

WEBVTT

NOTE duration:"00:55:53"

NOTE recognizability:0.803

NOTE language:en-us

NOTE Confidence: 0.829032228

00:00:00.000 --> 00:00:03.200 Thank you so much, Doctor.

NOTE Confidence: 0.829032228

00:00:03.200 --> 00:00:04.460 Thank you so much Doctor O'Malley.

NOTE Confidence: 0.829032228

00:00:04.460 --> 00:00:08.028 I really appreciate you inviting me to

NOTE Confidence: 0.829032228

00:00:08.028 --> 00:00:10.199 this and to seeing all of you here,

NOTE Confidence: 0.829032228

00:00:10.200 --> 00:00:12.306 and really excited to start spreading

NOTE Confidence: 0.829032228

00:00:12.306 --> 00:00:14.761 the word even more about the

NOTE Confidence: 0.829032228

00:00:14.761 --> 00:00:16.725 importance of implementation science.

NOTE Confidence: 0.884412142666667

00:00:21.030 --> 00:00:24.972 So we all know this quote that on average

NOTE Confidence: 0.884412142666667

00:00:24.972 --> 00:00:28.962 it takes 17 years for just 14% of original

NOTE Confidence: 0.884412142666667

00:00:28.962 --> 00:00:31.650 research to make its way into practice.

NOTE Confidence: 0.884412142666667

00:00:31.650 --> 00:00:33.694 And so this really shows that we

NOTE Confidence: 0.884412142666667

00:00:33.694 --> 00:00:35.308 really don't have an evidence

NOTE Confidence: 0.884412142666667

00:00:35.308 --> 00:00:37.324 problem when it comes to research,

NOTE Confidence: 0.884412142666667

00:00:37.330 --> 00:00:39.250 but we have an implementation problem.
NOTE Confidence: 0.884412142666667

00:00:39.250 --> 00:00:42.090 And this is where the field of implementation
NOTE Confidence: 0.884412142666667

00:00:42.090 --> 00:00:43.810 science really comes into play,
NOTE Confidence: 0.884412142666667

00:00:43.810 --> 00:00:46.318 that we really need to be
NOTE Confidence: 0.884412142666667

00:00:46.318 --> 00:00:47.990 thinking and and training.
NOTE Confidence: 0.884412142666667

00:00:47.990 --> 00:00:50.902 People to think about the relevance of their
NOTE Confidence: 0.884412142666667

00:00:50.902 --> 00:00:53.029 research and the impulse impactful Ness
NOTE Confidence: 0.884412142666667

00:00:53.029 --> 00:00:56.178 that they can have from a very early stage.
NOTE Confidence: 0.884412142666667

00:00:56.180 --> 00:00:57.734 We really need to be working
NOTE Confidence: 0.884412142666667

00:00:57.734 --> 00:00:59.600 with a range of stakeholders,
NOTE Confidence: 0.884412142666667

00:00:59.600 --> 00:01:01.151 healthcare leaders, staff,
NOTE Confidence: 0.884412142666667

00:01:01.151 --> 00:01:03.219 people in the Community,
NOTE Confidence: 0.884412142666667

00:01:03.220 --> 00:01:05.125 patients and families in order
NOTE Confidence: 0.884412142666667

00:01:05.125 --> 00:01:07.473 to break down this research to
NOTE Confidence: 0.884412142666667

00:01:07.473 --> 00:01:09.681 practice gap and increase the public
NOTE Confidence: 0.884412142666667

00:01:09.681 --> 00:01:11.449 health impact of our work.

NOTE Confidence: 0.884412142666667
00:01:11.450 --> 00:01:13.866 And we also need to be thinking about
NOTE Confidence: 0.884412142666667
00:01:13.866 --> 00:01:15.669 the different study designs that we
NOTE Confidence: 0.884412142666667
00:01:15.669 --> 00:01:18.150 use in order to speed that development,
NOTE Confidence: 0.884412142666667
00:01:18.150 --> 00:01:19.534 as doctor Melley mentioned,
NOTE Confidence: 0.884412142666667
00:01:19.534 --> 00:01:22.559 so that we don't have to wait 17 years
NOTE Confidence: 0.884412142666667
00:01:22.559 --> 00:01:25.648 and that we can have more than 14% of
NOTE Confidence: 0.884412142666667
00:01:25.648 --> 00:01:29.800 the research make its way into routine care.
NOTE Confidence: 0.884412142666667
00:01:29.800 --> 00:01:32.026 People have been spending a lot of
NOTE Confidence: 0.884412142666667
00:01:32.026 --> 00:01:33.894 time thinking about why we waste
NOTE Confidence: 0.884412142666667
00:01:33.894 --> 00:01:35.592 so much of our research funding
NOTE Confidence: 0.884412142666667
00:01:35.592 --> 00:01:37.912 and they don't necessarily focus on
NOTE Confidence: 0.884412142666667
00:01:37.912 --> 00:01:40.246 implementation science when they do this.
NOTE Confidence: 0.884412142666667
00:01:40.246 --> 00:01:42.738 But some of the things that they
NOTE Confidence: 0.884412142666667
00:01:42.738 --> 00:01:44.581 really highlight that we need to
NOTE Confidence: 0.884412142666667
00:01:44.581 --> 00:01:46.936 be doing more of are very relevant
NOTE Confidence: 0.884412142666667

00:01:46.936 --> 00:01:48.318 implementation science.
NOTE Confidence: 0.884412142666667

00:01:48.320 --> 00:01:49.264 So in,
NOTE Confidence: 0.884412142666667

00:01:49.264 --> 00:01:50.208 you know,
NOTE Confidence: 0.884412142666667

00:01:50.208 --> 00:01:52.937 work that's been happening since 2009,
NOTE Confidence: 0.884412142666667

00:01:52.937 --> 00:01:54.772 Chalmers and colleagues have been
NOTE Confidence: 0.884412142666667

00:01:54.772 --> 00:01:55.873 focusing on this,
NOTE Confidence: 0.884412142666667

00:01:55.880 --> 00:01:59.488 this number of 85% of waste in reporting.
NOTE Confidence: 0.884412142666667

00:01:59.490 --> 00:02:00.720 The use of research evidence,
NOTE Confidence: 0.884412142666667

00:02:00.720 --> 00:02:02.575 which I'm sure you've also heard about,
NOTE Confidence: 0.884412142666667

00:02:02.580 --> 00:02:05.583 and it's just staggering because if you
NOTE Confidence: 0.884412142666667

00:02:05.583 --> 00:02:08.645 look at numbers from 2010 where there
NOTE Confidence: 0.884412142666667

00:02:08.645 --> 00:02:11.084 was \$200 billion of research funding,
NOTE Confidence: 0.884412142666667

00:02:11.084 --> 00:02:13.280 that means that about \$170
NOTE Confidence: 0.884412142666667

00:02:13.280 --> 00:02:15.840 billion never of research,
NOTE Confidence: 0.884412142666667

00:02:15.840 --> 00:02:19.056 never really made it into publication,
NOTE Confidence: 0.884412142666667

00:02:19.060 --> 00:02:20.772 into practice, into dissemination.

NOTE Confidence: 0.884412142666667
00:02:20.772 --> 00:02:24.379 And so lots of people spend time thinking,
NOTE Confidence: 0.884412142666667
00:02:24.380 --> 00:02:25.118 why is that?
NOTE Confidence: 0.884412142666667
00:02:25.118 --> 00:02:27.550 And so they these are some of the questions
NOTE Confidence: 0.884412142666667
00:02:27.550 --> 00:02:29.825 that they're saying that we need to.
NOTE Confidence: 0.884412142666667
00:02:29.830 --> 00:02:31.608 To focus on more in our research,
NOTE Confidence: 0.884412142666667
00:02:31.610 --> 00:02:32.374 you know,
NOTE Confidence: 0.884412142666667
00:02:32.374 --> 00:02:34.284 are our research decisions that
NOTE Confidence: 0.884412142666667
00:02:34.284 --> 00:02:36.228 we're making based on questions
NOTE Confidence: 0.884412142666667
00:02:36.228 --> 00:02:38.048 that are relevant to users?
NOTE Confidence: 0.884412142666667
00:02:38.050 --> 00:02:40.408 Are we using appropriate research designs,
NOTE Confidence: 0.884412142666667
00:02:40.410 --> 00:02:41.790 methods and analysis?
NOTE Confidence: 0.884412142666667
00:02:41.790 --> 00:02:42.710 If not,
NOTE Confidence: 0.884412142666667
00:02:42.710 --> 00:02:44.936 really going to get into research
NOTE Confidence: 0.884412142666667
00:02:44.936 --> 00:02:46.420 regulation and management here,
NOTE Confidence: 0.884412142666667
00:02:46.420 --> 00:02:48.670 but that is certainly an issue.
NOTE Confidence: 0.884412142666667

00:02:48.670 --> 00:02:51.544 Do we make our research findings
NOTE Confidence: 0.884412142666667

00:02:51.544 --> 00:02:55.029 accessible and our our reports unbiased?
NOTE Confidence: 0.884412142666667

00:02:55.030 --> 00:02:55.744 And importantly,
NOTE Confidence: 0.884412142666667

00:02:55.744 --> 00:02:58.990 are they usable to the people who need them?
NOTE Confidence: 0.884412142666667

00:02:58.990 --> 00:03:00.418 So I'm going to be thinking about.
NOTE Confidence: 0.884412142666667

00:03:00.420 --> 00:03:01.206 These questions,
NOTE Confidence: 0.884412142666667

00:03:01.206 --> 00:03:03.564 along with other things that are
NOTE Confidence: 0.884412142666667

00:03:03.564 --> 00:03:05.321 related to implementation science
NOTE Confidence: 0.884412142666667

00:03:05.321 --> 00:03:08.033 throughout this talk to really think
NOTE Confidence: 0.884412142666667

00:03:08.033 --> 00:03:11.080 about how we can reduce this gap
NOTE Confidence: 0.884412142666667

00:03:11.080 --> 00:03:12.740 from evidence into implementation.
NOTE Confidence: 0.884412142666667

00:03:12.740 --> 00:03:15.446 I love this screenshot because it's
NOTE Confidence: 0.884412142666667

00:03:15.446 --> 00:03:18.297 the editorial from the very first
NOTE Confidence: 0.884412142666667

00:03:18.297 --> 00:03:20.707 issue of the journal implementation
NOTE Confidence: 0.884412142666667

00:03:20.707 --> 00:03:23.656 Science back in 2006 by Martin Eccles
NOTE Confidence: 0.884412142666667

00:03:23.656 --> 00:03:26.750 in the UK and Brian Mittman in the US.

NOTE Confidence: 0.884412142666667
00:03:26.750 --> 00:03:28.742 I've been very fortunate to have
NOTE Confidence: 0.884412142666667
00:03:28.742 --> 00:03:30.948 Brian as a mentor and implementation
NOTE Confidence: 0.884412142666667
00:03:30.948 --> 00:03:33.384 science for the last 15 years.
NOTE Confidence: 0.859584165294118
00:03:33.390 --> 00:03:35.414 And what I love about this is that
NOTE Confidence: 0.859584165294118
00:03:35.414 --> 00:03:36.720 even though implementation science
NOTE Confidence: 0.859584165294118
00:03:36.720 --> 00:03:38.822 had been around prior to 2006,
NOTE Confidence: 0.859584165294118
00:03:38.822 --> 00:03:40.082 we didn't really have a
NOTE Confidence: 0.859584165294118
00:03:40.082 --> 00:03:41.090 specific journal for it.
NOTE Confidence: 0.859584165294118
00:03:41.090 --> 00:03:43.078 And so now, I mean you will
NOTE Confidence: 0.859584165294118
00:03:43.078 --> 00:03:43.930 find implementation science
NOTE Confidence: 0.859584165294118
00:03:43.986 --> 00:03:45.330 articles in many journals,
NOTE Confidence: 0.859584165294118
00:03:45.330 --> 00:03:47.406 but this is considered our flagship.
NOTE Confidence: 0.859584165294118
00:03:47.410 --> 00:03:49.432 And in this they defined what
NOTE Confidence: 0.859584165294118
00:03:49.432 --> 00:03:50.443 implementation research is,
NOTE Confidence: 0.859584165294118
00:03:50.450 --> 00:03:52.592 which is the scientific study of methods
NOTE Confidence: 0.859584165294118

00:03:52.592 --> 00:03:54.795 to promote the systematic uptake of
NOTE Confidence: 0.859584165294118

00:03:54.795 --> 00:03:56.830 research findings and other evidence
NOTE Confidence: 0.859584165294118

00:03:56.830 --> 00:03:58.930 based practices into routine practice,
NOTE Confidence: 0.859584165294118

00:03:58.930 --> 00:04:01.436 routine care and hence to improve the
NOTE Confidence: 0.859584165294118

00:04:01.436 --> 00:04:03.650 quality and effectiveness of health services.
NOTE Confidence: 0.859584165294118

00:04:03.650 --> 00:04:04.300 And care.
NOTE Confidence: 0.859584165294118

00:04:04.300 --> 00:04:06.575 And so this is really where I'm
NOTE Confidence: 0.859584165294118

00:04:06.575 --> 00:04:09.330 coming from when I talk to you
NOTE Confidence: 0.859584165294118

00:04:09.330 --> 00:04:10.902 today about implementation science
NOTE Confidence: 0.859584165294118

00:04:10.972 --> 00:04:12.868 and implementation research.
NOTE Confidence: 0.859584165294118

00:04:12.870 --> 00:04:14.291 No one has ever told me these
NOTE Confidence: 0.859584165294118

00:04:14.291 --> 00:04:15.725 are the three unique aspects
NOTE Confidence: 0.859584165294118

00:04:15.725 --> 00:04:16.886 of implementation science,
NOTE Confidence: 0.859584165294118

00:04:16.890 --> 00:04:18.948 but they are what I think are
NOTE Confidence: 0.859584165294118

00:04:18.948 --> 00:04:20.410 the three unique aspects.
NOTE Confidence: 0.859584165294118

00:04:20.410 --> 00:04:22.245 We have implementation strategies that

NOTE Confidence: 0.859584165294118
00:04:22.245 --> 00:04:24.774 we've developed and I'll say more about
NOTE Confidence: 0.859584165294118
00:04:24.774 --> 00:04:26.664 each of these throughout this talk.
NOTE Confidence: 0.859584165294118
00:04:26.670 --> 00:04:28.345 We have these implementation strategies
NOTE Confidence: 0.859584165294118
00:04:28.345 --> 00:04:31.190 that we need to use and test to make
NOTE Confidence: 0.859584165294118
00:04:31.190 --> 00:04:33.430 sure that our evidence gets into practice.
NOTE Confidence: 0.859584165294118
00:04:33.430 --> 00:04:35.710 We've developed our own type of study design,
NOTE Confidence: 0.859584165294118
00:04:35.710 --> 00:04:38.245 which is this hybrid effectiveness
NOTE Confidence: 0.859584165294118
00:04:38.245 --> 00:04:39.766 implementation trial design,
NOTE Confidence: 0.859584165294118
00:04:39.770 --> 00:04:42.482 and we also really need to focus on
NOTE Confidence: 0.859584165294118
00:04:42.482 --> 00:04:44.900 the pragmatic aspects of our research.
NOTE Confidence: 0.859584165294118
00:04:44.900 --> 00:04:46.444 So first, the strategies.
NOTE Confidence: 0.859584165294118
00:04:46.444 --> 00:04:49.656 This paper was a seminal paper from 2015
NOTE Confidence: 0.859584165294118
00:04:49.656 --> 00:04:52.134 by Byron Powell and colleagues really.
NOTE Confidence: 0.859584165294118
00:04:52.140 --> 00:04:54.165 And they used a modified
NOTE Confidence: 0.859584165294118
00:04:54.165 --> 00:04:55.380 Delphi consensus approach.
NOTE Confidence: 0.859584165294118

00:04:55.380 --> 00:04:56.560 I was one of many,
NOTE Confidence: 0.859584165294118

00:04:56.560 --> 00:04:58.906 many people who participated in this
NOTE Confidence: 0.859584165294118

00:04:58.906 --> 00:05:01.554 work to really think about what are
NOTE Confidence: 0.859584165294118

00:05:01.554 --> 00:05:03.906 the strategies that we need to use
NOTE Confidence: 0.859584165294118

00:05:03.983 --> 00:05:06.317 to get our research into practice,
NOTE Confidence: 0.859584165294118

00:05:06.320 --> 00:05:08.228 and they define implementation
NOTE Confidence: 0.859584165294118

00:05:08.228 --> 00:05:10.613 strategies as methods or techniques
NOTE Confidence: 0.859584165294118

00:05:10.613 --> 00:05:12.769 used to enhance the adoption,
NOTE Confidence: 0.859584165294118

00:05:12.770 --> 00:05:14.360 implementation and sustainability.
NOTE Confidence: 0.859584165294118

00:05:14.360 --> 00:05:17.010 Of a clinical programmer practice,
NOTE Confidence: 0.859584165294118

00:05:17.010 --> 00:05:19.344 they list 73 strategies in this
NOTE Confidence: 0.859584165294118

00:05:19.344 --> 00:05:21.930 paper and that's very overwhelming.
NOTE Confidence: 0.859584165294118

00:05:21.930 --> 00:05:23.785 And I would say that you know
NOTE Confidence: 0.859584165294118

00:05:23.785 --> 00:05:24.930 this papers from 2015,
NOTE Confidence: 0.859584165294118

00:05:24.930 --> 00:05:27.005 there are many more identified
NOTE Confidence: 0.859584165294118

00:05:27.005 --> 00:05:28.665 and developed since then.

NOTE Confidence: 0.859584165294118
00:05:28.670 --> 00:05:30.322 So I think it's really more helpful
NOTE Confidence: 0.859584165294118
00:05:30.322 --> 00:05:32.018 to think about the buckets or
NOTE Confidence: 0.859584165294118
00:05:32.018 --> 00:05:33.266 the categories of implementation
NOTE Confidence: 0.859584165294118
00:05:33.266 --> 00:05:34.630 strategies that we can use.
NOTE Confidence: 0.859584165294118
00:05:34.630 --> 00:05:36.412 And this is actually from an
NOTE Confidence: 0.859584165294118
00:05:36.412 --> 00:05:38.329 earlier paper by the same group.
NOTE Confidence: 0.859584165294118
00:05:38.330 --> 00:05:40.738 And so here are these nine buckets
NOTE Confidence: 0.859584165294118
00:05:40.738 --> 00:05:41.770 of implementation strategies.
NOTE Confidence: 0.859584165294118
00:05:41.770 --> 00:05:43.450 I would say that the ones I
NOTE Confidence: 0.859584165294118
00:05:43.450 --> 00:05:44.890 use the most are bucket.
NOTE Confidence: 0.859584165294118
00:05:44.890 --> 00:05:48.257 3 adapting and tailoring to the context.
NOTE Confidence: 0.859584165294118
00:05:48.260 --> 00:05:50.456 Bucket 4 developing
NOTE Confidence: 0.859584165294118
00:05:50.456 --> 00:05:51.920 stakeholder relationships.
NOTE Confidence: 0.859584165294118
00:05:51.920 --> 00:05:55.958 Bucket 5 training and educating stakeholders,
NOTE Confidence: 0.859584165294118
00:05:55.960 --> 00:05:57.256 and six supporting clinicians.
NOTE Confidence: 0.859584165294118

00:05:57.256 --> 00:05:59.758 We've also tried to do a little
NOTE Confidence: 0.859584165294118

00:05:59.758 --> 00:06:01.738 bit around changing infrastructure.
NOTE Confidence: 0.859584165294118

00:06:01.740 --> 00:06:03.040 That's a little bit harder,
NOTE Confidence: 0.859584165294118

00:06:03.040 --> 00:06:05.155 but all of these are things that you can
NOTE Confidence: 0.859584165294118

00:06:05.155 --> 00:06:07.128 think about when you're thinking about,
NOTE Confidence: 0.859584165294118

00:06:07.130 --> 00:06:07.512 well, how?
NOTE Confidence: 0.859584165294118

00:06:07.512 --> 00:06:08.694 What are the methods, techniques,
NOTE Confidence: 0.859584165294118

00:06:08.694 --> 00:06:11.178 and tools I need to use,
NOTE Confidence: 0.859584165294118

00:06:11.180 --> 00:06:14.940 identify, use, develop, and test?
NOTE Confidence: 0.859584165294118

00:06:14.940 --> 00:06:18.530 To get evidence into practice.
NOTE Confidence: 0.859584165294118

00:06:18.530 --> 00:06:19.920 And then our hybrid designs,
NOTE Confidence: 0.859584165294118

00:06:19.920 --> 00:06:22.450 which are really just the
NOTE Confidence: 0.859584165294118

00:06:22.450 --> 00:06:23.968 most important part,
NOTE Confidence: 0.859584165294118

00:06:23.970 --> 00:06:26.042 I was one of the most important
NOTE Confidence: 0.859584165294118

00:06:26.042 --> 00:06:27.262 parts of implementation science
NOTE Confidence: 0.859584165294118

00:06:27.262 --> 00:06:29.414 that I would say and this is really

NOTE Confidence: 0.859584165294118
00:06:29.414 --> 00:06:31.510 trying to help speed that that
NOTE Confidence: 0.859584165294118
00:06:31.510 --> 00:06:32.922 evidence to implementation process.
NOTE Confidence: 0.859584165294118
00:06:32.930 --> 00:06:34.570 So there are three types,
NOTE Confidence: 0.859584165294118
00:06:34.570 --> 00:06:37.890 hybrid type one, Type 2 and Type 3.
NOTE Confidence: 0.892475506315789
00:06:37.890 --> 00:06:40.144 And I'm going to make the argument
NOTE Confidence: 0.892475506315789
00:06:40.144 --> 00:06:41.763 that any randomized control trial
NOTE Confidence: 0.892475506315789
00:06:41.763 --> 00:06:43.807 needs to be a hybrid type one.
NOTE Confidence: 0.892475506315789
00:06:43.810 --> 00:06:45.530 And I'll be saying that more and more,
NOTE Confidence: 0.892475506315789
00:06:45.530 --> 00:06:47.096 but this is what we would
NOTE Confidence: 0.892475506315789
00:06:47.096 --> 00:06:47.879 consider a traditional.
NOTE Confidence: 0.892475506315789
00:06:47.880 --> 00:06:50.560 Randomized controlled trial of effectiveness.
NOTE Confidence: 0.892475506315789
00:06:50.560 --> 00:06:51.880 But more and more people are
NOTE Confidence: 0.892475506315789
00:06:51.880 --> 00:06:52.980 using this in efficacy too.
NOTE Confidence: 0.892475506315789
00:06:52.980 --> 00:06:54.338 And I'll say more about that too.
NOTE Confidence: 0.892475506315789
00:06:54.340 --> 00:06:56.160 But this is where we have our
NOTE Confidence: 0.892475506315789

00:06:56.160 --> 00:06:57.800 primary goals of effectiveness.
NOTE Confidence: 0.892475506315789

00:06:57.800 --> 00:06:59.186 And then we usually have our aim.
NOTE Confidence: 0.892475506315789

00:06:59.190 --> 00:07:01.255 Three, to understand more about
NOTE Confidence: 0.892475506315789

00:07:01.255 --> 00:07:02.494 the implementation context.
NOTE Confidence: 0.892475506315789

00:07:02.500 --> 00:07:03.084 You know,
NOTE Confidence: 0.892475506315789

00:07:03.084 --> 00:07:05.262 what is it that we are learning
NOTE Confidence: 0.892475506315789

00:07:05.262 --> 00:07:07.372 about from this particular trial
NOTE Confidence: 0.892475506315789

00:07:07.372 --> 00:07:10.093 that can help us move evidence
NOTE Confidence: 0.892475506315789

00:07:10.093 --> 00:07:12.973 into practice sooner and apply that
NOTE Confidence: 0.892475506315789

