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Reframing Implementation Science to Address Inequities in Healthcare

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on Implementation Science
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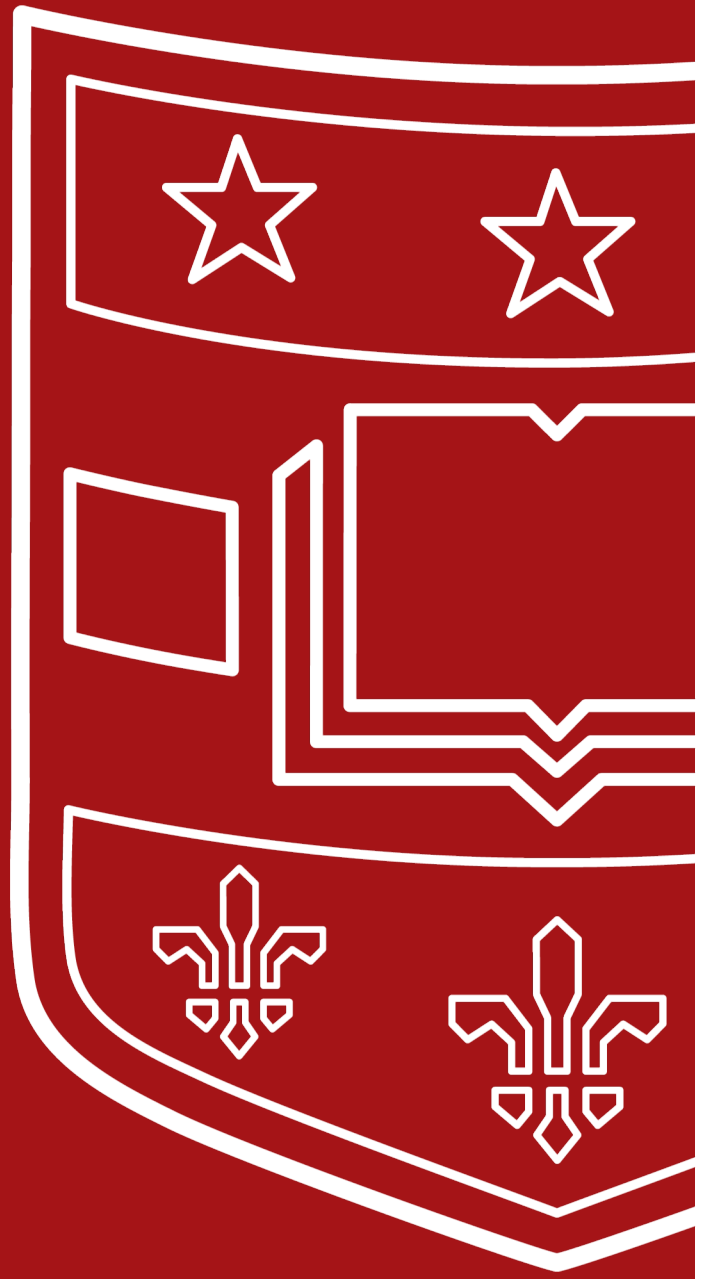

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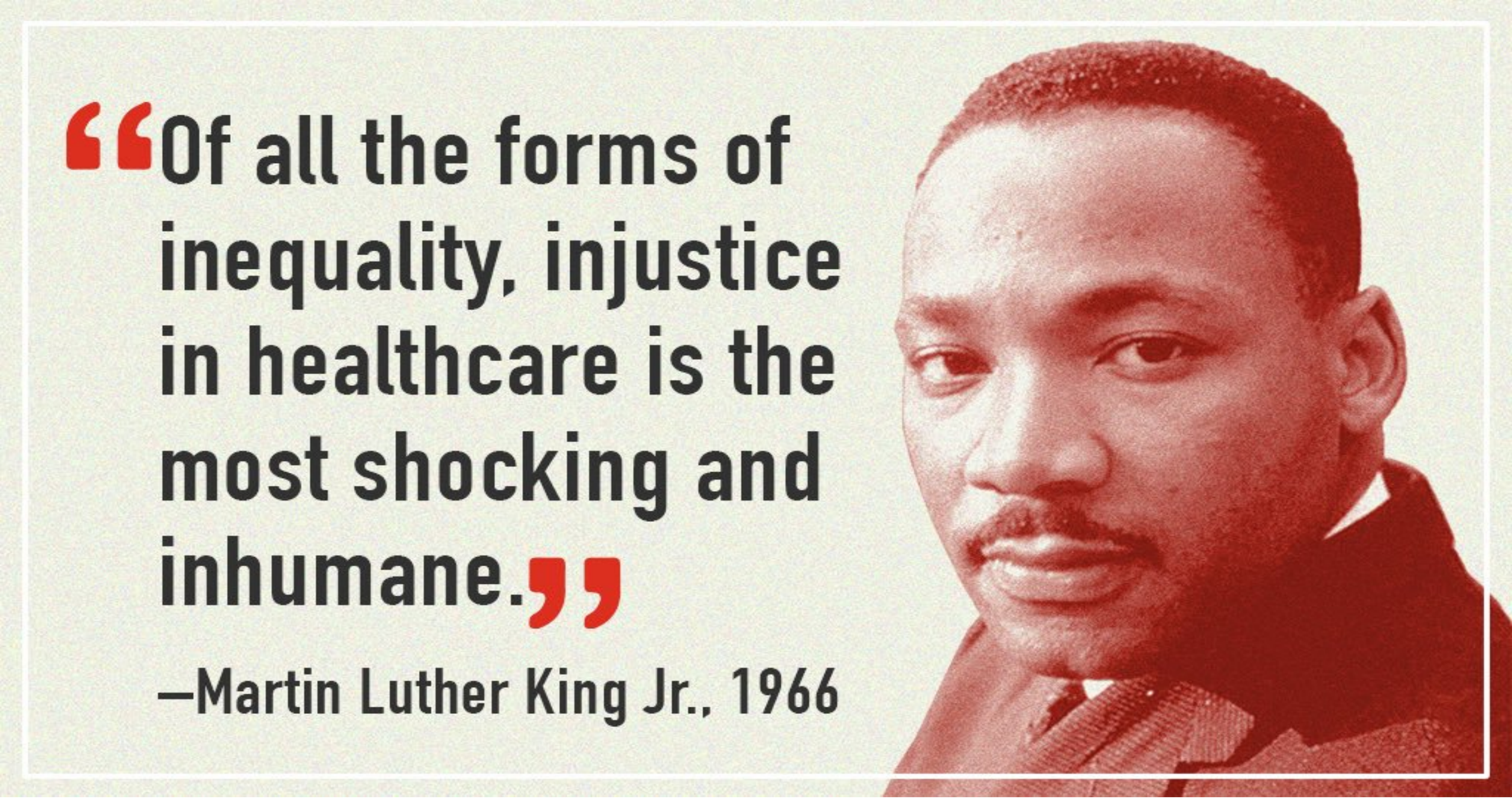
Key Points

