

Including Diverse Participants in a Telehealth-Delivered Pragmatic Trial of Mindfulness for Persons with Chronic Low Back Pain

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Disclosures

I DO NOT have any financial disclosure or conflicts of interest with the material in this presentation.

Public Health Implications

- ▶ Many clinical research trials in integrative and complementary health suffer from a lack of participant diversity.
- ▶ Underrepresentation may delay the widespread application of evidence-based interventions.

Background



Optimum
Optimizing Pain Treatment
in Medical Settings
Using Mindfulness

- ▶ A multi-site pragmatic clinical trial for persons with chronic low back pain randomized to a mindfulness clinical pain management program or to usual care.
- ▶ Target Enrollment: 450 patients.

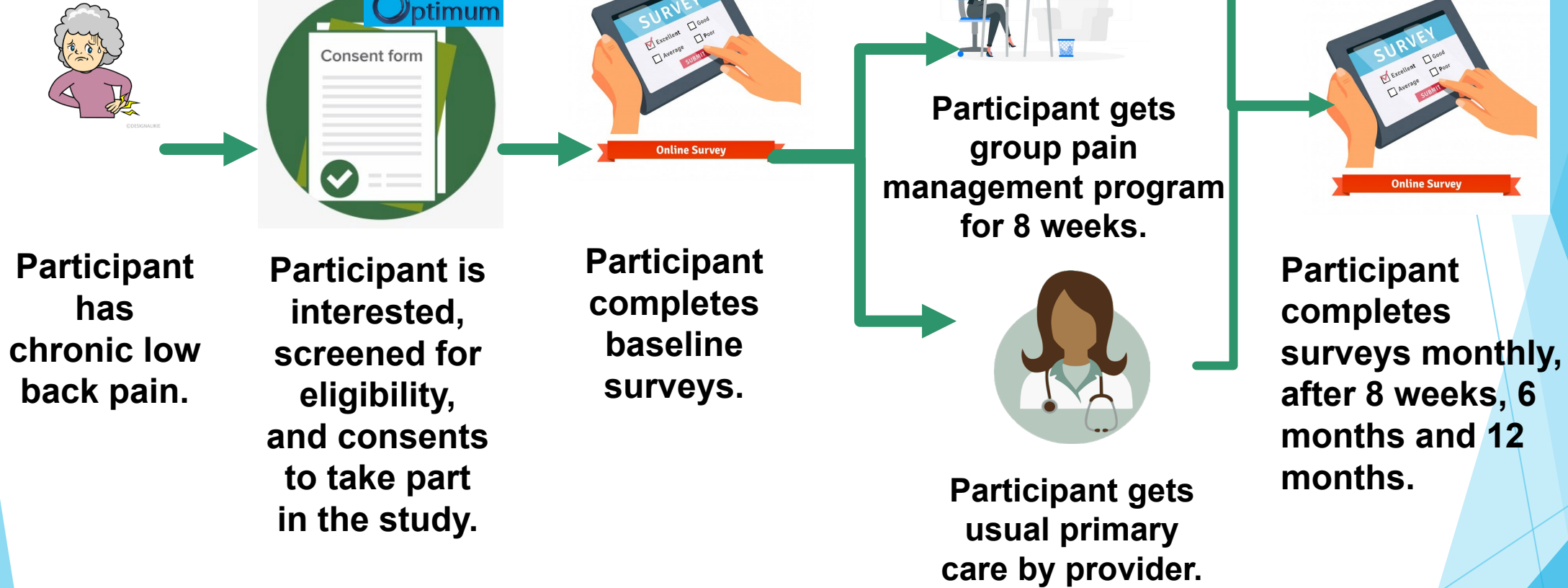
Background: Three Health Care Systems

- ▶ **Boston Medical Center**
- ▶ **UPMC, Pittsburgh, PA**
- ▶ **University of North Carolina Chapel Hill**

Hill in Partnership with Piedmont Health
Services



Study Flow



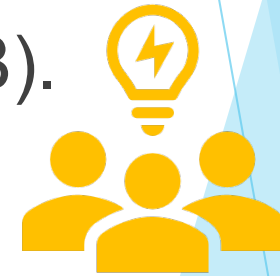
Recruitment Strategy

- ▶ Intentionally recruit from health systems with diverse populations:
 - ▶ Safety net health system.
 - ▶ Large academic health system.
 - ▶ Federally qualified health centers.



Recruitment, Retention & Engagement Strategies

- ▶ Integrate voice of study participants & stakeholders into research:
 - ▶ Established a Community Advisory Board (CAB).
 - ▶ Conduct focus group interviews with study participants.



Recruitment, Retention & Engagement Strategies

Community Advisory Board (CAB)

- Review strategies.
- Provide feedback.



OPTIMUM Study

- Implement strategies.

Creative Committee

- Incorporate feedback.
- Modify recruitment materials.



Recruitment, Retention & Engagement Strategies

Feedback from CAB:

- Recruitment materials need to be:
 - More diverse, and visually appealing.
 - Include more “mindfulness” theme in recruitment materials.
 - Highlight benefits of participating in the study.



