



Sharing Tribal Research Initiatives

July 2024

Donald Warne, MD, MPH



CENTER FOR
INDIGENOUS HEALTH

Sharing Tribal Research Initiatives

Panel Objectives

This panel will:

- Highlight innovative research about resilience to disasters and *public health emergencies* among Indigenous American and Tribal nations and communities.
- Discuss how mitigation and risk-reduction strategies can bolster disaster resilience.

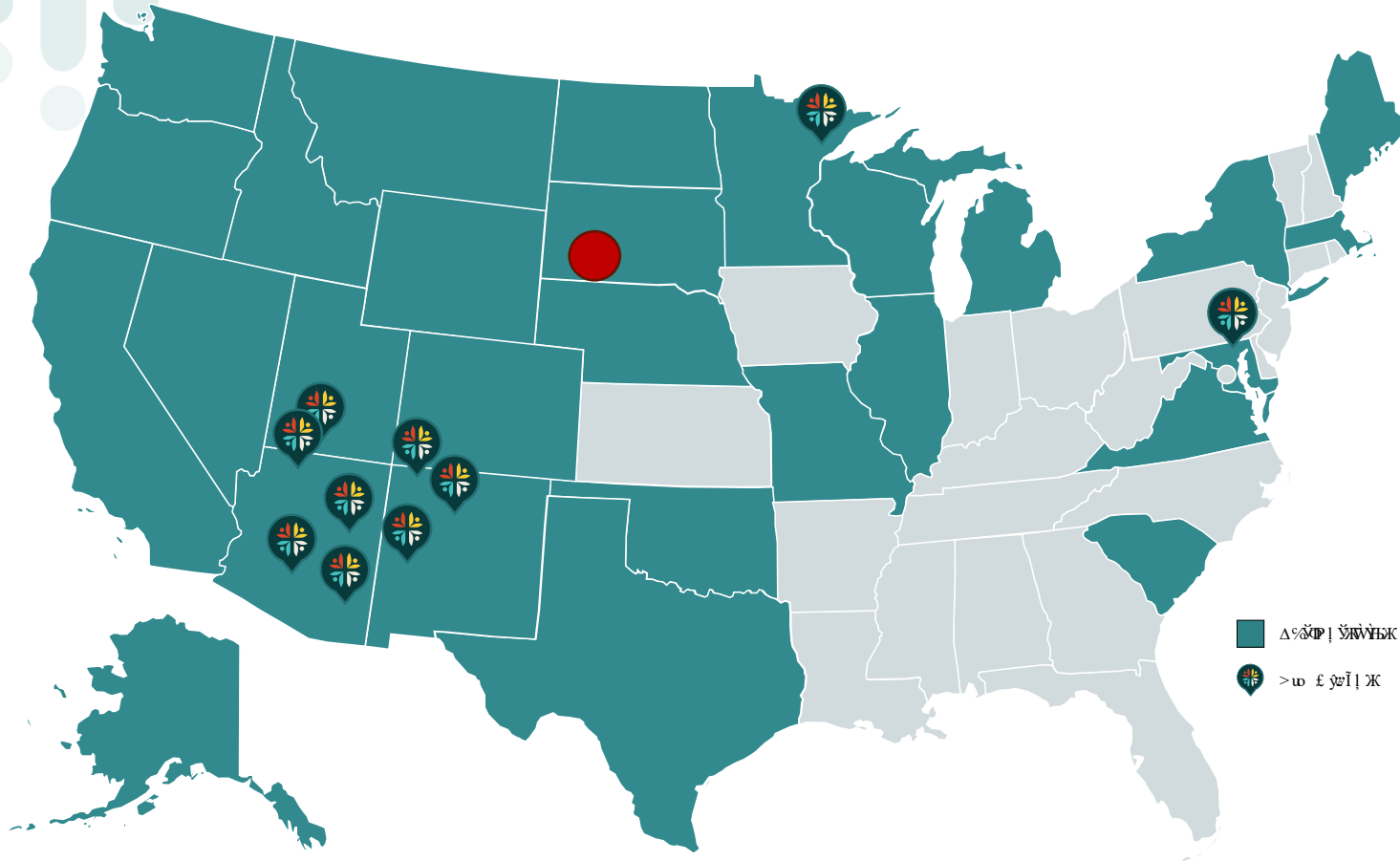
Thank you—Laura Hammitt, MD
Director, Infectious Disease Program, JHU CIH