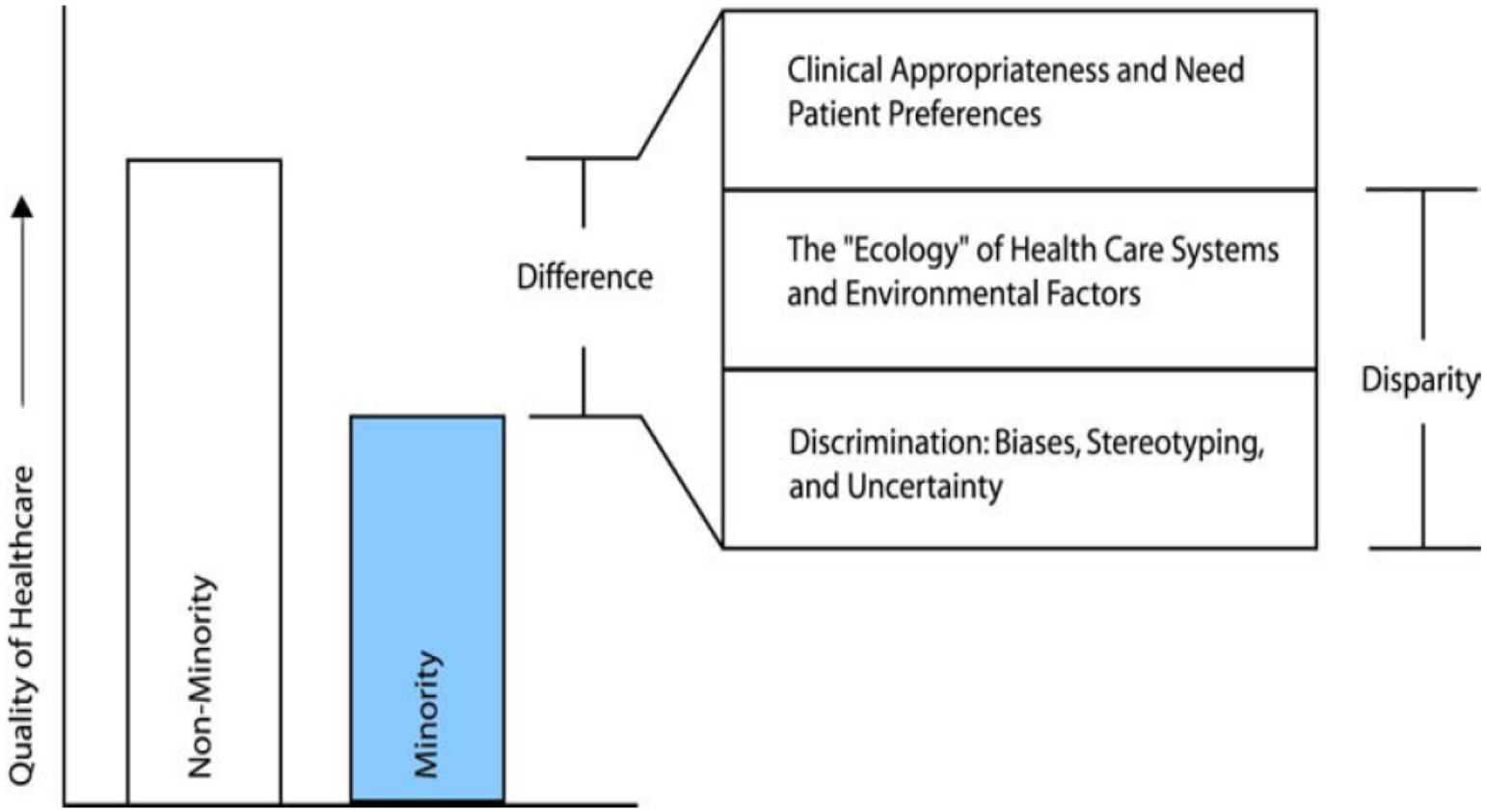
- We need better bridges between implementation science and healthcare disparities research

- Infusing implementation science with an equity approach can produce valuable knowledge to help reduce inequities in healthcare

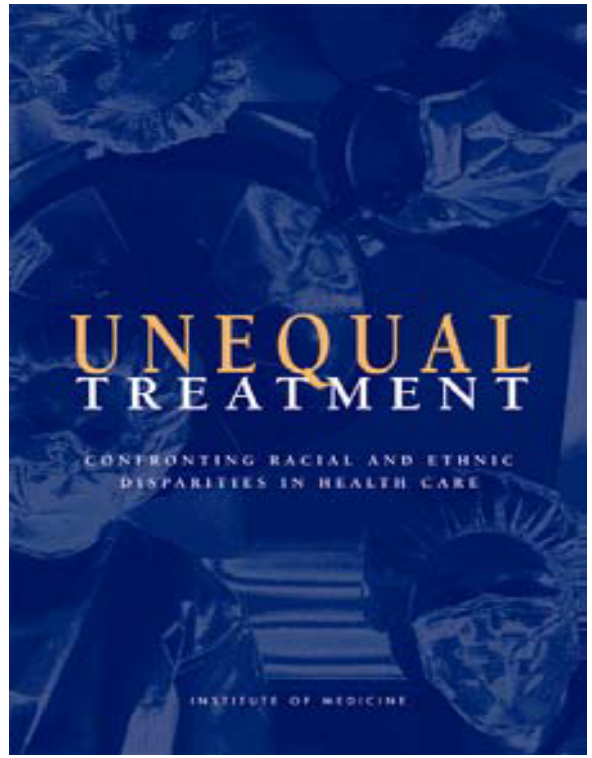


Source: Dittmer, 2009: (“*The Good Doctors”*) MLK Jr. remarks at the 2nd Annual Convention of the Medical Committee for Human Rights, Chicago, March 26, 1966

