Panel: Older Adult Outreach and Networking Strategies

NASEM Forum on Drug Research & Development for Adults Across the Older Age Span

August 6, 2020

ENGAGEMENT OF OLDER ADULTS & PRIMARY CARE CLINICIANS IN RESEARCH

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IT'S HOW MEDICINE SHOULD BE

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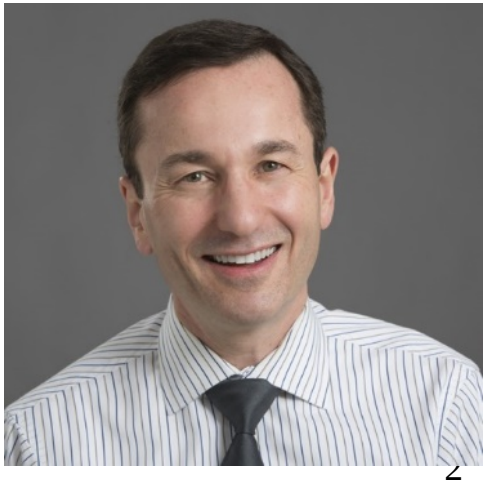
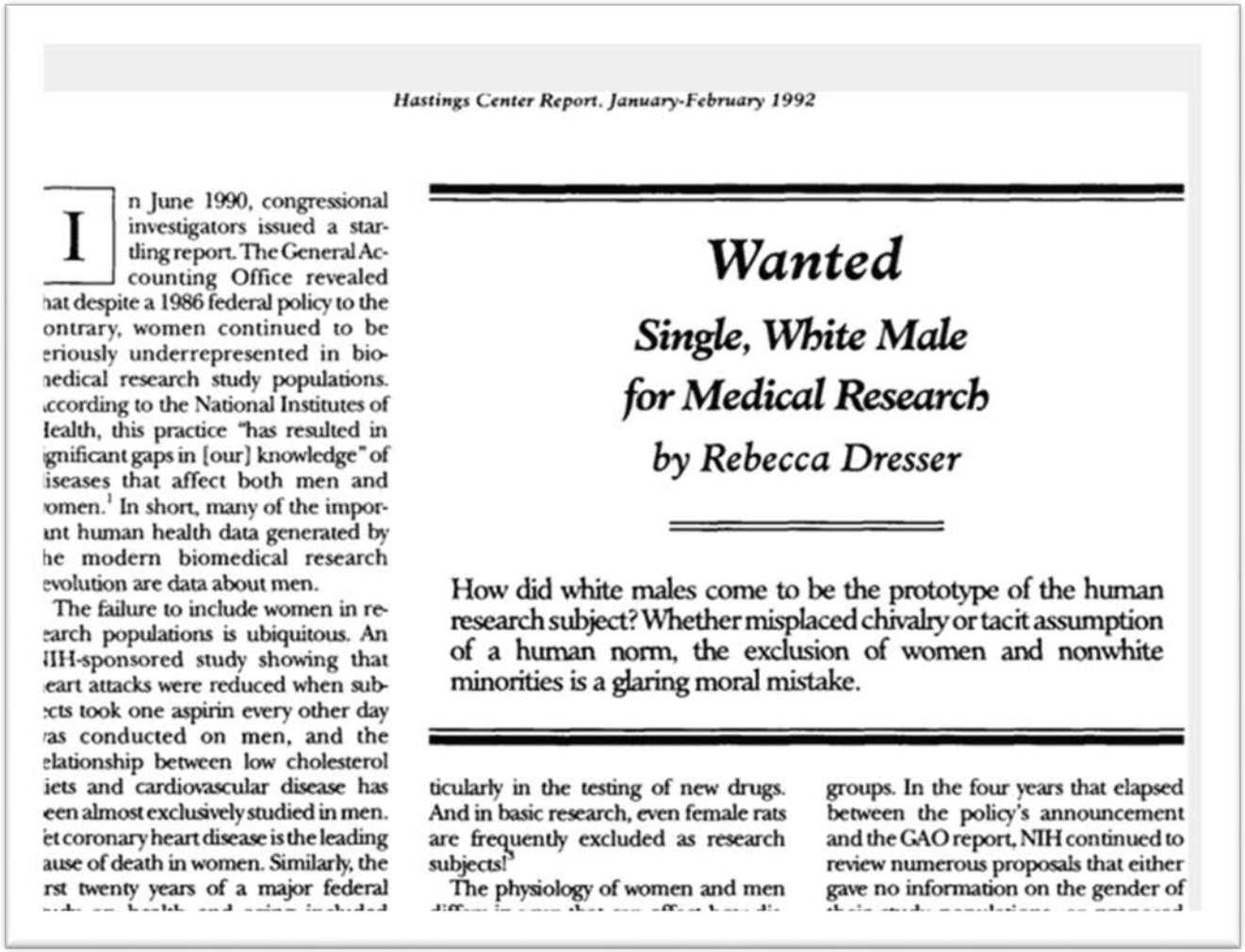
Context for my comments

- Family Physician x 4 decades
  - Full spectrum practice: Birth through Geriatrics
  - Care for multi-generational families
- Urban communities impacted by structural inequities in healthcare, including health personnel shortages (HPSAs)
- Research focused on community interventions to improve chronic disease self-management, especially
  - Type 2 Diabetes
  - Cardiometabolic Syndrome
  - Asthma
  - Depression in midlife and older adults



Reaching Marginalized Communities



Hastings Center Report, January-February 1992

Wanted

Single, White Male for Medical Research

by Rebecca Dresser

How did white males come to be the prototype of the human research subject? Whether misplaced chivalry or tacit assumption of a human norm, the exclusion of women and nonwhite minorities is a glaring moral mistake.

