



Using Data & Information Systems in Partnered Research

Session 4:

Research to the real-world: Insights from implementation of a caregiver support training program

September 19, 2023

Hosted by 

Courtney Van Houtven, PhD

Principal Investigator & Project lead, Function & Independence QUERI, Durham VA

Kasey Decosimo, MPH

Project Manager & Implementation Specialist, Function & Independence QUERI, Durham VA

Trisha Chadduck, MSW, LCSW

Operational Partner, VA Caregiver Support Program



Using Data & Information Systems in Partnered Research Cyberseminar Series

Third Tuesday of the month | 12:00 - 1:00 PM ET

*Presentations from the field focusing on VA data use
in quality improvement and operations-research partnerships.*

Sessions cover...

- Use of VA data and information systems in QUERI Projects and Partnered Evaluation Initiatives
- Operational data resources and QI-related data
- Challenges in using and managing multiple data sources
- VA resources to support data use
- Experiences working within operations/research partnerships

Select a title to register or visit [HSR&D's VIREC Cyberseminar Archive](#) to watch previous sessions



Where can I
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VA HSR&D

CYBERSEMINARS



SAMPLE EMAIL

A Practical Approach to Working with VA-Purchased Community Care Data

Thursday, October 13, 2022

2:00 PM | (UTC-04:00) Eastern Time (US & Canada) | 1 hr

Please download today's slides~~Please click here for today's live captions~~[Join webinar](#)

More ways to join:

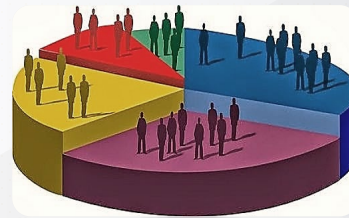
Join from the webinar link

<https://veteransaffairs.webex.com/veteransaffairs/j.php?>

Poll #1:

*What is your primary **role** in projects using VA data?*

- Investigator, PI, Co-I
- Statistician, methodologist, biostatistician
- Data manager, analyst, or programmer
- Project coordinator
- Other – please describe via the chat function



Poll #2:

How many years of experience working with VA data?

- None – I'm brand new to this!
- One year or less
- More than 1, less than 3 years
- At least 3, less than 7 years
- At least 7, less than 10 years
- 10 years or more





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ADAPT Panelists



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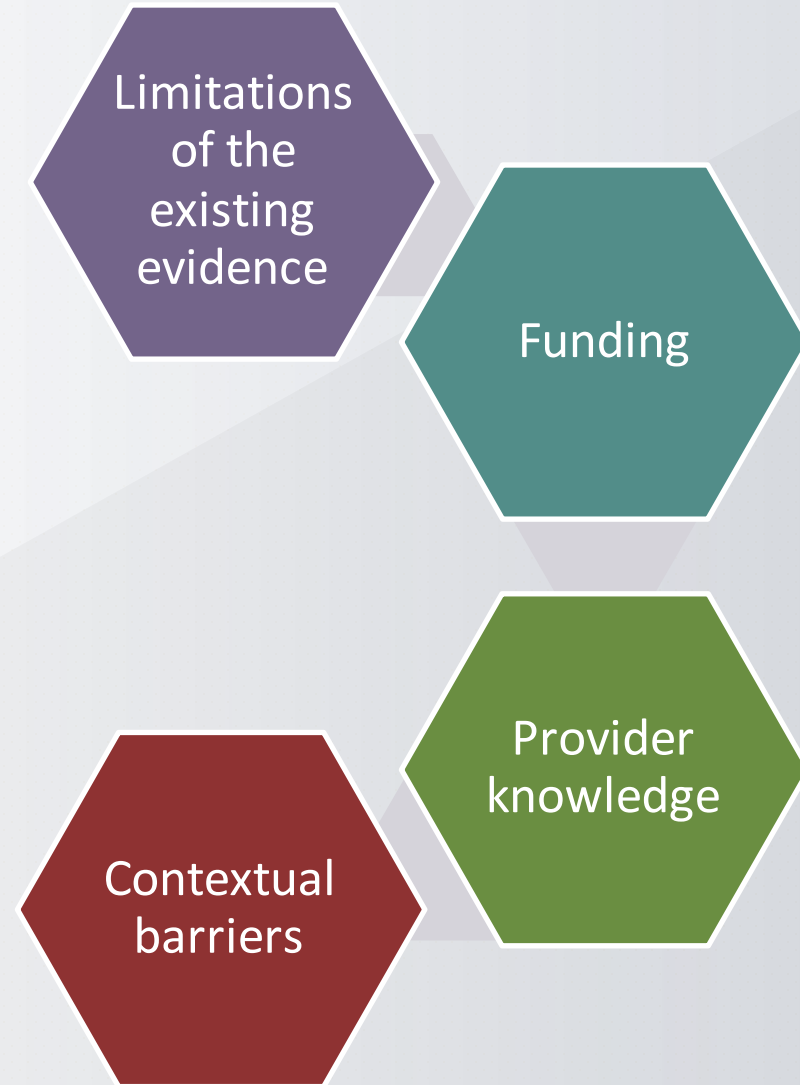


