

# The Colorado Pragmatic Research in Health Seminar Series

## *Methods for Planning for Pragmatic Research*

### Upcoming Seminars:

12/2/2020  12:00-1:00 PM MT	<i>Stakeholder Engagement Methods for Planning Pragmatic Research:</i> <b>Considering All Users: Designing for Dissemination Using Audioelicitation Interviewing</b>  <i>Presented by:</i> Chris Knoepke, PhD, MSW
1/6/2021  12:00-1:00 PM MT	<i>Use of Frameworks and Models for Planning Pragmatic Research:</i> <b>Implementing Technology and Medication Assisted Team Training and Treatment in Rural Colorado</b>  <i>Presented by:</i> Jodi Summers Holtrop, PhD and Linda Zittleman, MSPH

- Previously recorded seminars can be found on our [ACCORDS Education website](#)

# The Colorado Pragmatic Research in Health Virtual Learning Community

## *The Pragmatic Scientist* blog

- <http://medschool.cuanschutz.edu/COPRHcommunity>
- COPRH Newsletter – coming this week!
- First blog post live today: **Shared Values for Pragmatic Research in Health**
  - Participate in the discussion (form on the website):
    - What are the important norms, beliefs, and values underlying pragmatic research in health
    - How might we develop a more collaborative culture in pragmatic research in health?
  - <https://tinyurl.com/y2g6ovoh>





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# **Creating a Community-Based Research Network for Engaging Refugees in Improving Refugee Health**

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# Disclosures

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- No COI or financial disclosures
- This project was funded through a Patient-Centered Outcomes Research Institute (PCORI) Engagement Award Initiative (EA-4051-UOCD).





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# Plan

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- **Introductions**
- Developing the Board
- Identifying issues from the community perspective
- Prioritizing topics into a research agenda



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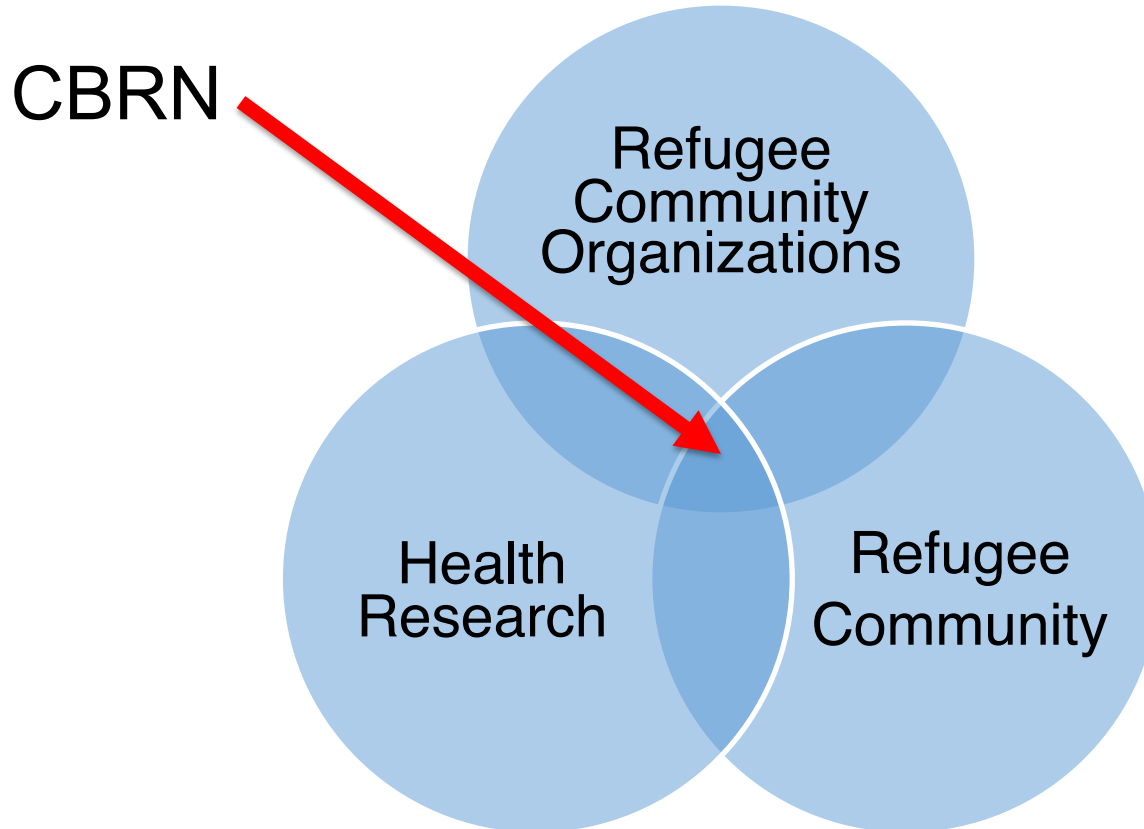
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# What is a CBRN?

