

# Collaborations for Health and Empowered Community-based Scientists (CHECS)

Training and Mentorship Program for  
Community Health Centers

Nivedita Mohanty, MD  
Chief Research Officer  
AllianceChicago



To improve personal, community and public health through innovative collaboration.

## Safety-net Organizations

## Delivery Sites of Care

## States

## Unique Patients





“Right now we health professionals are standing in the middle of an endlessly revolving door ... doing some good on a short-term basis.... [But] we cannot go on providing health services without regard to the system in which the roots of poverty, sickness, and many other social ills are embedded..”

-Dr. H. Jack Geiger

## HEALTH CENTERS

NEARLY 29 MILLION PEOPLE—**1 in 11 NATIONWIDE**—rely on a HRSA-supported health center for affordable, accessible primary health care, including:



**1 in 9**  
**CHILDREN**  
(17 years or younger)



**1 in 3**  
**PEOPLE**  
living in poverty



**1 in 5**  
**PEOPLE**  
living in rural communities



**Nearly**  
**377,000**  
veterans

Community Health Centers (CHCs) are the largest source of primary and preventive care for the nation's underserved

Research questions often originate outside of CHCs

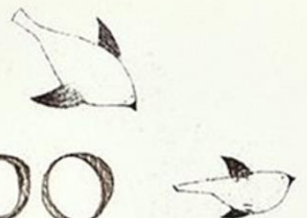
## Total Serum Bilirubin (TSB)



OR

## Transcutaneous Bilirubin (TcB)





# WHAT DO YOU DO WITH AN IDEA?



Written by Kobi Yamada  Illustrated by Mae Besom

# Overview

- Funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Award
- Designed for CHC Staff to
  - Obtain experience in Patient Centered Outcomes Research (PCOR) methods
  - Cultivate Ideas informed by their experience, patients, and communities
  - Facilitate research partnerships
  - Pursue funding and avenues to implement research ideas



# Benefits to Participants in CHECS

- PCOR skills and knowledge
- Space for Ideas
  - Improve primary care services
  - Improve patient outcomes and experience in community health.
- Support and mentorship
- Continuing education
- Networking opportunities with peer CHCs
- Partnership Development



# Metrics of Success



# Online Curriculum Overview

- ***Enhancing Community Health Center Patient-Centered Outcomes Research Engagement (EnCoRE)*** online training program to the entire AllianceChicago Network
  - *EnCoRE* curriculum developed the Clinical Directors Network.
  - 6 new webcasts created with CHECS
  - **Free and available online** to watch in a self-directing learning experience
  - Sessions are accredited for **CME, CNE, CE-SW, and CHES credits.**

# Online Curriculum



Collaborations for Health and  
Empowered Community-based Scientists  
(CHECS) Project

## COURSE CATALOG

COURSE	OBJECTIVES	LENGTH
<p><a href="#"><u>Intersection of Quality Improvement (QI) and Research</u></a></p> <p><b>Presenter:</b> Lisa Hirschhorn, MD MPH</p>	<ul style="list-style-type: none"> <li>• Explore the differences between quality improvement and research and where they intersect.</li> <li>• Discuss implementation science, improvement science, as well as frameworks and models and how they can bridge the gap between QI and research.</li> <li>• Provide an overview of research study and evaluation designs.</li> <li>• Review real-life examples of transforming QI projects to research.</li> </ul>	90 min
<p><a href="#"><u>Partnering with Community to Improve Health</u></a></p> <p><b>Presenters:</b> Claire Kohrman, PhD Mary Brown-Walker, NP</p>	<ul style="list-style-type: none"> <li>• Define Community-Placed, Community-Based, and Community-Engaged Research.</li> <li>• Discuss benefits and challenges of community-engaged research.</li> <li>• Outline steps necessary to develop and implement community-engaged research.</li> <li>• Consider examples of different types of community-engaged research projects and their impact.</li> </ul>	90 min
<p><a href="#"><u>Introduction to Patient Centered Outcomes Research (PCOR): Developing a Study and Study Questions</u></a></p> <p><b>Presenter:</b> Jonathan Tobin, PhD</p>	<ul style="list-style-type: none"> <li>• Define PCOR and why this is important to CHCs.</li> <li>• Determine how to form a hypothesis.</li> <li>• Understand study design, human subjects research, and literature search basics</li> </ul>	90 min
<p><a href="#"><u>Patient Engagement in Selecting and Designing Interventions for Testing</u></a></p> <p><b>Presenters:</b> Rosy Chang Weir, PhD Suzanne Schrandt, JD</p>	<ul style="list-style-type: none"> <li>• Learn methods of patient engagement within research project life cycle</li> <li>• Define patient engagement principles and evaluation methods</li> <li>• Examine the patient perspective, patient engagement plan, and patient engagement principles.</li> </ul>	94 min