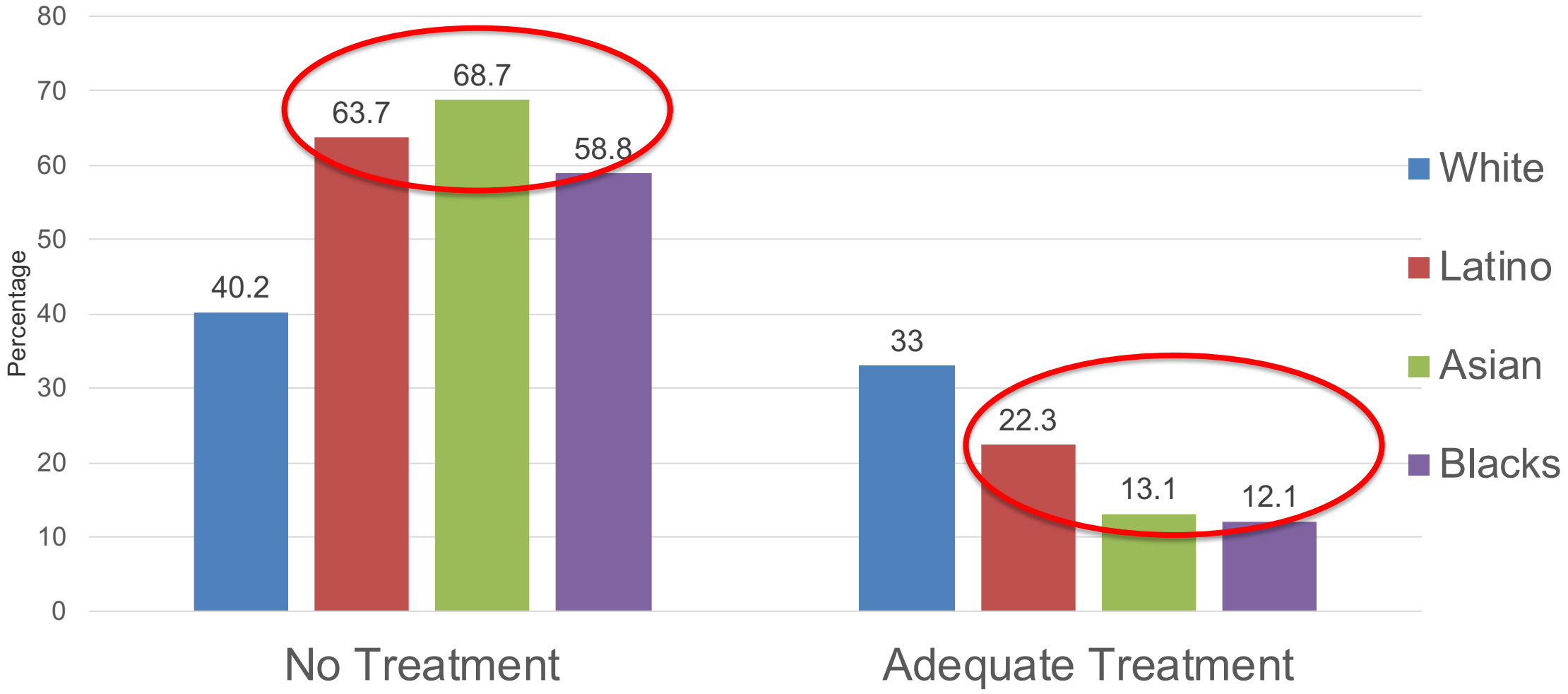
What are Healthcare Inequities?



Differences, Disparities, and Discrimination: Populations with Equal Access to Healthcare.
SOURCE: Gomes and McGuire, 2001



Quality of Depression Care in U.S. Adults By Race and Ethnicity

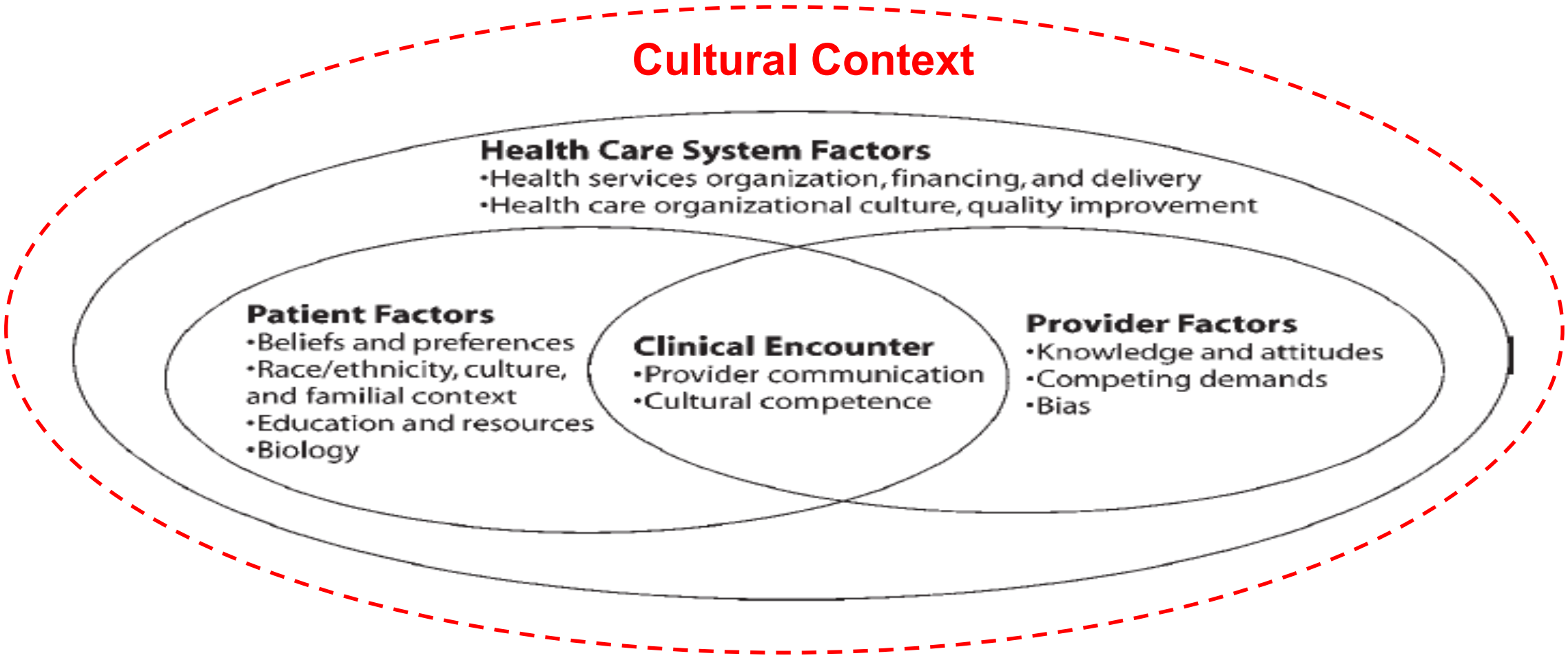


Source: Alegria et al. (2008): Data from the Collaborative Psychiatric Epidemiology Surveys

Multiple Populations Face Inequities in Healthcare

- American Indians/Alaska Natives
- Asian Americans
- Blacks or African Americans
- Hispanics or Latinos/as
- Native Hawaiians or Other Pacific Islanders
- Low socio-economic groups
- Geography: urban or rural
- Gender
- Age
- Disability status
- Sexual orientation
- Serious mental illness

Determinants of Healthcare Inequities



Source: Kilbourne et al., *AJPH*, 2006; 96: 2113-2121

Culture Matters in Health as it Shapes

- Health behaviors (e.g., diet, physical activity)
- Illness experiences
- Client-provider interactions
- Clients interactions with the healthcare system