Johns Hopkins Center for Indigenous Health

- **Founded:** 1991 at Johns Hopkins Bloomberg School of Public Health by Dr. Mathu Santosham
- **Mission:** We work in partnership with communities to advance Indigenous well-being and health leadership to the highest level.
- **Vision:** Thriving Indigenous communities worldwide



Our Center's Scope



Today, we have over 300 staff members and faculty working at the Center.

80% of the Center's employees are Indigenous

Over 90% of the Center team is working on the frontlines of Indigenous communities

Working across 27 states and 165+ communities.

New partnerships with Indigenous communities in Canada, Australia, and New Zealand

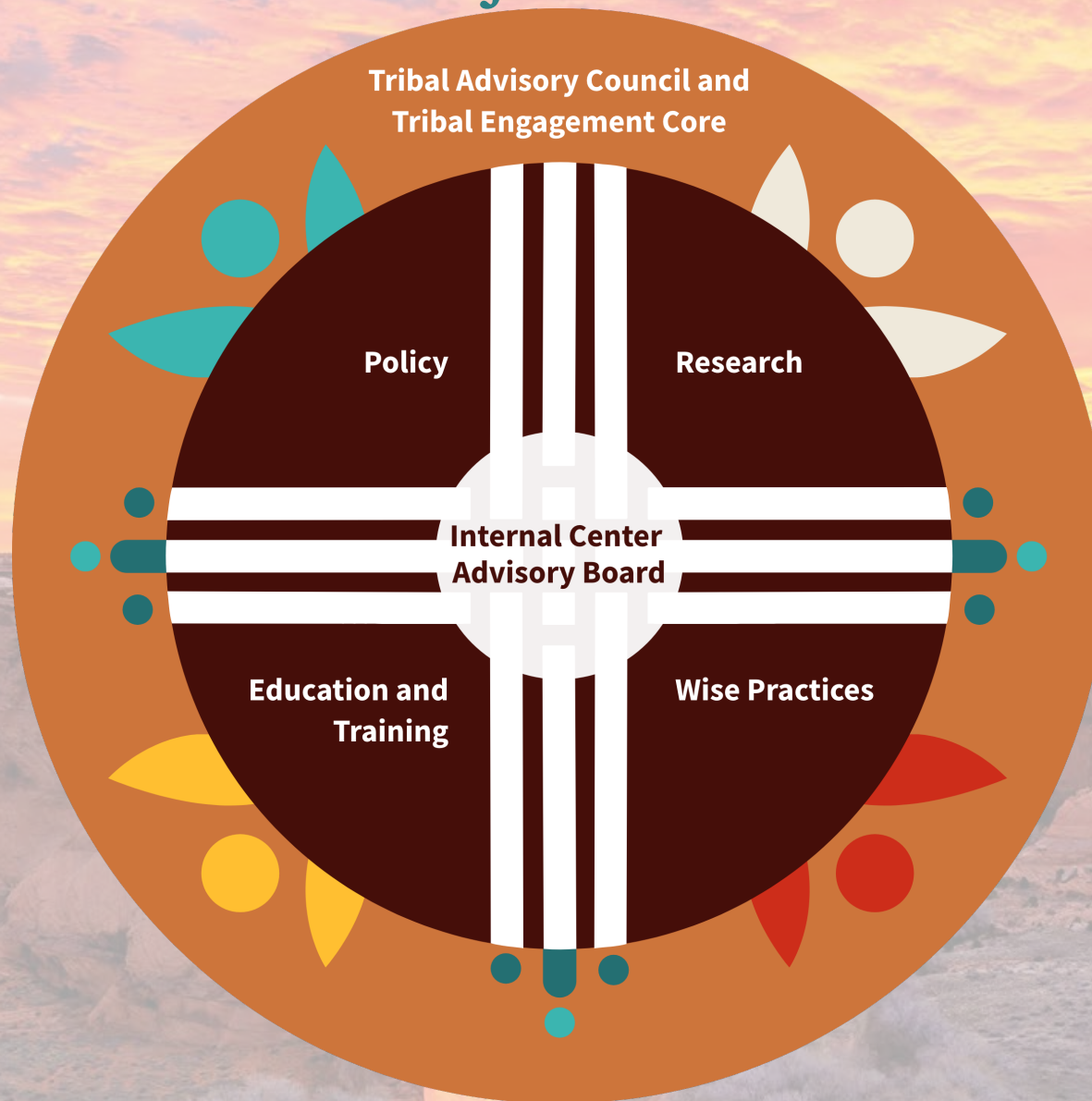
CIH Governance Structure: 4 Major Cores

POLICY & ADVOCACY

Recruiting and mentoring Indigenous graduate and doctoral students and early career Indigenous public health scientists.

EDUCATION & TRAINING

Accelerating equity via policies that can transform access to health and education, and uplift Tribal sovereignty.



RESEARCH & EVALUATION

Utilizing community-based participatory research and partnering with Indigenous communities to develop innovative, strengths-based research to address public health priorities and share our solutions with the world.

WISE PRACTICES

Recognizing research intervention findings are meaningless if they stop at peer-reviewed publications that "sit on the shelf." We are committed to sharing our proven programs with Tribal communities to adapt and implement for their contexts.

JHU CIH COVID Response With IHS and Tribal Partners





JHU CIH Research Personnel Embedded with IHS to Expand Testing, Contact Tracing, Vaccine Blitzes with Apache, Navajo partners

Supported Isolation and Quarantine and PPE Distribution



JHU CIH/IHS Health Communication Materials Samples

STRESS AND ANXIETY MANAGEMENT FOR PROVIDERS DURING COVID-19



The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. If you are providing care for a sick family member at home or you are a provider in a hospital or clinic setting, this can take an emotional toll on you. It is quite normal for you to be feeling this way in the present situation. Know the signs of stress and anxiety in yourself. Know how to relieve stress. Know when to get help.

KNOW THE SIGNS

- Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19
- Changes in sleep or eating patterns
- Difficulty concentrating, or making decisions
- Worsening of chronic health problems
- Worsening of alcohol, recreational tobacco, or other drug use

