**Research Project Application**

**North Country HealthCare**

**Colorado Plateau Center for Health Professions**

***Instructions***

*Please complete the following research project application in as much specificity and detail as possible. The Research Committee may also require you to provide supplemental documentation to accompany your application, but please be aware that our assessment and subsequent decision to approve a research project is based predominantly on the information presented in this document. An insufficient application or an application with salient information missing may result in a denied project or a postponement of review.*

***COVID-19 Updates***

*If you are proposing to conduct a project that involves our clinic staff in any capacity, we recommend that you speak with a* ***clinical*** *representative from North Country HealthCare to assess the feasibility and impact on clinical workflows. Because of the ongoing COVID-19 pandemic and our efforts to administer vaccines, our clinical staff is limited in their ability to support research, and so the Research Committee’s approval of clinical projects is extremely selective.*

***Deadlines***

*North Country HealthCare Research Committee meetings are held on the first Thursday of each month. Deadlines to submit research materials are 2 weeks prior to the meeting date. An application deadline calendar is posted to our research website outlining the specific dates.* [*https://coloradoplateauchp.org/research/research-projects/*](https://coloradoplateauchp.org/research/research-projects/) *Please ensure you are aware of these deadlines, as a failure to submit research materials before the deadline will result in the postponement of review until the following month’s meeting.*

***Please email all completed applications to*** ***research@nchcaz.org******.***

**General Information**

1. **Name:** Katherine Herder
2. **Email Address:** keherder@arizona.edu
3. **Phone Number:** 847-421-6213
4. **Institution and Department:** University of Arizona, Comprehensive Pain and Addiction Center
5. **Does your project involve a systematic method of studying your topic and collecting and analyzing data?** [x] Yes [ ] No
6. **Is your project a systematic investigation, including research development, testing, and evaluation, designed to develop or contribute to scientific knowledge? (Answer YES if your results will be published and/or presented at state or national conferences. Answer NO if your project will only be used for academic credit or within North Country. Answer UNSURE if unsure.)**

 [x] Yes [ ] No [ ] Unsure

1. **Does your research project involve human subjects? (Human subject research is any investigation, either observational or interventional, that involves human beings as research subjects or the identifiable information or biospecimens of human beings for analysis*. If NO, skip to Question #14*.)**

[x] Yes [ ] No

1. **If YES, documented approval or exemption from an Institutional Review Board (IRB), as well as an IRB stamped informed consent document, is required before beginning your research project. Please mark YES here to indicate your understanding.**

[x] Yes

1. **Has your research project been submitted to an IRB?**

 [x] Yes [ ] No

1. **If YES, has the project been approved by an IRB?**

 [x] Yes [ ] No [ ] Pending approval [ ] Project has not been submitted to IRB

1. **Will you obtain identifiable and/or private information about living people (i.e. names, demographic information, birthdates, ZIP codes, etc.)?**

 [ ] Yes [x] No

1. **Are you collecting data directly from human subjects?**

[x] Yes [ ] No

1. **If YES, please describe how you plan to obtain informed consent from the study participants.**

We wish to distribute an anonymous survey. Before beginning, information about the survey and all potential risks and benefits of the research are described (script has been IRB approved). Before taking the survey, respondents must select “yes” to the question: “By completing this survey, you are allowing your anonymous responses to be used for research purposes. Do you consent?”

1. **Are you evaluating a new or existing program serving NCHC patients or clients?**

[ ] Yes [x] No [ ] N/A

1. **Are you collecting data with the intention to improve NCHC processes or quality of care?**

[ ] Yes [ ] No [ ] N/A

1. **Have you received (or plan to receive) grant or other external funding to support this project?**

[x] Yes [ ] No

1. **If YES, please describe the institution you have received (or plan to receive) funding from, including any grant contracts or sub-contracts that will result and the award amount.**

We are working in collaboration with the Tucson Osteopathic Medical Foundation. To support the research, they provided gift cards summing to $5,000 in total as compensation for participants who agreed to be interviewed as a part of the project.

**Research Project Description**

1. **Title of research project**: Arizona Primary Care Providers’ Knowledge, Beliefs, and Practices Regarding Trauma Screening in the Adult Population and its Relation to Pain Treatment
2. **Provide a summary of your research project. (Less than 100 words.)**

We are conducting a prospective, cross-sectional study that involves that involves interviewing Arizona health care administrators and surveying Arizona primary care providers (PCPs) to identify their knowledge, beliefs, and practices for assessing developmental trauma in relation to adult pain. We are also collecting data on screening practices for social determinants of health (SDOH), anxiety and depression, and substance use disorder (SUD) and assess current barriers for screening and anticipated barriers for implementing additional screeners into the clinical workflow. This research would provide information to guide changes to medical education and identify opportunities for interventions to improve PCPs’ current practices.

1. **Provide a background of your research project and/or topic area. (Approximately 100 words.)**

Chronic pain, pain persisting 3 months or longer, is associated with restrictions in mobility and daily activities, dependence on opioids, anxiety and depression, and reduced quality of life1,2. Numerous studies demonstrate an association between psychological trauma, including adverse childhood experiences, and chronic pain3. Unaddressed psychological trauma may create a barrier to successful treatment of chronic pain and little information on provider attitudes and practices related to screening for trauma in Arizona primary care is available.