Healthcare Disparities Research

- Detect → Do disparities exist?
- Understand → Why do disparities exist?
- Intervene → Do interventions work?
- **Implement → How to best implement interventions, services and/or policies to eliminate inequities in care?**

Source: Baumann (2018); Kilbourne et al., *AJPH*, 2006; 96: 2113-2121

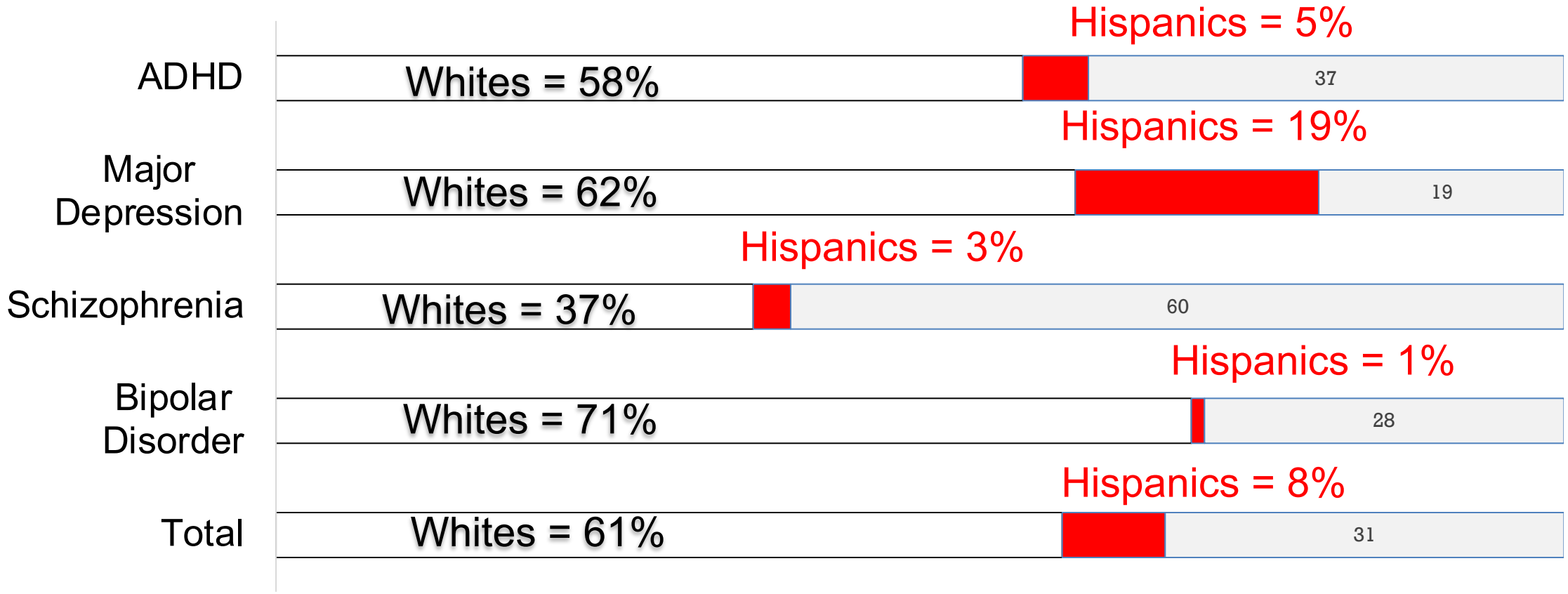
Implementation Science and Healthcare Disparities Research

- Improve the quality and outcomes of services
- Make treatments generalizable
- Emphasize contextual factors and multi-level approaches

Sources: Cabassa & Baumann (2013)

Source: http://www.timrook.nl/wp-content/uploads/2015/07/bridging-the-gap.jpg

Underrepresentation of Hispanics in Clinical Trials for Common Mental Disorders (2001-2010)



Source: Santiago et al., 2014

- “All that is needed is to culturally adapt interventions”
- “Focus on testing the efficacy and effectiveness of interventions in minority communities”
- “One size fits all: Just scale up interventions, it will improve the quality of care for everyone”

Source: Baumann et al., 2018; http://welldesignedfaith.net/wp-content/uploads/2018/03/Dangerous-Assumptions-Sign.jpg

Reframing Implementation Science to Address Healthcare Inequities

Equality

Equity

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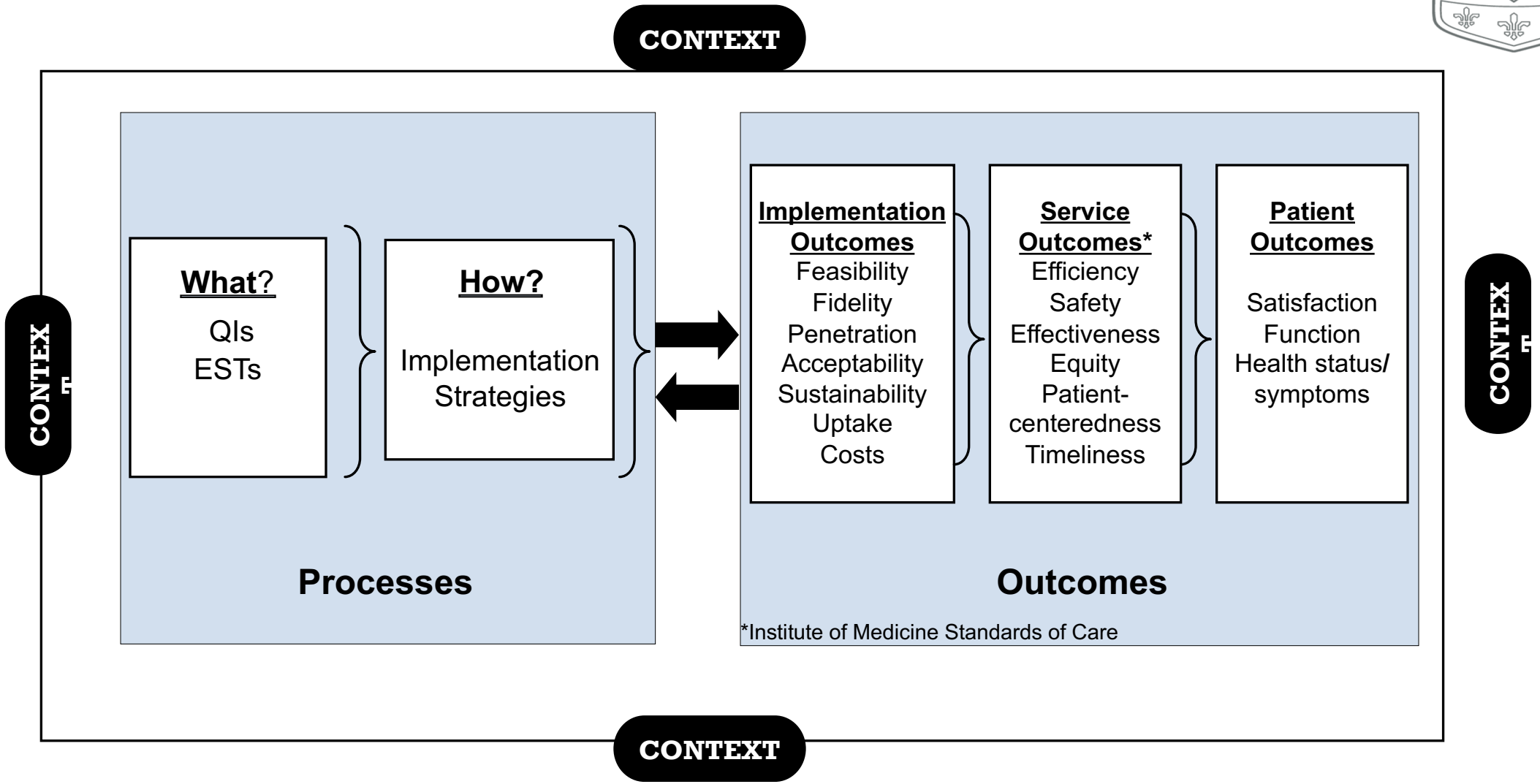
1. **Focus on reach from the very beginning**