HOW TO COPE

Coping with these feelings and getting help when you need it will help you, your family, and your community maintain safe physical distance as much as possible. Take care of yourself and each other, and know when and how to seek help.

WAYS TO SUPPORT YOURSELF

Take a Break from Media

People can become more depressed if they see repeated images or hear repeated stories about the outbreak in the news. Take breaks from watching, reading, or listening to news stories. Instead, listen to your favorite music or read a book to take your mind off of the situation.

Take Care of Your Mind

Help others and keep healthy by taking care of your mind.

Talking to Kids about Coronavirus (COVID-19)

People everywhere are talking about coronavirus (COVID-19) on the news, social media, television, and in person. Kids may be confused by all the news, and they may be scared. It's important to talk to kids about what's going on. You can help them understand what's going on and what to do. You can also help them feel safe and secure, and reduce anxiety or fear.

for talking with kids

Take and reassure. Kids hear and feel what you say. Use a calm voice and try not to seem worried.

Be honest and calm. Schedule time each day to connect with your children. Make sure they know you are listening and understanding. Talk together about their feelings and what they are worried about. Encourage them to ask questions and to check in with you often.

Be honest. This may mean that they are not feeling well, or that they are scared. It's okay to say "I don't know" if you don't know the answer. Find the answer together. Check CDC.gov for updates on the virus.

Keep checking in. Talk about correct events and what they are feeling about. Check in with them often. Find the answer together. Check CDC.gov for updates on the virus.

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Stop the Spread: Protect yourself, family, and community

Life during the coronavirus (COVID-19) outbreak can feel stressful. There are ways to practice traditions and ceremonies while keeping a social distance.

- Protect families, traditions
- Consult tribal guidance
- Keep 6 feet of distance
- Follow tribal guidance

Stay at home

Smudge/burn sacred medicines, sing ceremonial songs or hymns, or pray on the porch to protect your family and community. Practice traditional stories, songs, and dances. Practice traditional stories, songs, and dances.



Staying at home protects the health of all. Stay home to save a life.