# Fellowship Program Overview

- Individuals/teams submitted **ideas** addressing pressing health, quality improvement, or practice issues at CHCs.
- Applications reviewed by the Advisory Board
  - Patients, CHC clinicians, and researchers with experience with PCOR.
- 12-month Intensive Mentored PCOR training program
- Funding support was provided for in-person travel, salary support for fellows, and honoraria for mentors

# In-person meetings and trainings

- Fellow Presentations
- One-on-One sessions with Mentor(s)
- Training topics included:
  - PCOR
  - Engaging Patients with Lived Experience
  - Community-Based Participatory Research
  - Research Collaboration
  - Using Clinical Data for Research
  - Research Dissemination
  - Grant Review
  - Mindfulness Self-Coaching





# Fellows: Roles at CHCs

- Medical Assistant
- Pediatrician
- Internal Medicine Physician
- Nurse
- Nurse Practitioner
- Social Worker
- Psychologist
- Infectious Disease Physician
- Chief Medical Officer
- Quality Improvement Specialist
- Program Manager
- Vice President of Education, Research and Policy

# Monthly Deliverables

## IV. Program Deliverables

Deliverable	Description	Resources	Due Date
<b>1. Specific Aims, Objectives, and Target Population</b>  <b>Human Subject Research Certification</b>	<ul style="list-style-type: none"> <li>Develop 1-3 patient-centered research study aims.</li> <li>Develop short-term and long-term objectives.</li> <li>Identify and describe your target population.</li> <li>Complete free NIH Human Subjects Training (If you have already completed, please provide current certificate).</li> </ul>	<p><u><a href="#">CHECS Website</a></u></p> <p><b>CHECS Webinar:</b> Introduction to Patient Centered Outcomes Research (PCOR): Developing a Study and Study Questions</p> <p>Grant Planning and Writing</p> <p><u><a href="#">Additional resources</a></u>            NIH Human Subjects Training:  <a href="https://phrp.nihtraining.com/">https://phrp.nihtraining.com/</a></p>	October 1, 2018
<b>2. Literature Review and Background/Problem Description</b>	<ul style="list-style-type: none"> <li>Conduct a literature review to describe the problem and identify research done in your topic of interest.</li> <li>Describe the problem or question the project will address.</li> <li>Identify gaps in evidence.</li> <li>Include a reference list</li> </ul>	<p><u><a href="#">CHECS Website</a></u>            CHECS Webinar:</p> <p>Introduction to Patient Centered Outcomes Research (PCOR): Developing a Study and Study Questions</p> <p>Navigating Community Data: HRSA's Universal Data System (UDS) and Current Population Health Tools</p> <p><u><a href="#">Additional Resources</a></u>            Literature Review Resources:  <a href="#">Open Access for Lit Review</a>  <a href="#">Database Searching Handout</a>  <a href="https://owl.purdue.edu/owl/research_and_citation/resources.html">https://owl.purdue.edu/owl/research_and_citation/resources.html</a></p>	November 5, 2018



# Advisory Board

- Patients
- Clinicians from CHCs and Academic Centers
- Academic Faculty
- CHC Networks
  - Clinical Directors Network
- Community-Based Participatory Research (CBPR) Consultants
- Community Based Organizations
  - Testing Positive Awareness Network

# Project Mentors

- Northwestern University
- Rush University
- University of Illinois
- University of Chicago
- Clinical Directors Network
- CJE Senior Life
- Testing Positive Awareness Network
- AllianceChicago

# Lessons Learned

- Learning flowed bidirectionally between fellows and mentors
- Seed or research infrastructure funding for investigators outside of academia can be challenging
- Competing Priorities are pervasive
- Pragmatic and Hands On Skills were highly valued
  - Stakeholder Engagement
  - Intersection of Quality Improvement and Research
  - Basic Research Methods and Study Design
  - Basic Statistics
  - High Impact Dissemination

# Facilitators of Success

- Funding
- Structured, protected time
- Alignment of Interests of Mentors and Fellows
- CHC Leadership buy-in
- Applied Skills
- Multi-modal communication
- Peer Interaction

# Successes

- 3 Projects received funding for implementation post-CHECs
- In-person trainings strengthened skills and the overall project (88% of survey respondents)
- Mentorship strengthened their skills and the overall project (92% of survey respondents)
- All organizations represented through CHECS have since engaged in multiple research studies and collaborations
- We continue to offer partnership building, PCOR training, and capacity building opportunities

# THANK YOU!

**Nivedita Mohanty, MD**

AllianceChicago

[nmohanty@alliancechicago.org](mailto:nmohanty@alliancechicago.org)