

Hybrid Effectiveness-Implementation Trial of Guided Relaxation and Acupuncture for Chronic Sickle Cell Disease Pain (GRACE)

Top-Level Results



- Primary outcome: Pain impact scores were not significantly different from usual care after 6 weeks of acupuncture or guided relaxation interventions
- Secondary outcomes:
 - Pain catastrophizing and anxiety were lower in the acupuncture group compared to usual care at 6 weeks
 - SMART dynamic treatment regimens assessed at 12 weeks resembled 6-week outcomes

Lessons Learned



- Engagement with acupuncture and guided relaxation limited the ability to detect larger effects
- High rates of emergency department visits and hospitalizations observed underscore the clinical instability of adults with sickle cell disease

Future Plans



- Sharing results with participants, sickle cell disease support groups, and participating healthcare systems