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# Building the Board

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## Steering Committee

- 2 Refugee service provider leaders
- State refugee health coordinator
- 3 refugee leaders
- CBPR researcher
- 3 team members

## Informational Meetings and Invitations

- Meetings with local refugee health stakeholders
- Identify key areas of current work
- Recommendations for Board members (snowball)

## Launch Meeting

- 18 community members accepted and attended Launch Meeting
- 3 Project Team
- 1-year commitment

### Community-Based Research Network (CBRN) Board Member Description

We seek community leaders to form the first research network focused on refugee health.

This network is forming as part of a project called *Improving Health by Engaging Refugees in Denver (I-HEaRD)*. The vision for this network is to support healthy refugee communities by bridging the gap between research and the health needs of refugee communities in and around Denver, Colorado.

Refugees and service providers are welcome!

#### **The Goals of the CBRN Board:**

Be part of the newly forming CBRN Board

Bridge the gap between refugee and research communities

Identify and prioritize health issues and assets in the refugee community

Review research ideas for fit and importance in the refugee community

Work in partnership on research projects

Support sharing of health research findings in the refugee community

#### **What CBRN members may gain:**

Opportunity to impact the health of the community

Leadership and training opportunities, including a Certificate of Service

Babysitting and dinner at most CBRN meetings and events

#### **What CBRN members will do:**



Board Member duties may change based on individual skills and interests as well as the needs of the project. We will expect some flexibility but hope this provides an outline of the expectations of the Board.

#### **Successful Board Members will be able to:**

- Speak conversational English
- Share perspectives in constructive ways
- Appreciate the 'big picture' regarding refugee health issues
- Listen well
- Respect differing opinions
- Speak comfortably in a group
- Look for opportunities to partner
- Collaborate to find solutions

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Kate Boyd (412-916-2923) or [Katherine.boyd@ucdenver.edu](mailto:Katherine.boyd@ucdenver.edu))



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## Improving Health by Engaging Refugees in Denver (I-HEaRD) Community Based Research Network Board (CBRN)

Friday April 20<sup>th</sup>, 2018

4-6pm

Lily Marks Board Room

### Objectives:

- To get to know each other
- To understand what is a CBRN
- Go over CBRN Board Member role description
- To make individual commitments to the CBRN Board

Activity	Time	Facilitator
Meet n' Greet n' Eat	15 minutes	Sarah
Introductions	55 minutes	Maytham
What is a CBRN Board: Didactic Component	15 minutes	Sarah, Anne, Kate
Role Description of CBRN Board Members (Why we are here!)	15 minutes	Anne
Official commitment to being on the board	5 minutes	Sarah
Next Meeting	10 minutes	Kate
Go Over Objectives	5 minutes	Sarah
Adjourn	6:00pm	







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# Interviewing Refugee Community

- Co-moderator model
  - Trained Community Navigators
    - Interviewing
    - IRB
- 55 interviews: 49 refugees, 6 service providers
- Co-analysis with Board members

**Table 1. Countries of origin of interviewees**

Interview Sample: Countries of Origin
Afghanistan
Bhutan
Burma
Democratic Republic of the Congo
Eritrea
Iraq
Somalia
Sudan
Syria
Tibet