COVID-19 and Long-Term Physical Health

While most people get better within weeks, some have "post" COVID symptoms long after they are recovered.



What Tribal Members need to know about COVID-19

What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

What are the symptoms of COVID-19?

Most people have mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include: Cough or shortness of breath. Fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.



How to prevent the spread of germs like coronavirus (COVID-19) in the home

Separate the sick person from others.



Wash hands often with soap and water for at least 20 seconds.



Clean and disinfect "high-touch" surfaces multiple times each day.



Wear gloves for cleaning. Wash hands immediately after gloves are removed.



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<https://cih.jhu.edu/knowledge-center/resources/>

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Resource Library




COVID-19 Testing Activities







COVID Testing Coordination

- Testing strategy
- Home test kit instructions
- School testing guidance
- Testing Community of Practice
 - A space to share best practices, discuss emerging issues, and facilitate communication across groups involved in the response
- Navajo Nation SARS-CoV-2 Strain Surveillance (NNS3)

COVID-19 Rapid Antigen Home Testing




COVID-19 testing is important to slow the spread of virus and identify people that need treatment. Because people are contagious before developing symptoms, testing is also important for stopping the silent spread of the infection.

Ellume	BinaxNOW	QuickVue	iHealth
			
Results in 15 minutes	Results in 15 minutes	Results in 10 minutes	Results in 15 minutes
<ul style="list-style-type: none">• Requires a smart phone• Download app• Results can be emailed	<ul style="list-style-type: none">• Smartphone NOT required• 2 test kits included	<ul style="list-style-type: none">• Smartphone NOT required• 2 test kits included	<ul style="list-style-type: none">• Smartphone NOT required• 2 test kits included


Recommended Uses of Rapid Home Tests on the Navajo Nation:

- For those with exposure to COVID-19 (close contacts) – test 5 days after last COVID-19 exposure
- For those with symptoms of COVID-19
- Routine screening required by employer
- 3-5 days after activities with risk of exposure to COVID-19
- Prior to visiting family who are elderly, have medical risks (for example, people diabetes, obesity or lung disease), or who are unvaccinated
- Prior to returning home from working away
- Prior to any family gatherings (best done immediately prior to gathering). NOTE: people with COVID-19 symptoms should not attend or host gatherings, even if they test negative

Note: Testing is NOT recommended for anyone with a COVID-19 infection in the past 90 days unless there are new symptoms of COVID-19 and the provider or public health team advises testing.



NAVAJO HEALTH COMMAND OPERATIONS CENTER
(P) 928.871.7014
(E) coronavirus.info@nndoh.org
www.ndoh.navajo-nsn.gov/COVID-19



@navajodephealth
#DineDabizil



COVID-19 Research Activities





NAVAJO NATION 57-HOUR WEEKEND LOCKDOWN

All essential businesses will be closed and Navajo residents can leave their homesites only in cases of safety, health, or medical emergencies.



Navajo Nation Public Health Emergency
Order No. 2020-10

Starts: Friday, May 15, 2020 at 8:00pm
Ends: Monday, May 18, 2020 at 5:00am



NAVAJO HEALTH COMMAND OPERATION CENTER
(P) 928.871.7014
(E) coronavirus.info@nndoh.org
www.ndoh.navajo-nation.gov/COVID-19