00:07:12.973 --> 00:07:15.098 information into the next study.
NOTE Confidence: 0.892475506315789

00:07:15.100 --> 00:07:17.008 Hybrid Type 2 is when we have dual aims
NOTE Confidence: 0.892475506315789

00:07:17.008 --> 00:07:18.938 of effectiveness and implementation.
NOTE Confidence: 0.892475506315789

00:07:18.940 --> 00:07:21.292 Trying to understand it what not only
NOTE Confidence: 0.892475506315789

00:07:21.292 --> 00:07:23.824 is our intervention effective but our
NOTE Confidence: 0.892475506315789

00:07:23.824 --> 00:07:25.776 our implementation strategies effective.
NOTE Confidence: 0.892475506315789

00:07:25.780 --> 00:07:27.383 And hybrid Type 3 is when we

NOTE Confidence: 0.892475506315789
00:07:27.383 --> 00:07:28.720 flip things on their head.
NOTE Confidence: 0.892475506315789
00:07:28.720 --> 00:07:31.198 And our primary aim is we know
NOTE Confidence: 0.892475506315789
00:07:31.198 --> 00:07:32.740 that our intervention works.
NOTE Confidence: 0.892475506315789
00:07:32.740 --> 00:07:33.640 We've tested this,
NOTE Confidence: 0.892475506315789
00:07:33.640 --> 00:07:34.540 we know this,
NOTE Confidence: 0.892475506315789
00:07:34.540 --> 00:07:36.298 we've tested it in multiple settings.
NOTE Confidence: 0.892475506315789
00:07:36.300 --> 00:07:38.020 Now we need to know what are the
NOTE Confidence: 0.892475506315789
00:07:38.020 --> 00:07:39.635 most effective strategies and so we
NOTE Confidence: 0.892475506315789
00:07:39.635 --> 00:07:41.055 randomize on strategies and that's
NOTE Confidence: 0.892475506315789
00:07:41.055 --> 00:07:42.621 really exciting and I'll I'll talk
NOTE Confidence: 0.892475506315789
00:07:42.621 --> 00:07:46.338 about some work that we're doing there too.
NOTE Confidence: 0.892475506315789
00:07:46.340 --> 00:07:49.276 And then the pragmatic aspect of our work,
NOTE Confidence: 0.892475506315789
00:07:49.280 --> 00:07:51.608 you may already know about the
NOTE Confidence: 0.892475506315789
00:07:51.608 --> 00:07:52.772 pragmatic explanatory continuum
NOTE Confidence: 0.892475506315789
00:07:52.772 --> 00:07:54.459 indicator summary or the precise.
NOTE Confidence: 0.892475506315789

00:07:54.460 --> 00:07:56.476 And this is the second version of it.
NOTE Confidence: 0.892475506315789

00:07:56.480 --> 00:07:57.848 And these are the types of
NOTE Confidence: 0.892475506315789

00:07:57.848 --> 00:07:59.420 things that we can think about.
NOTE Confidence: 0.892475506315789

00:07:59.420 --> 00:08:03.368 All randomized controlled trials are on a
NOTE Confidence: 0.892475506315789

00:08:03.368 --> 00:08:06.239 spectrum from explanatory to pragmatic.
NOTE Confidence: 0.892475506315789

00:08:06.240 --> 00:08:08.736 the Super tight controlled efficacy trials,
NOTE Confidence: 0.892475506315789

00:08:08.740 --> 00:08:10.460 especially things like drug trials,
NOTE Confidence: 0.892475506315789

00:08:10.460 --> 00:08:12.973 they're going to be at the one
NOTE Confidence: 0.892475506315789

00:08:12.973 --> 00:08:15.327 level here really controlled highly.
NOTE Confidence: 0.892475506315789

00:08:15.327 --> 00:08:18.009 Restricted, very rigid and you know,
NOTE Confidence: 0.892475506315789

00:08:18.010 --> 00:08:19.788 especially in the world of drug trials,
NOTE Confidence: 0.892475506315789

00:08:19.790 --> 00:08:20.570 that's important.
NOTE Confidence: 0.892475506315789

00:08:20.570 --> 00:08:22.520 But we're really talking about
NOTE Confidence: 0.892475506315789

00:08:22.520 --> 00:08:23.690 behavioral interventions here.
NOTE Confidence: 0.892475506315789

00:08:23.690 --> 00:08:25.937 And so these can be much more
NOTE Confidence: 0.892475506315789

00:08:25.937 --> 00:08:27.805 pragmatic moving up the scale from

NOTE Confidence: 0.892475506315789
00:08:27.805 --> 00:08:30.178 one to five in terms of what are
NOTE Confidence: 0.892475506315789
00:08:30.178 --> 00:08:31.948 the outcomes that we're assessing.
NOTE Confidence: 0.892475506315789
00:08:31.950 --> 00:08:33.574 We need to make sure that these are
NOTE Confidence: 0.892475506315789
00:08:33.574 --> 00:08:34.889 relevant to the people involved.
NOTE Confidence: 0.892475506315789
00:08:34.890 --> 00:08:35.614 You know,
NOTE Confidence: 0.892475506315789
00:08:35.614 --> 00:08:37.786 if you are talking to your
NOTE Confidence: 0.892475506315789
00:08:37.786 --> 00:08:38.510 stakeholders early,
NOTE Confidence: 0.892475506315789
00:08:38.510 --> 00:08:39.896 you'll find out that maybe one
NOTE Confidence: 0.892475506315789
00:08:39.896 --> 00:08:41.364 of the things that patients and
NOTE Confidence: 0.892475506315789
00:08:41.364 --> 00:08:42.834 families want to know about is
NOTE Confidence: 0.892475506315789
00:08:42.834 --> 00:08:44.513 like how can my loved one get back
NOTE Confidence: 0.892475506315789
00:08:44.513 --> 00:08:46.170 to work or how can my loved one.
NOTE Confidence: 0.892475506315789
00:08:46.170 --> 00:08:47.900 Have enough energy to play with their
NOTE Confidence: 0.892475506315789
00:08:47.900 --> 00:08:49.545 grandchildren or something like that.
NOTE Confidence: 0.892475506315789
00:08:49.550 --> 00:08:51.601 And so those aren't necessarily the things
NOTE Confidence: 0.892475506315789

00:08:51.601 --> 00:08:53.865 that we assess in a in an efficacy trial,

NOTE Confidence: 0.892475506315789

00:08:53.870 --> 00:08:55.298 but these are the things that

NOTE Confidence: 0.892475506315789

00:08:55.298 --> 00:08:56.765 matter to the people who are

NOTE Confidence: 0.892475506315789

00:08:56.765 --> 00:08:58.157 going to be using our research.

NOTE Confidence: 0.892475506315789

00:08:58.160 --> 00:09:02.976 Eligibility is a big thing in our.

NOTE Confidence: 0.892475506315789

00:09:02.980 --> 00:09:03.490 Try.

NOTE Confidence: 0.24449885

00:09:06.210 --> 00:09:08.680 And. Controlled trial,

NOTE Confidence: 0.24449885

00:09:08.680 --> 00:09:10.555 the expanded exclusive and often

NOTE Confidence: 0.24449885

00:09:10.555 --> 00:09:12.895 we exclude the people who are going

NOTE Confidence: 0.24449885

00:09:12.895 --> 00:09:14.623 to benefit most from our work

NOTE Confidence: 0.24449885

00:09:14.690 --> 00:09:16.874 and that is really true in mental

NOTE Confidence: 0.24449885

00:09:16.874 --> 00:09:18.558 health and substance use research.

NOTE Confidence: 0.24449885

00:09:18.558 --> 00:09:21.550 And a pragmatic trial would say be more

NOTE Confidence: 0.24449885

00:09:21.624 --> 00:09:23.596 inclusive, open it up to more people.

NOTE Confidence: 0.24449885

00:09:23.600 --> 00:09:25.322 Those are the people that we're really

NOTE Confidence: 0.24449885

00:09:25.322 --> 00:09:27.164 going to be able to affect in the

NOTE Confidence: 0.24449885

00:09:27.164 --> 00:09:29.110 future and we need to know if our work,

NOTE Confidence: 0.24449885

00:09:29.110 --> 00:09:31.084 if our research works for them now.

NOTE Confidence: 0.24449885

00:09:31.090 --> 00:09:32.854 And that's part of the problem of

NOTE Confidence: 0.24449885

00:09:32.854 --> 00:09:34.798 the research to of the evidence to

NOTE Confidence: 0.24449885

00:09:34.798 --> 00:09:36.496 implementation gap is that we didn't

NOTE Confidence: 0.24449885

00:09:36.552 --> 00:09:38.508 involve these people in the beginning.

NOTE Confidence: 0.24449885

00:09:38.510 --> 00:09:40.876 We excluded them and then when we

NOTE Confidence: 0.24449885

00:09:40.876 --> 00:09:42.636 move into Community settings we

NOTE Confidence: 0.24449885

00:09:42.636 --> 00:09:45.016 find that it's not working for them.

NOTE Confidence: 0.24449885

00:09:45.020 --> 00:09:46.336 And this gets to the setting piece,

NOTE Confidence: 0.24449885

00:09:46.340 --> 00:09:47.558 where is the trial being done?

NOTE Confidence: 0.24449885

00:09:47.560 --> 00:09:49.222 Often our work is being done

NOTE Confidence: 0.24449885

00:09:49.222 --> 00:09:50.053 in hospital settings,

NOTE Confidence: 0.24449885

00:09:50.060 --> 00:09:51.938 what we call the ivory tower,

NOTE Confidence: 0.24449885

00:09:51.940 --> 00:09:53.386 and we're not reaching the people

NOTE Confidence: 0.24449885

00:09:53.386 --> 00:09:55.259 for whom that is not the place
NOTE Confidence: 0.24449885

00:09:55.259 --> 00:09:56.679 where they're getting their care.
NOTE Confidence: 0.24449885

00:09:56.680 --> 00:09:57.946 And so again,
NOTE Confidence: 0.24449885

00:09:57.946 --> 00:10:00.478 another push for talking to stakeholders,
NOTE Confidence: 0.24449885

00:10:00.480 --> 00:10:01.855 moving our research out into
NOTE Confidence: 0.24449885

00:10:01.855 --> 00:10:02.680 the Community faster,
NOTE Confidence: 0.24449885

00:10:02.680 --> 00:10:04.892 doing more hybrid trials so that we
NOTE Confidence: 0.24449885

00:10:04.892 --> 00:10:06.497 can understand how our intervention
NOTE Confidence: 0.24449885

00:10:06.497 --> 00:10:08.881 is going to work in the place that
NOTE Confidence: 0.24449885

00:10:08.946 --> 00:10:10.815 we want to eventually see it in.
NOTE Confidence: 0.24449885

00:10:10.820 --> 00:10:12.472 And then the delivery and you know
NOTE Confidence: 0.24449885

00:10:12.472 --> 00:10:14.748 and this is really hard when with
NOTE Confidence: 0.24449885

00:10:14.748 --> 00:10:16.264 very highly protocolized renal
NOTE Confidence: 0.24449885

00:10:16.264 --> 00:10:17.440 randomized controlled trials,
NOTE Confidence: 0.24449885

00:10:17.440 --> 00:10:17.868 I understand.
NOTE Confidence: 0.24449885

00:10:17.868 --> 00:10:19.863 But there are things that we can do to

NOTE Confidence: 0.24449885

00:10:19.863 --> 00:10:21.303 think more about the flexible delivery

NOTE Confidence: 0.24449885

00:10:21.303 --> 00:10:23.029 and I'm going to give you an example

NOTE Confidence: 0.24449885

00:10:23.029 --> 00:10:26.339 of what we've done in one of those.

NOTE Confidence: 0.24449885

00:10:26.340 --> 00:10:28.685 So recently people have been trying to

NOTE Confidence: 0.24449885

00:10:28.685 --> 00:10:30.826 think about with what are the really

NOTE Confidence: 0.24449885

00:10:30.826 --> 00:10:33.372 key things we need to be doing to

NOTE Confidence: 0.24449885

00:10:33.372 --> 00:10:35.120 move evidence into implementation.

NOTE Confidence: 0.24449885

00:10:35.120 --> 00:10:37.820 And this is a paper that I did with

NOTE Confidence: 0.24449885

00:10:37.820 --> 00:10:40.077 colleagues Sarah Becker and Kelly Scott,

NOTE Confidence: 0.24449885

00:10:40.080 --> 00:10:42.600 who were Brown and now at

NOTE Confidence: 0.24449885

00:10:42.600 --> 00:10:43.440 Northwestern University,

NOTE Confidence: 0.24449885

00:10:43.440 --> 00:10:45.960 where we really thought about what

NOTE Confidence: 0.24449885

00:10:45.960 --> 00:10:48.099 are the guiding principles that

NOTE Confidence: 0.24449885

00:10:48.099 --> 00:10:50.801 anyone should use in terms of moving

NOTE Confidence: 0.24449885

00:10:50.801 --> 00:10:53.020 their research into implementation.

NOTE Confidence: 0.24449885

00:10:53.020 --> 00:10:54.812 And so there we came up with
NOTE Confidence: 0.24449885

00:10:54.812 --> 00:10:55.580 five guiding principles.
NOTE Confidence: 0.24449885

00:10:55.580 --> 00:10:56.178 For that,
NOTE Confidence: 0.24449885

00:10:56.178 --> 00:10:57.673 this paper just actually came
NOTE Confidence: 0.24449885

00:10:57.673 --> 00:10:59.727 out a few days ago in print.
NOTE Confidence: 0.24449885

00:10:59.730 --> 00:11:02.616 And then another paper that actually
NOTE Confidence: 0.24449885

00:11:02.616 --> 00:11:05.115 Doctor O'Malley shared with me came
NOTE Confidence: 0.24449885

00:11:05.115 --> 00:11:07.530 out in August in in Jamaica psychiatry
NOTE Confidence: 0.24449885

00:11:07.530 --> 00:11:10.318 by Beth McGinty and Matthew Eisenberg.
NOTE Confidence: 0.24449885

00:11:10.320 --> 00:11:12.345 Really thinking about exactly what
NOTE Confidence: 0.24449885

00:11:12.345 --> 00:11:14.949 we're talking about here that we have.
NOTE Confidence: 0.24449885

00:11:14.950 --> 00:11:16.318 We don't have an evidence problem.
NOTE Confidence: 0.24449885

00:11:16.320 --> 00:11:17.990 We have an implementation problem.
NOTE Confidence: 0.24449885

00:11:17.990 --> 00:11:20.433 And in this paper they talked about
NOTE Confidence: 0.24449885

00:11:20.433 --> 00:11:21.911 four different strategies that
NOTE Confidence: 0.24449885

00:11:21.911 --> 00:11:24.107 any researcher should use to to

NOTE Confidence: 0.24449885

00:11:24.107 --> 00:11:25.730 address that implementation problem.

NOTE Confidence: 0.24449885

00:11:25.730 --> 00:11:27.368 And that's so I've been thinking

NOTE Confidence: 0.24449885

00:11:27.368 --> 00:11:29.656 about this for a while and I spend a

NOTE Confidence: 0.24449885

00:11:29.656 --> 00:11:31.746 lot of time trying to build capacity

NOTE Confidence: 0.24449885

00:11:31.746 --> 00:11:33.526 for implementation science among,

NOTE Confidence: 0.24449885

00:11:33.530 --> 00:11:36.428 you know everyone from PhD students,

NOTE Confidence: 0.24449885

00:11:36.430 --> 00:11:37.594 postdocs, early career,

NOTE Confidence: 0.24449885

00:11:37.594 --> 00:11:39.146 up to full professors.

NOTE Confidence: 0.24449885

00:11:39.150 --> 00:11:41.688 And even though I've been part of this work,

NOTE Confidence: 0.24449885

00:11:41.690 --> 00:11:44.595 I really think when I compare like

NOTE Confidence: 0.24449885

00:11:44.595 --> 00:11:46.534 what Doctor Becker's got and I

NOTE Confidence: 0.24449885

00:11:46.534 --> 00:11:48.190 did and what Doctor McGinty and

NOTE Confidence: 0.24449885

00:11:48.249 --> 00:11:49.410 Doctor Eisenberg did,

NOTE Confidence: 0.875356934736842

00:11:49.410 --> 00:11:51.286 I really think that you can combine

NOTE Confidence: 0.875356934736842

00:11:51.286 --> 00:11:53.823 them into 4 strategies to increase the

NOTE Confidence: 0.875356934736842

00:11:53.823 --> 00:11:55.913 uptake of behavioral interventions and.
NOTE Confidence: 0.875356934736842

00:11:55.920 --> 00:11:57.408 I would say that first of all when
NOTE Confidence: 0.875356934736842

00:11:57.408 --> 00:11:58.987 I use the word strategies here,
NOTE Confidence: 0.875356934736842

00:11:58.990 --> 00:12:00.724 I'm not talking about an implementation
NOTE Confidence: 0.875356934736842

00:12:00.724 --> 00:12:02.420 strategy as we just mentioned,
NOTE Confidence: 0.875356934736842

00:12:02.420 --> 00:12:05.228 but just what are the ways that we can
NOTE Confidence: 0.875356934736842

00:12:05.228 --> 00:12:07.647 reduce the 17 year gap and what are
NOTE Confidence: 0.875356934736842

00:12:07.647 --> 00:12:10.209 the ways that we can make research
NOTE Confidence: 0.875356934736842

00:12:10.209 --> 00:12:11.694 less wasteful, more impactful.
NOTE Confidence: 0.875356934736842

00:12:11.694 --> 00:12:14.053 And so I would say these strategies
NOTE Confidence: 0.875356934736842

00:12:14.053 --> 00:12:17.032 are we need to conduct more hybrid
NOTE Confidence: 0.875356934736842

00:12:17.032 --> 00:12:18.319 effectiveness implementation trials
NOTE Confidence: 0.875356934736842

00:12:18.319 --> 00:12:20.402 and that was mentioned in our
NOTE Confidence: 0.875356934736842

00:12:20.402 --> 00:12:22.920 paper and also the McKinsey paper
NOTE Confidence: 0.875356934736842

00:12:22.920 --> 00:12:25.120 let's theory be your guide,
NOTE Confidence: 0.875356934736842

00:12:25.120 --> 00:12:26.100 I always say to people.

NOTE Confidence: 0.875356934736842
00:12:26.100 --> 00:12:28.508 Here is your friend Siri tells you exactly
NOTE Confidence: 0.875356934736842
00:12:28.508 --> 00:12:31.229 what it is that you need to be addressing,
NOTE Confidence: 0.875356934736842
00:12:31.230 --> 00:12:32.508 that you need to be measuring,
NOTE Confidence: 0.875356934736842
00:12:32.510 --> 00:12:34.309 and can help you plan your work.
NOTE Confidence: 0.875356934736842
00:12:34.310 --> 00:12:36.965 And we also talked about this in our paper.
NOTE Confidence: 0.875356934736842
00:12:36.970 --> 00:12:39.202 You need to get to know your stakeholders
NOTE Confidence: 0.875356934736842
00:12:39.202 --> 00:12:41.048 and that is just essential you.
NOTE Confidence: 0.875356934736842
00:12:41.050 --> 00:12:43.660 I'm not an intervention developer,
NOTE Confidence: 0.875356934736842
00:12:43.660 --> 00:12:44.316 treatment developer,
NOTE Confidence: 0.875356934736842
00:12:44.316 --> 00:12:46.940 but I talked to people who are all
NOTE Confidence: 0.875356934736842
00:12:47.008 --> 00:12:49.213 the time and I feel it at that stage.
NOTE Confidence: 0.875356934736842
00:12:49.220 --> 00:12:50.774 We need to be talking to stakeholders.
NOTE Confidence: 0.875356934736842
00:12:50.780 --> 00:12:52.020 Why develop something that
NOTE Confidence: 0.875356934736842
00:12:52.020 --> 00:12:53.260 isn't going to work?
NOTE Confidence: 0.875356934736842
00:12:53.260 --> 00:12:55.100 You can find that out from the beginning.
NOTE Confidence: 0.875356934736842

00:12:55.100 --> 00:12:57.655 Even if you conducted a really strong,
NOTE Confidence: 0.875356934736842

00:12:57.660 --> 00:12:58.424 highly controlled,
NOTE Confidence: 0.875356934736842

00:12:58.424 --> 00:12:59.570 randomized controlled trial
NOTE Confidence: 0.875356934736842

00:12:59.570 --> 00:13:01.894 and you did find effective or
NOTE Confidence: 0.875356934736842

00:13:01.894 --> 00:13:03.318 efficacy for your intervention,
NOTE Confidence: 0.875356934736842

00:13:03.320 --> 00:13:05.336 if it's not acceptable to people,
NOTE Confidence: 0.875356934736842

00:13:05.340 --> 00:13:06.956 it's not going to make it into the.
NOTE Confidence: 0.875356934736842

00:13:06.960 --> 00:13:08.598 Community based settings in which we
NOTE Confidence: 0.875356934736842

00:13:08.598 --> 00:13:10.856 want it to and so involve stakeholders
NOTE Confidence: 0.875356934736842

00:13:10.856 --> 00:13:12.930 right from the beginning and something
NOTE Confidence: 0.875356934736842

00:13:12.930 --> 00:13:14.730 that is unique and wasn't mentioned
NOTE Confidence: 0.875356934736842

00:13:14.730 --> 00:13:16.706 in those two previous papers that I
NOTE Confidence: 0.875356934736842

00:13:16.706 --> 00:13:18.778 just talked to you about is I think
NOTE Confidence: 0.875356934736842

00:13:18.778 --> 00:13:20.409 we really need to tell your tailor
NOTE Confidence: 0.875356934736842

00:13:20.410 --> 00:13:22.070 our dissemination efforts more.
NOTE Confidence: 0.875356934736842

00:13:22.070 --> 00:13:23.730 This is a big,

NOTE Confidence: 0.875356934736842
00:13:23.730 --> 00:13:25.490 there are a lot of people who focus on this,
NOTE Confidence: 0.875356934736842
00:13:25.490 --> 00:13:26.950 Ross Brownson at Washington
NOTE Confidence: 0.875356934736842
00:13:26.950 --> 00:13:28.410 University in Saint Louis.
NOTE Confidence: 0.875356934736842
00:13:28.410 --> 00:13:32.186 But I've been involved now in a quarry
NOTE Confidence: 0.875356934736842
00:13:32.186 --> 00:13:34.938 project where we really are needing
NOTE Confidence: 0.875356934736842
00:13:34.938 --> 00:13:38.140 to move our work out into wider.
NOTE Confidence: 0.875356934736842
00:13:38.140 --> 00:13:40.460 Widespread use and this tailoring
NOTE Confidence: 0.875356934736842
00:13:40.460 --> 00:13:43.732 is just really hit me over the
NOTE Confidence: 0.875356934736842
00:13:43.732 --> 00:13:46.324 head with how essential this is.
NOTE Confidence: 0.875356934736842
00:13:46.330 --> 00:13:47.611 And then of course I said 4
NOTE Confidence: 0.875356934736842
00:13:47.611 --> 00:13:48.872 strategies in a month term and
NOTE Confidence: 0.875356934736842
00:13:48.872 --> 00:13:50.204 you're going what is the mantra?
NOTE Confidence: 0.875356934736842
00:13:50.210 --> 00:13:53.130 And so mantra is fun for me to think about.
NOTE Confidence: 0.875356934736842
00:13:53.130 --> 00:13:54.918 I'm actually somebody who
NOTE Confidence: 0.875356934736842
00:13:54.918 --> 00:13:56.259 studies mantram meditation.
NOTE Confidence: 0.875356934736842

00:13:56.260 --> 00:13:58.846 And mantram in that context is
NOTE Confidence: 0.875356934736842

00:13:58.846 --> 00:14:01.438 usually a spiritual word or phrase
NOTE Confidence: 0.875356934736842

00:14:01.438 --> 00:14:04.182 that has a spiritual meaning or a
NOTE Confidence: 0.875356934736842

00:14:04.182 --> 00:14:06.851 higher level meaning and can help
NOTE Confidence: 0.875356934736842

00:14:06.851 --> 00:14:09.233 us bring focused attention to what
NOTE Confidence: 0.875356934736842

00:14:09.233 --> 00:14:10.880 it is that we need to be working on.
NOTE Confidence: 0.875356934736842

00:14:10.880 --> 00:14:13.688 It can help us also block out the noise.
NOTE Confidence: 0.875356934736842

00:14:13.690 --> 00:14:16.546 It can bring awareness to the issue and.
NOTE Confidence: 0.875356934736842

00:14:16.550 --> 00:14:18.718 A slow down and process and and so
NOTE Confidence: 0.875356934736842

00:14:18.718 --> 00:14:20.436 you'll see why I've been interested
NOTE Confidence: 0.875356934736842

00:14:20.436 --> 00:14:22.489 in this in the in the mental
NOTE Confidence: 0.875356934736842

00:14:22.489 --> 00:14:24.099 health space in a minute.
NOTE Confidence: 0.875356934736842

00:14:24.100 --> 00:14:26.844 But here I think the mantra now is
NOTE Confidence: 0.875356934736842

00:14:26.844 --> 00:14:30.311 that we really need to integrate
NOTE Confidence: 0.875356934736842

00:14:30.311 --> 00:14:33.007 HealthEquity with implementation science.
NOTE Confidence: 0.875356934736842

00:14:33.010 --> 00:14:34.810 This is not a new thing.

