Sharing research findings and using research to make changes

5th Alaska Native Health Research Conference

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65,000 voices
Using the Audience Response System (Clicker)

- Answer the questions by pushing the number on your Clicker.
- Your answer will show on the screen of your clicker.
- To change your answer, push the number of your new answer before time runs out.
What is your gender?

A. Female
B. Male
C. Other
Are you Alaska Native or American Indian?

A. Yes
B. No
Select your age range

A. 18 - 30 yrs old
B. 31 - 40 yrs old
C. 41 - 50 yrs old
D. 51 – 60 yrs old
E. Over 60 yrs old
Select your HIGHEST level of education or training

A. No schooling completed
B. Preschool to 8th grade
C. Some high school, no diploma
D. High school graduate / GED
E. Some college credit, no degree
F. Trade/technical/vocational training
G. Associate’s degree
H. Bachelor’s degree
I. Master’s degree
J. Doctorate degree
What is your role in healthcare? Select all that apply

A. Customer Owner/Patient 0%
B. Provider 0%
C. Tribal Leader 0%
D. Healthcare Support / Administration 0%
E. Researcher 0%
F. Student 0%
G. Professor/Educator 0%
H. Other 0%
Have you participated in a research study related to heart disease and/or high blood pressure?

A. Yes
B. No
Have you or someone close to you been diagnosed with heart disease or high blood pressure?

A. Yes
B. No
“Research improves healthcare with Alaska Native and American Indian people.”

A. Completely Agree
B. Somewhat Agree
C. Somewhat Disagree
D. Completely Disagree
Who is responsible for sharing research findings? 
*(Select all that apply)*

A. Providers  
B. The researcher  
C. The Hospital / Primary Care Center  
D. Research Funding organization  
E. Tribal Leaders  
F. Other
How do you typically hear about research findings?
(Select up to 3 responses)

A. Scientific articles (professional journals)  
B. Provider recommendations  
C. Video Screens at care locations  
D. Community Research Conferences  
E. Facebook  
F. Community Newsletters  
G. Digital Storytelling / PodCasts  
H. None of these
How would you **PREFER** to find out about research happening in the community? 

*(Select up to 3 responses)*

A. Scientific articles (professional journals)  
B. Provider recommendations  
C. Video Screens at care locations  
D. Anchorage Native News  
E. Community Research Conferences  
F. Facebook  
G. Community Newsletters  
H. Digital Storytelling / PodCasts  
I. None of these
“I want to know more about research findings with Alaska Native and American Indian people”

A. Completely Agree
B. Somewhat Agree
C. Somewhat Disagree
D. Completely Disagree
“I want to learn more about how healthcare has changed because of research with Alaska Native and American Indian people.”

A. Completely Agree
B. Somewhat Agree
C. Somewhat Disagree
D. Completely Disagree
Where should researchers focus so they can share research findings more effectively?

(Select up to 3 answers)

A. How they communicate (easy to understand, sharing results in an interesting way, etc)

B. Where they share results (social media like Facebook, newsletters, TV screens in lobbies, scientific publications, etc)

C. Who they communicate with (Customer Owners/Patients, Providers, Community, etc)

D. What they communicate (level of detail, actionable findings, etc)

E. Other
Vision
A Native Community that enjoys physical, mental, emotional and spiritual wellness

Mission
Working together with the Native Community to achieve wellness through health and related services
Goals

Shared Responsibility
Commitment to Quality
Family Wellness
Customer-Ownership
Operational Principles

**Relationships** between customer-owner, family and provider must be fostered and supported.

**Emphasis** on wellness of the whole person, family and community (physical, mental, emotional and spiritual wellness).

**Locations** convenient for customer-owners with minimal stops to get all their needs addressed.

**Access** optimized and waiting times limited.

**Together** with the customer-owner as an active partner.

**Intentional** whole-system design to maximize coordination and minimize duplication.

**Outcome** and process measures continuously evaluated and improved.

**Not** complicated but simple and easy to use.

**Services** financially sustainable and viable.

**Hub** of the system is the family.

**Interests** of customer-owners drive the system to determine what we do and how we do it.

**Population-Based** systems and services.

**Services** and systems build on the strengths of Alaska Native cultures.
Core Concepts

Work together in relationship to learn and grow
Encourage understanding
Listen with an open mind
Laugh and enjoy humor throughout the day
Notice the dignity and value of ourselves and others
Engage others with compassion
Share our stories and our hearts
Strive to honor and respect ourselves and others
Leadership Principles

O perate from the strength of Alaska Native cultures and traditions of leadership.

