



*DREAM Atlanta In-Person Meeting
Day 1
January 24, 2020*



CHW Training Plan

1. Emory New Hire Trainings – *Completed*
2. Disease Trainings (Diabetes/Hypertension/Chronic Disease 101) – *Completed*
3. Human Subjects Research Training/Consenting – *Completed*
4. CHW Curriculum Trainings – *Completed*
5. CHW Core Competency Training – *Completed Today!*
- 6. CHW Project Training (In-Person #1) – we're here!**
7. Study Forms Review – *Coming soon*
8. Survey Administration – *Coming soon*
9. Curriculum Presentation Practice – *Coming soon*
10. Motivational Interviewing – *Coming soon*
11. Biometrics Protocol/Taking Blood Pressure – *Coming soon*
12. REDCap/Data Entry Training – *Coming soon*

2 NYU School of Medicine



Agenda – Day 1

- CHW Training Reflection
- Study Overview
 - Study Goal, Eligibility & Timeline
- Participant Recruitment
 - Talking Points
 - Participant Not Eligible/Declines
 - Recruitment Barriers & Strategies
 - Role Plays by NYU CHWs
 - Skills Practice
- Enrollment
 - Screening, Consenting, Baseline Survey
 - Session 1: Overview and Demonstrations
 - Physical Activity Demonstrations



CHW Training Reflection

1. Did you learn anything during your 2 ½ day core competency training about CHWs or the CHW Workforce that...
 - Was surprising?
 - Was exciting?
 - Anything else you'd like to share?
2. What kinds of questions do you have about CHWs or the CHW role?

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OVERVIEW OF DREAM ATLANTA PROJECT



Study Goal

To test a CHW-led intervention program for South Asians with **diabetes and uncontrolled hypertension** in Atlanta.

- ✓ We will measure improvement in blood pressure control (<130/80) among study participants compared to patients who do not participate in the study (called a "Control Group")



Participant Eligibility Criteria

Inclusion Criteria

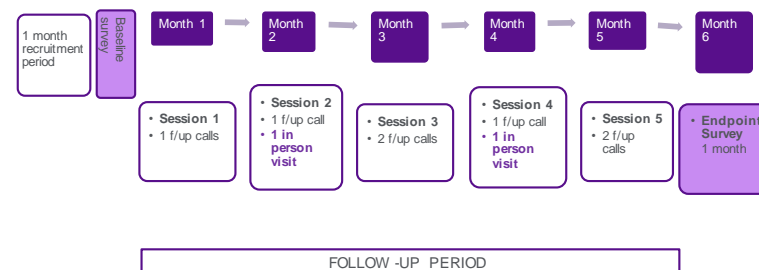
- South Asian ethnicity*
- Between 21-75 years of age
- PCP visit within the last 12 months
- Diagnosis of diabetes
- Uncontrolled blood pressure reading in the past 6 months (130/80mmHg)



*South Asian Ancestry from India, Pakistan, Bangladesh, Sri Lanka, Maldives, Nepal, Bhutan; or Indo-Caribbeans with South Asian origins, from Guyana, Trinidad, etc.



CHW Intervention – Round Schedule



BREATHING EXERCISE



Deep Breathing

- Be sure you are sitting down in a comfortable position (at home, try to find a quiet place).
- Uncross your arms and legs and rest your feet gently on the floor.
- Take a slow, deep breath.
- Hold your breath for about 4 seconds.
- Exhale slowly, pushing out as much air as you can.
- Repeat these steps 5 times.



PARTICIPANT RECRUITMENT



Recruitment to Enrollment Overview

CHWs will call individuals on the Intervention Recruitment List to:

1. Share information about the study
 - A. If interested, complete the Screening Questionnaire to verify eligibility
 1. If eligible, Schedule an in-person meeting:
 1. Complete Consent Form
 2. Complete Baseline Survey
 3. Complete Session 1
 2. If not eligible, thank them for their time.
 - B. If not interested, thank them for their time.



Recruitment to Enrollment – Talking about the Study

CHWs will call individuals on the Intervention List to:

1. Share information about the study

- A. If interested, complete the Screening Questionnaire to verify eligibility:
 1. If eligible, Schedule an in-person meeting:
 1. Complete Consent Form
 2. Complete Baseline Survey
 3. Complete Session 1
 2. If not eligible, thank them for their time.
- B. If not interested, thank them for their time.