In June 1990, congressional investigators issued a startling report. The General Accounting Office revealed hat despite a 1986 federal policy to the ontrary, women continued to be eriously underrepresented in bio-nedical research study populations. ccording to the National Institutes of Health, this practice "has resulted in ignificant gaps in [our] knowledge" of iseases that affect both men and omen.[1] In short, many of the impor-nt human health data generated by he modern biomedical research evolution are data about men.

The failure to include women in re-earch populations is ubiquitous. An IH-sponsored study showing that eart attacks were reduced when sub-cts took one aspirin every other day as conducted on men, and the elationship between low cholesterol iets and cardiovascular disease has een almost exclusively studied in men. et coronary heart disease is the leading ause of death in women. Similarly, the rst twenty years of a major federal

ticularly in the testing of new drugs. And in basic research, even female rats are frequently excluded as research subjects![3]

The physiology of women and men

groups. In the four years that elapsed between the policy's announcement and the GAO report, NIH continued to review numerous proposals that either gave no information on the gender of

Dresser R
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CLINICAL PRACTICE

Neighborhood Family Practice of Pilsen

- Community input sought – surveys, street interviews, community meetings, public health data
- Bilingual, bicultural staff drawn from neighborhood
- Every aspect of office design – light, colors, graphics, art, community education room – chosen with Latinx community in mind
- Innovation: Home visits, Community Health Workers: Pilsen Senior Health Advocates
- 1988: 2 physicians
  2020: 6 physicians, 2 nurse practitioners, + social worker, pharmacist

Age Friendly Practice

- Social determinants screening
- Caregiver support
- Community-programs to promote healthy aging
- Print materials with large font, in preferred language
- Wheelchair mobility
- Power tables
- Extended hours
- Support for telehealth access

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Age-Friendly Health Systems

The Action Community:
An Invitation to Join Us

THE 4M MODEL

WHAT MATTERS

MEDICATIONS

MENTATION

MOBILITY

Fulmer T, Mate KS, Berman A The Age-Friendly System Imperative
J Amer Geriatric Soc 2017

Community-based Research

- ***MATCH: Mexican American Trial of Community Health workers***

  CHW intervention to improve diabetes self-management and control among urban Mexican American community

- ***Block-by-Block***

  Community Based Participatory Research intervention developed CHW-delivered Diabetes Self-Management intervention and built Diabetes Empowerment Ctr in Puerto Rican community with 22% prevalence

- ***BRIGHTEN – Heart***

  Team intervention to address comorbid Depression and Metabolic Syndrome in older African American & Latinx adults

- ***MATCH2***

  Test of a CHW intervention based in 3 safety net clinics serving African American and Latinx adults with type 2 Diabetes

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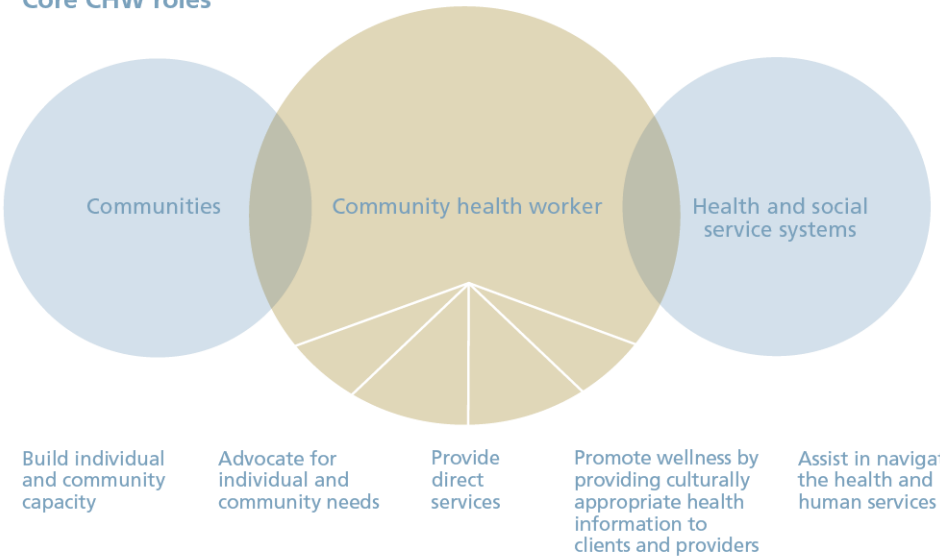
Community Health Workers

- Trusted, knowledgeable frontline health personnel
- Typically come from the communities they serve
- Bridge cultural and linguistic barriers
- Expand access to coverage and care
- Improve health outcomes

Bridging the gap between communities and health/social service systems:
Core CHW roles



- **<u>Empower individuals & communities</u>**

Build relationships with the people who have relationships

CHWs and Primary Care Clinicians

- Longitudinal relationships with the communities they serve
- Shared experience and history
- Trust built over years
- Trust based on SERVICE
- Will continue to serve after the study is done
- Empower communities

How will your study team do the same?

- Listen to these independent community voices
- Collaborate to focus on participant experience (UX)
- Understand they serve their communities first, not the study
- Trust and respect their feedback and guidance

Make sure you will be welcome back a 2nd (or 10th!) time