W ill stand in the gap to align and achieve the mission and vision.

U rture an environment of trust that encourages buy-in, systematic growth and change.

E ncourage ownership of responsible, calculated risk taking.

R espect and grow the skills of future generations to drive initiatives and improvements.

S hare and listen to personal life stories in order to be transparent and accountable.

H edge people in by creating a safe environment where spiritual, ethical and personal beliefs are honored.

I mprove for the future by learning from the past, giving away credit and celebrating achievements.

P ractice and encourage self-improvement believing there is good in every person
Background

- Research results are shared though a variety of communication tools
- Without effective sharing methods, the research cycle is incomplete
Community-Based Participatory Research (CBPR) Model

- CBPR involves the community at all stages of the research process

- To maximize use of research findings, results must be communicated...
  - ... with the right information
  - ... to the right audience
  - ... where stakeholders will see it
Goals of our Session Today

- Gain insights through an interactive session to determine:
  - What types of information from research studies should be shared?
  - How research findings should be shared?
  - Who should receive research findings?

- Discuss ways to better share research findings
What’s Next?

- Ask for your opinion on
  - Review how results of research are currently being shared
  - Ask how to better share research results

Time for everyone to provide some feedback
Please select your level of agreement with the following statement.

Research findings are being shared effectively

1. Completely Agree
2. Somewhat Agree
3. Somewhat Disagree
4. Completely Disagree

0%
0%
0%
0%
Are you aware of the risk factors for hypertension and CVD?

1. Yes
2. No

50% Yes
50% No
Are you aware of the protective factors for hypertension and CVD?

1. Yes
2. No
Are you aware of specific recommendations for the control of high blood pressure?

1. Yes
2. No
Current Sharing Practices

Based on recent cardiovascular research studies (EARTH, Strong Heart, Warfarin Pharmacogenetics, GOCADAN, CANDHR)

- Publications
  - Local publications (Anchorage Native News)
  - Professional Journal publications
- Summary brochures/flyers distributed directly to customer owners
- Shared individually with customer owners in home visits
- Presentations
  - Local community
  - Regional/National conferences
- Video screens in care centers

NOTE: All study results are reported back to Tribal leadership
Who should receive research findings?

1. Customer owners / Patients
2. Providers
3. Community/family/friends
4. Tribal Leaders/administrators
5. Policy makers/government
6. Educators
7. Others
What information should be shared?

1. Who is at risk
2. What people should do / specific recommendations
3. Research design and process
4. Other
When should research findings be shared?

1. Regular updates throughout the research process
2. As soon as any reportable results are available
3. Only when final results are available
Where should research findings be shared?

1. Online
2. Local community events (potlucks, special events)
3. Local conferences
4. Regional/national conferences
5. Within Healthcare setting (hospital, primary care center)
6. Other
How should research findings be shared?

1. Health system websites
2. Social media
3. Posters
4. Reports
5. Presentations
6. Video screens in care centers
7. Professional publications
8. Local news / newsletters (Alaska Native News)
9. Other
Are you aware of any changes your organization has made based on these research findings?

1. Not that I know of
2. Yes, but unsure what has been done
3. Yes, we have changed the way we provide care
What needs to be done differently to share research information better?

Please share your ideas with us!
Next Steps

- Test new sharing practices based on input received today
- Focus on integrating research findings into practice
Thank You!

Qağaasakung  
Aleut

Mahsi'  
Gwich’in Athabascan

Quyanaa  
Alutiiq

Igamsiqanaghalek  
Siberian Yupik

Quyanaq  
Inupiaq

Awa'ahdah  
Eyak

Háw'aa  
Haida

Quyana  
Yup’ik

T’oyaxsm  
Tsimshian

Gunalchééesh  
Tlingít

Tsin'aen  
Ahtna Athabascan

Chin’an  
Dena’ina Athabascan