2. **Design and select interventions with implementation in mind**

3. **Implement what works**

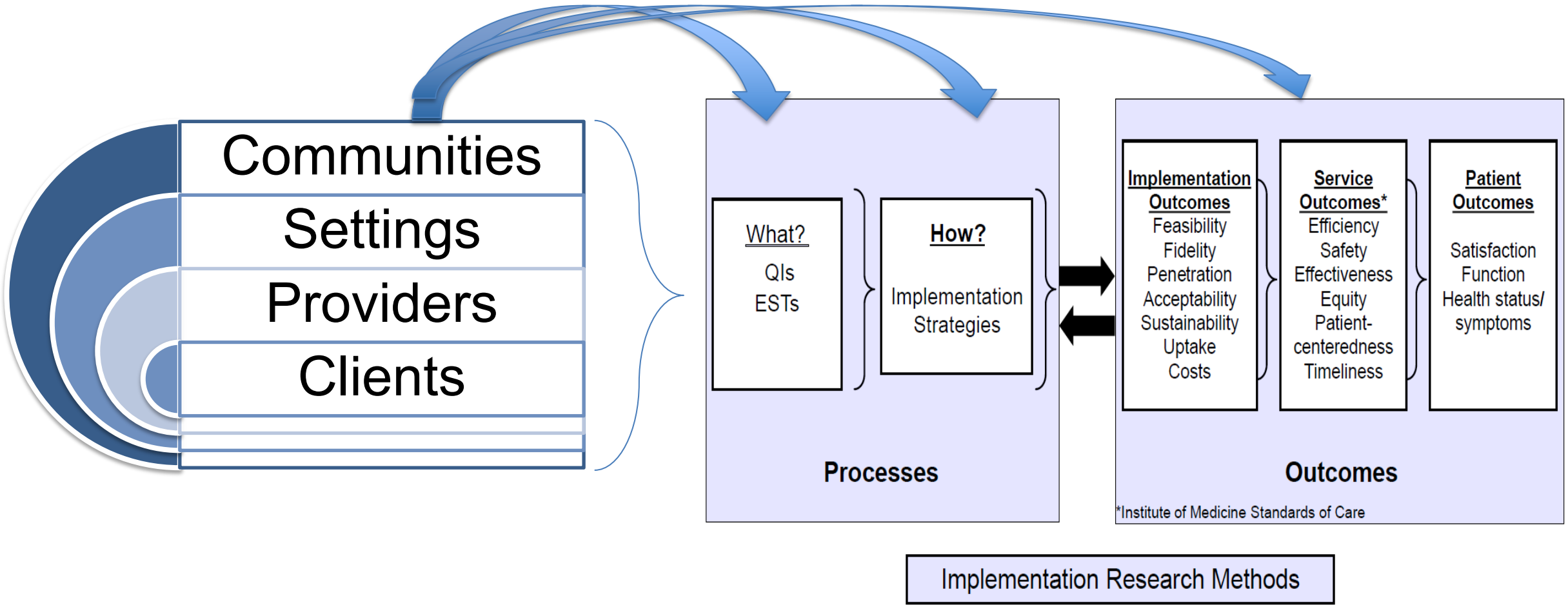
4. **Develop the science of adaptations**

5. **Use an equity lens for implementation outcomes**



Source: Proctor et al 2008 Admin. & Pol. in Mental Health Services

Focus On Reach From The Beginning



Source: Baumann, et al.. (2011). *Family process*, *50*(2), 132-148.

Attention to Reach

- **Community:** Two cities with different service systems
- **Setting**: Supportive Housing to bring the intervention to people's doors steps
- **Provider:** Use of peer specialists to deliver intervention. They bring trust, credibility, hope, and feasibility
- **Client:** Diverse pool of people with serious mental illness who are overweight or obese (BMI $\geq$ 25) with few exclusionary criteria to resemble actual clients in this setting

Cabassa *et al. Trials* (2015) 16:388
DOI 10.1186/s13063-015-0902-z

TRIALS

STUDY PROTOCOL Open Access

Peer-led healthy lifestyle program in supportive housing: study protocol for a randomized controlled trial

Leopoldo J. Cabassa[1*], Ana Stefancic[1], Kathleen O'Hara[1], Nabila El-Bassel[1], Roberto Lewis-Fernández[2], José A. Luchsinger[3], Lauren Gates[1], Richard Younge[4], Melanie Wall[2], Lara Weinstein[5] and Lawrence A. Palinkas[6]

WHAT?

QIs
ESTs

Design and Select Interventions with Implementation in Mind

- Partner with stakeholders from the very beginning
- Focus on end-users at all levels
- Consider the ecology of practice

Sources: Glasgow et al. (2012); Cabassa et al. (2016)

Health and Wellness Photovoice Project

What is Photovoice?