HEALTH AND SCIENCE

First human trial for coronavirus vaccine begins Monday in the US

PUBLISHED MON, MAR 16 2020•1:38 PM EDT | UPDATED MON, MAR 16 2020•6:22 PM EDT

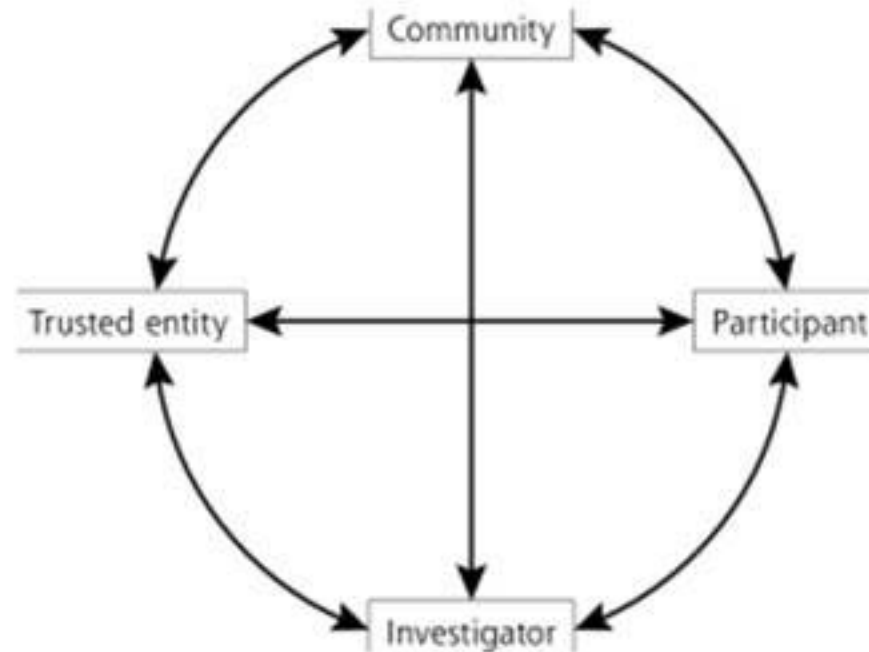
<https://www.cnn.com/2020/03/16/first-human-trial-for-coronavirus-vaccine-begins-monday-in-the-us.html>



Circle of Trust



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Mainous A, Kelliher A, Warne D. Recruiting Indigenous Patients Into Clinical Trials: A Circle of Trust. *Ann Fam Med*. 2023 Jan-Feb;21(1):54-56. doi: 10.1370/afm.2901. PMID: 36690478; PMCID: PMC9870649.

Considerations for tribal participation in COVID-19 prevention clinical trials

- Promote health equity
- Ensure that products that are licensed and recommended for use nationally have evidence for use locally
- Provide foundation for equitable access and widespread acceptance and uptake
- Studies must be
 - Supported by and done in partnership with the community
 - Approved by the tribal IRB (e.g., Navajo Nation Human Research Review Board)
 - Implemented by a trusted partner with local teams who are experienced in the conduct of clinical trials
 - Done in close partnership with local IHS/638 facilities