NOTE Confidence: 0.890033457142857
00:14:34.810 --> 00:14:37.714 It's quite a long you know a call
NOTE Confidence: 0.890033457142857
00:14:37.714 --> 00:14:40.309 to action that is long overdue.
NOTE Confidence: 0.890033457142857
00:14:40.310 --> 00:14:42.291 But you know we are now seeing
NOTE Confidence: 0.890033457142857
00:14:42.291 --> 00:14:43.687 more and more implementation
NOTE Confidence: 0.890033457142857
00:14:43.687 --> 00:14:46.555 scientists and more and more funding.
NOTE Confidence: 0.890033457142857
00:14:46.560 --> 00:14:47.664 Opportunities really focusing
NOTE Confidence: 0.890033457142857
00:14:47.664 --> 00:14:50.692 on how not only are we going to
NOTE Confidence: 0.890033457142857
00:14:50.692 --> 00:14:52.597 bring our evidence into practice,
NOTE Confidence: 0.890033457142857
00:14:52.600 --> 00:14:53.986 but how are we going to do
NOTE Confidence: 0.890033457142857
00:14:53.986 --> 00:14:55.389 this in an equitable way.
NOTE Confidence: 0.890033457142857
00:14:55.390 --> 00:14:56.302 And so just to make sure
NOTE Confidence: 0.890033457142857
00:14:56.302 --> 00:14:57.130 we're on the same page,
NOTE Confidence: 0.890033457142857
00:14:57.130 --> 00:14:58.964 I like to use this definition that
NOTE Confidence: 0.890033457142857
00:14:58.964 --> 00:15:01.766 was in a blog post in the journal
NOTE Confidence: 0.890033457142857
00:15:01.766 --> 00:15:03.326 Health Affairs that HealthEquity
NOTE Confidence: 0.890033457142857

00:15:03.326 --> 00:15:05.429 refers to providing a fair and
NOTE Confidence: 0.890033457142857

00:15:05.429 --> 00:15:07.476 just opportunity to be healthy by
NOTE Confidence: 0.890033457142857

00:15:07.476 --> 00:15:09.060 reducing and ultimately eliminating
NOTE Confidence: 0.890033457142857

00:15:09.060 --> 00:15:11.040 disparities in health and its
NOTE Confidence: 0.890033457142857

00:15:11.098 --> 00:15:13.046 determinants that adversely affect
NOTE Confidence: 0.890033457142857

00:15:13.046 --> 00:15:14.994 excluded or marginalized groups.
NOTE Confidence: 0.890033457142857

00:15:15.000 --> 00:15:15.933 So or seeing.
NOTE Confidence: 0.890033457142857

00:15:15.933 --> 00:15:19.234 All of the work here today is that we
NOTE Confidence: 0.890033457142857

00:15:19.234 --> 00:15:21.844 need to be integrating HealthEquity
NOTE Confidence: 0.890033457142857

00:15:21.844 --> 00:15:23.410 with implementation science.
NOTE Confidence: 0.890033457142857

00:15:23.410 --> 00:15:25.874 So let's go back to this first
NOTE Confidence: 0.890033457142857

00:15:25.874 --> 00:15:28.029 strategy of using hybrid trials.
NOTE Confidence: 0.890033457142857

00:15:28.030 --> 00:15:29.656 When I've talked to Jeff Kern
NOTE Confidence: 0.890033457142857

00:15:29.656 --> 00:15:30.469 and Brian Mittman,
NOTE Confidence: 0.890033457142857

00:15:30.470 --> 00:15:32.610 authors of the Seminole Paper
NOTE Confidence: 0.890033457142857

00:15:32.610 --> 00:15:34.750 on hybrid designs from 2012,

NOTE Confidence: 0.890033457142857
00:15:34.750 --> 00:15:36.322 they wish they would have emphasized
NOTE Confidence: 0.890033457142857
00:15:36.322 --> 00:15:37.988 more in that paper that every
NOTE Confidence: 0.890033457142857
00:15:37.988 --> 00:15:39.112 randomized control trial should
NOTE Confidence: 0.890033457142857
00:15:39.112 --> 00:15:40.770 be a hybrid type one trial.
NOTE Confidence: 0.890033457142857
00:15:40.770 --> 00:15:44.928 As I mentioned, you can do a really rigorous,
NOTE Confidence: 0.890033457142857
00:15:44.930 --> 00:15:46.558 unbiased trial of effectiveness,
NOTE Confidence: 0.890033457142857
00:15:46.558 --> 00:15:49.000 and some people are now doing
NOTE Confidence: 0.890033457142857
00:15:49.074 --> 00:15:51.924 it in efficacy work while also
NOTE Confidence: 0.890033457142857
00:15:51.924 --> 00:15:53.349 collecting implementation context.
NOTE Confidence: 0.890033457142857
00:15:53.350 --> 00:15:54.199 Along the way,
NOTE Confidence: 0.890033457142857
00:15:54.199 --> 00:15:55.897 and this is the information that's
NOTE Confidence: 0.890033457142857
00:15:55.897 --> 00:15:57.224 going to help you understand
NOTE Confidence: 0.890033457142857
00:15:57.224 --> 00:15:59.024 what it is that you still need
NOTE Confidence: 0.890033457142857
00:15:59.024 --> 00:16:00.858 to do to increase this uptake of
NOTE Confidence: 0.890033457142857
00:16:00.858 --> 00:16:01.774 evidence into practice.
NOTE Confidence: 0.890033457142857

00:16:01.774 --> 00:16:04.462 If we do hybrid trials that have
NOTE Confidence: 0.890033457142857

00:16:04.462 --> 00:16:07.434 a focus on effectiveness we need,
NOTE Confidence: 0.890033457142857

00:16:07.434 --> 00:16:11.671 we can then also hopefully not need to do
NOTE Confidence: 0.890033457142857

00:16:11.671 --> 00:16:15.019 as much adaptation of our intervention
NOTE Confidence: 0.890033457142857

00:16:15.020 --> 00:16:17.360 or our strategies in the future.
NOTE Confidence: 0.890033457142857

00:16:17.360 --> 00:16:19.488 So we always talk about interventions have
NOTE Confidence: 0.890033457142857

00:16:19.488 --> 00:16:21.438 core components and those are essential.
NOTE Confidence: 0.890033457142857

00:16:21.440 --> 00:16:23.144 We can't change those.
NOTE Confidence: 0.890033457142857

00:16:23.144 --> 00:16:25.274 There are essential things about,
NOTE Confidence: 0.890033457142857

00:16:25.280 --> 00:16:26.000 you know,
NOTE Confidence: 0.890033457142857

00:16:26.000 --> 00:16:27.080 cognitive behavioral therapy
NOTE Confidence: 0.890033457142857

00:16:27.080 --> 00:16:28.520 that have to happen.
NOTE Confidence: 0.890033457142857

00:16:28.520 --> 00:16:31.187 But we can talk about cultural adaptations,
NOTE Confidence: 0.890033457142857

00:16:31.190 --> 00:16:33.638 we can talk about setting adaptations.
NOTE Confidence: 0.890033457142857

00:16:33.640 --> 00:16:35.083 Targeted audience adaptations,
NOTE Confidence: 0.890033457142857

00:16:35.083 --> 00:16:37.488 the people who deliver them.

NOTE Confidence: 0.890033457142857
00:16:37.490 --> 00:16:40.192 Adaptations that will not change the core
NOTE Confidence: 0.890033457142857
00:16:40.192 --> 00:16:42.549 components of cognitive behavioral therapy,
NOTE Confidence: 0.890033457142857
00:16:42.550 --> 00:16:44.260 but will increase the uptake
NOTE Confidence: 0.890033457142857
00:16:44.260 --> 00:16:45.970 of its use in practice.
NOTE Confidence: 0.890033457142857
00:16:45.970 --> 00:16:47.610 And if we start there,
NOTE Confidence: 0.890033457142857
00:16:47.610 --> 00:16:49.890 as opposed to a really highly
NOTE Confidence: 0.890033457142857
00:16:49.890 --> 00:16:51.030 controlled efficacy trial,
NOTE Confidence: 0.890033457142857
00:16:51.030 --> 00:16:52.969 we might actually be able to build
NOTE Confidence: 0.890033457142857
00:16:52.969 --> 00:16:55.353 those things in and not need to do so
NOTE Confidence: 0.890033457142857
00:16:55.353 --> 00:16:57.020 much adaptation work in the future.
NOTE Confidence: 0.890033457142857
00:16:57.020 --> 00:16:58.973 We also need to be as Chalmers
NOTE Confidence: 0.890033457142857
00:16:58.973 --> 00:17:00.138 and colleague mentioned earlier
NOTE Confidence: 0.890033457142857
00:17:00.138 --> 00:17:01.752 that really need to think about
NOTE Confidence: 0.890033457142857
00:17:01.752 --> 00:17:03.215 what are the research questions
NOTE Confidence: 0.890033457142857
00:17:03.215 --> 00:17:05.315 that are relevant to the end users
NOTE Confidence: 0.890033457142857

00:17:05.315 --> 00:17:06.660 that could be the providers who
NOTE Confidence: 0.890033457142857

00:17:06.660 --> 00:17:07.940 are going to be delivering them,
NOTE Confidence: 0.890033457142857

00:17:07.940 --> 00:17:08.468 the patients,
NOTE Confidence: 0.890033457142857

00:17:08.468 --> 00:17:10.580 families who are going to be receiving them,
NOTE Confidence: 0.890033457142857

00:17:10.580 --> 00:17:11.447 participating in them.
NOTE Confidence: 0.890033457142857

00:17:11.447 --> 00:17:13.746 So think about that early on and we
NOTE Confidence: 0.890033457142857

00:17:13.746 --> 00:17:15.690 can do that in a hybrid trial and also
NOTE Confidence: 0.890033457142857

00:17:15.743 --> 00:17:17.639 then focus on that pragmatic issues,
NOTE Confidence: 0.890033457142857

00:17:17.640 --> 00:17:18.268 you know,
NOTE Confidence: 0.890033457142857

00:17:18.268 --> 00:17:20.152 making sure that the outcomes that
NOTE Confidence: 0.890033457142857

00:17:20.152 --> 00:17:21.728 we're measuring are relevant to
NOTE Confidence: 0.890033457142857

00:17:21.728 --> 00:17:23.218 participants that that we're not
NOTE Confidence: 0.890033457142857

00:17:23.218 --> 00:17:24.938 as rigid in who can participate
NOTE Confidence: 0.890033457142857

00:17:24.938 --> 00:17:26.540 in our trials and that helps
NOTE Confidence: 0.889859404166667

00:17:26.540 --> 00:17:30.428 with. Increasing HealthEquity and then also
NOTE Confidence: 0.889859404166667

00:17:30.428 --> 00:17:33.779 expanding our recruitment efforts as well.

NOTE Confidence: 0.889859404166667
00:17:33.780 --> 00:17:36.020 So my colleagues Megan landfall,
NOTE Confidence: 0.889859404166667
00:17:36.020 --> 00:17:38.060 Jeff Kern and Renat Badas created
NOTE Confidence: 0.889859404166667
00:17:38.060 --> 00:17:40.898 this what I love this really cool
NOTE Confidence: 0.889859404166667
00:17:40.898 --> 00:17:43.238 subway map of implementation research.
NOTE Confidence: 0.889859404166667
00:17:43.240 --> 00:17:45.076 And so you can really identify
NOTE Confidence: 0.889859404166667
00:17:45.076 --> 00:17:46.300 yourself along this line.
NOTE Confidence: 0.889859404166667
00:17:46.300 --> 00:17:48.190 So where are you in terms of
NOTE Confidence: 0.889859404166667
00:17:48.190 --> 00:17:49.600 your practice of interest?
NOTE Confidence: 0.889859404166667
00:17:49.600 --> 00:17:51.823 You know, what is it that you want to
NOTE Confidence: 0.889859404166667
00:17:51.823 --> 00:17:54.236 see implemented in real world settings?
NOTE Confidence: 0.889859404166667
00:17:54.240 --> 00:17:55.458 And then you can follow along,
NOTE Confidence: 0.889859404166667
00:17:55.460 --> 00:17:56.375 where are you?
NOTE Confidence: 0.889859404166667
00:17:56.375 --> 00:17:59.079 And so if you feel that you really
NOTE Confidence: 0.889859404166667
00:17:59.079 --> 00:18:01.983 still need more efficacy research, done.
NOTE Confidence: 0.889859404166667
00:18:01.983 --> 00:18:04.944 And you can still design for implementation
NOTE Confidence: 0.889859404166667

00:18:04.944 --> 00:18:07.725 and that's why a hybrid designs are
NOTE Confidence: 0.889859404166667

00:18:07.725 --> 00:18:10.090 now moving into the efficacy space.
NOTE Confidence: 0.889859404166667

00:18:10.090 --> 00:18:12.390 You can still do the,
NOTE Confidence: 0.889859404166667

00:18:12.390 --> 00:18:14.346 you can still do efficacy research,
NOTE Confidence: 0.889859404166667

00:18:14.350 --> 00:18:15.926 really rigorous control things
NOTE Confidence: 0.889859404166667

00:18:15.926 --> 00:18:18.290 and obviously of course in drug
NOTE Confidence: 0.889859404166667

00:18:18.359 --> 00:18:20.649 medication trials this is essential.
NOTE Confidence: 0.889859404166667

00:18:20.650 --> 00:18:22.862 But you can still be collecting information
NOTE Confidence: 0.889859404166667

00:18:22.862 --> 00:18:25.648 on what are the perceived benefits of this,
NOTE Confidence: 0.889859404166667

00:18:25.650 --> 00:18:27.330 what are the challenges to doing
NOTE Confidence: 0.889859404166667

00:18:27.330 --> 00:18:29.389 this so that you are prepared for
NOTE Confidence: 0.889859404166667

00:18:29.389 --> 00:18:31.141 moving this forward and in fact
NOTE Confidence: 0.889859404166667

00:18:31.141 --> 00:18:32.979 if you are aware of the VA's.
NOTE Confidence: 0.889859404166667

00:18:32.980 --> 00:18:34.788 Cooperative studies program where
NOTE Confidence: 0.889859404166667

00:18:34.788 --> 00:18:38.074 trials are funded at like \$35 million.
NOTE Confidence: 0.889859404166667

00:18:38.074 --> 00:18:41.658 They now have a policy that everyone

NOTE Confidence: 0.889859404166667
00:18:41.658 --> 00:18:45.231 of those very large 5 to 7 year
NOTE Confidence: 0.889859404166667
00:18:45.231 --> 00:18:48.180 trials must be a hybrid type 1.
NOTE Confidence: 0.889859404166667
00:18:48.180 --> 00:18:50.336 So you even if you're doing efficacy
NOTE Confidence: 0.889859404166667
00:18:50.336 --> 00:18:52.025 research think about a hybrid type
NOTE Confidence: 0.889859404166667
00:18:52.025 --> 00:18:53.684 one or maybe you feel that you
NOTE Confidence: 0.889859404166667
00:18:53.745 --> 00:18:55.420 still need to do effectiveness.
NOTE Confidence: 0.889859404166667
00:18:55.420 --> 00:18:58.570 You you have efficacy you can move
NOTE Confidence: 0.889859404166667
00:18:58.570 --> 00:19:00.715 into effectiveness but you know this
NOTE Confidence: 0.889859404166667
00:19:00.715 --> 00:19:02.570 is where the comment from current and
NOTE Confidence: 0.889859404166667
00:19:02.622 --> 00:19:04.911 mitman come in that even an effectiveness
NOTE Confidence: 0.889859404166667
00:19:04.911 --> 00:19:06.780 research trial should be a hybrid one.
NOTE Confidence: 0.889859404166667
00:19:06.780 --> 00:19:08.824 Think you should be thinking about how
NOTE Confidence: 0.889859404166667
00:19:08.824 --> 00:19:11.519 you can get yourself onto that green line.
NOTE Confidence: 0.889859404166667
00:19:11.520 --> 00:19:13.248 I don't know if you you know in
NOTE Confidence: 0.889859404166667
00:19:13.248 --> 00:19:15.080 Boston we just call our subway lines
NOTE Confidence: 0.889859404166667

00:19:15.080 --> 00:19:16.708 by colors red line, yellow line,
NOTE Confidence: 0.889859404166667

00:19:16.708 --> 00:19:18.626 green line, the red line right now.
NOTE Confidence: 0.889859404166667

00:19:18.630 --> 00:19:21.143 It's not so great in the subway
NOTE Confidence: 0.889859404166667

00:19:21.143 --> 00:19:22.220 world in Boston.
NOTE Confidence: 0.889859404166667

00:19:22.220 --> 00:19:23.024 The Orange Line,
NOTE Confidence: 0.889859404166667

00:19:23.024 --> 00:19:24.900 which we don't have here is horrific.
NOTE Confidence: 0.889859404166667

00:19:24.900 --> 00:19:26.860 The green line is OK.
NOTE Confidence: 0.889859404166667

00:19:26.860 --> 00:19:28.290 Hopefully the green line here
NOTE Confidence: 0.889859404166667

00:19:28.290 --> 00:19:29.434 for implementation research is
NOTE Confidence: 0.889859404166667

00:19:29.434 --> 00:19:30.600 a little bit better.
NOTE Confidence: 0.889859404166667

00:19:30.600 --> 00:19:32.140 But I feel like,
NOTE Confidence: 0.889859404166667

00:19:32.140 --> 00:19:32.910 you know,
NOTE Confidence: 0.889859404166667

00:19:32.910 --> 00:19:34.702 you can do a hybrid trial at any
NOTE Confidence: 0.889859404166667

00:19:34.702 --> 00:19:36.655 point and you can also be doing
NOTE Confidence: 0.889859404166667

00:19:36.655 --> 00:19:37.815 these mixed method studies,
NOTE Confidence: 0.889859404166667

00:19:37.820 --> 00:19:40.640 designing and testing your

NOTE Confidence: 0.889859404166667

00:19:40.640 --> 00:19:42.050 implementation strategies.

NOTE Confidence: 0.889859404166667

00:19:42.050 --> 00:19:44.018 So in this trial which I will tell

NOTE Confidence: 0.889859404166667

00:19:44.018 --> 00:19:45.852 you started out as more of a clinical

NOTE Confidence: 0.889859404166667

00:19:45.852 --> 00:19:48.048 trial and I am not a clinical trialist.

NOTE Confidence: 0.889859404166667

00:19:48.050 --> 00:19:49.910 I partnered with my colleague Jill

NOTE Confidence: 0.889859404166667

00:19:49.910 --> 00:19:52.548 Bornman at VA San Diego to do a

NOTE Confidence: 0.889859404166667

00:19:52.548 --> 00:19:54.218 trial testing mantram repetition or

NOTE Confidence: 0.889859404166667

00:19:54.218 --> 00:19:56.577 mantra meditation as a treatment for

NOTE Confidence: 0.889859404166667

00:19:56.577 --> 00:19:58.542 post traumatic stress disorder among

NOTE Confidence: 0.889859404166667

00:19:58.550 --> 00:20:01.790 veterans who had been in combat.

NOTE Confidence: 0.889859404166667

00:20:01.790 --> 00:20:04.373 And our our funder which was VA

NOTE Confidence: 0.889859404166667

00:20:04.373 --> 00:20:05.933 clinical services research and

NOTE Confidence: 0.889859404166667

00:20:05.933 --> 00:20:07.485 development really wanted more

NOTE Confidence: 0.889859404166667

00:20:07.485 --> 00:20:09.752 efficacy trials but we did some

NOTE Confidence: 0.889859404166667

00:20:09.752 --> 00:20:11.586 pre work talked to a lot of.

NOTE Confidence: 0.889859404166667

00:20:11.590 --> 00:20:12.068 Stakeholders,
NOTE Confidence: 0.889859404166667

00:20:12.068 --> 00:20:13.980 because of our implementation
NOTE Confidence: 0.889859404166667

00:20:13.980 --> 00:20:16.370 science background and found that
NOTE Confidence: 0.889859404166667

00:20:16.435 --> 00:20:18.346 what we intended to do in this
NOTE Confidence: 0.889859404166667

00:20:18.346 --> 00:20:20.100 trial was not going to work.
NOTE Confidence: 0.889859404166667

00:20:20.100 --> 00:20:20.990 Maybe it could have worked
NOTE Confidence: 0.889859404166667

00:20:20.990 --> 00:20:21.702 in the trial itself,
NOTE Confidence: 0.89776862125

00:20:21.710 --> 00:20:23.358 but it wasn't going to work long term.
NOTE Confidence: 0.89776862125

00:20:23.360 --> 00:20:24.656 So for example, one of the
NOTE Confidence: 0.89776862125

00:20:24.656 --> 00:20:26.150 things that we wanted to do was
NOTE Confidence: 0.89776862125

00:20:26.150 --> 00:20:27.320 do this as a group treatment.
NOTE Confidence: 0.89776862125

00:20:27.320 --> 00:20:29.014 We wanted to do group based monitoring,
NOTE Confidence: 0.89776862125

00:20:29.020 --> 00:20:32.032 repetition. Jill had done lots of
NOTE Confidence: 0.89776862125

00:20:32.032 --> 00:20:34.354 work already with mantram repetition.
NOTE Confidence: 0.89776862125

00:20:34.354 --> 00:20:36.965 In this case, she had been looking to
NOTE Confidence: 0.89776862125

00:20:36.965 --> 00:20:38.593 see how it could increase adherence

NOTE Confidence: 0.89776862125

00:20:38.593 --> 00:20:40.273 to HIV treatment and she wanted

NOTE Confidence: 0.89776862125

00:20:40.273 --> 00:20:42.120 to now move it into this PTSD.

NOTE Confidence: 0.89776862125

00:20:42.120 --> 00:20:44.262 Space and we talked to veterans of

NOTE Confidence: 0.89776862125

00:20:44.262 --> 00:20:46.641 all genders and found that they had

NOTE Confidence: 0.89776862125

00:20:46.641 --> 00:20:48.386 absolutely no intention of doing

NOTE Confidence: 0.89776862125

00:20:48.386 --> 00:20:50.328 this in a group based setting,

NOTE Confidence: 0.89776862125

00:20:50.330 --> 00:20:52.542 but they were very happy to participate

NOTE Confidence: 0.89776862125

00:20:52.542 --> 00:20:54.100 this in individual treatment.