- A participatory action research method that entrusts people with cameras to document their everyday lives and inform social action

- Goals:
  - Enable people to record, reflect, and illustrate their lived experiences through photographs and narratives
  - Promote a critical dialogue and knowledge about community issues
  - Reach change agents and policymakers

Source: Wang et al., 2004

Study Aims:

- Engage clients in a dialogue about their physical health and wellness
- Generate community knowledge to inform the implementation of health interventions in housing agencies

Sample:

- Purposive sample of 16 tenants at 2 supportive housing agencies in NYC

Methods:

- Six weekly sessions were conducted at each agency
- Each session included:
  - Short individual photo-elicitation interviews
  - Group dialogue discussions

Source: Cabassa et al., *Qual Health Research*, 2013, 23:618-630

Lessons Learned

- Photovoice generated information about clients' preferences for health interventions:
  - Format: peer-based
  - Content: weight loss, physical activity
  - Methods: experiential learning, skills acquisition
  - Setting: Supportive housing

- Participatory methods are useful for the selection and development of interventions

Trajectory of Projects with Implementation in Mind

Health and Wellness Photovoice Project

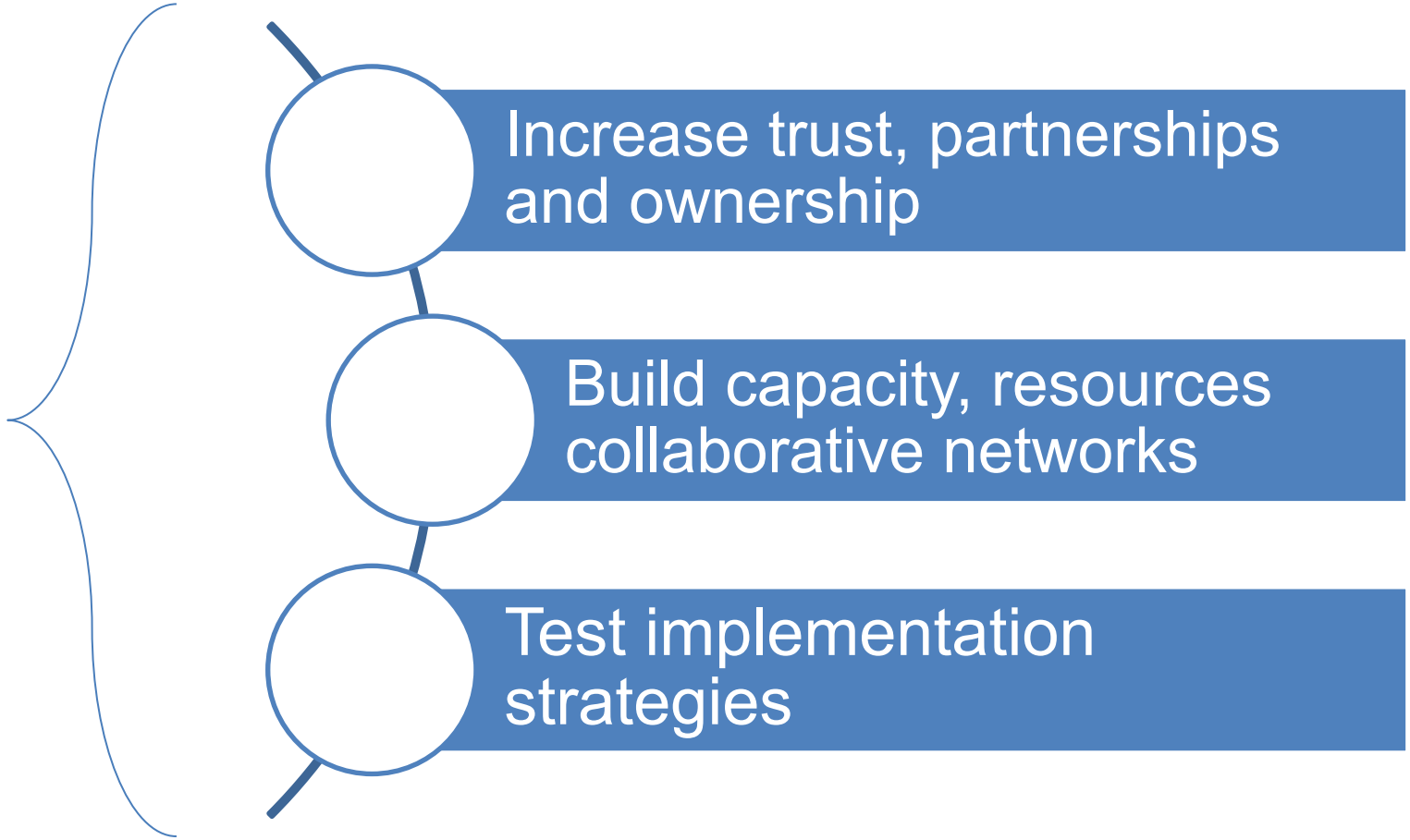
Pilot Testing a Healthy Lifestyle Intervention in Supportive Housing