Clinical Trials Partnership Process

Community input on high priority concerns

Identification of potential interventions

Discussion with potential sponsors

Community approval, facility (IHS/638) approval, IRB approval

Develop recruitment plan with facility partners

Approach potential participants, discuss informed consent

**Eligible volunteers receive the randomly assigned intervention
(vaccine or placebo) and complete follow-up**

Dissemination of results to community and other key stakeholders



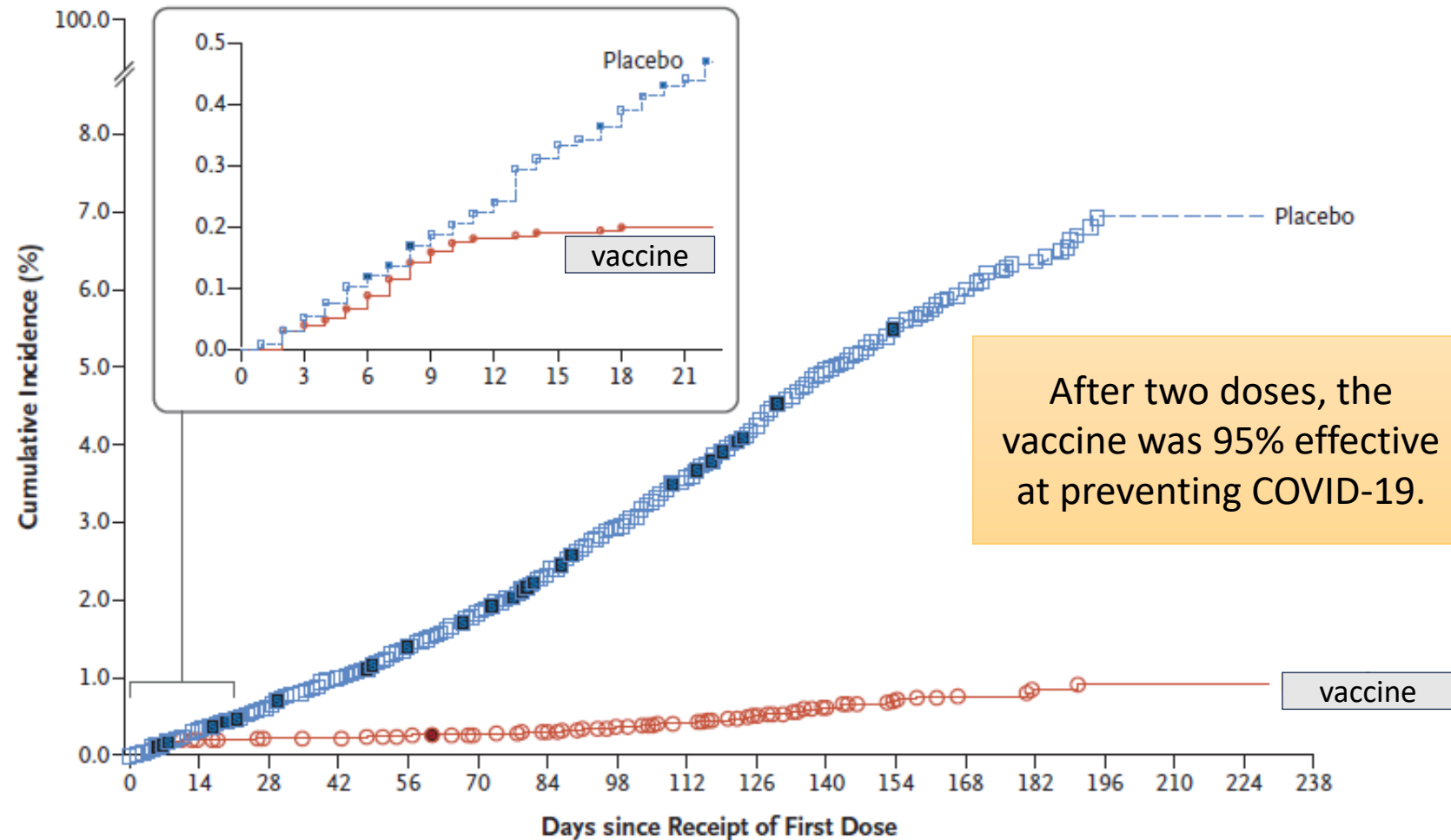
COVID-19 Pfizer/BioNTech mRNA Vaccine Trial



44,165 participants globally → 438 AI/AN participants → 277 adults at JHU CIH sites



Pfizer/BioNTech Vaccine Efficacy



COVID-19 study begins in Rapid City

By *Staff* / on February 11, 2021

By Travis Dewes
Native Sun News Today Staff Writer

SCIENCE

Tribes were often overlooked in COVID-19 vaccine trials, frustrating Indigenous leaders

Amanda Morris Arizona Republic

Published 7:00 a.m. MT May 25, 2021

[View Comments](#)



An email. That's how Moderna, an American biotechnology company, asked the Hualapai Tribe about participating in its COVID-19 vaccine trial.

Tribal officials asked the company to go through its media team, meet face-to-



Thank you for taking the time to consider joining this COVID-19 vaccine clinical trial.

Contact us to learn more:

Lummi Tribal Health Center
2592 Kwina Road
Bellingham, WA 98226
(360) 312-2268
publichealth@lummi-nsn.gov

[recoverCOVID.org](https://www.recoverCOVID.org)

<https://www.azcentral.com/story/news/local/arizona-science/2021/05/25/mistrust-leads-low-tribal-participation-covid-19-vaccine-trials/7291596002/>

<https://www.nativesunnews.today/articles/covid-19-study-begins-in-rapid-city/?fbclid=IwAR2aDvDXK5ofFV2cPg9lGVL9C7yGUnohTO3CaGae4Uz6YiYNPCaHX2p95ks>



Conclusions

- Research is essential for tribes to understand and address health concerns
- Community is key - engage early and often
- Stakeholder partners are invaluable, as are responsive IRBs
- Investment in research capacity building (e.g., personnel, data systems, infrastructure, etc.) is urgently needed