NOTE Confidence: 0.89776862125

00:20:54.100 --> 00:20:55.934 So we had to request a modification

NOTE Confidence: 0.89776862125

00:20:55.934 --> 00:20:57.375 and move into individual treatment

NOTE Confidence: 0.89776862125

00:20:57.375 --> 00:20:59.468 and that was our first step in

NOTE Confidence: 0.89776862125

00:20:59.468 --> 00:21:01.352 that pragmatic space of thinking

NOTE Confidence: 0.89776862125

00:21:01.352 --> 00:21:02.876 about that flexible delivery.

NOTE Confidence: 0.89776862125

00:21:02.880 --> 00:21:04.854 We cannot do how this had initially

NOTE Confidence: 0.89776862125

00:21:04.854 --> 00:21:06.207 been planned because we knew

NOTE Confidence: 0.89776862125

00:21:06.207 --> 00:21:07.775 even if it worked in this trial,
NOTE Confidence: 0.89776862125

00:21:07.780 --> 00:21:09.859 it wasn't going to work in the real world.
NOTE Confidence: 0.89776862125

00:21:09.860 --> 00:21:11.260 The other thing we did is we
NOTE Confidence: 0.89776862125

00:21:11.260 --> 00:21:12.446 really thought about who would
NOTE Confidence: 0.89776862125

00:21:12.446 --> 00:21:13.811 be delivering these services and
NOTE Confidence: 0.89776862125

00:21:13.811 --> 00:21:14.920 that's another pragmatic issue.
NOTE Confidence: 0.89776862125

00:21:14.920 --> 00:21:16.922 We didn't want to hire PhD level
NOTE Confidence: 0.89776862125

00:21:16.922 --> 00:21:18.832 people who were going to disappear
NOTE Confidence: 0.89776862125

00:21:18.832 --> 00:21:20.800 after the study and we're only
NOTE Confidence: 0.89776862125

00:21:20.800 --> 00:21:22.509 going to be interventionist.
NOTE Confidence: 0.89776862125

00:21:22.510 --> 00:21:25.639 And so we talked to the clinicians.
NOTE Confidence: 0.89776862125

00:21:25.640 --> 00:21:27.596 Masters degree level clinicians at each
NOTE Confidence: 0.89776862125

00:21:27.596 --> 00:21:30.216 of our sites to see who would want
NOTE Confidence: 0.89776862125

00:21:30.216 --> 00:21:32.100 to become involved in this project
NOTE Confidence: 0.89776862125

00:21:32.161 --> 00:21:34.705 and so we really didn't involve the people,
NOTE Confidence: 0.89776862125

00:21:34.710 --> 00:21:36.628 a lot of social workers for example,

NOTE Confidence: 0.89776862125
00:21:36.630 --> 00:21:38.682 who would be involved in delivering
NOTE Confidence: 0.89776862125
00:21:38.682 --> 00:21:40.510 mantra repetition in the future.
NOTE Confidence: 0.89776862125
00:21:40.510 --> 00:21:41.670 So that was a great,
NOTE Confidence: 0.89776862125
00:21:41.670 --> 00:21:43.785 great first step towards becoming
NOTE Confidence: 0.89776862125
00:21:43.785 --> 00:21:45.900 more of a pragmatic design.
NOTE Confidence: 0.89776862125
00:21:45.900 --> 00:21:48.012 Mantram repetition Mantra Meditation
NOTE Confidence: 0.89776862125
00:21:48.012 --> 00:21:50.652 was developed by Eknath Ishwaran,
NOTE Confidence: 0.89776862125
00:21:50.660 --> 00:21:53.345 who developed the Blue Mountain
NOTE Confidence: 0.89776862125
00:21:53.345 --> 00:21:55.493 Retreat Center Meditation Retreat
NOTE Confidence: 0.89776862125
00:21:55.493 --> 00:21:57.079 Center in San Diego.
NOTE Confidence: 0.89776862125
00:21:57.080 --> 00:21:58.460 And you know,
NOTE Confidence: 0.89776862125
00:21:58.460 --> 00:22:01.680 Mantram is just it's it's so simple,
NOTE Confidence: 0.89776862125
00:22:01.680 --> 00:22:03.572 which is actually essential
NOTE Confidence: 0.89776862125
00:22:03.572 --> 00:22:04.518 for implementation.
NOTE Confidence: 0.89776862125
00:22:04.520 --> 00:22:06.200 It's not complex at all,
NOTE Confidence: 0.89776862125

00:22:06.200 --> 00:22:08.216 and these are a couple of the books
NOTE Confidence: 0.89776862125

00:22:08.216 --> 00:22:09.779 available at that website there.
NOTE Confidence: 0.89776862125

00:22:09.780 --> 00:22:15.099 But really, mantram is a way of slowing down,
NOTE Confidence: 0.89776862125

00:22:15.100 --> 00:22:16.288 having focused attention.
NOTE Confidence: 0.89776862125

00:22:16.288 --> 00:22:19.060 Trying to make sure that you can
NOTE Confidence: 0.89776862125

00:22:19.128 --> 00:22:21.445 block out a lot of the challenges,
NOTE Confidence: 0.89776862125

00:22:21.450 --> 00:22:22.998 especially the kinds of things that
NOTE Confidence: 0.89776862125

00:22:22.998 --> 00:22:24.770 happen in post traumatic stress disorder,
NOTE Confidence: 0.89776862125

00:22:24.770 --> 00:22:25.726 nightmares incurring.
NOTE Confidence: 0.89776862125

00:22:25.726 --> 00:22:28.116 So you the person starts,
NOTE Confidence: 0.89776862125

00:22:28.120 --> 00:22:29.618 the first thing that you have to
NOTE Confidence: 0.89776862125

00:22:29.618 --> 00:22:30.976 do is actually pick a montrem
NOTE Confidence: 0.89776862125

00:22:30.976 --> 00:22:32.086 if you're in this group.
NOTE Confidence: 0.89776862125

00:22:32.090 --> 00:22:34.134 And so the mantram has to be
NOTE Confidence: 0.89776862125

00:22:34.134 --> 00:22:35.730 a spiritual word or phrase.
NOTE Confidence: 0.89776862125

00:22:35.730 --> 00:22:36.202 It doesn't.

NOTE Confidence: 0.89776862125

00:22:36.202 --> 00:22:38.090 You don't have to be a religious person,

NOTE Confidence: 0.89776862125

00:22:38.090 --> 00:22:40.826 but you need to have a sense of

NOTE Confidence: 0.89776862125

00:22:40.826 --> 00:22:42.961 higher order and can come from

NOTE Confidence: 0.89776862125

00:22:42.961 --> 00:22:45.640 any religion and if any of these

NOTE Confidence: 0.89776862125

00:22:45.640 --> 00:22:47.816 religious or spiritual words.

NOTE Confidence: 0.89776862125

00:22:47.820 --> 00:22:49.488 Don't seem to fit for someone.

NOTE Confidence: 0.89776862125

00:22:49.490 --> 00:22:51.720 They can pick something else.

NOTE Confidence: 0.89776862125

00:22:51.720 --> 00:22:54.220 And so we would say if none of these work,

NOTE Confidence: 0.89776862125

00:22:54.220 --> 00:22:56.040 you can just use the word one.

NOTE Confidence: 0.89776862125

00:22:56.040 --> 00:22:57.600 You could not use anything vulgar,

NOTE Confidence: 0.89776862125

00:22:57.600 --> 00:22:58.806 you couldn't use a swear word,

NOTE Confidence: 0.89776862125

00:22:58.810 --> 00:23:01.274 etcetera, had to have a higher order.

NOTE Confidence: 0.89776862125

00:23:01.280 --> 00:23:03.338 And we often say to people that

NOTE Confidence: 0.89776862125

00:23:03.338 --> 00:23:04.840 your mantra will pick you.

NOTE Confidence: 0.740940159166667

00:23:04.840 --> 00:23:06.520 So for example, I went through the

NOTE Confidence: 0.740940159166667

00:23:06.520 --> 00:23:07.845 training myself because I thought, well,
NOTE Confidence: 0.740940159166667

00:23:07.845 --> 00:23:09.400 if I'm going to be trying to do this trial,
NOTE Confidence: 0.740940159166667

00:23:09.400 --> 00:23:11.362 I need to practice mantra meditation
NOTE Confidence: 0.740940159166667

00:23:11.362 --> 00:23:13.219 and see what this is like.
NOTE Confidence: 0.740940159166667

00:23:13.220 --> 00:23:15.260 And I really wanted the word.
NOTE Confidence: 0.740940159166667

00:23:15.260 --> 00:23:17.876 I really wanted the phrase Om Namah shivaya.
NOTE Confidence: 0.740940159166667

00:23:17.880 --> 00:23:20.046 It sounds so beautiful, you know,
NOTE Confidence: 0.740940159166667

00:23:20.050 --> 00:23:23.322 and a lot of these words come from
NOTE Confidence: 0.740940159166667

00:23:23.322 --> 00:23:26.094 Sanskrit or are, you know, maybe Hindi.
NOTE Confidence: 0.740940159166667

00:23:26.094 --> 00:23:29.122 Some of these words are from Buddhism,
NOTE Confidence: 0.740940159166667

00:23:29.122 --> 00:23:32.210 others are from Judaism,
NOTE Confidence: 0.740940159166667

00:23:32.210 --> 00:23:33.074 Christianity, etcetera.
NOTE Confidence: 0.740940159166667

00:23:33.074 --> 00:23:35.234 I really wanted Onama shivaya
NOTE Confidence: 0.740940159166667

00:23:35.234 --> 00:23:37.590 invocation to beauty and fearlessness.
NOTE Confidence: 0.740940159166667

00:23:37.590 --> 00:23:39.526 But as I went through the training and
NOTE Confidence: 0.740940159166667

00:23:39.526 --> 00:23:41.757 you need to learn how to invoke the mantra

NOTE Confidence: 0.740940159166667
00:23:41.757 --> 00:23:43.898 when you need it, like on the spot,
NOTE Confidence: 0.740940159166667
00:23:43.898 --> 00:23:45.710 I couldn't remember my mantra and
NOTE Confidence: 0.740940159166667
00:23:45.775 --> 00:23:47.910 so then I understood why the mantra.
NOTE Confidence: 0.740940159166667
00:23:47.910 --> 00:23:49.891 Makes you the one word that I
NOTE Confidence: 0.740940159166667
00:23:49.891 --> 00:23:51.300 could remember always was Rama,
NOTE Confidence: 0.740940159166667
00:23:51.300 --> 00:23:52.335 Eternal joy within.
NOTE Confidence: 0.740940159166667
00:23:52.335 --> 00:23:54.060 So that became my mantra.
NOTE Confidence: 0.740940159166667
00:23:54.060 --> 00:23:57.220 So I would silently say it to myself.
NOTE Confidence: 0.740940159166667
00:23:57.220 --> 00:23:58.450 I would write it down.
NOTE Confidence: 0.740940159166667
00:23:58.450 --> 00:24:00.858 Those are the kinds of things that we
NOTE Confidence: 0.740940159166667
00:24:00.858 --> 00:24:02.694 ask people to do when they need it.
NOTE Confidence: 0.740940159166667
00:24:02.694 --> 00:24:03.940 First you learn how to use the
NOTE Confidence: 0.740940159166667
00:24:03.984 --> 00:24:05.196 mantra when you don't need it,
NOTE Confidence: 0.740940159166667
00:24:05.200 --> 00:24:07.138 and then you move to using
NOTE Confidence: 0.740940159166667
00:24:07.138 --> 00:24:08.740 it when you need it.
NOTE Confidence: 0.740940159166667

00:24:08.740 --> 00:24:11.492 And we compared this to a very active
NOTE Confidence: 0.740940159166667

00:24:11.492 --> 00:24:14.138 treatment arm of present centered therapy,
NOTE Confidence: 0.740940159166667

00:24:14.140 --> 00:24:15.946 which through Polish,
NOTE Confidence: 0.740940159166667

00:24:15.946 --> 00:24:18.956 schnurr and others has really
NOTE Confidence: 0.740940159166667

00:24:18.956 --> 00:24:20.870 established very strong.
NOTE Confidence: 0.740940159166667

00:24:20.870 --> 00:24:22.790 Effectiveness and efficacy work.
NOTE Confidence: 0.740940159166667

00:24:22.790 --> 00:24:25.190 It's really helping people to
NOTE Confidence: 0.740940159166667

00:24:25.190 --> 00:24:27.296 alter their present maladaptive
NOTE Confidence: 0.740940159166667

00:24:27.296 --> 00:24:29.876 reactions and patterns and providing
NOTE Confidence: 0.740940159166667

00:24:29.876 --> 00:24:32.109 some sorry cycle education.
NOTE Confidence: 0.740940159166667

00:24:32.110 --> 00:24:32.754 And importantly,
NOTE Confidence: 0.740940159166667

00:24:32.754 --> 00:24:34.364 there's no meditation at all
NOTE Confidence: 0.740940159166667

00:24:34.364 --> 00:24:35.990 and no mantra meditation.
NOTE Confidence: 0.740940159166667

00:24:35.990 --> 00:24:37.509 And so it was a really good
NOTE Confidence: 0.740940159166667

00:24:37.509 --> 00:24:38.490 comparison arm and again,
NOTE Confidence: 0.740940159166667

00:24:38.490 --> 00:24:40.660 we had masters level people

NOTE Confidence: 0.740940159166667

00:24:40.660 --> 00:24:42.278 who were using this.

NOTE Confidence: 0.740940159166667

00:24:42.278 --> 00:24:43.026 And importantly,

NOTE Confidence: 0.740940159166667

00:24:43.026 --> 00:24:45.930 in both of our mental health settings,

NOTE Confidence: 0.740940159166667

00:24:45.930 --> 00:24:47.530 neither one of these treatments

NOTE Confidence: 0.740940159166667

00:24:47.530 --> 00:24:49.501 was available as routine and so

NOTE Confidence: 0.740940159166667

00:24:49.501 --> 00:24:51.056 it was considered something new.

NOTE Confidence: 0.740940159166667

00:24:51.060 --> 00:24:52.263 Any veteran participating?

NOTE Confidence: 0.740940159166667

00:24:52.263 --> 00:24:54.669 And so we use the caps,

NOTE Confidence: 0.740940159166667

00:24:54.670 --> 00:24:56.476 which is I will admit is not

NOTE Confidence: 0.740940159166667

00:24:56.476 --> 00:24:57.855 exactly the outcome that matters

NOTE Confidence: 0.740940159166667

00:24:57.855 --> 00:24:59.505 to the people who are using.

NOTE Confidence: 0.740940159166667

00:24:59.510 --> 00:25:02.330 It is very difficult to both

NOTE Confidence: 0.740940159166667

00:25:02.330 --> 00:25:04.074 administer and participate in.

NOTE Confidence: 0.740940159166667

00:25:04.074 --> 00:25:05.280 But you know,

NOTE Confidence: 0.740940159166667

00:25:05.280 --> 00:25:07.436 we had 89 people in our monitoring

NOTE Confidence: 0.740940159166667

00:25:07.436 --> 00:25:10.034 group and 84 in our present centered
NOTE Confidence: 0.740940159166667

00:25:10.034 --> 00:25:12.434 group and the Montreal Group improved
NOTE Confidence: 0.740940159166667

00:25:12.508 --> 00:25:15.070 tremendously on that measure over time.
NOTE Confidence: 0.740940159166667

00:25:15.070 --> 00:25:16.620 And so the present centered
NOTE Confidence: 0.740940159166667

00:25:16.620 --> 00:25:17.550 group also improved,
NOTE Confidence: 0.740940159166667

00:25:17.550 --> 00:25:19.910 but not as much as the mantra in
NOTE Confidence: 0.740940159166667

00:25:19.910 --> 00:25:22.001 terms of the Caps scoring and
NOTE Confidence: 0.740940159166667

00:25:22.001 --> 00:25:23.356 we also wanted to know.
NOTE Confidence: 0.740940159166667

00:25:23.360 --> 00:25:25.474 What was driving PTSD and so we
NOTE Confidence: 0.740940159166667

00:25:25.474 --> 00:25:27.753 thought that we could maybe find out
NOTE Confidence: 0.740940159166667

00:25:27.753 --> 00:25:30.429 if insomnia had anything to do with this.
NOTE Confidence: 0.740940159166667

00:25:30.430 --> 00:25:32.747 And so we asked about the using
NOTE Confidence: 0.740940159166667

00:25:32.747 --> 00:25:34.587 the Insomnia Severity Index and
NOTE Confidence: 0.740940159166667

00:25:34.587 --> 00:25:36.527 found that the present centered
NOTE Confidence: 0.740940159166667

00:25:36.527 --> 00:25:38.381 therapy group really didn't change
NOTE Confidence: 0.740940159166667

00:25:38.381 --> 00:25:40.475 in terms of insomnia over time.

NOTE Confidence: 0.740940159166667
00:25:40.475 --> 00:25:43.170 But the sorry the the mantra group
NOTE Confidence: 0.740940159166667
00:25:43.251 --> 00:25:45.561 did that their insomnia improved a
NOTE Confidence: 0.740940159166667
00:25:45.561 --> 00:25:48.186 little bit and kept going down but
NOTE Confidence: 0.740940159166667
00:25:48.186 --> 00:25:50.531 didn't get to the point where it
NOTE Confidence: 0.740940159166667
00:25:50.540 --> 00:25:51.780 it wasn't clinically meaningful.
NOTE Confidence: 0.740940159166667
00:25:51.780 --> 00:25:53.330 Both things both groups still
NOTE Confidence: 0.740940159166667
00:25:53.330 --> 00:25:54.719 had clinically meaningful.
NOTE Confidence: 0.740940159166667
00:25:54.720 --> 00:25:56.670 Some symptoms.
NOTE Confidence: 0.740940159166667
00:25:56.670 --> 00:25:58.690 And so this is where we were like we need
NOTE Confidence: 0.881533715
00:25:58.742 --> 00:25:59.630 to know about how,
NOTE Confidence: 0.881533715
00:25:59.630 --> 00:26:01.457 how is this actually going to work?
NOTE Confidence: 0.881533715
00:26:01.460 --> 00:26:04.268 We saw that it works in this group of
NOTE Confidence: 0.881533715
00:26:04.268 --> 00:26:06.620 veterans with post Traumatic stress
NOTE Confidence: 0.881533715
00:26:06.620 --> 00:26:08.588 disorder resulting from combat.
NOTE Confidence: 0.881533715
00:26:08.590 --> 00:26:10.515 But what was it going to take
NOTE Confidence: 0.881533715

00:26:10.515 --> 00:26:12.590 to make this work in real life?

NOTE Confidence: 0.881533715

00:26:12.590 --> 00:26:14.162 And so this is where a

NOTE Confidence: 0.881533715

00:26:14.162 --> 00:26:15.210 process evaluation comes in.

NOTE Confidence: 0.881533715

00:26:15.210 --> 00:26:18.210 After the recruitment was done,

NOTE Confidence: 0.881533715

00:26:18.210 --> 00:26:20.020 after providers were no longer

NOTE Confidence: 0.881533715

00:26:20.020 --> 00:26:22.254 referring patients to us and providers

NOTE Confidence: 0.881533715

00:26:22.254 --> 00:26:24.725 were such an essential part of this.

NOTE Confidence: 0.881533715

00:26:24.730 --> 00:26:26.800 So they really needed to have.

NOTE Confidence: 0.881533715

00:26:26.800 --> 00:26:28.420 Buy in, they needed to believe

NOTE Confidence: 0.881533715

00:26:28.420 --> 00:26:30.227 that we were doing something unique

NOTE Confidence: 0.881533715

00:26:30.227 --> 00:26:31.882 and helpful for the veterans

NOTE Confidence: 0.881533715

00:26:31.882 --> 00:26:33.380 that they were serving.

NOTE Confidence: 0.881533715

00:26:33.380 --> 00:26:35.204 We wanted to find out from them what

NOTE Confidence: 0.881533715

00:26:35.204 --> 00:26:36.773 were are some potential barriers

NOTE Confidence: 0.881533715

00:26:36.773 --> 00:26:38.189 and facilitators to implementation

NOTE Confidence: 0.881533715

00:26:38.189 --> 00:26:40.221 that we can think about now so

NOTE Confidence: 0.881533715

00:26:40.221 --> 00:26:41.965 that we can address in the future.

NOTE Confidence: 0.881533715

00:26:41.965 --> 00:26:44.965 And so this gets into strategy #2 already,

NOTE Confidence: 0.881533715

00:26:44.970 --> 00:26:47.210 which is the that we were guided by

NOTE Confidence: 0.881533715

00:26:47.210 --> 00:26:49.478 theory with this and we chose the

NOTE Confidence: 0.881533715

00:26:49.478 --> 00:26:51.118 theory of diffusion of innovation

NOTE Confidence: 0.881533715

00:26:51.184 --> 00:26:52.974 which actually was not developed

NOTE Confidence: 0.881533715

00:26:52.974 --> 00:26:54.406 in healthcare at all,

NOTE Confidence: 0.881533715

00:26:54.410 --> 00:26:56.840 really developed in the agricultural space.

NOTE Confidence: 0.881533715

00:26:56.840 --> 00:26:59.186 And really says that there are

NOTE Confidence: 0.881533715

00:26:59.186 --> 00:27:01.690 key features of any innovation,

NOTE Confidence: 0.881533715

00:27:01.690 --> 00:27:02.898 any adoption of innovation.

NOTE Confidence: 0.881533715

00:27:02.898 --> 00:27:05.791 And that is that a user will see it

NOTE Confidence: 0.881533715

00:27:05.791 --> 00:27:07.481 as a perceived relative advantage

NOTE Confidence: 0.881533715

00:27:07.481 --> 00:27:10.176 compared to anything else that they're doing,

NOTE Confidence: 0.881533715

00:27:10.180 --> 00:27:11.880 that it's compatible with their

NOTE Confidence: 0.881533715

00:27:11.880 --> 00:27:13.888 perceived needs, values, norms,
NOTE Confidence: 0.881533715

00:27:13.888 --> 00:27:15.216 low complexity,
NOTE Confidence: 0.881533715

00:27:15.216 --> 00:27:15.880 sure.
NOTE Confidence: 0.881533715

00:27:15.880 --> 00:27:17.638 Yet that's essential and have the
NOTE Confidence: 0.881533715

00:27:17.638 --> 00:27:19.170 best intervention in the world.
NOTE Confidence: 0.881533715

00:27:19.170 --> 00:27:21.235 But if it's seen as too complex,
NOTE Confidence: 0.881533715

00:27:21.240 --> 00:27:22.180 it won't be adopted.
NOTE Confidence: 0.881533715

00:27:22.180 --> 00:27:24.134 And so these are the kinds of things
NOTE Confidence: 0.881533715

00:27:24.134 --> 00:27:25.849 that we needed to assess in our
NOTE Confidence: 0.881533715

00:27:25.849 --> 00:27:27.648 process evaluation with our providers.
NOTE Confidence: 0.881533715

00:27:27.650 --> 00:27:29.770 Did they see this as a relative advantage
NOTE Confidence: 0.881533715

00:27:29.770 --> 00:27:31.250 for themselves and their veterans?
NOTE Confidence: 0.881533715

00:27:31.250 --> 00:27:32.460 Did they see it compatible
NOTE Confidence: 0.881533715

00:27:32.460 --> 00:27:33.428 with their perceived needs,
NOTE Confidence: 0.881533715

00:27:33.430 --> 00:27:36.106 values and norms and their veterans?
NOTE Confidence: 0.881533715

00:27:36.110 --> 00:27:38.497 And was it low in complexity to

NOTE Confidence: 0.881533715

00:27:38.497 --> 00:27:40.958 them and also to their veterans?

