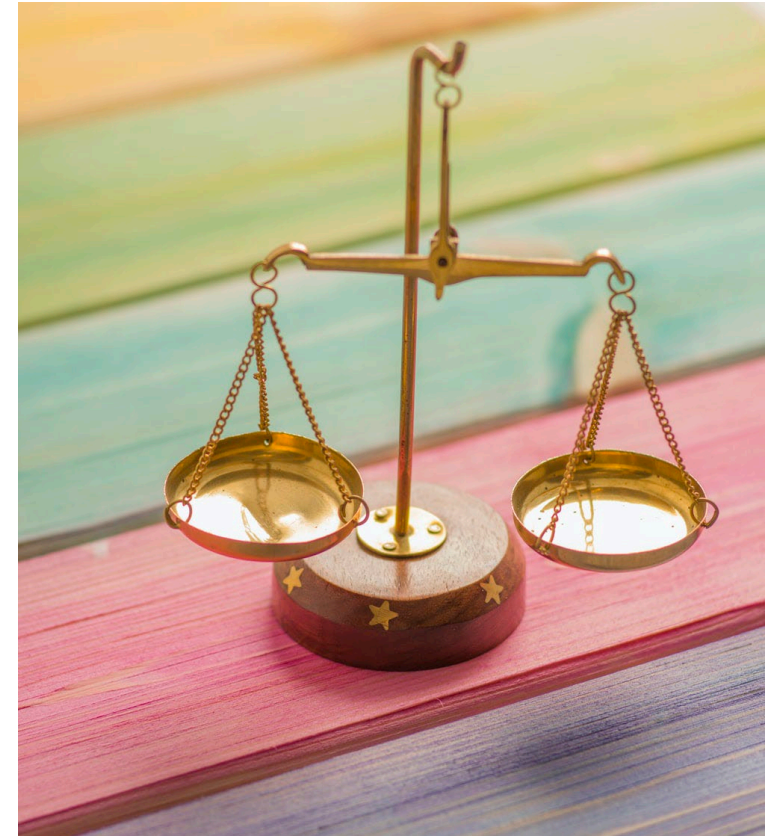
Key Points:

- Work with community partners to deploy CRFs in their communities
- Consider research planning presentations
 - Input on study design (including recruitment)
 - Tailoring recruitment materials
 - Disseminating results back to the community
- Investigators provide follow-up meetings
 - How did you incorporate board member input?
 - What did you not not change, and why?
- Acknowledgements
 - Include letter of support from board in grant applications
 - List the board in acknowledgements for manuscripts, or as co-authors

Challenges

Balancing competing needs

- Immediate needs to improve diversity in BACPAC and BEST recruitment/enrollment.
- Assuring that trusting relationships with underrepresented people, communities, and organizations are developed and preserved for the long-term.



Long-term productivity and sustainability

- Current focus is building a foundation – “Health Equity Core”
 - Supported by the BACPAC supplement
 - Other grant submissions for collaboration building and planning (e.g., MHEF and RWJF)
 - Generating publications from interviews and focus groups
 - Once the foundation is built, we can leverage this model to boost CE, DEI, and recruitment and retention in all future CPFRC studies to benefit our faculty and affiliates, and local community!
- Moving forward, all CPFRC grants will include support for CE Unit personnel and materials



THE HEALTH EQUITY CORE



WHAT IS EQUITY?

Health equity is when every person can attain their full physical and mental health potential

HEALTH EQUITY MATTERS
because **chronic pain conditions** are more common and more severe among under-resourced communities

GOALS OF THE HEALTH EQUITY CORE

- **Increase awareness** of health inequities in chronic pain and fatigue conditions
- **Build academic-community partnerships** to decrease health inequities
- **Share information** about evidence-based strategies that can reduce chronic pain and fatigue
- **Provide training opportunities** in community-engaged research

Thank you!