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Recruitment Talking Points

1. Identify the purpose of your call
2. Explain what you do
3. Tell them what benefits they get
4. Invite them to participate



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Recruitment Talking Points

1. Identify the purpose of your call

- Hello, my name is _____. I am calling from Emory University and I work with Dr. [Name] on a program for **diabetes and high blood pressure**.
- Dr. [Name] thought this would be a good program for you **because you recently had a High Blood Pressure reading**.
- Did you receive the letter from the doctor about this program?
(If no, verify address)

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Recruitment Talking Points

2. Explain what you do

- I am a **Community Health Worker** at Emory University
- I am working in **partnership with your doctor** (or state the name of the clinic)
- I **provide health education for South Asian patients** (in-language, tailored for our culture) and follow-up as part of a 6-month **diabetes and high blood pressure management** program
- Education classes are **once a month for 1 hour** at your doctor's office or in a convenient community location

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Recruitment Talking Points

3. Tell them what benefits they get

- Learn how to control your diabetes and blood pressure:
 - Eat healthier 
 - Exercise 
 - Lose weight 
 - Manage stress 
- Referrals to social services
- Connect with others with diabetes and high blood pressure
- Family members are welcome to attend each session
- Refreshments and incentives at every session

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Recruitment Talking Points

4. Invite them to participate

- Would you be interested in participating in this program and **checking out our first class** about how to better manage your diabetes and blood pressure? Space is limited.
- *If interested:* Do you have a minute for me to ask you some questions to see if this program is right for you? *Complete Screening Questionnaire.*
- *Confirm availability and schedule Session 1.*

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Screening Questionnaire

Purpose:

- Confirm that an interested participant is eligible to join the project
- Collect some basic information important for scheduling sessions



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Recruitment to Enrollment – Not Eligible

CHWs will call individuals on the Intervention List to:

1. Share information about the study
 - A. If interested, complete the Screening Questionnaire to verify eligibility
 1. If eligible, Schedule an in-person meeting:
 1. Complete Consent Form
 2. Complete Baseline Survey
 3. Complete Session 1
 2. If not eligible, thank them for their time.
 - B. If not interested, thank them for their time.

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Participant is not eligible

Patient reports:

- Not South Asian
- Does not have Diabetes
- Does not speak English or Bengali/Bangla
- Pregnant
- Not a resident of Atlanta
- Out of country at the time of recruitment [confirmed by a relative who answers the phone call]
- Person passed away [confirmed by a relative who answers the phone call]
- Changed PCP / No longer patient at participating PCP
- Unable to perform physical activity unless supervised by a health
- Other _____ (confirm with Study Coordinator)

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Recruitment to Enrollment – Participant Declines

CHWs will call individuals on the Intervention List to:

1. Share information about the study
 - A. If interested, complete the Screening Questionnaire to verify eligibility
 1. If eligible, Schedule an in-person meeting:
 1. Complete Consent Form
 2. Complete Baseline Survey
 3. Complete Session 1
 2. If not eligible, thank them for their time.

B. If not interested, thank them for their time.

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Participant declines to participate

- Extended travel out of country/state during intervention period
- No Time
- Spouse/Adult Child Declined (on behalf of the patient)
- Too Sick
- No one to bring
- Personal problems
- Too far
- Not interested
- Other _____

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Overcoming Recruitment Barriers: Case Examples

- Participant says they don't have anyone to bring them to sessions (Nahar)
- Participant has no time or challenging work schedule (Mamnun)

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Demonstration Recruitment Phone Call: Scenarios

- Patient read the recruitment letter.
- Patient did not read the recruitment letter.
- Patient does not have time to talk when the CHW calls.

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Recruitment Skills Practice

- Atlanta CHWs review Talking Points (5 minutes)
- Role Play: NYU and Atlanta Staff Pair-Up (10 minutes)
 - CHW Role: Atlanta CHWs
 - Participant Role: NYU CHWs
- NYU CHWs provide feedback (5 minutes)
- Q&A: Come back together as a group (5 minutes)

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PARTICIPANT ENROLLMENT



Recruitment to Enrollment Overview

CHWs will call individuals on the Intervention List to:

1. Share information about the study
 - A. If interested, complete the Screening Questionnaire to verify eligibility
 1. If eligible, Schedule an in-person meeting:
 1. Complete Consent Form
 2. Complete Baseline Survey
 3. Complete Session 1
 2. If not eligible, thank them for their time and note reason for ineligibility in REDCap Study Database.
 - B. If not interested, thank them for their time and note reason for decline in REDCap.