NOTE Confidence: 0.881533715

00:27:40.960 --> 00:27:42.658 And what the theory of diffusion

NOTE Confidence: 0.881533715

00:27:42.658 --> 00:27:44.479 of innovation says is when we

NOTE Confidence: 0.881533715

00:27:44.479 --> 00:27:45.739 start to have conversations,

NOTE Confidence: 0.881533715

00:27:45.740 --> 00:27:47.128 peer-to-peer conversations with others

NOTE Confidence: 0.881533715

00:27:47.128 --> 00:27:50.138 that we work with who are in our networks,

NOTE Confidence: 0.881533715

00:27:50.140 --> 00:27:51.265 in our communities,

NOTE Confidence: 0.881533715

00:27:51.265 --> 00:27:53.515 and we hear what they think

NOTE Confidence: 0.881533715

00:27:53.515 --> 00:27:55.100 about that innovation,

NOTE Confidence: 0.881533715

00:27:55.100 --> 00:27:56.810 then we start to consider change

NOTE Confidence: 0.881533715

00:27:56.810 --> 00:27:59.079 and we start to consider adoption.

NOTE Confidence: 0.881533715

00:27:59.080 --> 00:28:00.641 And we do this because we have

NOTE Confidence: 0.881533715

00:28:00.641 --> 00:28:01.700 a sense of trust.

NOTE Confidence: 0.881533715

00:28:01.700 --> 00:28:03.140 We believe in the person

NOTE Confidence: 0.881533715

00:28:03.140 --> 00:28:04.292 that we're talking to.

NOTE Confidence: 0.881533715

00:28:04.300 --> 00:28:06.827 And although we may not have seen
NOTE Confidence: 0.881533715

00:28:06.827 --> 00:28:09.358 this benefit yet of this innovation,
NOTE Confidence: 0.881533715

00:28:09.360 --> 00:28:10.920 we start to trust them.
NOTE Confidence: 0.881533715

00:28:10.920 --> 00:28:13.345 Because they are already somebody
NOTE Confidence: 0.881533715

00:28:13.345 --> 00:28:15.285 who we consider credible,
NOTE Confidence: 0.881533715

00:28:15.290 --> 00:28:17.186 and if they're telling us that it works,
NOTE Confidence: 0.881533715

00:28:17.190 --> 00:28:19.577 we're going to try it out too.
NOTE Confidence: 0.881533715

00:28:19.580 --> 00:28:22.334 And so we did a survey with 69 of
NOTE Confidence: 0.881533715

00:28:22.334 --> 00:28:24.219 the providers who participated in
NOTE Confidence: 0.881533715

00:28:24.219 --> 00:28:26.469 this trial in terms of referring
NOTE Confidence: 0.881533715

00:28:26.469 --> 00:28:29.639 patients to us and then we did a 12
NOTE Confidence: 0.881533715

00:28:29.639 --> 00:28:31.928 interviews with a subset of those just
NOTE Confidence: 0.881533715

00:28:31.928 --> 00:28:34.199 to get a little bit more deeper dive.
NOTE Confidence: 0.881533715

00:28:34.200 --> 00:28:36.307 And from the survey and the interviews
NOTE Confidence: 0.881533715

00:28:36.307 --> 00:28:38.176 we really had three main themes
NOTE Confidence: 0.881533715

00:28:38.176 --> 00:28:40.283 that came out that were can really

NOTE Confidence: 0.881533715

00:28:40.345 --> 00:28:41.941 inform implementation of this

NOTE Confidence: 0.881533715

00:28:41.941 --> 00:28:43.936 mantra meditation in the future.

NOTE Confidence: 0.881533715

00:28:43.940 --> 00:28:45.128 We the first two are things

NOTE Confidence: 0.881533715

00:28:45.128 --> 00:28:45.920 that have been talked

NOTE Confidence: 0.810598064166667

00:28:45.962 --> 00:28:47.834 about in the literature already that you know

NOTE Confidence: 0.810598064166667

00:28:47.834 --> 00:28:49.480 believing in one's own clinical judgment.

NOTE Confidence: 0.810598064166667

00:28:49.480 --> 00:28:51.970 Often Trump's the actual evidence based

NOTE Confidence: 0.810598064166667

00:28:51.970 --> 00:28:54.394 treatment because we just don't see

NOTE Confidence: 0.810598064166667

00:28:54.394 --> 00:28:56.830 that as being relevant for our patient.

NOTE Confidence: 0.810598064166667

00:28:56.830 --> 00:28:58.650 And then there are some other factors.

NOTE Confidence: 0.810598064166667

00:28:58.650 --> 00:29:01.247 But what was new in our work

NOTE Confidence: 0.810598064166667

00:29:01.247 --> 00:29:02.942 was that people, clinicians,

NOTE Confidence: 0.810598064166667

00:29:02.942 --> 00:29:05.852 providers were doing just extraordinary

NOTE Confidence: 0.810598064166667

00:29:05.852 --> 00:29:08.590 things to deliberately manufacture time,

NOTE Confidence: 0.810598064166667

00:29:08.590 --> 00:29:10.170 to have conversations with

NOTE Confidence: 0.810598064166667

00:29:10.170 --> 00:29:12.145 trusted others in their clinic,
NOTE Confidence: 0.810598064166667

00:29:12.150 --> 00:29:15.006 to learn more about Mantra meditation,
NOTE Confidence: 0.810598064166667

00:29:15.010 --> 00:29:17.964 to learn more about other evidence based
NOTE Confidence: 0.810598064166667

00:29:17.964 --> 00:29:20.639 treatments for PTSD and so for example.
NOTE Confidence: 0.810598064166667

00:29:20.640 --> 00:29:22.474 Things that they told us was that,
NOTE Confidence: 0.810598064166667

00:29:22.480 --> 00:29:24.082 you know, they wanted to have
NOTE Confidence: 0.810598064166667

00:29:24.082 --> 00:29:25.920 lunch to talk about these things,
NOTE Confidence: 0.810598064166667

00:29:25.920 --> 00:29:27.600 and they knew that having lunch
NOTE Confidence: 0.810598064166667

00:29:27.600 --> 00:29:29.587 would mean that they'll have to stay
NOTE Confidence: 0.810598064166667

00:29:29.587 --> 00:29:31.213 late to write their clinical notes.
NOTE Confidence: 0.810598064166667

00:29:31.220 --> 00:29:33.156 But doing this once a month or so
NOTE Confidence: 0.810598064166667

00:29:33.156 --> 00:29:35.715 is worth it because it was at this
NOTE Confidence: 0.810598064166667

00:29:35.715 --> 00:29:37.055 lunchtime conversation that they
NOTE Confidence: 0.810598064166667

00:29:37.116 --> 00:29:39.366 learned important aspects of treatment.
NOTE Confidence: 0.810598064166667

00:29:39.370 --> 00:29:41.225 That they really went to great effort
NOTE Confidence: 0.810598064166667

00:29:41.225 --> 00:29:43.263 to talk to colleagues outside of work

NOTE Confidence: 0.810598064166667

00:29:43.263 --> 00:29:45.326 and even walking to a colleague's car

NOTE Confidence: 0.810598064166667

00:29:45.326 --> 00:29:47.670 after work in order to have 10 minutes

NOTE Confidence: 0.810598064166667

00:29:47.725 --> 00:29:49.765 outside of the car was how they snuck

NOTE Confidence: 0.810598064166667

00:29:49.765 --> 00:29:52.036 time they were sneaking time to have

NOTE Confidence: 0.810598064166667

00:29:52.036 --> 00:29:53.741 these conversations with just really

NOTE Confidence: 0.810598064166667

00:29:53.750 --> 00:29:56.742 resonated as just like a way of trying

NOTE Confidence: 0.810598064166667

00:29:56.742 --> 00:29:59.862 to learn whatever they could and really

NOTE Confidence: 0.810598064166667

00:29:59.862 --> 00:30:01.792 emphasize to us how conversations

NOTE Confidence: 0.810598064166667

00:30:01.792 --> 00:30:03.610 about evidence based practices,

NOTE Confidence: 0.810598064166667

00:30:03.610 --> 00:30:04.138 mantra,

NOTE Confidence: 0.810598064166667

00:30:04.138 --> 00:30:04.666 meditation,

NOTE Confidence: 0.810598064166667

00:30:04.666 --> 00:30:07.306 anything are really not interwoven

NOTE Confidence: 0.810598064166667

00:30:07.306 --> 00:30:09.570 into the system yet and.

NOTE Confidence: 0.810598064166667

00:30:09.570 --> 00:30:11.874 In a way that is helpful for change.

NOTE Confidence: 0.810598064166667

00:30:11.880 --> 00:30:14.058 So here we're not talking about

NOTE Confidence: 0.810598064166667

00:30:14.058 --> 00:30:15.911 anything really related to the
NOTE Confidence: 0.810598064166667

00:30:15.911 --> 00:30:17.903 meditation trial in terms of the
NOTE Confidence: 0.810598064166667

00:30:17.903 --> 00:30:19.780 meditation as an intervention.
NOTE Confidence: 0.810598064166667

00:30:19.780 --> 00:30:22.272 We're talking about all of the organizational
NOTE Confidence: 0.810598064166667

00:30:22.272 --> 00:30:24.305 and cultural things that are happening
NOTE Confidence: 0.810598064166667

00:30:24.305 --> 00:30:26.412 in settings that we need to address.
NOTE Confidence: 0.810598064166667

00:30:26.420 --> 00:30:28.415 And we took this information and said
NOTE Confidence: 0.810598064166667

00:30:28.415 --> 00:30:30.025 this is the implementation strategy
NOTE Confidence: 0.810598064166667

00:30:30.025 --> 00:30:32.777 that we need to use in future work.
NOTE Confidence: 0.810598064166667

00:30:32.780 --> 00:30:34.733 We need to think about how do
NOTE Confidence: 0.810598064166667

00:30:34.733 --> 00:30:36.343 you promote network weaving and
NOTE Confidence: 0.810598064166667

00:30:36.343 --> 00:30:38.113 that is identifying and building
NOTE Confidence: 0.810598064166667

00:30:38.113 --> 00:30:40.241 out existing high quality working
NOTE Confidence: 0.810598064166667

00:30:40.241 --> 00:30:42.257 relationships within an organization.
NOTE Confidence: 0.810598064166667

00:30:42.260 --> 00:30:43.972 To promote information sharing,
NOTE Confidence: 0.810598064166667

00:30:43.972 --> 00:30:45.256 collaborative problem solving,

NOTE Confidence: 0.810598064166667
00:30:45.260 --> 00:30:47.696 shared goals related to an implementation.
NOTE Confidence: 0.810598064166667
00:30:47.700 --> 00:30:49.962 This is one of those 73 implementation
NOTE Confidence: 0.810598064166667
00:30:49.962 --> 00:30:51.686 strategies that's listed in
NOTE Confidence: 0.810598064166667
00:30:51.686 --> 00:30:53.026 Byron Powell's 2015 paper.
NOTE Confidence: 0.810598064166667
00:30:53.026 --> 00:30:54.838 But this really showed us that
NOTE Confidence: 0.810598064166667
00:30:54.838 --> 00:30:56.652 what we were learning from our
NOTE Confidence: 0.810598064166667
00:30:56.652 --> 00:30:58.490 providers was what we needed to do.
NOTE Confidence: 0.810598064166667
00:30:58.490 --> 00:31:01.002 And so we have since developed a social
NOTE Confidence: 0.810598064166667
00:31:01.002 --> 00:31:02.898 network survey of three questions asking
NOTE Confidence: 0.810598064166667
00:31:02.898 --> 00:31:05.240 people who do they talk to at work?
NOTE Confidence: 0.810598064166667
00:31:05.240 --> 00:31:06.980 Who do they seek advice from,
NOTE Confidence: 0.810598064166667
00:31:06.980 --> 00:31:09.563 who do they go to when there's a difficult
NOTE Confidence: 0.810598064166667
00:31:09.563 --> 00:31:11.198 clinical problem that they have,
NOTE Confidence: 0.810598064166667
00:31:11.200 --> 00:31:12.760 and answers to these questions.
NOTE Confidence: 0.810598064166667
00:31:12.760 --> 00:31:15.105 Help us identify who those champions are
NOTE Confidence: 0.810598064166667

00:31:15.105 --> 00:31:17.911 at each other's sites and who we can
NOTE Confidence: 0.810598064166667

00:31:17.911 --> 00:31:19.646 involve in our implementation efforts
NOTE Confidence: 0.810598064166667

00:31:19.713 --> 00:31:22.044 and how we can promote network weaving.
NOTE Confidence: 0.810598064166667

00:31:22.050 --> 00:31:24.006 How can we get that champion,
NOTE Confidence: 0.810598064166667

00:31:24.010 --> 00:31:25.012 that trusted person,
NOTE Confidence: 0.810598064166667

00:31:25.012 --> 00:31:27.016 to start talking to other people
NOTE Confidence: 0.810598064166667

00:31:27.016 --> 00:31:28.888 about the implementation effort.
NOTE Confidence: 0.810598064166667

00:31:28.890 --> 00:31:30.206 And that's really essential.
NOTE Confidence: 0.810598064166667

00:31:30.206 --> 00:31:32.978 And so without having done a hybrid type
NOTE Confidence: 0.810598064166667

00:31:32.978 --> 00:31:35.186 one and adding this process evaluation,
NOTE Confidence: 0.810598064166667

00:31:35.190 --> 00:31:38.118 we would never have known this.
NOTE Confidence: 0.810598064166667

00:31:38.120 --> 00:31:39.720 And so this moves us into Strategy 2,
NOTE Confidence: 0.745784425714286

00:31:39.720 --> 00:31:41.386 which is let theory be your guide.
NOTE Confidence: 0.745784425714286

00:31:41.390 --> 00:31:42.710 And I know you know that.
NOTE Confidence: 0.745784425714286

00:31:42.710 --> 00:31:44.446 You've all seen this quote from Kurt Lewin.
NOTE Confidence: 0.745784425714286

00:31:44.450 --> 00:31:46.970 Nothing is more practical than a good theory.

NOTE Confidence: 0.745784425714286
00:31:46.970 --> 00:31:48.993 And one of the things that this
NOTE Confidence: 0.745784425714286
00:31:48.993 --> 00:31:50.950 addresses in the Chalmers that all
NOTE Confidence: 0.745784425714286
00:31:50.950 --> 00:31:53.008 research waste issue is that theory
NOTE Confidence: 0.745784425714286
00:31:53.008 --> 00:31:55.155 can help us develop appropriate
NOTE Confidence: 0.745784425714286
00:31:55.155 --> 00:31:57.330 research design methods and analysis.
NOTE Confidence: 0.745784425714286
00:31:57.330 --> 00:31:59.661 And hopefully that will help us speed
NOTE Confidence: 0.745784425714286
00:31:59.661 --> 00:32:01.850 that public health impact translation.
NOTE Confidence: 0.745784425714286
00:32:01.850 --> 00:32:03.180 I always tell people that
NOTE Confidence: 0.745784425714286
00:32:03.180 --> 00:32:04.244 theory is your friend.
NOTE Confidence: 0.745784425714286
00:32:04.250 --> 00:32:05.970 It tells you what you need to measure.
NOTE Confidence: 0.745784425714286
00:32:05.970 --> 00:32:08.820 It tells you how frequently.
NOTE Confidence: 0.745784425714286
00:32:08.820 --> 00:32:10.380 Perhaps you need to do this.
NOTE Confidence: 0.745784425714286
00:32:10.380 --> 00:32:12.316 What are the kinds of concerns that that
NOTE Confidence: 0.745784425714286
00:32:12.316 --> 00:32:14.298 might occur that you haven't thought about?
NOTE Confidence: 0.745784425714286
00:32:14.300 --> 00:32:16.256 And also, we won't waste research
NOTE Confidence: 0.745784425714286

00:32:16.256 --> 00:32:17.902 dollars if we're collecting data
NOTE Confidence: 0.745784425714286

00:32:17.902 --> 00:32:19.600 that we're not intending to use.
NOTE Confidence: 0.745784425714286

00:32:19.600 --> 00:32:21.748 Theory helps us figure that out,
NOTE Confidence: 0.745784425714286

00:32:21.750 --> 00:32:23.850 and this is a wonderful website
NOTE Confidence: 0.745784425714286

00:32:23.850 --> 00:32:25.320 that is a collaboration between
NOTE Confidence: 0.745784425714286

00:32:25.320 --> 00:32:26.790 the University of Colorado and
NOTE Confidence: 0.745784425714286

00:32:26.842 --> 00:32:28.597 Washington University in Saint Louis.
NOTE Confidence: 0.745784425714286

00:32:28.600 --> 00:32:29.797 You can go to the website here.
NOTE Confidence: 0.745784425714286

00:32:29.800 --> 00:32:30.996 It's free to use.
NOTE Confidence: 0.745784425714286

00:32:30.996 --> 00:32:32.790 There are lots and lots of
NOTE Confidence: 0.745784425714286

00:32:32.866 --> 00:32:34.445 different theories, models,
NOTE Confidence: 0.745784425714286

00:32:34.445 --> 00:32:36.725 and frameworks to look at that are used
NOTE Confidence: 0.745784425714286

00:32:36.725 --> 00:32:38.958 in the implementation science space.
NOTE Confidence: 0.745784425714286

00:32:38.960 --> 00:32:42.274 In a paper in 2018 by Sharon
NOTE Confidence: 0.745784425714286

00:32:42.274 --> 00:32:44.159 Strauss and colleagues in Toronto,
NOTE Confidence: 0.745784425714286

00:32:44.160 --> 00:32:47.376 they identified at least 159 theories,

NOTE Confidence: 0.745784425714286
00:32:47.380 --> 00:32:48.247 models and frameworks.
NOTE Confidence: 0.745784425714286
00:32:48.247 --> 00:32:49.981 So we don't need any more
NOTE Confidence: 0.745784425714286
00:32:49.981 --> 00:32:51.189 development of these theories,
NOTE Confidence: 0.745784425714286
00:32:51.190 --> 00:32:52.267 models and frameworks.
NOTE Confidence: 0.745784425714286
00:32:52.267 --> 00:32:54.421 We just need to figure out
NOTE Confidence: 0.745784425714286
00:32:54.421 --> 00:32:55.957 which ones work for us.
NOTE Confidence: 0.745784425714286
00:32:55.960 --> 00:32:57.598 So in my work that I'm doing
NOTE Confidence: 0.745784425714286
00:32:57.598 --> 00:32:59.540 in the VA with my colleagues,
NOTE Confidence: 0.745784425714286
00:32:59.540 --> 00:33:01.076 Umm Keith McGuinness,
NOTE Confidence: 0.745784425714286
00:33:01.076 --> 00:33:02.910 Amanda Midboe, David Snelson,
NOTE Confidence: 0.745784425714286
00:33:02.910 --> 00:33:05.340 we have something called the bridge.
NOTE Confidence: 0.745784425714286
00:33:05.340 --> 00:33:07.380 Prairie Bridge is a short name
NOTE Confidence: 0.745784425714286
00:33:07.380 --> 00:33:09.254 for bridging the care continuum
NOTE Confidence: 0.745784425714286
00:33:09.254 --> 00:33:11.479 for vulnerable veterans in VA
NOTE Confidence: 0.745784425714286
00:33:11.479 --> 00:33:13.259 and community care settings.
NOTE Confidence: 0.745784425714286

00:33:13.260 --> 00:33:15.493 And we're really focusing on how to
NOTE Confidence: 0.745784425714286

00:33:15.493 --> 00:33:17.692 increase the uptake of three different
NOTE Confidence: 0.745784425714286

00:33:17.692 --> 00:33:19.268 evidence based practices related
NOTE Confidence: 0.745784425714286

00:33:19.268 --> 00:33:21.559 to mental health and substance use.
NOTE Confidence: 0.745784425714286

00:33:21.560 --> 00:33:23.540 We're in each of these projects.
NOTE Confidence: 0.745784425714286

00:33:23.540 --> 00:33:25.316 Each one is a hybrid Type 3 design.
NOTE Confidence: 0.745784425714286

00:33:25.320 --> 00:33:27.125 Being implemented in at least
NOTE Confidence: 0.745784425714286

00:33:27.125 --> 00:33:28.930 six sites around the country.
NOTE Confidence: 0.745784425714286

00:33:28.930 --> 00:33:30.430 Some of these are VA sites,
NOTE Confidence: 0.745784425714286

00:33:30.430 --> 00:33:32.369 some of these are community based sites.
NOTE Confidence: 0.745784425714286

00:33:32.370 --> 00:33:33.378 So for example,
NOTE Confidence: 0.745784425714286

00:33:33.378 --> 00:33:35.394 the top one veterans with opioid
NOTE Confidence: 0.745784425714286

00:33:35.394 --> 00:33:36.380 use disorder,
NOTE Confidence: 0.745784425714286

00:33:36.380 --> 00:33:38.985 this is the homeless overdose
NOTE Confidence: 0.745784425714286

00:33:38.985 --> 00:33:40.548 prevention expansion program
NOTE Confidence: 0.745784425714286

00:33:40.548 --> 00:33:43.289 that's being led by Amanda Midvale.