**Table 2. Community Health Concern Areas Identified through Interviews with Refugees**

Healthcare system (HCS) navigation

Mixture of western medicine and cultural beliefs

Healthcare system and providers not educated about cultural sensitivity

Lack of accessibility of cultural foods

Living location prevents healthy behavior (urban sprawl)

Difficult life

Language barriers

Lack of knowledge of support services

Discrimination and caste system

Addiction of youth to electronic devices

Alcohol

Housing affordability

Mental health

Employment availability

Lack of access to education about health

Family generational and cultural issues



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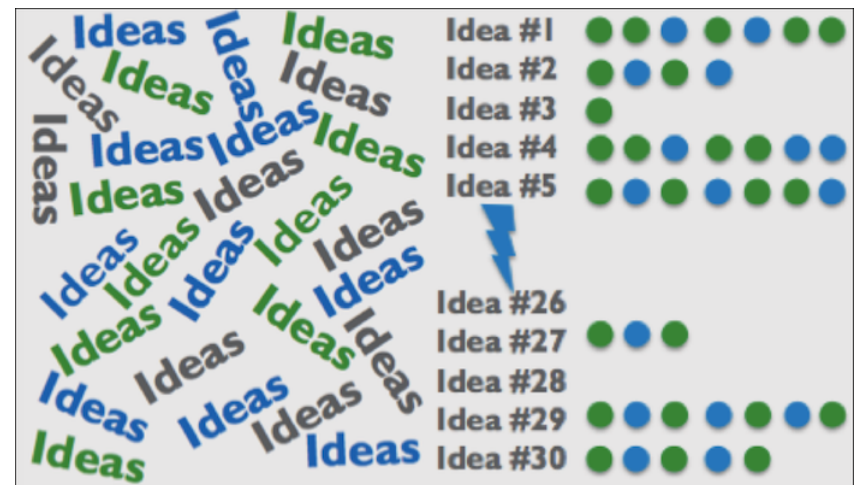
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# Nominal Group Technique (NGT)

- Democratized prioritization process
- Prevents domination of the discussion by a single person
- Encourages all members to participate
- Results in prioritized solutions or recommendations that represent the group