Hybrid Effectiveness/Implementation Trial in Supportive Housing

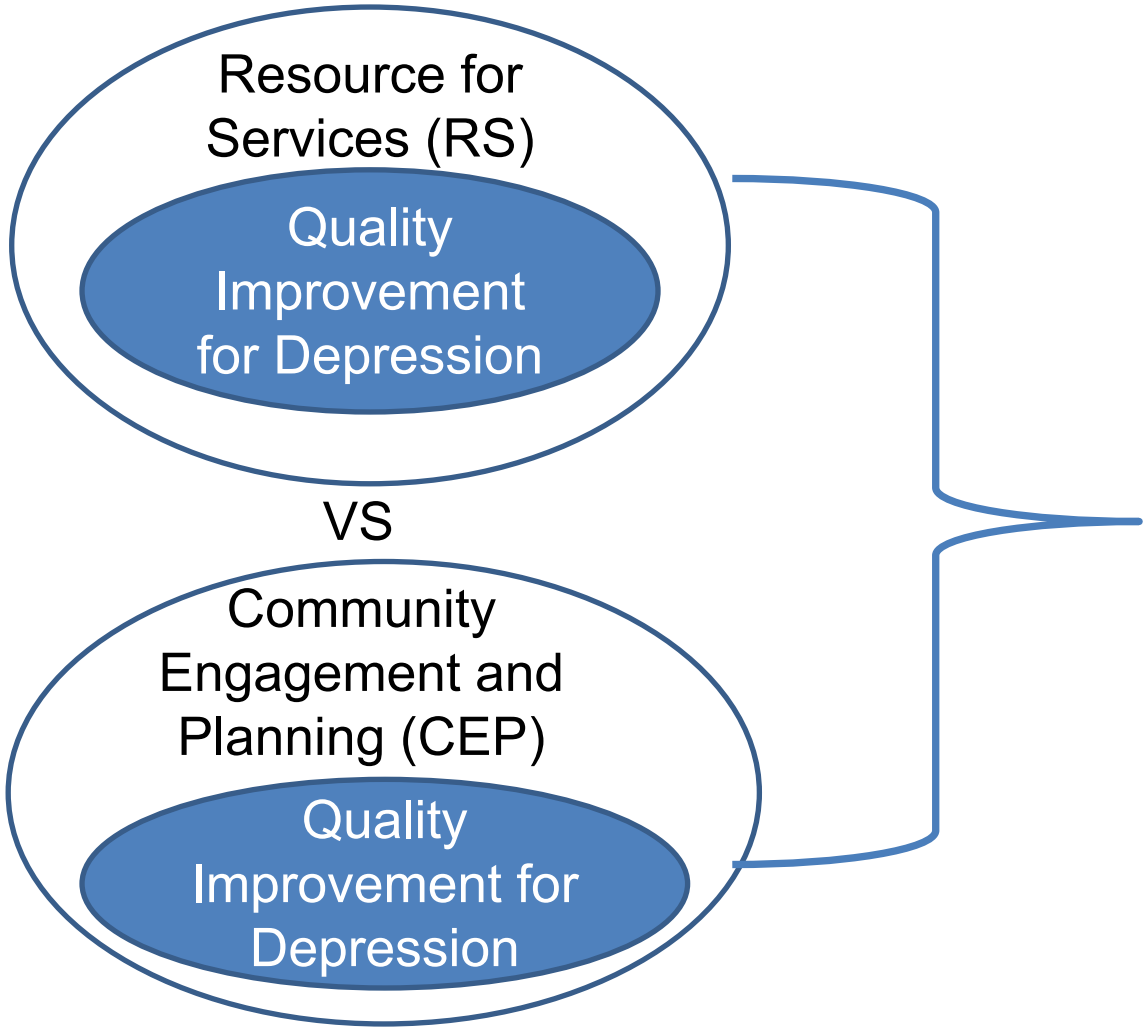
Implement What Works

HOW?

Implementation Strategies



Community Partners in Care



Outcomes: CEP better than RS on:

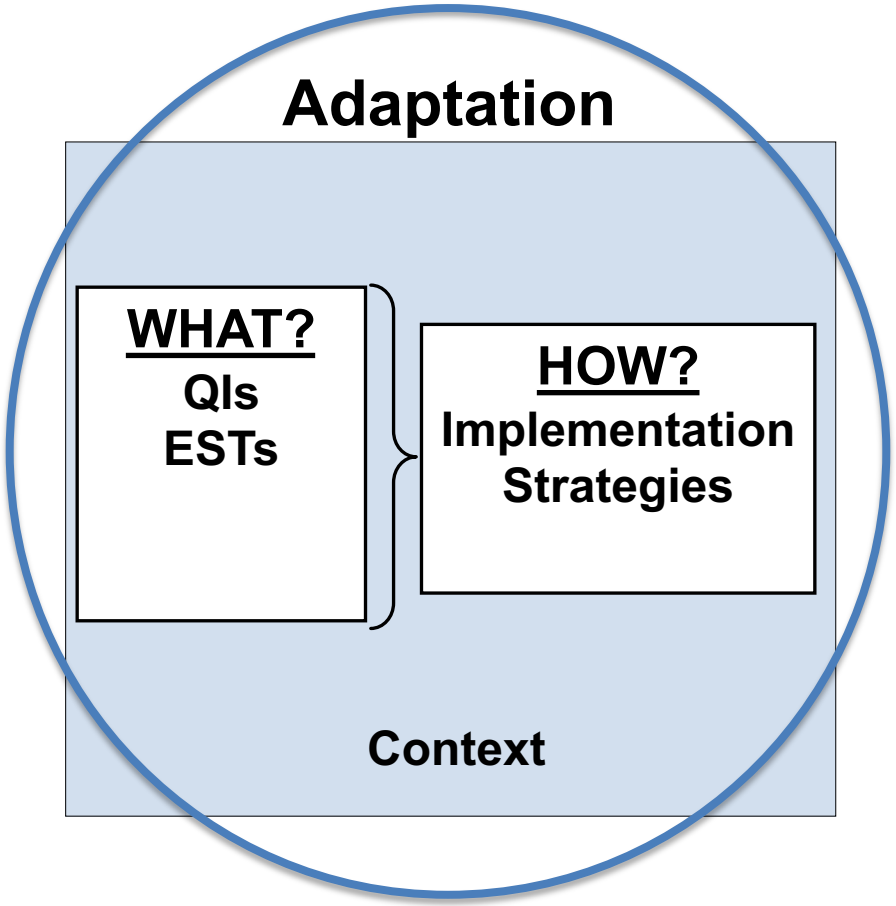
- Mental Health-related quality of life
- Increasing Physical Activity
- Reducing risk factors for homelessness
- Shifted services use for depression away from hospital and specialty care into primary care

Sources: Wells et al., 2013

Compilation Implementation Strategies

Source: Powell et al., 2012

Science of Adaptation



Why
- Distinct sociocultural context
- Threat to social validity

What
- Surface and/or deeper level
- Context

How
- Systematic and collaborative
- Document (pre, during, post)

Impact
- On implementation, services and/or client outcomes.

Sources: Cabassa & Baumann (2013); Rabin et al., 2018; Stirman et al., 2017

Make Adaptations Systematic and Visible

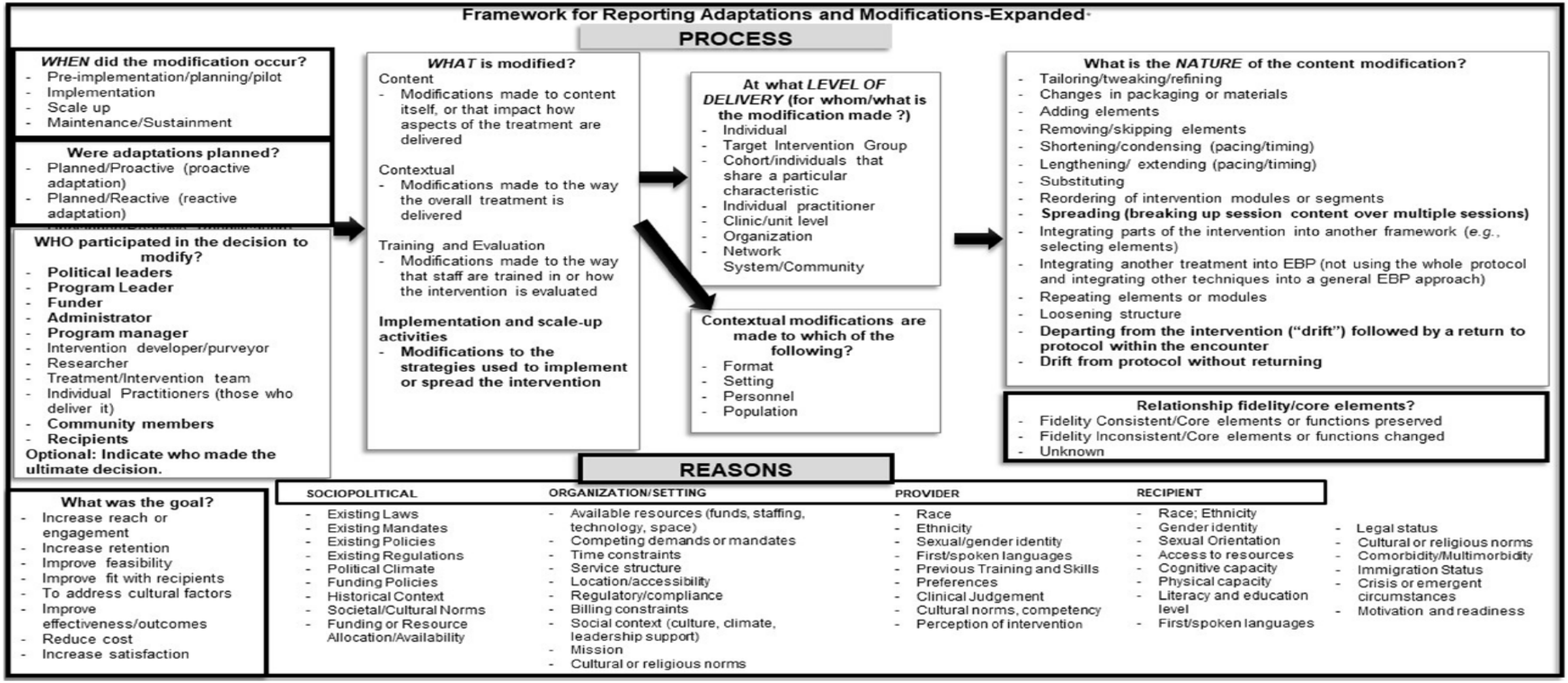
- Document the process and methods of adaptation
  - Clarify the process, steps and methods used to enhance fit
  - Document the how, what and why of adaptations
  - Systematically study the links between adaptations and outcomes
- Use existing adaptation models and/or guidelines