NOTE Confidence: 0.745784425714286
00:33:43.290 --> 00:33:46.386 And the one on the bottom right is on
NOTE Confidence: 0.745784425714286
00:33:46.386 --> 00:33:48.909 veterans released from incarceration.
NOTE Confidence: 0.745784425714286
00:33:48.910 --> 00:33:50.530 This is the pie program.
NOTE Confidence: 0.745784425714286
00:33:50.530 --> 00:33:53.446 This is called the post Incarceration
NOTE Confidence: 0.745784425714286
00:33:53.446 --> 00:33:55.390 engagement program and the.
NOTE Confidence: 0.745784425714286
00:33:55.390 --> 00:33:58.666 Now on the bottom left is the
NOTE Confidence: 0.745784425714286
00:33:58.666 --> 00:34:00.070 mission CJ program,
NOTE Confidence: 0.745784425714286
00:34:00.070 --> 00:34:02.584 and this is the maintaining independence
NOTE Confidence: 0.745784425714286
00:34:02.584 --> 00:34:05.050 and sobriety through systems integration,
NOTE Confidence: 0.745784425714286
00:34:05.050 --> 00:34:06.724 outreach and networking.
NOTE Confidence: 0.745784425714286
00:34:06.724 --> 00:34:07.840 Criminal justice,
NOTE Confidence: 0.745784425714286
00:34:07.840 --> 00:34:09.390 which is why I had to look at my notes
NOTE Confidence: 0.745784425714286
00:34:09.437 --> 00:34:10.829 because I can never remember that.
NOTE Confidence: 0.745784425714286
00:34:10.830 --> 00:34:13.214 But in each of these there are there's
NOTE Confidence: 0.745784425714286
00:34:13.214 --> 00:34:15.688 lots of evidence for this treatment.
NOTE Confidence: 0.745784425714286

00:34:15.690 --> 00:34:18.588 We are trying to, in some cases,
NOTE Confidence: 0.745784425714286

00:34:18.590 --> 00:34:19.152 use peers.
NOTE Confidence: 0.745784425714286

00:34:19.152 --> 00:34:20.557 So having a flexible delivery
NOTE Confidence: 0.745784425714286

00:34:20.557 --> 00:34:22.577 model and also thinking about who
NOTE Confidence: 0.745784425714286

00:34:22.577 --> 00:34:24.069 can deliver these interventions,
NOTE Confidence: 0.745784425714286

00:34:24.070 --> 00:34:25.510 we're using peer specialists.
NOTE Confidence: 0.745784425714286

00:34:25.510 --> 00:34:28.294 And we're trying to do this in what
NOTE Confidence: 0.745784425714286

00:34:28.294 --> 00:34:30.518 we're doing this in a hybrid Type 3,
NOTE Confidence: 0.745784425714286

00:34:30.520 --> 00:34:33.145 which means that our focus is on
NOTE Confidence: 0.745784425714286

00:34:33.145 --> 00:34:34.270 the implementation strategies.
NOTE Confidence: 0.886262576666667

00:34:34.270 --> 00:34:36.106 So I'll say more about that.
NOTE Confidence: 0.886262576666667

00:34:36.110 --> 00:34:38.000 And so here are the projects and
NOTE Confidence: 0.886262576666667

00:34:38.000 --> 00:34:40.130 I lead the implementation core,
NOTE Confidence: 0.886262576666667

00:34:40.130 --> 00:34:42.615 which is responsible for overseeing
NOTE Confidence: 0.886262576666667

00:34:42.615 --> 00:34:45.100 the tracking of the implementation
NOTE Confidence: 0.886262576666667

00:34:45.179 --> 00:34:47.167 strategies that we're using,

NOTE Confidence: 0.886262576666667
00:34:47.170 --> 00:34:49.054 focusing on how we can increase
NOTE Confidence: 0.886262576666667
00:34:49.054 --> 00:34:50.653 the spread and sustainability and
NOTE Confidence: 0.886262576666667
00:34:50.653 --> 00:34:52.634 making sure that each of the projects
NOTE Confidence: 0.886262576666667
00:34:52.634 --> 00:34:54.188 is collecting the same outcomes,
NOTE Confidence: 0.886262576666667
00:34:54.190 --> 00:34:55.744 implementation outcomes and
NOTE Confidence: 0.886262576666667
00:34:55.744 --> 00:34:56.780 effectiveness outcomes.
NOTE Confidence: 0.886262576666667
00:34:56.780 --> 00:34:59.321 So that we can make some comparisons
NOTE Confidence: 0.886262576666667
00:34:59.321 --> 00:35:02.159 across these 18 sites that are involved.
NOTE Confidence: 0.886262576666667
00:35:02.160 --> 00:35:04.488 Even though there are three different
NOTE Confidence: 0.886262576666667
00:35:04.488 --> 00:35:06.040 evidence based practices happening,
NOTE Confidence: 0.886262576666667
00:35:06.040 --> 00:35:09.400 a hybrid Type 3 focus is really on.
NOTE Confidence: 0.886262576666667
00:35:09.400 --> 00:35:12.226 That's the last hybrid step before
NOTE Confidence: 0.886262576666667
00:35:12.226 --> 00:35:14.665 truly trying to sustain something
NOTE Confidence: 0.886262576666667
00:35:14.665 --> 00:35:16.549 in in routine care.
NOTE Confidence: 0.886262576666667
00:35:16.550 --> 00:35:18.188 And so as a result of that,
NOTE Confidence: 0.886262576666667

00:35:18.190 --> 00:35:21.022 we decided to use the dynamic
NOTE Confidence: 0.886262576666667

00:35:21.022 --> 00:35:23.343 sustainability framework as our way
NOTE Confidence: 0.886262576666667

00:35:23.343 --> 00:35:25.734 of focusing on not just implementation
NOTE Confidence: 0.886262576666667

00:35:25.734 --> 00:35:27.974 of sustainability and the DSF,
NOTE Confidence: 0.886262576666667

00:35:27.980 --> 00:35:30.350 which was developed by David Chambers,
NOTE Confidence: 0.886262576666667

00:35:30.350 --> 00:35:32.756 Russ Glasgow Heart stage Dangy is
NOTE Confidence: 0.886262576666667

00:35:32.756 --> 00:35:35.425 that we need to constantly assess
NOTE Confidence: 0.886262576666667

00:35:35.425 --> 00:35:37.389 not just one time,
NOTE Confidence: 0.886262576666667

00:35:37.390 --> 00:35:39.646 but over time how the intervention
NOTE Confidence: 0.886262576666667

00:35:39.646 --> 00:35:42.082 fits with the practice setting and
NOTE Confidence: 0.886262576666667

00:35:42.082 --> 00:35:44.247 fits within the ecological system.
NOTE Confidence: 0.886262576666667

00:35:44.250 --> 00:35:46.080 So oftentimes we only assess
NOTE Confidence: 0.886262576666667

00:35:46.080 --> 00:35:47.178 these things once.
NOTE Confidence: 0.886262576666667

00:35:47.180 --> 00:35:48.740 But we really need to do this overtime.
NOTE Confidence: 0.886262576666667

00:35:48.740 --> 00:35:50.511 And so we have developed a system
NOTE Confidence: 0.886262576666667

00:35:50.511 --> 00:35:52.359 of looking at pre implementation,

NOTE Confidence: 0.886262576666667
00:35:52.360 --> 00:35:53.692 implementation and sustainability
NOTE Confidence: 0.886262576666667
00:35:53.692 --> 00:35:56.356 across these three hybrid type threes.
NOTE Confidence: 0.886262576666667
00:35:56.360 --> 00:35:58.436 So we're always learning about what's
NOTE Confidence: 0.886262576666667
00:35:58.436 --> 00:35:59.820 happening with the intervention,
NOTE Confidence: 0.886262576666667
00:35:59.820 --> 00:36:01.560 what needed to be adapted,
NOTE Confidence: 0.886262576666667
00:36:01.560 --> 00:36:03.258 how are things working in that
NOTE Confidence: 0.886262576666667
00:36:03.258 --> 00:36:04.107 particular practice setting,
NOTE Confidence: 0.886262576666667
00:36:04.110 --> 00:36:06.126 because sometimes we are in jail
NOTE Confidence: 0.886262576666667
00:36:06.126 --> 00:36:07.940 settings that are outside the VA,
NOTE Confidence: 0.886262576666667
00:36:07.940 --> 00:36:10.340 sometimes we are in outpatient settings.
NOTE Confidence: 0.886262576666667
00:36:10.340 --> 00:36:11.987 So we need to figure out you know what
NOTE Confidence: 0.886262576666667
00:36:11.987 --> 00:36:13.569 the organizational climate is like,
NOTE Confidence: 0.886262576666667
00:36:13.570 --> 00:36:14.464 what's the staffing,
NOTE Confidence: 0.886262576666667
00:36:14.464 --> 00:36:16.252 what kind of training and supervision
NOTE Confidence: 0.886262576666667
00:36:16.252 --> 00:36:17.438 is needing and then.
NOTE Confidence: 0.886262576666667

00:36:17.440 --> 00:36:19.210 Certainly the ecological system which
NOTE Confidence: 0.886262576666667

00:36:19.210 --> 00:36:21.705 is our real world factors like what's
NOTE Confidence: 0.886262576666667

00:36:21.705 --> 00:36:23.697 happening in the world of policy
NOTE Confidence: 0.886262576666667

00:36:23.697 --> 00:36:25.428 and regulation and market forces.
NOTE Confidence: 0.886262576666667

00:36:25.430 --> 00:36:28.027 So a perfect example is that we
NOTE Confidence: 0.886262576666667

00:36:28.027 --> 00:36:30.149 intended to have these sites,
NOTE Confidence: 0.886262576666667

00:36:30.150 --> 00:36:33.390 the 12 of the sites that are using peers,
NOTE Confidence: 0.886262576666667

00:36:33.390 --> 00:36:35.490 higher peers at certain times.
NOTE Confidence: 0.886262576666667

00:36:35.490 --> 00:36:38.017 So that we could use a cluster
NOTE Confidence: 0.886262576666667

00:36:38.017 --> 00:36:39.536 randomized stepped wedge design
NOTE Confidence: 0.886262576666667

00:36:39.536 --> 00:36:41.738 to roll out our evidence based
NOTE Confidence: 0.886262576666667

00:36:41.738 --> 00:36:43.570 practices to sites at a time.
NOTE Confidence: 0.886262576666667

00:36:43.570 --> 00:36:46.335 And then COVID hit this actually this
NOTE Confidence: 0.886262576666667

00:36:46.335 --> 00:36:48.768 grant got funded on October 2020,
NOTE Confidence: 0.886262576666667

00:36:48.770 --> 00:36:51.900 so we were in the midst of COVID and then
NOTE Confidence: 0.886262576666667

00:36:51.976 --> 00:36:55.028 the American Rescue Plan Act got funded.

NOTE Confidence: 0.886262576666667
00:36:55.030 --> 00:36:57.578 The ARPA in VA got lots of
NOTE Confidence: 0.886262576666667
00:36:57.578 --> 00:36:59.310 money to hire peers.
NOTE Confidence: 0.886262576666667
00:36:59.310 --> 00:37:02.134 And so even though we had staggered our
NOTE Confidence: 0.886262576666667
00:37:02.134 --> 00:37:05.209 hiring at peers at these sites to meet
NOTE Confidence: 0.886262576666667
00:37:05.209 --> 00:37:07.750 with our cluster stepped wedge design,
NOTE Confidence: 0.886262576666667
00:37:07.750 --> 00:37:09.826 we could no longer have a
NOTE Confidence: 0.886262576666667
00:37:09.826 --> 00:37:11.650 stepped wedge design because our
NOTE Confidence: 0.886262576666667
00:37:11.650 --> 00:37:13.520 sites got peers immediately so.
NOTE Confidence: 0.886262576666667
00:37:13.520 --> 00:37:16.520 In terms of flexible adaptation,
NOTE Confidence: 0.886262576666667
00:37:16.520 --> 00:37:19.760 we had to switch from a stepped wedge
NOTE Confidence: 0.886262576666667
00:37:19.760 --> 00:37:22.986 design to more of an adaptive design,
NOTE Confidence: 0.886262576666667
00:37:22.990 --> 00:37:24.887 and that was a really hard switch
NOTE Confidence: 0.886262576666667
00:37:24.887 --> 00:37:26.679 in the middle of our planning,
NOTE Confidence: 0.886262576666667
00:37:26.680 --> 00:37:29.355 but was essential because of
NOTE Confidence: 0.886262576666667
00:37:29.355 --> 00:37:31.495 the ecological system changes.
NOTE Confidence: 0.886262576666667

00:37:31.500 --> 00:37:33.956 And one of the things that I'm overseeing

NOTE Confidence: 0.886262576666667

00:37:33.956 --> 00:37:36.390 is that we are randomizing sites in

NOTE Confidence: 0.886262576666667

00:37:36.390 --> 00:37:39.187 now are now adaptive designs to either

NOTE Confidence: 0.886262576666667

00:37:39.187 --> 00:37:41.143 receive high intensity strategies

NOTE Confidence: 0.886262576666667

00:37:41.143 --> 00:37:43.099 which we're calling implementation

NOTE Confidence: 0.89558319

00:37:43.100 --> 00:37:45.052 facilitation or low intensity

NOTE Confidence: 0.89558319

00:37:45.052 --> 00:37:46.516 strategies of education,

NOTE Confidence: 0.89558319

00:37:46.520 --> 00:37:48.076 outreach and academic detailing.

NOTE Confidence: 0.89558319

00:37:48.076 --> 00:37:50.828 And both of these have very clear

NOTE Confidence: 0.89558319

00:37:50.828 --> 00:37:53.278 definitions of what they are and we

NOTE Confidence: 0.89558319

00:37:53.278 --> 00:37:55.535 are tracking and in a hybrid type 3,

NOTE Confidence: 0.89558319

00:37:55.540 --> 00:37:58.192 the research groups do not do

NOTE Confidence: 0.89558319

00:37:58.192 --> 00:37:59.960 the implementation strategy work,

NOTE Confidence: 0.89558319

00:37:59.960 --> 00:38:01.520 we train people on the sites.

NOTE Confidence: 0.89558319

00:38:01.520 --> 00:38:03.564 Appears that we've hired or in the

NOTE Confidence: 0.89558319

00:38:03.564 --> 00:38:06.063 case of the Hope project we train a

NOTE Confidence: 0.89558319

00:38:06.063 --> 00:38:08.335 lot of the social workers who are

NOTE Confidence: 0.89558319

00:38:08.335 --> 00:38:10.279 involved to actually do the training

NOTE Confidence: 0.89558319

00:38:10.279 --> 00:38:12.102 of the intervention at that site.

NOTE Confidence: 0.89558319

00:38:12.102 --> 00:38:14.305 And so they we are using our

NOTE Confidence: 0.89558319

00:38:14.305 --> 00:38:15.845 implementation strategies with those

NOTE Confidence: 0.89558319

00:38:15.845 --> 00:38:18.596 those people and then they in turn

NOTE Confidence: 0.89558319

00:38:18.596 --> 00:38:20.128 are delivering the intervention.

NOTE Confidence: 0.89558319

00:38:20.130 --> 00:38:23.002 And so I you know often talk about

NOTE Confidence: 0.89558319

00:38:23.002 --> 00:38:24.236 implementation science being

NOTE Confidence: 0.89558319

00:38:24.236 --> 00:38:26.048 just gigantic tracking effort.

NOTE Confidence: 0.89558319

00:38:26.050 --> 00:38:27.598 We track a lot of things.

NOTE Confidence: 0.89558319

00:38:27.600 --> 00:38:28.986 We have calls often with the

NOTE Confidence: 0.89558319

00:38:28.986 --> 00:38:30.436 sites to learn what they're doing

NOTE Confidence: 0.89558319

00:38:30.436 --> 00:38:31.846 and talk to the point of.

NOTE Confidence: 0.89558319

00:38:31.850 --> 00:38:34.958 Contact to learn more about what's happening.

NOTE Confidence: 0.89558319

00:38:34.960 --> 00:38:37.256 We've created dashboard to look at the
NOTE Confidence: 0.89558319

00:38:37.256 --> 00:38:39.199 different outcomes that we are assessing.
NOTE Confidence: 0.89558319

00:38:39.200 --> 00:38:41.153 This is just a fake version just
NOTE Confidence: 0.89558319

00:38:41.153 --> 00:38:43.094 for presentation to show that we're
NOTE Confidence: 0.89558319

00:38:43.094 --> 00:38:44.839 trying to learn about acceptability,
NOTE Confidence: 0.89558319

00:38:44.840 --> 00:38:46.712 appropriateness, feasibility and
NOTE Confidence: 0.89558319

00:38:46.712 --> 00:38:50.456 trying to see if organizational change,
NOTE Confidence: 0.89558319

00:38:50.460 --> 00:38:53.200 readiness for implementing change
NOTE Confidence: 0.89558319

00:38:53.200 --> 00:38:55.920 changes increases, gets worse etcetera.
NOTE Confidence: 0.89558319

00:38:55.920 --> 00:38:58.024 Over the time of the of the project,
NOTE Confidence: 0.89558319

00:38:58.030 --> 00:38:59.566 people will be hired,
NOTE Confidence: 0.89558319

00:38:59.566 --> 00:39:01.870 people will leave at cultural changes
NOTE Confidence: 0.89558319

00:39:01.938 --> 00:39:02.720 will happen.
NOTE Confidence: 0.89558319

00:39:02.720 --> 00:39:04.817 So we're just trying to track all of that
NOTE Confidence: 0.89558319

00:39:04.817 --> 00:39:06.969 and see how that impacts sustainability.
NOTE Confidence: 0.89558319

00:39:06.970 --> 00:39:09.100 We are actually presenting this

NOTE Confidence: 0.89558319

00:39:09.100 --> 00:39:11.756 work as part of a symposium at

NOTE Confidence: 0.89558319

00:39:11.756 --> 00:39:14.357 the DI Conference in in December

NOTE Confidence: 0.89558319

00:39:14.357 --> 00:39:16.947 if people attend that conference.

NOTE Confidence: 0.89558319

00:39:16.950 --> 00:39:18.420 And the other thing that we're

NOTE Confidence: 0.89558319

00:39:18.420 --> 00:39:20.136 doing is we're also keeping track

NOTE Confidence: 0.89558319

00:39:20.136 --> 00:39:22.170 of the qualitative work that we're

NOTE Confidence: 0.89558319

00:39:22.170 --> 00:39:23.813 collecting according to the Dynamic

NOTE Confidence: 0.89558319

00:39:23.813 --> 00:39:24.725 sustainability framework pieces

NOTE Confidence: 0.89558319

00:39:24.725 --> 00:39:27.378 and to see what we can learn from

NOTE Confidence: 0.89558319

00:39:27.378 --> 00:39:29.491 that in order to adapt any of

NOTE Confidence: 0.89558319

00:39:29.491 --> 00:39:30.399 our strategies if needed.

NOTE Confidence: 0.89558319

00:39:30.400 --> 00:39:31.584 And we're also presenting

NOTE Confidence: 0.89558319

00:39:31.584 --> 00:39:33.064 that work at the conference.

NOTE Confidence: 0.89558319

00:39:33.070 --> 00:39:34.915 So the third strategy is that we need to

NOTE Confidence: 0.89558319

00:39:34.915 --> 00:39:36.939 get to know your stakeholders and this is.

NOTE Confidence: 0.89558319

00:39:36.940 --> 00:39:38.718 To go back to the Chalmers piece,
NOTE Confidence: 0.89558319

00:39:38.720 --> 00:39:40.386 we need to be have research that's
NOTE Confidence: 0.89558319

00:39:40.386 --> 00:39:41.862 relevant to the users of the
NOTE Confidence: 0.89558319

00:39:41.862 --> 00:39:43.528 research and we need to provide fully
NOTE Confidence: 0.89558319

00:39:43.576 --> 00:39:45.100 accessible research information.
NOTE Confidence: 0.89558319

00:39:45.100 --> 00:39:47.206 And we can do this if we build these
NOTE Confidence: 0.89558319

00:39:47.206 --> 00:39:48.526 partnerships and these relationships
NOTE Confidence: 0.89558319

00:39:48.526 --> 00:39:50.596 with our stakeholders from the beginning.
NOTE Confidence: 0.89558319

00:39:50.600 --> 00:39:53.032 And so a project that I've done with
NOTE Confidence: 0.89558319

00:39:53.032 --> 00:39:55.379 colleagues and Pittsburgh funded by pecori,
NOTE Confidence: 0.89558319

00:39:55.380 --> 00:39:56.560 this is the heel study.
NOTE Confidence: 0.89558319

00:39:56.560 --> 00:39:58.510 Heel was developed long before the
NOTE Confidence: 0.89558319

00:39:58.510 --> 00:40:01.016 night of heel and in this case
NOTE Confidence: 0.89558319

00:40:01.016 --> 00:40:02.921 heel stands for healing encounters
NOTE Confidence: 0.89558319

00:40:02.921 --> 00:40:04.060 and attitudes list.
NOTE Confidence: 0.89558319

00:40:04.060 --> 00:40:06.996 It's a set of 6 self report questionnaires

NOTE Confidence: 0.89558319

00:40:06.996 --> 00:40:09.540 built on the promise methodology.

NOTE Confidence: 0.89558319

00:40:09.540 --> 00:40:11.440 Really generalizable to any treatment,

NOTE Confidence: 0.89558319

00:40:11.440 --> 00:40:12.718 but we're trying to use them

NOTE Confidence: 0.89558319

00:40:12.718 --> 00:40:13.820 to see what we can,

NOTE Confidence: 0.89558319

00:40:13.820 --> 00:40:17.260 how these measures might be used to reduce

NOTE Confidence: 0.89558319

00:40:17.260 --> 00:40:20.798 opioid use in community based pain clinics.

NOTE Confidence: 0.89558319

00:40:20.800 --> 00:40:22.808 And so these are our measures of treatment,

NOTE Confidence: 0.89558319

00:40:22.810 --> 00:40:23.461 expectancy,

NOTE Confidence: 0.89558319

00:40:23.461 --> 00:40:25.414 patient provider connection,

NOTE Confidence: 0.89558319

00:40:25.414 --> 00:40:26.716 healthcare environment,

NOTE Confidence: 0.89558319

00:40:26.720 --> 00:40:27.828 positive outlook,

NOTE Confidence: 0.89558319

00:40:27.828 --> 00:40:29.490 spirituality added towards

NOTE Confidence: 0.89558319

00:40:29.490 --> 00:40:31.152 towards complementing restorative

NOTE Confidence: 0.89558319

00:40:31.152 --> 00:40:32.730 medicine through spirit.

NOTE Confidence: 0.89558319

00:40:32.730 --> 00:40:34.690 Through our formative evaluation work.

NOTE Confidence: 0.89558319

00:40:34.690 --> 00:40:36.934 We actually decided not to focus
NOTE Confidence: 0.89558319

00:40:36.934 --> 00:40:38.430 on spirituality and attitudes
NOTE Confidence: 0.829590693888889

00:40:38.498 --> 00:40:39.978 and only use healthcare
NOTE Confidence: 0.829590693888889

00:40:39.978 --> 00:40:41.458 environment a little bit.
NOTE Confidence: 0.829590693888889

00:40:41.460 --> 00:40:43.308 So most of the project focuses on treatment,
NOTE Confidence: 0.829590693888889

00:40:43.310 --> 00:40:45.020 expectancy, patient provider,
NOTE Confidence: 0.829590693888889

00:40:45.020 --> 00:40:47.884 connection and positive outlook and we
NOTE Confidence: 0.829590693888889

00:40:47.884 --> 00:40:49.636 partnered every Pecori project has to
NOTE Confidence: 0.829590693888889

00:40:49.636 --> 00:40:51.358 have stakeholders involved anyway and so.
NOTE Confidence: 0.829590693888889

00:40:51.360 --> 00:40:53.526 We partnered with the UPMC Pain
NOTE Confidence: 0.829590693888889

00:40:53.526 --> 00:40:55.074 Medicine Chair, Vice Chair,
NOTE Confidence: 0.829590693888889

00:40:55.074 --> 00:40:57.134 and even though UPMC is
NOTE Confidence: 0.829590693888889

00:40:57.134 --> 00:40:58.370 central in Pittsburgh,
NOTE Confidence: 0.829590693888889

00:40:58.370 --> 00:41:00.337 a lot of their satellite clinics are
NOTE Confidence: 0.829590693888889

00:41:00.337 --> 00:41:02.136 suburban and some are even considered
NOTE Confidence: 0.829590693888889

00:41:02.136 --> 00:41:03.641 rural because they read they're

NOTE Confidence: 0.829590693888889

00:41:03.641 --> 00:41:05.708 like 2 hours away from Pittsburgh.

NOTE Confidence: 0.829590693888889

00:41:05.710 --> 00:41:08.248 And so it was a really great place to

NOTE Confidence: 0.829590693888889

00:41:08.248 --> 00:41:11.085 try to do a true implementation project.

NOTE Confidence: 0.829590693888889

00:41:11.090 --> 00:41:11.792 Carol Greco,

NOTE Confidence: 0.829590693888889

00:41:11.792 --> 00:41:14.249 who led the project with Ajay Wassan,

NOTE Confidence: 0.829590693888889

00:41:14.250 --> 00:41:16.234 had already done so much work to show

NOTE Confidence: 0.829590693888889

00:41:16.234 --> 00:41:18.352 that there was a strong relationship

NOTE Confidence: 0.829590693888889

00:41:18.352 --> 00:41:20.307 between responses to treatment expectancy,

NOTE Confidence: 0.829590693888889

00:41:20.310 --> 00:41:21.208 positive outlook.

NOTE Confidence: 0.829590693888889

00:41:21.208 --> 00:41:23.004 Patient provider relationship and

NOTE Confidence: 0.829590693888889

00:41:23.004 --> 00:41:25.400 promise measures of pain severity,

NOTE Confidence: 0.829590693888889

00:41:25.400 --> 00:41:27.104 promise measures of global

NOTE Confidence: 0.829590693888889

00:41:27.104 --> 00:41:27.956 functioning etcetera.