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Consent Form - Challenges

- Participant does not want to sign the consent form

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Baseline Survey

Collects information about the study participant BEFORE the program starts:

- who the study participant is
- Current health
- How the participant is currently taking care of their health

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Session 1 – Diabetes and Hypertension Overview

Session Objectives

- Program Guidelines
- Program Benefits
- Understand Prediabetes and Type 2 Diabetes
 - Learn how to manage Type 2 Diabetes
- Understand blood pressure and hypertension
 - Learn how to manage high blood pressure

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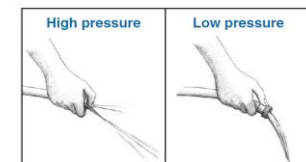
Session 1 Demonstrations

Nahar

- Blood Sugar Demonstration

Mamnun

- Explanation of High Blood Pressure in Diabetes



Demonstration: How to Check Your Blood Pressure

- Use a home blood pressure monitor or blood pressure kiosk at your provider's office or local pharmacy
- Wait 30 minutes if exercised, had caffeine (tea, coffee, soda), or smoked a cigarette/used tobacco
- Get into the right position:
 - Sit in a comfortable chair that supports your back, with your feet flat on the floor
 - Roll up your sleeves and place your right arm on a table with the palm facing upward, and the arm slightly bend at heart level
- Relax! Don't talk during the measurement.



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Demonstration: How to Check Your Blood Pressure

Put on the Cuff:

- Use your hand to open cuff slightly and wrap it snugly around your right arm (center it where your forearm folds).



- The bottom edge of the cuff should be approximately half an inch above the natural crease of the elbow.



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Demonstration: How to Check Your Blood Pressure

Take a Measurement:

- Press the START/STOP button on the monitor.
- The cuff will automatically inflate.
- Remain still until the monitor completes the measurement.
- Record the blood pressure numbers right away so you do not forget them.
 - **Use the blood pressure tracking card!**
- Ask the participant to bring the blood pressure tracking card to every doctor visit and show their doctor.

Monitor says this:



You write this:

140/88



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PHYSICAL ACTIVITY DEMO

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Neck Exercise: improves flexibility and relieves tension in neck.

1. Stand or sit in your chair with your back firmly against it.
 2. Slowly turn your head from left to right and hold the position for 10 seconds.
 3. Take deep, slow breaths while doing this exercise.
- Repeat 3 times.



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Chest Stretch: stretches the chest muscles, and is good for posture.

1. You can do this stretch while standing or sitting in a sturdy armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds.

Repeat 3 times



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Upper Back Exercise: improves flexibility and helps with your shoulder and upper back muscles.

1. Please remain seated and place your feet firmly on the ground.
 2. Hold arms in front of you at shoulder height with palms facing outward.
 3. Relax your shoulders and reach forward with your hands.
 4. Hold position for 10 seconds.
 5. Be sure to take slow, deep breaths.
- Repeat 3 times



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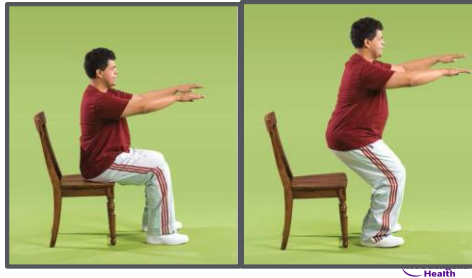
Stand to Sit: Strengthens your abdomen and thighs, will make it easier to get in and out of a chair

1. Sit toward the front of a sturdy armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.



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4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



Health

Walking in Place

Breathe deeply as you walk in place at an easy pace, swinging your arms naturally.

- Do this for 2 minutes.

Variations:

- “walking on hot sand”
- “climbing up a mountain”
- “walking through water”



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Question & Answer

Any questions about recruitment and enrollment?