

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

GRACE Trial

Steering Committee Meeting

May 16-17, 2023

Brief Overview

- ▶ Hybrid effectiveness-implementation randomized clinical trial exploring the integration of **Acupuncture** and **Guided Relaxation** to help manage chronic pain in patients with Sickle Cell Disease
- ▶ 366 patient participants randomized in one of three arms
 - ▶ Acupuncture
 - ▶ Guided Relaxation
 - ▶ Usual care
- ▶ Qualitative interviews throughout to identify barriers/facilitators of adding these therapies to usual clinical care

Current Status

- ▶ Active recruitment
 - ▶ Enrollment

GRACE: Barriers Scorecard

Barrier	Level of Difficulty*				
	1	2	3	4	5
Enrollment and engagement of patients/subjects				X	
Engagement of clinicians and health systems			X		
Data collection and merging datasets			X		
Regulatory issues (IRBs and consent)				X	
Stability of control intervention		X			
Implementing/delivering intervention across healthcare organizations				X	

*Your best guess! 1 = little difficulty 5 = extreme difficulty

Top Barriers and Challenges

▶ Recruitment

- ▶ Overall: 72% of current expected number of participants
 - ▶ Duke: 82%
 - ▶ UIC: 93%
 - ▶ UF: 45%

▶ Adherence

- ▶ Each site has struggled with completing a 'full dose' of each intervention to varying degrees

Recent Generalizable Lesson Learned

▶ Recruitment

- ▶ Created study videos
- ▶ Sent opt out letters to sickle cell patients at UIC and UF
- ▶ UIC posted ads on public transportation
- ▶ Bringing on 2 additional recruitment sites (Emory University and Johns Hopkins University)

▶ Adherence

- ▶ Set up weekly text reminders for participants in Guided Relaxation
- ▶ UIC hired racially concordant acupuncturists
- ▶ Every site increased travel compensation for acupuncture

Current Plans For Data Sharing

- ▶ HEAL project, follows HEAL guidelines
- ▶ Will be stored in ICPSR repository



Thank you