NOTE Confidence: 0.829590693888889

00:41:27.960 --> 00:41:30.309 We just wanted now to see can we put

NOTE Confidence: 0.829590693888889

00:41:30.309 --> 00:41:32.432 these measures into what was already

NOTE Confidence: 0.829590693888889

00:41:32.432 --> 00:41:35.042 happening in the clinic and the clinic
NOTE Confidence: 0.829590693888889

00:41:35.042 --> 00:41:37.274 was already using the choir platform,
NOTE Confidence: 0.829590693888889

00:41:37.280 --> 00:41:39.028 the collaborative Health Outcomes
NOTE Confidence: 0.829590693888889

00:41:39.028 --> 00:41:41.213 Information Registry and open source
NOTE Confidence: 0.829590693888889

00:41:41.213 --> 00:41:42.855 web-based patient reported outcome
NOTE Confidence: 0.829590693888889

00:41:42.855 --> 00:41:44.765 application where patients are sent
NOTE Confidence: 0.829590693888889

00:41:44.765 --> 00:41:47.037 an e-mail link and or they can
NOTE Confidence: 0.829590693888889

00:41:47.037 --> 00:41:48.482 complete the survey questions on
NOTE Confidence: 0.829590693888889

00:41:48.490 --> 00:41:51.538 a clinic pad and the survey is of.
NOTE Confidence: 0.829590693888889

00:41:51.540 --> 00:41:53.300 The promised measures had started
NOTE Confidence: 0.829590693888889

00:41:53.300 --> 00:41:56.314 in 2016 and we wanted to roll into
NOTE Confidence: 0.829590693888889

00:41:56.314 --> 00:41:57.890 this the treatment expectancy,
NOTE Confidence: 0.829590693888889

00:41:57.890 --> 00:41:59.462 patient provider out,
NOTE Confidence: 0.829590693888889

00:41:59.462 --> 00:42:01.034 patient provider relationship
NOTE Confidence: 0.829590693888889

00:42:01.034 --> 00:42:03.130 and positive outlook questions.
NOTE Confidence: 0.829590693888889

00:42:03.130 --> 00:42:04.978 So this is the kind of report on

NOTE Confidence: 0.829590693888889
00:42:04.978 --> 00:42:06.457 the promise measures that clinicians
NOTE Confidence: 0.829590693888889
00:42:06.457 --> 00:42:08.377 in the pain clinics would get
NOTE Confidence: 0.829590693888889
00:42:08.377 --> 00:42:10.018 before they saw their patients.
NOTE Confidence: 0.829590693888889
00:42:10.020 --> 00:42:12.052 And so we would be adding in these
NOTE Confidence: 0.829590693888889
00:42:12.052 --> 00:42:13.629 treatment expectancy questions for example,
NOTE Confidence: 0.829590693888889
00:42:13.630 --> 00:42:15.030 so that they could look at them.
NOTE Confidence: 0.829590693888889
00:42:15.030 --> 00:42:17.822 And the whole goal was to try to
NOTE Confidence: 0.829590693888889
00:42:17.822 --> 00:42:19.599 increase greater conversation about
NOTE Confidence: 0.829590693888889
00:42:19.599 --> 00:42:22.094 pain treatment between the provider
NOTE Confidence: 0.829590693888889
00:42:22.094 --> 00:42:24.868 and the patient and reduce opioids
NOTE Confidence: 0.829590693888889
00:42:24.868 --> 00:42:27.262 hopefully and then refer to other
NOTE Confidence: 0.829590693888889
00:42:27.262 --> 00:42:28.422 non pharmacological treatments.
NOTE Confidence: 0.829590693888889
00:42:28.422 --> 00:42:31.054 And so we had a lot of,
NOTE Confidence: 0.829590693888889
00:42:31.060 --> 00:42:32.690 we did formative evaluation work,
NOTE Confidence: 0.829590693888889
00:42:32.690 --> 00:42:34.525 we did process evaluation and
NOTE Confidence: 0.829590693888889

00:42:34.525 --> 00:42:35.259 summative evaluation.
NOTE Confidence: 0.829590693888889

00:42:35.260 --> 00:42:37.115 But really the intervention here
NOTE Confidence: 0.829590693888889

00:42:37.115 --> 00:42:38.970 was putting these heel measures
NOTE Confidence: 0.829590693888889

00:42:39.029 --> 00:42:40.417 into the choir platform,
NOTE Confidence: 0.829590693888889

00:42:40.420 --> 00:42:43.010 so involved the IT group and then
NOTE Confidence: 0.829590693888889

00:42:43.010 --> 00:42:45.937 trying to use our strategies to get.
NOTE Confidence: 0.829590693888889

00:42:45.940 --> 00:42:47.452 Clinic staff to talk to this
NOTE Confidence: 0.829590693888889

00:42:47.452 --> 00:42:49.028 about with their with their people
NOTE Confidence: 0.829590693888889

00:42:49.028 --> 00:42:50.576 who check in for the clinic,
NOTE Confidence: 0.829590693888889

00:42:50.580 --> 00:42:52.556 trying to talk to the providers about it,
NOTE Confidence: 0.829590693888889

00:42:52.560 --> 00:42:55.940 reminding them that these aren't.
NOTE Confidence: 0.829590693888889

00:42:55.940 --> 00:42:56.965 Measuring.
NOTE Confidence: 0.829590693888889

00:42:56.965 --> 00:42:57.990 A.
NOTE Confidence: 0.698151196666667

00:43:00.900 --> 00:43:02.268 There's evaluation work,
NOTE Confidence: 0.698151196666667

00:43:02.268 --> 00:43:05.004 and the other work is forthcoming.
NOTE Confidence: 0.698151196666667

00:43:05.010 --> 00:43:07.210 And here are some examples

NOTE Confidence: 0.698151196666667

00:43:07.210 --> 00:43:08.530 of treatment expectancy.

NOTE Confidence: 0.698151196666667

00:43:08.530 --> 00:43:10.306 So Umm, you know,

NOTE Confidence: 0.698151196666667

00:43:10.306 --> 00:43:12.970 not surprising to any of you,

NOTE Confidence: 0.698151196666667

00:43:12.970 --> 00:43:14.518 but I'm confident in this treatment,

NOTE Confidence: 0.698151196666667

00:43:14.520 --> 00:43:15.950 this treatment will be successful.

NOTE Confidence: 0.698151196666667

00:43:15.950 --> 00:43:17.624 I feel good about this treatment, etcetera.

NOTE Confidence: 0.698151196666667

00:43:17.624 --> 00:43:19.976 And so our formative work was really to

NOTE Confidence: 0.698151196666667

00:43:19.976 --> 00:43:22.038 talk to patients and providers and staff

NOTE Confidence: 0.698151196666667

00:43:22.038 --> 00:43:24.428 to find out what they thought about it.

NOTE Confidence: 0.698151196666667

00:43:24.430 --> 00:43:26.131 And again, we drew on the theory

NOTE Confidence: 0.698151196666667

00:43:26.131 --> 00:43:27.470 of diffusion of innovation.

NOTE Confidence: 0.698151196666667

00:43:27.470 --> 00:43:28.592 So we wanted to know what

NOTE Confidence: 0.698151196666667

00:43:28.592 --> 00:43:29.510 did they think about it.

NOTE Confidence: 0.698151196666667

00:43:29.510 --> 00:43:31.610 And we were able to figure out what was the

NOTE Confidence: 0.698151196666667

00:43:31.666 --> 00:43:33.868 relative advantage of this considered higher,

NOTE Confidence: 0.698151196666667

00:43:33.870 --> 00:43:35.760 low and so some patients.
NOTE Confidence: 0.698151196666667

00:43:35.760 --> 00:43:37.994 Said that it was high that, you know,
NOTE Confidence: 0.698151196666667

00:43:37.994 --> 00:43:39.268 when they go to the pain center,
NOTE Confidence: 0.698151196666667

00:43:39.270 --> 00:43:41.489 they don't expect to leave pain free.
NOTE Confidence: 0.698151196666667

00:43:41.490 --> 00:43:43.494 They want their pain just to
NOTE Confidence: 0.698151196666667

00:43:43.494 --> 00:43:44.830 be manageable or tolerable.
NOTE Confidence: 0.698151196666667

00:43:44.830 --> 00:43:46.657 They think that their doctor feels that
NOTE Confidence: 0.698151196666667

00:43:46.657 --> 00:43:48.377 the opioid problem is people not wanting
NOTE Confidence: 0.698151196666667

00:43:48.377 --> 00:43:50.137 to have pain and but really what they
NOTE Confidence: 0.698151196666667

00:43:50.137 --> 00:43:51.927 want is just to be able to manage it.
NOTE Confidence: 0.698151196666667

00:43:51.927 --> 00:43:53.823 And so they felt it would be great
NOTE Confidence: 0.698151196666667

00:43:53.823 --> 00:43:55.560 to answer these treatment expectancy
NOTE Confidence: 0.698151196666667

00:43:55.560 --> 00:43:58.181 questions and then to have a conversation
NOTE Confidence: 0.698151196666667

00:43:58.181 --> 00:44:00.206 with their provider about it.
NOTE Confidence: 0.698151196666667

00:44:00.210 --> 00:44:01.698 Some providers thought it would be
NOTE Confidence: 0.698151196666667

00:44:01.698 --> 00:44:03.686 a great idea because they are very

NOTE Confidence: 0.698151196666667
00:44:03.686 --> 00:44:04.950 interested in treatment expectancy.
NOTE Confidence: 0.698151196666667
00:44:04.950 --> 00:44:06.230 They know how it affects.
NOTE Confidence: 0.698151196666667
00:44:06.230 --> 00:44:07.008 Pain perception.
NOTE Confidence: 0.698151196666667
00:44:07.008 --> 00:44:08.564 And then some patients
NOTE Confidence: 0.698151196666667
00:44:08.564 --> 00:44:10.120 and providers thought oh,
NOTE Confidence: 0.698151196666667
00:44:10.120 --> 00:44:10.481 these,
NOTE Confidence: 0.698151196666667
00:44:10.481 --> 00:44:11.203 you know,
NOTE Confidence: 0.698151196666667
00:44:11.203 --> 00:44:13.008 these questions are really repetitive
NOTE Confidence: 0.698151196666667
00:44:13.008 --> 00:44:15.108 and people aren't going to want to
NOTE Confidence: 0.698151196666667
00:44:15.108 --> 00:44:16.940 listen to this or people aren't going
NOTE Confidence: 0.698151196666667
00:44:16.940 --> 00:44:18.500 to want to complete these items.
NOTE Confidence: 0.698151196666667
00:44:18.500 --> 00:44:20.316 And so they were really doubtful about it.
NOTE Confidence: 0.698151196666667
00:44:20.320 --> 00:44:23.638 And then this gave us some information
NOTE Confidence: 0.698151196666667
00:44:23.638 --> 00:44:25.960 to develop implementation strategies.
NOTE Confidence: 0.698151196666667
00:44:25.960 --> 00:44:27.816 And so for patients,
NOTE Confidence: 0.698151196666667

00:44:27.816 --> 00:44:31.249 we did these FAQ sheets where we
NOTE Confidence: 0.698151196666667

00:44:31.249 --> 00:44:33.530 look specifically at, you know,
NOTE Confidence: 0.698151196666667

00:44:33.530 --> 00:44:34.750 these questions seem repetitive.
NOTE Confidence: 0.698151196666667

00:44:34.750 --> 00:44:36.059 Do I really need to answer these,
NOTE Confidence: 0.698151196666667

00:44:36.060 --> 00:44:37.779 you know, will my doctor talk to me about?
NOTE Confidence: 0.698151196666667

00:44:37.780 --> 00:44:39.286 These will these affect my treatment.
NOTE Confidence: 0.698151196666667

00:44:39.290 --> 00:44:41.082 Those are the kinds of things that
NOTE Confidence: 0.698151196666667

00:44:41.082 --> 00:44:42.756 we were hearing from patients and
NOTE Confidence: 0.698151196666667

00:44:42.756 --> 00:44:44.730 our interviews and so we created some
NOTE Confidence: 0.698151196666667

00:44:44.787 --> 00:44:46.787 educational strategies to address that.
NOTE Confidence: 0.698151196666667

00:44:46.790 --> 00:44:47.436 For providers,
NOTE Confidence: 0.698151196666667

00:44:47.436 --> 00:44:49.697 we went a little bit more actively
NOTE Confidence: 0.698151196666667

00:44:49.697 --> 00:44:52.424 and we created these six videos
NOTE Confidence: 0.698151196666667

00:44:52.424 --> 00:44:54.736 with our stakeholder champion,
NOTE Confidence: 0.698151196666667

00:44:54.740 --> 00:44:57.392 the clinic lead about the different
NOTE Confidence: 0.698151196666667

00:44:57.392 --> 00:45:00.094 types of measures that we were

NOTE Confidence: 0.698151196666667
00:45:00.094 --> 00:45:02.229 using and really sharing with
NOTE Confidence: 0.698151196666667
00:45:02.229 --> 00:45:04.350 providers what was important.
NOTE Confidence: 0.698151196666667
00:45:04.350 --> 00:45:05.618 So they were short,
NOTE Confidence: 0.698151196666667
00:45:05.618 --> 00:45:06.886 you know two-minute videos
NOTE Confidence: 0.698151196666667
00:45:06.886 --> 00:45:08.530 that we sent to clinics.
NOTE Confidence: 0.698151196666667
00:45:08.530 --> 00:45:10.522 The clinics would then do a little red
NOTE Confidence: 0.698151196666667
00:45:10.522 --> 00:45:12.448 CAP survey to to say that they'd watched
NOTE Confidence: 0.698151196666667
00:45:12.448 --> 00:45:14.279 it and then you know the Clinton,
NOTE Confidence: 0.698151196666667
00:45:14.280 --> 00:45:16.080 we had a little competition going,
NOTE Confidence: 0.698151196666667
00:45:16.080 --> 00:45:19.880 clinics who watched more of the survey,
NOTE Confidence: 0.698151196666667
00:45:19.880 --> 00:45:21.680 more of the videos,
NOTE Confidence: 0.698151196666667
00:45:21.680 --> 00:45:23.780 got coffee and Donuts for that week.
NOTE Confidence: 0.698151196666667
00:45:23.780 --> 00:45:26.782 So just trying to get the word out in
NOTE Confidence: 0.698151196666667
00:45:26.782 --> 00:45:28.954 an educational strategy and sort of
NOTE Confidence: 0.698151196666667
00:45:28.954 --> 00:45:31.140 engaging way about why it's important
NOTE Confidence: 0.698151196666667

00:45:31.140 --> 00:45:33.541 to do this because this project was
NOTE Confidence: 0.698151196666667

00:45:33.611 --> 00:45:35.519 a true implementation project.
NOTE Confidence: 0.698151196666667

00:45:35.520 --> 00:45:37.340 It was not a hybrid type three.
NOTE Confidence: 0.698151196666667

00:45:37.340 --> 00:45:38.810 We did not have any research.
NOTE Confidence: 0.698151196666667

00:45:38.810 --> 00:45:40.006 Staff in the clinics,
NOTE Confidence: 0.698151196666667

00:45:40.006 --> 00:45:41.800 we were just trying to remotely
NOTE Confidence: 0.856741732608695

00:45:41.861 --> 00:45:43.411 convince people at these clinics
NOTE Confidence: 0.856741732608695

00:45:43.411 --> 00:45:45.760 that this is what they needed to do,
NOTE Confidence: 0.856741732608695

00:45:45.760 --> 00:45:50.422 and so a real true test of behavior change.
NOTE Confidence: 0.856741732608695

00:45:50.430 --> 00:45:52.350 And so we're still working on the results.
NOTE Confidence: 0.856741732608695

00:45:52.350 --> 00:45:54.570 The project has ended in April,
NOTE Confidence: 0.856741732608695

00:45:54.570 --> 00:45:56.411 but you know over we have these
NOTE Confidence: 0.856741732608695

00:45:56.411 --> 00:45:57.715 different nine month periods that
NOTE Confidence: 0.856741732608695

00:45:57.715 --> 00:45:59.932 we looked at and there were a lot of
NOTE Confidence: 0.856741732608695

00:45:59.932 --> 00:46:01.447 unique patients at these clinics,
NOTE Confidence: 0.856741732608695

00:46:01.450 --> 00:46:03.544 a lot of patient appointments and

NOTE Confidence: 0.856741732608695
00:46:03.544 --> 00:46:05.802 we looked at initially did patients
NOTE Confidence: 0.856741732608695
00:46:05.802 --> 00:46:08.196 complete the surveys and did staff
NOTE Confidence: 0.856741732608695
00:46:08.196 --> 00:46:10.105 complete looking at those reports
NOTE Confidence: 0.856741732608695
00:46:10.105 --> 00:46:12.199 because we really didn't have any
NOTE Confidence: 0.856741732608695
00:46:12.199 --> 00:46:14.480 other way of seeing how engaged
NOTE Confidence: 0.856741732608695
00:46:14.480 --> 00:46:16.410 they were with these results.
NOTE Confidence: 0.856741732608695
00:46:16.410 --> 00:46:18.466 So pre implementation of
NOTE Confidence: 0.856741732608695
00:46:18.466 --> 00:46:21.036 these measures which was 2018.
NOTE Confidence: 0.856741732608695
00:46:21.040 --> 00:46:22.728 These were sort of our baseline when it
NOTE Confidence: 0.856741732608695
00:46:22.728 --> 00:46:24.518 was just the patient reported outcomes,
NOTE Confidence: 0.856741732608695
00:46:24.520 --> 00:46:26.392 just the promise measures in the
NOTE Confidence: 0.856741732608695
00:46:26.392 --> 00:46:28.240 system surveys were being completed,
NOTE Confidence: 0.856741732608695
00:46:28.240 --> 00:46:30.140 about 72% of the patients,
NOTE Confidence: 0.856741732608695
00:46:30.140 --> 00:46:32.390 about 79% of the staff were looking at these.
NOTE Confidence: 0.856741732608695
00:46:32.390 --> 00:46:34.232 These are pretty high numbers and
NOTE Confidence: 0.856741732608695

00:46:34.232 --> 00:46:36.380 we didn't know if we'd be able
NOTE Confidence: 0.856741732608695

00:46:36.380 --> 00:46:38.430 to improve upon that post heal,
NOTE Confidence: 0.856741732608695

00:46:38.430 --> 00:46:41.160 but still pre COVID around 2019,
NOTE Confidence: 0.856741732608695

00:46:41.160 --> 00:46:42.704 so post heal implementation,
NOTE Confidence: 0.856741732608695

00:46:42.704 --> 00:46:45.552 so now the heel measures of treatment
NOTE Confidence: 0.856741732608695

00:46:45.552 --> 00:46:48.324 expectancy etcetera are in the system
NOTE Confidence: 0.856741732608695

00:46:48.330 --> 00:46:51.186 are more people completing the surveys.
NOTE Confidence: 0.856741732608695

00:46:51.190 --> 00:46:52.004 Not really.
NOTE Confidence: 0.856741732608695

00:46:52.004 --> 00:46:54.446 Our more staff reviewing their reports.
NOTE Confidence: 0.856741732608695

00:46:54.450 --> 00:46:56.150 No, it's totally the same.
NOTE Confidence: 0.856741732608695

00:46:56.150 --> 00:46:58.710 And so we had to like up our
NOTE Confidence: 0.856741732608695

00:46:58.710 --> 00:46:59.350 implementation strategies.
NOTE Confidence: 0.856741732608695

00:46:59.350 --> 00:47:01.500 We did further educational efforts,
NOTE Confidence: 0.856741732608695

00:47:01.500 --> 00:47:02.672 we did a retreat.
NOTE Confidence: 0.856741732608695

00:47:02.672 --> 00:47:04.430 We did started doing journal clubs,
NOTE Confidence: 0.856741732608695

00:47:04.430 --> 00:47:06.090 we did lunch and learns,

NOTE Confidence: 0.856741732608695
00:47:06.090 --> 00:47:08.940 then COVID hits and everything
NOTE Confidence: 0.856741732608695
00:47:08.940 --> 00:47:11.220 went remote and interestingly.
NOTE Confidence: 0.856741732608695
00:47:11.220 --> 00:47:12.670 As a result of telemedicine,
NOTE Confidence: 0.856741732608695
00:47:12.670 --> 00:47:14.917 when people could not see their patients
NOTE Confidence: 0.856741732608695
00:47:14.917 --> 00:47:16.887 and patients could not see their
NOTE Confidence: 0.856741732608695
00:47:16.887 --> 00:47:19.099 doctors in real life everything was virtual.
NOTE Confidence: 0.856741732608695
00:47:19.100 --> 00:47:21.914 We had a higher survey completion rates.
NOTE Confidence: 0.856741732608695
00:47:21.920 --> 00:47:24.464 And we had a higher rate of clinicians
NOTE Confidence: 0.856741732608695
00:47:24.464 --> 00:47:27.129 and staff looking at those reports and
NOTE Confidence: 0.856741732608695
00:47:27.129 --> 00:47:29.523 so really indicated that there was
NOTE Confidence: 0.856741732608695
00:47:29.523 --> 00:47:31.713 a real need for understanding more
NOTE Confidence: 0.856741732608695
00:47:31.713 --> 00:47:34.172 about how people were feeling about
NOTE Confidence: 0.856741732608695
00:47:34.172 --> 00:47:36.852 their treatments in this telemedicine space.
NOTE Confidence: 0.856741732608695
00:47:36.852 --> 00:47:40.386 And when we looked at changes over time
NOTE Confidence: 0.856741732608695
00:47:40.386 --> 00:47:43.165 in terms of what was happening with,
NOTE Confidence: 0.856741732608695

00:47:43.170 --> 00:47:44.752 you know, and we and it's not
NOTE Confidence: 0.856741732608695

00:47:44.752 --> 00:47:45.810 a controlled trial at all,
NOTE Confidence: 0.856741732608695

00:47:45.810 --> 00:47:46.918 0 control on this.
NOTE Confidence: 0.856741732608695

00:47:46.918 --> 00:47:49.174 We're making a lot of assumptions and of
NOTE Confidence: 0.856741732608695

00:47:49.174 --> 00:47:51.310 course there are a lot of limitations here.
NOTE Confidence: 0.856741732608695

00:47:51.310 --> 00:47:55.184 But we can see that from 2018 until now,
NOTE Confidence: 0.856741732608695

00:47:55.184 --> 00:47:57.332 there's been a big increase in
NOTE Confidence: 0.856741732608695

00:47:57.332 --> 00:47:59.288 referrals to integrative medicine,
NOTE Confidence: 0.856741732608695

00:47:59.290 --> 00:47:59.730 50%.
NOTE Confidence: 0.856741732608695

00:47:59.730 --> 00:48:02.886 And there's been an increase of 19%
NOTE Confidence: 0.856741732608695

00:48:02.886 --> 00:48:05.466 in referrals to psychiatric and
NOTE Confidence: 0.856741732608695

00:48:05.466 --> 00:48:07.530 psychological services and maybe.
NOTE Confidence: 0.856741732608695

00:48:07.530 --> 00:48:09.650 This is a result of having a decrease
NOTE Confidence: 0.856741732608695

00:48:09.650 --> 00:48:10.819 in prescriptions for opioids,
NOTE Confidence: 0.856741732608695

00:48:10.820 --> 00:48:13.201 which are down 8 to 14%.
NOTE Confidence: 0.856741732608695

00:48:13.201 --> 00:48:14.806 Orders for injections are down

NOTE Confidence: 0.856741732608695
00:48:14.806 --> 00:48:17.020 a little bit and interestingly,
NOTE Confidence: 0.856741732608695
00:48:17.020 --> 00:48:18.200 orders for physical therapy
NOTE Confidence: 0.856741732608695
00:48:18.200 --> 00:48:19.380 and occupational also down,
NOTE Confidence: 0.856741732608695
00:48:19.380 --> 00:48:21.332 and we think it might be because they're
NOTE Confidence: 0.856741732608695
00:48:21.332 --> 00:48:22.940 referring more to integrative medicine.
NOTE Confidence: 0.856741732608695
00:48:22.940 --> 00:48:25.201 We also saw a decrease in the
NOTE Confidence: 0.856741732608695
00:48:25.201 --> 00:48:28.068 number of ER visits and urgent care
NOTE Confidence: 0.856741732608695
00:48:28.068 --> 00:48:29.880 visits per pain patient.
NOTE Confidence: 0.856741732608695
00:48:29.880 --> 00:48:32.058 That doesn't mean these visits were
NOTE Confidence: 0.856741732608695
00:48:32.058 --> 00:48:34.255 not necessarily related to a pain
NOTE Confidence: 0.856741732608695
00:48:34.255 --> 00:48:35.970 issue that they were experiencing.
NOTE Confidence: 0.856741732608695
00:48:35.970 --> 00:48:38.220 And so it's just an observation.
NOTE Confidence: 0.856741732608695
00:48:38.220 --> 00:48:39.417 That we've made.
NOTE Confidence: 0.856741732608695
00:48:39.417 --> 00:48:42.210 But this is a true implementation project.
NOTE Confidence: 0.695710655
00:48:42.210 --> 00:48:44.040 This is, there's nothing controlled here,
NOTE Confidence: 0.695710655

00:48:44.040 --> 00:48:45.368 there's no research staff.
NOTE Confidence: 0.695710655

00:48:45.368 --> 00:48:48.585 This is just the use of strategies to try
NOTE Confidence: 0.695710655

00:48:48.585 --> 00:48:51.280 to increase the uptake of something that
NOTE Confidence: 0.695710655

00:48:51.351 --> 00:48:53.997 we think will work to change practice
NOTE Confidence: 0.695710655

00:48:53.997 --> 00:48:56.030 behavior and change prescribing behavior.
NOTE Confidence: 0.695710655

00:48:56.030 --> 00:48:59.145 And all built on the formative evaluations
NOTE Confidence: 0.695710655

00:48:59.145 --> 00:49:01.338 and process evaluations that we're
NOTE Confidence: 0.695710655

00:49:01.338 --> 00:49:03.852 doing to learn what's working and
NOTE Confidence: 0.695710655

00:49:03.922 --> 00:49:06.148 what's not working in the clinics.
NOTE Confidence: 0.695710655

00:49:06.150 --> 00:49:09.582 And so the final strategy is that we need
NOTE Confidence: 0.695710655

00:49:09.582 --> 00:49:11.070 to tailor our dissemination efforts more.
NOTE Confidence: 0.695710655

00:49:11.070 --> 00:49:13.604 And this will really help address the
NOTE Confidence: 0.695710655

00:49:13.604 --> 00:49:15.522 Chalmers comment of having unbiased
NOTE Confidence: 0.695710655

00:49:15.522 --> 00:49:17.427 and usable research reports like
NOTE Confidence: 0.695710655

00:49:17.427 --> 00:49:20.242 what can we create for the different
NOTE Confidence: 0.695710655

00:49:20.242 --> 00:49:22.642 audiences and the different groups who

NOTE Confidence: 0.695710655

00:49:22.650 --> 00:49:25.331 need to know more about our efforts

NOTE Confidence: 0.695710655

00:49:25.331 --> 00:49:27.970 to decide that they also want to

NOTE Confidence: 0.695710655

00:49:27.970 --> 00:49:30.082 adopt it and invest in this.