References

1. Moseley GL. Reconceptualizing pain according to modern pain science. *Phys Ther Rev*. 2007;12(3):169-178. doi:10.1179/108331907X223010
2. *Do I Have Chronic Pain?* WebMD; 2021. Accessed December 7, 2022. <https://www.webmd.com/pain-management/guide/understanding-pain-management-chronic-pain>
3. Lumley MA, Yamin JB, Pester BD, Krohner S, Urbanik CP. Trauma matters: psychological interventions for comorbid psychosocial trauma and chronic pain. Pain. 2022;163(4):599-603. doi:10.1097/j.pain.0000000000002425
4. **Describe the objective of the research project. (Approximately 100 words.)**

The objective of this project is to compare Arizona primary care providers’ screening-related attitudes and practices across psychological trauma, social determinants of health (SDOH), anxiety and depression, and substance use disorder (SUD), identify barriers and facilitators of screening for psychological trauma, with a particular focus on attitudes, practices, barriers, and facilitators related to screening of patients with chronic pain.

1. **Describe the research methodology and procedures. Include timelines for data collection and a precise description of the tools and/or measures that will be used to collect and manage the data (i.e. surveys, interviews, etc.). Please be as specific and inclusive as possible.**

Our research consists of two methods for data collection: a provider care survey and interviews. Our interdisciplinary research team developed a survey for PCPs to collect data on screening practices and workflow surrounding screenings, perceived barriers to screening and implementing new screeners, interest and intent in implementing new screeners, and attitudes and awareness regarding the association between psychological trauma and chronic pain. The survey has already been distributed though several avenues, including the Arizona Alliance for Community Health Centers, The Arizona Medical Foundation, and The Arizona Chapter of Family Physicians, with the intention of reaching PCPs across the state from a variety of clinical settings. We are also conducting key informant interviews with health care administrators and primary care providers to assess operational protocols surrounding screening practices in Arizona health care facilities and collect robust qualitative data on operational barriers to and opportunities for screening use and implementation. Initially, administrators were contacted from different counties and facility types (Federally Qualified Community Health Centers and rural health centers, private practices, hospitals, etc.) with the intention of obtaining a representative sample. We not provide survey takers the opportunity to be interviewed at the end of the survey. There is no compensation for completing the survey, but participants who chose to be interviewed are compensated with a $100 visa gift card.

1. **Describe the target study sample. From or about whom do you intend to collect data? If applicable, please describe any inclusion or exclusion criteria for study participants*.***

Primary care providers in Arizona. Eligibility is established through professional role as a healthcare administrator and/or primary care provider; no specific exclusion criteria exist. Healthcare administrators and primary care provider participants are all adults.

1. **Please describe the human resources (i.e. staff time) NCHC will be required to contribute to the project. Please be as specific and inclusive as possible.**

A negligible amount of time, less than 15 minutes estimated. We would like the survey to be distributed to primary care providers in the NCHC network, via a newsletter, listserv, or similar avenue.

1. **Please describe the technology and data resources NCHC will be required to contribute to the project. Please be as specific and inclusive as possible.**

Access to a computer and email. Access to a directory of primary care providers.

1. **If this project includes a clinical component, please describe explicitly the role that providers or clinical staff will have. Please be as specific and inclusive as possible.**

N/A

1. **Describe the potential benefits of this project for NCHC or for general and/or scientific community knowledge.**

This research would provide information on PCP knowledge, beliefs, and practices for assessing developmental trauma in relation to adult pain to guide changes to medical education and identify opportunities for interventions to improve PCPs’ current practices.

1. **Describe the potential risks to either patients or NCHC.**

There are no foreseen risks to participants. Participants will answer anonymous surveys, and additionally engage in qualitative interviews as key informants, if they chose to volunteer. No PHI will be collected.

1. **Describe how you will ensure and maintain confidentiality of participants/data.**

The survey anonymous. Data collected through surveys will not be identifiable. All data will be securely stored in REDCap.

1. **What is your estimated start date?** We would like the survey distributed as soon as possible.
2. **What is you estimated end date?** The survey will close on May 1, 2023 (in a little over 1 month).
3. **Please estimate the time period when NCHC staff participation will be required.**

As soon as possible, for the brief task of distributing the survey.

1. **If your project has a clinical component, please include the names of any providers or clinical staff with whom you have consulted or are working. If you have not consulted with a clinical advisor for a project that engages our clinical staff, we highly recommend you do so.**

N/A

*As a community health center, North Country HealthCare serves a wide variety of vulnerable populations, and* ***all*** *research conducted using NCHC patients or patient data inherently impacts vulnerable communities. In addition, we know that biomedical research has historically excluded or even exploited these populations. All applicants to the NCHC research program must demonstrate both understanding of this reality, and that they have taken time to explore how their specific project may impact any vulnerable communities. With that in mind, please answer the following questions:*

1. **Please describe how you have (or will) engage these vulnerable communities.**

We are hoping to get responses from a wide range of primary care providers who may work with these vulnerable communities. Specific cultural or contextual barriers for screening will be important to know for our research, so that we can design screening implementations that will benefit and not cause harm to diverse and vulnerable communities.

1. **Describe how your research results may be potentially used to negatively impact any vulnerable communities, and how you have taken steps to prevent and/or mitigate these potential negative outcomes.**

Some communities may respond more negatively to being asked about their psychological trauma than others. For this reason, it may not be appropriate to always screen for trauma. However, this is why we want to get a diverse range of responses, so that we can use this research to make informed and inclusive decisions surrounding screening and develop interventions that are aimed to help, not hurt, vulnerable communities.