Implementation:

- Designed new posters.
- Updated and redesigned the study website.
- Created quarterly newsletter.
- Developing a study animation video

Recruitment, Retention & Engagement Strategies

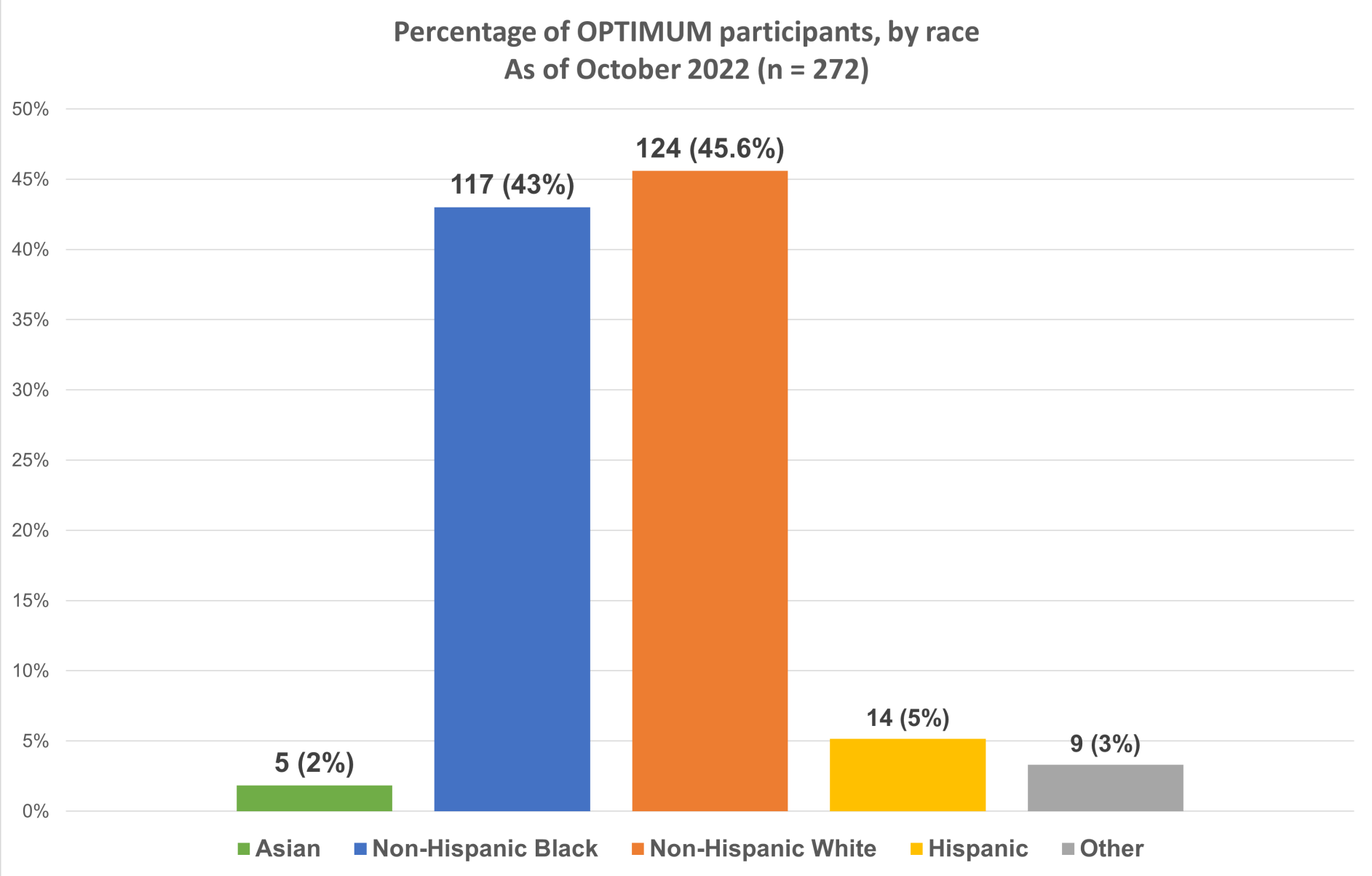
- ▶ Have diverse research team members.
- ▶ Staff training in communication & mindfulness:
 - ▶ Make participants feel seen, acknowledged, and heard.
 - ▶ Empathy and compassion with chronic pain.



Focus Group Comments

- ▶ Research Assistants received lots of praise from participants for being polite, open, and accommodating.
- ▶ The study team make them feel important because we listen to them.
- ▶ They appreciated that the team is respectful of their time.

Race/Ethnicity Data



Conclusion

- ▶ Intentionally include diverse participants by:
 - ▶ Targeting health systems with diverse populations.
 - ▶ Having diverse research team members.
 - ▶ Providing communication training for staff.
 - ▶ Creating a culture of respect and kindness for participants.
 - ▶ Leveraging insightful feedback from participants & stakeholders

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- ▶ The OPTIMUM Research Team.
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- ▶ The NIH Pragmatic Trials Collaboratory.

Thank you

Any questions?

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