NOTE Confidence: 0.695710655

00:49:30.090 --> 00:49:32.526 And I just will say that Yale

NOTE Confidence: 0.695710655

00:49:32.526 --> 00:49:34.003 has a terrific dissemination.

NOTE Confidence: 0.695710655

00:49:34.003 --> 00:49:37.034 I don't know what you call it,

NOTE Confidence: 0.695710655

00:49:37.040 --> 00:49:41.210 a report, a report on strategies,

NOTE Confidence: 0.695710655

00:49:41.210 --> 00:49:42.708 but I use this all the time.

NOTE Confidence: 0.695710655

00:49:42.710 --> 00:49:44.845 I share it with lots of people.

NOTE Confidence: 0.695710655

00:49:44.850 --> 00:49:46.326 If you aren't familiar with this,

NOTE Confidence: 0.695710655

00:49:46.330 --> 00:49:47.602 it's it's the link is there

NOTE Confidence: 0.695710655

00:49:47.602 --> 00:49:49.130 and I will share these slides.

NOTE Confidence: 0.695710655

00:49:49.130 --> 00:49:51.086 But really talking about these key

NOTE Confidence: 0.695710655

00:49:51.086 --> 00:49:52.390 characteristics of an effective

NOTE Confidence: 0.695710655

00:49:52.442 --> 00:49:54.368 dissemination plan and that number one,

NOTE Confidence: 0.695710655

00:49:54.370 --> 00:49:56.344 is super important to orienting towards the
NOTE Confidence: 0.695710655

00:49:56.344 --> 00:49:58.524 needs of the audience using appropriate
NOTE Confidence: 0.695710655

00:49:58.524 --> 00:50:00.224 language and information levels.
NOTE Confidence: 0.695710655

00:50:00.230 --> 00:50:02.484 And when we are thinking about this,
NOTE Confidence: 0.695710655

00:50:02.490 --> 00:50:04.450 a quarry project that we just completed
NOTE Confidence: 0.695710655

00:50:04.450 --> 00:50:06.750 and how can we start to convince people
NOTE Confidence: 0.695710655

00:50:06.750 --> 00:50:08.760 that they can add these questions,
NOTE Confidence: 0.695710655

00:50:08.760 --> 00:50:11.270 these treatment expectancy, excuse me,
NOTE Confidence: 0.695710655

00:50:11.270 --> 00:50:13.745 expectancy, positive outlook,
NOTE Confidence: 0.695710655

00:50:13.745 --> 00:50:16.220 patient provider relationship
NOTE Confidence: 0.695710655

00:50:16.220 --> 00:50:19.426 questions in a way that may inform
NOTE Confidence: 0.695710655

00:50:19.426 --> 00:50:21.519 the conversations that providers and
NOTE Confidence: 0.695710655

00:50:21.519 --> 00:50:24.578 patients are having and may inform future
NOTE Confidence: 0.695710655

00:50:24.578 --> 00:50:26.990 treatments moving away from opioid use,
NOTE Confidence: 0.695710655

00:50:26.990 --> 00:50:28.222 moving into non pharmacological
NOTE Confidence: 0.695710655

00:50:28.222 --> 00:50:30.270 treatments we think well what is it?

NOTE Confidence: 0.695710655

00:50:30.270 --> 00:50:32.102 That a clinic needs to know what is

NOTE Confidence: 0.695710655

00:50:32.102 --> 00:50:33.850 it that leadership needs to know

NOTE Confidence: 0.695710655

00:50:33.850 --> 00:50:35.856 and we're talking to, you know,

NOTE Confidence: 0.695710655

00:50:35.856 --> 00:50:37.020 small, you know,

NOTE Confidence: 0.695710655

00:50:37.020 --> 00:50:38.490 small clinics around the country.

NOTE Confidence: 0.695710655

00:50:38.490 --> 00:50:40.938 We're talking to larger hospital based.

NOTE Confidence: 0.695710655

00:50:40.940 --> 00:50:42.938 What do they need to know?

NOTE Confidence: 0.695710655

00:50:42.940 --> 00:50:45.732 And honestly what they need to know is

NOTE Confidence: 0.695710655

00:50:45.732 --> 00:50:48.818 what are the costs of implementing this.

NOTE Confidence: 0.695710655

00:50:48.820 --> 00:50:49.548 And luckily,

NOTE Confidence: 0.695710655

00:50:49.548 --> 00:50:50.276 Lisa Saldana,

NOTE Confidence: 0.695710655

00:50:50.276 --> 00:50:52.940 who's at the Oregon Social Learning Center,

NOTE Confidence: 0.695710655

00:50:52.940 --> 00:50:55.316 has worked done a lot of work on

NOTE Confidence: 0.695710655

00:50:55.316 --> 00:50:57.498 something called the stages of

NOTE Confidence: 0.695710655

00:50:57.498 --> 00:50:59.016 implementation completion checklist,

NOTE Confidence: 0.695710655

00:50:59.020 --> 00:51:00.896 which she has also shown can be
NOTE Confidence: 0.695710655

00:51:00.896 --> 00:51:03.755 a way of tracking the costs of
NOTE Confidence: 0.695710655

00:51:03.755 --> 00:51:05.246 implementing these strategies.
NOTE Confidence: 0.695710655

00:51:05.250 --> 00:51:08.370 And these are the eight steps in an
NOTE Confidence: 0.695710655

00:51:08.370 --> 00:51:10.009 implementation pipeline if you will.
NOTE Confidence: 0.695710655

00:51:10.010 --> 00:51:10.474 First,
NOTE Confidence: 0.695710655

00:51:10.474 --> 00:51:13.258 there's a pre implementation phase of
NOTE Confidence: 0.695710655

00:51:13.258 --> 00:51:14.756 engagement understanding, feasibility,
NOTE Confidence: 0.695710655

00:51:14.756 --> 00:51:17.586 readiness planning with a site.
NOTE Confidence: 0.695710655

00:51:17.590 --> 00:51:18.834 So those are considered.
NOTE Confidence: 0.695710655

00:51:18.834 --> 00:51:20.700 The first three steps are pre
NOTE Confidence: 0.695710655

00:51:20.764 --> 00:51:22.738 implementation work and then so besides
NOTE Confidence: 0.695710655

00:51:22.738 --> 00:51:25.668 done all that and they're ready to implement,
NOTE Confidence: 0.695710655

00:51:25.670 --> 00:51:27.194 you can move to the implementation
NOTE Confidence: 0.695710655

00:51:27.194 --> 00:51:29.135 phase which is we hire staff and train
NOTE Confidence: 0.695710655

00:51:29.135 --> 00:51:31.026 them or we don't need to hire staff

NOTE Confidence: 0.695710655

00:51:31.026 --> 00:51:32.846 but we move staff into certain roles,

NOTE Confidence: 0.695710655

00:51:32.850 --> 00:51:35.556 we do some fidelity monitoring we.

NOTE Confidence: 0.695710655

00:51:35.560 --> 00:51:37.330 Maybe the research team provides some

NOTE Confidence: 0.695710655

00:51:37.330 --> 00:51:38.977 consultation to get started up and

NOTE Confidence: 0.695710655

00:51:38.977 --> 00:51:40.440 maybe at that point then someone at

NOTE Confidence: 0.695710655

00:51:40.440 --> 00:51:42.240 the site takes over that consultation,

NOTE Confidence: 0.774826268333333

00:51:42.240 --> 00:51:44.060 working with the different groups of the

NOTE Confidence: 0.774826268333333

00:51:44.060 --> 00:51:45.929 clinic on that implementation effort.

NOTE Confidence: 0.774826268333333

00:51:45.930 --> 00:51:47.400 There's going to be some ongoing

NOTE Confidence: 0.774826268333333

00:51:47.400 --> 00:51:48.550 monitoring of what's going on.

NOTE Confidence: 0.774826268333333

00:51:48.550 --> 00:51:49.970 That's the implementation phase.

NOTE Confidence: 0.774826268333333

00:51:49.970 --> 00:51:52.100 And then obviously we need to

NOTE Confidence: 0.774826268333333

00:51:52.166 --> 00:51:53.941 understand has true competency been

NOTE Confidence: 0.774826268333333

00:51:53.941 --> 00:51:56.470 achieved which can lead to sustainment.

NOTE Confidence: 0.774826268333333

00:51:56.470 --> 00:51:59.290 Each of these eight steps requires the

NOTE Confidence: 0.774826268333333

00:51:59.290 --> 00:52:01.610 research team to do a lot of tracking
NOTE Confidence: 0.774826268333333

00:52:01.672 --> 00:52:04.144 of the different efforts involved in
NOTE Confidence: 0.774826268333333

00:52:04.144 --> 00:52:05.792 every implementation to understand
NOTE Confidence: 0.774826268333333

00:52:05.853 --> 00:52:07.767 what does engagement mean for me?
NOTE Confidence: 0.774826268333333

00:52:07.770 --> 00:52:09.630 What does feasibility mean for me?
NOTE Confidence: 0.774826268333333

00:52:09.630 --> 00:52:11.326 Who's involved with that?
NOTE Confidence: 0.774826268333333

00:52:11.326 --> 00:52:13.446 But through this meticulous tracking,
NOTE Confidence: 0.774826268333333

00:52:13.450 --> 00:52:14.865 and especially if you're working
NOTE Confidence: 0.774826268333333

00:52:14.865 --> 00:52:16.857 with a champion like we were with
NOTE Confidence: 0.774826268333333

00:52:16.857 --> 00:52:18.670 the head of the Pain Medicine Group,
NOTE Confidence: 0.774826268333333

00:52:18.670 --> 00:52:20.497 we could start to identify what does
NOTE Confidence: 0.774826268333333

00:52:20.497 --> 00:52:22.647 that mean in terms of minutes and what
NOTE Confidence: 0.774826268333333

00:52:22.647 --> 00:52:24.783 does that mean in terms of costs for
NOTE Confidence: 0.774826268333333

00:52:24.783 --> 00:52:26.575 the people who are working on this.
NOTE Confidence: 0.774826268333333

00:52:26.580 --> 00:52:29.540 And so through a lot of work we did a cost,
NOTE Confidence: 0.774826268333333

00:52:29.540 --> 00:52:31.340 we got an extension for Macquarie to do

NOTE Confidence: 0.774826268333333
00:52:31.340 --> 00:52:33.320 a cost of implementation enhancement.
NOTE Confidence: 0.774826268333333
00:52:33.320 --> 00:52:35.492 We tracked costs from March 1st
NOTE Confidence: 0.774826268333333
00:52:35.492 --> 00:52:37.245 to November 30th of 2021.
NOTE Confidence: 0.774826268333333
00:52:37.245 --> 00:52:39.075 We found that at this point
NOTE Confidence: 0.774826268333333
00:52:39.075 --> 00:52:40.726 there were 24,000 patients.
NOTE Confidence: 0.774826268333333
00:52:40.726 --> 00:52:43.316 This involved 74 clinic personnel.
NOTE Confidence: 0.774826268333333
00:52:43.320 --> 00:52:45.048 We could figure out when people
NOTE Confidence: 0.774826268333333
00:52:45.048 --> 00:52:47.061 moved from a pre implementation to
NOTE Confidence: 0.774826268333333
00:52:47.061 --> 00:52:49.046 an implementation to a sustainment
NOTE Confidence: 0.774826268333333
00:52:49.046 --> 00:52:51.320 phase in each of these clinics.
NOTE Confidence: 0.774826268333333
00:52:51.320 --> 00:52:53.266 And then we also could figure out
NOTE Confidence: 0.774826268333333
00:52:53.266 --> 00:52:55.256 who at each of the clinics was
NOTE Confidence: 0.774826268333333
00:52:55.256 --> 00:52:57.450 working on this and so in general.
NOTE Confidence: 0.774826268333333
00:52:57.450 --> 00:52:59.334 We collected costs that are going
NOTE Confidence: 0.774826268333333
00:52:59.334 --> 00:53:01.287 to help a future clinic decide
NOTE Confidence: 0.774826268333333

00:53:01.287 --> 00:53:03.485 do they want to invest in this,
NOTE Confidence: 0.774826268333333

00:53:03.490 --> 00:53:05.009 what is this going to mean for
NOTE Confidence: 0.774826268333333

00:53:05.009 --> 00:53:06.529 us at what's the bottom line.
NOTE Confidence: 0.774826268333333

00:53:06.530 --> 00:53:08.786 And so looking at attending physicians,
NOTE Confidence: 0.774826268333333

00:53:08.790 --> 00:53:10.990 mid level providers, nurse managers,
NOTE Confidence: 0.774826268333333

00:53:10.990 --> 00:53:11.870 nurses etcetera,
NOTE Confidence: 0.774826268333333

00:53:11.870 --> 00:53:13.630 including front desk staff
NOTE Confidence: 0.774826268333333

00:53:13.630 --> 00:53:15.390 because they're very important.
NOTE Confidence: 0.774826268333333

00:53:15.390 --> 00:53:19.324 We found that one hour of heal
NOTE Confidence: 0.774826268333333

00:53:19.324 --> 00:53:20.656 implementation of tracking,
NOTE Confidence: 0.774826268333333

00:53:20.656 --> 00:53:22.188 you know the input,
NOTE Confidence: 0.774826268333333

00:53:22.190 --> 00:53:24.584 you know for everything from encouraging
NOTE Confidence: 0.774826268333333

00:53:24.584 --> 00:53:27.509 people to complete the surveys sending out.
NOTE Confidence: 0.774826268333333

00:53:27.510 --> 00:53:30.010 Survey links reminding them
NOTE Confidence: 0.774826268333333

00:53:30.010 --> 00:53:32.568 downloading reports, looking at them,
NOTE Confidence: 0.774826268333333

00:53:32.568 --> 00:53:34.092 having conversations, etcetera.

NOTE Confidence: 0.774826268333333

00:53:34.092 --> 00:53:38.590 But that was about \$572 per hour.

NOTE Confidence: 0.774826268333333

00:53:38.590 --> 00:53:41.698 Per clinic and a 10 minute increment for

NOTE Confidence: 0.774826268333333

00:53:41.698 --> 00:53:43.958 all clinic staff is about \$95 because

NOTE Confidence: 0.774826268333333

00:53:43.958 --> 00:53:46.226 not everything happens in an hour time,

NOTE Confidence: 0.774826268333333

00:53:46.230 --> 00:53:48.366 sometimes just little bits and pieces,

NOTE Confidence: 0.774826268333333

00:53:48.370 --> 00:53:50.770 which means that a total implementation

NOTE Confidence: 0.774826268333333

00:53:50.770 --> 00:53:53.159 cost for heal is about \$28,000.

NOTE Confidence: 0.774826268333333

00:53:53.159 --> 00:53:56.031 And so this is now something that we

NOTE Confidence: 0.774826268333333

00:53:56.031 --> 00:53:59.086 can disseminate to clinics to think

NOTE Confidence: 0.774826268333333

00:53:59.086 --> 00:54:01.810 about is this worth your investment

NOTE Confidence: 0.774826268333333

00:54:01.893 --> 00:54:05.029 and if people think about what having?

NOTE Confidence: 0.774826268333333

00:54:05.030 --> 00:54:07.592 Patients use opioids has led to and

NOTE Confidence: 0.774826268333333

00:54:07.592 --> 00:54:10.270 what that crisis is like and what

NOTE Confidence: 0.774826268333333

00:54:10.270 --> 00:54:12.150 they might be saving elsewhere.

NOTE Confidence: 0.774826268333333

00:54:12.150 --> 00:54:13.851 This is the kind of decision making

NOTE Confidence: 0.774826268333333

00:54:13.851 --> 00:54:15.525 that can happen in terms of deciding
NOTE Confidence: 0.774826268333333

00:54:15.525 --> 00:54:17.161 whether or not to adopt or not
NOTE Confidence: 0.774826268333333

00:54:17.161 --> 00:54:18.619 adopt an innovation or in this
NOTE Confidence: 0.774826268333333

00:54:18.619 --> 00:54:21.310 case an evidence based practice.
NOTE Confidence: 0.774826268333333

00:54:21.310 --> 00:54:22.081 So in summary,
NOTE Confidence: 0.774826268333333

00:54:22.081 --> 00:54:24.253 we've talked about a lot of things that
NOTE Confidence: 0.774826268333333

00:54:24.253 --> 00:54:26.143 can address the implementation gap and
NOTE Confidence: 0.774826268333333

00:54:26.143 --> 00:54:28.212 reduce waste and research by increasing
NOTE Confidence: 0.774826268333333

00:54:28.212 --> 00:54:30.348 uptake of evidence into the community.
NOTE Confidence: 0.774826268333333

00:54:30.350 --> 00:54:32.947 We talked about using hybrid study designs,
NOTE Confidence: 0.774826268333333

00:54:32.950 --> 00:54:34.286 be guided by theory,
NOTE Confidence: 0.774826268333333

00:54:34.286 --> 00:54:36.290 get to know your stakeholders and
NOTE Confidence: 0.774826268333333

00:54:36.361 --> 00:54:38.469 tailor your dissemination efforts.
NOTE Confidence: 0.8430502025

00:54:38.470 --> 00:54:39.750 And throughout it all,
NOTE Confidence: 0.8430502025

00:54:39.750 --> 00:54:42.253 we hope that HealthEquity can be achieved
NOTE Confidence: 0.8430502025

00:54:42.253 --> 00:54:44.828 through using pragmatic real-world research.

NOTE Confidence: 0.8430502025

00:54:44.830 --> 00:54:48.670 Few, if any exclusions, we take all comers.

NOTE Confidence: 0.8430502025

00:54:48.670 --> 00:54:51.428 Research is meaningful to the end users.

NOTE Confidence: 0.8430502025

00:54:51.430 --> 00:54:52.786 Adaptation needs are considered

NOTE Confidence: 0.8430502025

00:54:52.786 --> 00:54:54.820 at the beginning so that we're

NOTE Confidence: 0.8430502025

00:54:54.883 --> 00:54:56.175 not implementing something that

NOTE Confidence: 0.8430502025

00:54:56.175 --> 00:54:58.500 isn't going to work in real world.

NOTE Confidence: 0.8430502025

00:54:58.500 --> 00:54:59.640 And we also can start to

NOTE Confidence: 0.8430502025

00:54:59.640 --> 00:55:00.800 incorporate new ways of thinking,

NOTE Confidence: 0.8430502025

00:55:00.800 --> 00:55:02.360 and I didn't really talk about this yet,

NOTE Confidence: 0.8430502025

00:55:02.360 --> 00:55:04.106 but this is what is going on right now

NOTE Confidence: 0.8430502025

00:55:04.106 --> 00:55:05.879 in the HealthEquity space is how can

NOTE Confidence: 0.8430502025

00:55:05.879 --> 00:55:07.475 we take the existing theories that

NOTE Confidence: 0.8430502025

00:55:07.475 --> 00:55:09.295 we have and just and just incorporate

NOTE Confidence: 0.8430502025

00:55:09.295 --> 00:55:11.160 new ways of thinking into them.

NOTE Confidence: 0.8430502025

00:55:11.160 --> 00:55:13.464 So if we're thinking about did we reach

NOTE Confidence: 0.8430502025

00:55:13.464 --> 00:55:16.098 people we can think about or who's adopting,
NOTE Confidence: 0.8430502025

00:55:16.100 --> 00:55:18.809 we can answer ask questions that have
NOTE Confidence: 0.8430502025

00:55:18.809 --> 00:55:20.520 a HealthEquity perspective to them.
NOTE Confidence: 0.8430502025

00:55:20.520 --> 00:55:22.405 So did all settings equitably
NOTE Confidence: 0.8430502025

00:55:22.405 --> 00:55:23.536 adopt the intervention?
NOTE Confidence: 0.8430502025

00:55:23.540 --> 00:55:25.478 Are the health impacts that we
NOTE Confidence: 0.8430502025

00:55:25.478 --> 00:55:27.240 see equitable across all groups?
NOTE Confidence: 0.8430502025

00:55:27.240 --> 00:55:28.488 Are all populations?
NOTE Confidence: 0.8430502025

00:55:28.488 --> 00:55:30.568 Equitably reached by this intervention.
NOTE Confidence: 0.8430502025

00:55:30.570 --> 00:55:32.593 So just taking our theory but thinking
NOTE Confidence: 0.8430502025

00:55:32.593 --> 00:55:35.071 about them in new ways in which we
NOTE Confidence: 0.8430502025

00:55:35.071 --> 00:55:36.626 can achieve HealthEquity and that's
NOTE Confidence: 0.8430502025

00:55:36.684 --> 00:55:38.628 definitely something a goal for me.
NOTE Confidence: 0.8430502025

00:55:38.630 --> 00:55:41.150 I'm not yet there trying to do that
NOTE Confidence: 0.8430502025

00:55:41.150 --> 00:55:43.845 with like current projects and hope it
NOTE Confidence: 0.8430502025

00:55:43.845 --> 00:55:46.819 becomes something that we do all the time.

NOTE Confidence: 0.8430502025

00:55:46.820 --> 00:55:48.060 And with that, I'll stop.

NOTE Confidence: 0.8430502025

00:55:48.060 --> 00:55:50.308 Thank you very much.

NOTE Confidence: 0.8430502025

00:55:50.310 --> 00:55:51.654 Thank you so much.

NOTE Confidence: 0.8430502025

00:55:51.654 --> 00:55:52.998 Really enjoyed your presentation.