Common Characteristics of Adaptation Frameworks

- Follow a systematic, step-wise process
- Iterative approach
- Data driven: Move from formative to evaluation research
- Combine top-down and bottom up approaches.
- Some involve stakeholders

Sources: Baumann, Cabassa & Stirman, 2018 ; Barrera et al., 2013; Ferrer-Wreder et al., 2012

System for Coding and Tracking of Adaptations



Source: Stirman et al, 2019

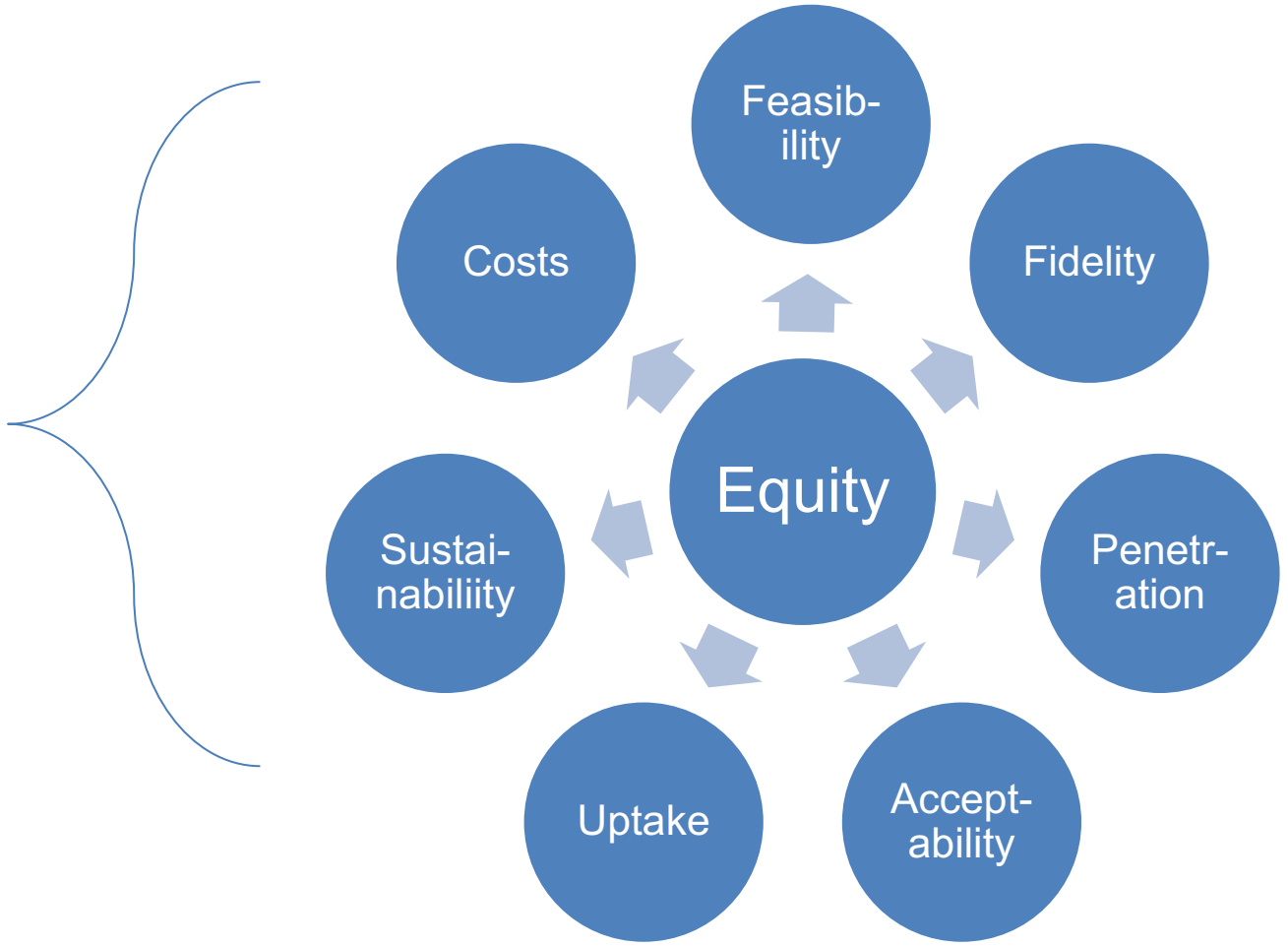
Example of Documenting Adaptations

Session	By whom	Why	What was done (Add, cut, modify)	When	Perceived impact	Changes to fidelity measure

Sources: Rabin et al., 2018; Stirman et al., 2017

Use an Equity Lens for Implementation Outcomes

Implementation Outcomes
Feasibility
Fidelity
Penetration
Acceptability
Sustainability
Uptake
Costs



Example of Questions

- Do organizations that serve large populations of racial/ethnic minorities achieve the same implementation outcomes (e.g., fidelity, cost, sustainability) as those that serve predominantly non-Hispanic Whites?

- What factors contribute to inequities in implementation outcomes between organizations serving different populations?

- Which implementation strategies produce more equitable implementation outcomes among organizations serving different populations?

Future Areas of Inquiries

- Achieve inclusion and representation
- Reconfigure the intervention development and refinement process
- Expand the science of adaptation
- Invest in implementation trials that focus on reducing healthcare disparities

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Thank You // Gracias

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