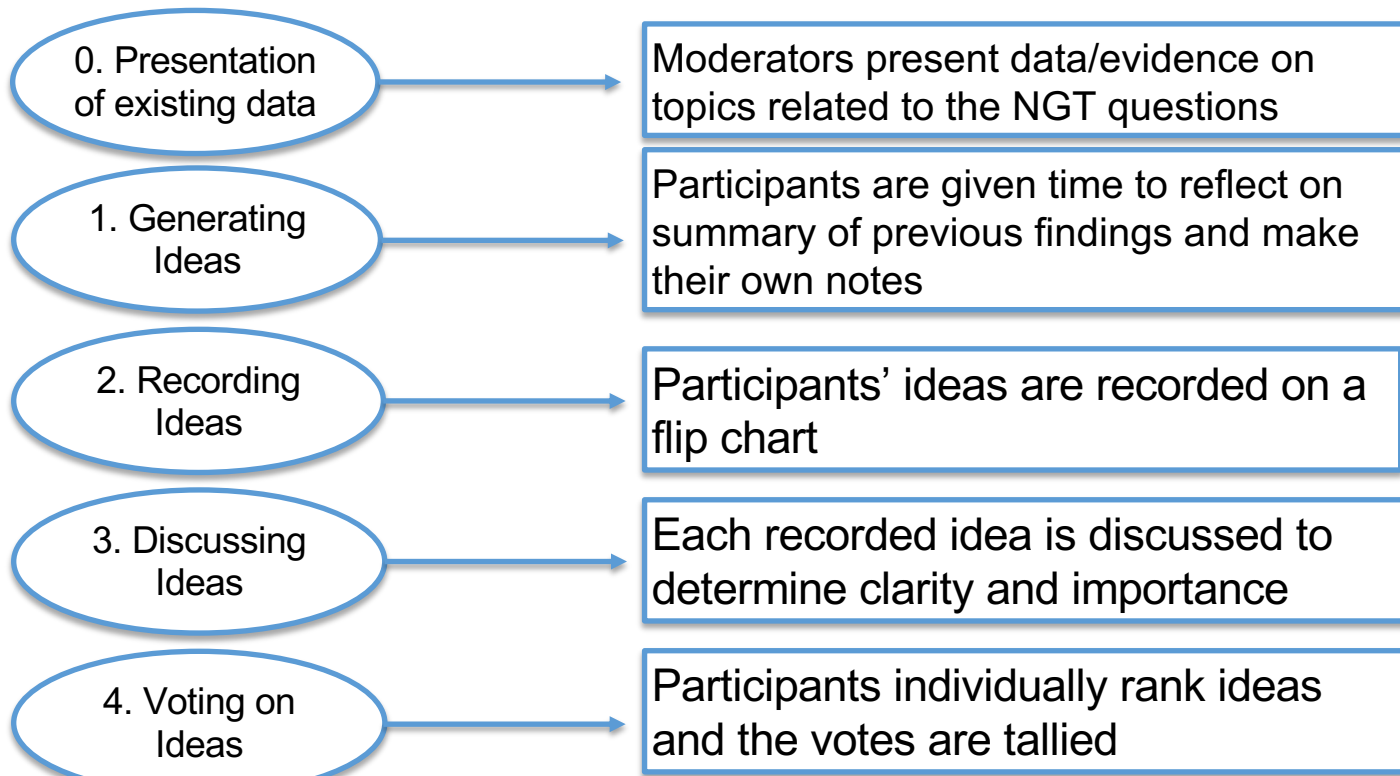






# How to conduct NGT:

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# NGT for Research Topics

- 68 refugee community members, 5 community meetings across 3 months
- Co-moderated with trained refugee leaders who also had experience interpreting
- Existing data came from public health and resettlement data and our qualitative work
- Small groups did not work well in our case – we conducted with all attendees together

A handwritten list of research topics and counts on a piece of paper. The list is written in blue ink, with some numbers in red. The topics are listed on the left, and the counts are on the right. Some topics are enclosed in red boxes. There are also some small numbers written above or below the topics, possibly indicating sub-counts or categories.

Diabetes	18 <sup>#2</sup>
Lack of physical activity	6
Discrimination workplace	3
Academic support for families	11
Lack of health knowledge	15 <sup>3#2</sup>
Chronic pain	
High blood pressure	4
Inappropriate living conditions	2



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# Example Data Shared

## Refugee Health Behaviors in first 4 years in the US

	2011-12	2012-13	2013-14	2014-15
Doctor visit	71.6%	87.5%	86.4%	74.2%
How to make a doctor's appointment	32.4%	55.3%	51.6%	63.8%
Health care coverage	96.9%	49.7%	58.4%	75.7%
Dental visit	17.8%	11.4%	2.9%	13.2%

Source: The Refugee Integration Survey and Evaluation (RISE) Year Five: Final Report, Colorado Department of Human Services, Colorado Department of Refugee Services



## Priorities

- Anemia
- Diabetes
- Hypertension
- Mental Health
- Malnutrition



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# Final “Top 12” Agenda

Rank	Priority Health Concern
1	Language Barriers
2	Navigating and Trust in Health Care System
3	Mental Health
4	Financial Security and Cost of Health Care
5	Poor Health Habits - Diet, Exercise, and Sleep
6	Discrimination
7	Diabetes
8	Substance Use
9	Hypertension and Cholesterol
10	Lack of Health Education
11	Housing
12	Separation of Families



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# Sustainability

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- Developed to be flexible
- Challenges:
  - Fiscal home for a community-based group
  - Continuity between funded projects
  - Pandemic
    - Pros and Cons



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# Questions?

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## **Thank you to all our CBRN Board members:**

Farduus Ahmed, Lydia Dumman, Asbi Miser, Pastor Andrew Thang, Susma Dahal, Jamal Moloo, Rashid Ullah, Enas Alsharea, May Tran, Meg Allen, Carol Tumaylle, Brandy Kramer, Durga Tamang, Jini Puma, Maytham Alshadood, Anne Lambert Kerzner, Kate Boyd, Adrien Matadi, Som Baral, Rohit Dungel, Kate Ytell

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