Trisha Chadduck, MSW, LCSW

Operational Partner
VA Caregiver
Support Program



Challenges in Moving Family Caregiver Interventions from Research to Large-Scale Implementation



Committee on Family Caregiving for Older Adults (2016), National Academies of Sciences, Engineering, and Medicine



Session Objectives

Our Story

Developed and implemented a caregiver intervention from single site RCT to national adoption within Veterans Health Administration (VA)

Discovery

Intervention development and RCT

Fit in real-world

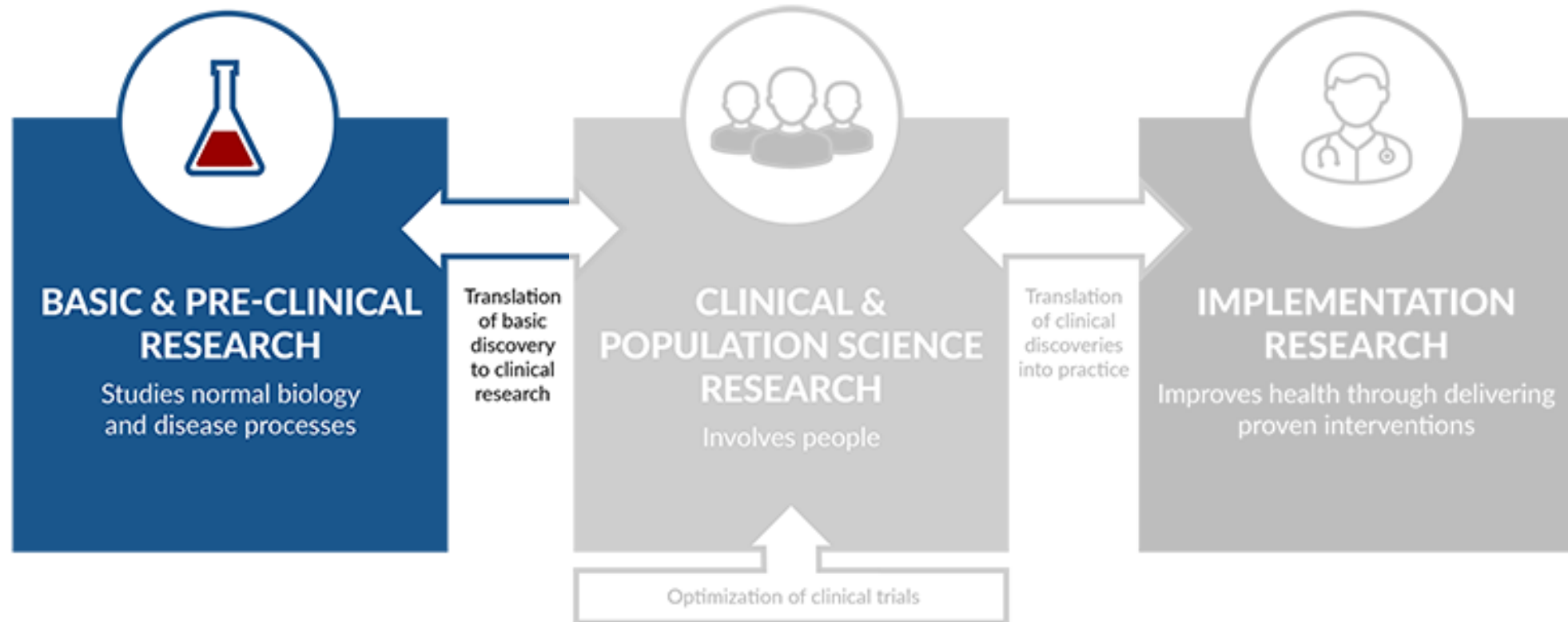
Refinement to improve fit in real-world settings

Dissemination

National spread in diverse VA contexts



Chapter 1: Discovery



<https://www.nhlbi.nih.gov/science/research-spectrum>



Family caregiving: The “gap”



53 million caregivers in US, including 5.5 million military caregivers



Education & support can decrease caregiver burden & depressive symptoms



<10% of caregivers report getting the training they need

Treatment Arm - Caregiver Skills Training

- Durham VA RCT, 242 caregiver-Veteran dyads
- Multi-component training intervention (group + individual components)
 - Caregivers **FIRST (formerly HI-FIVES)**
- Designed to help caregivers learn and practice coping, support-seeking, and hands on skills



Van Houtven et al., 2010; Nichols et al., 2011;
2016 Nichols et al., 2016; Van Houtven, Voils, & Weinberger, 2011



Core Classes: Outline

Class 1: Introduction and caregiving discussion

- Frustrations, rewards of caregiving
- Helping Veteran remain independent
- Relaxation exercise

Class 2: Hands-on and shared decision-making strategies

- Basics of daily care, safety
- Veteran preferences
- Communication with providers

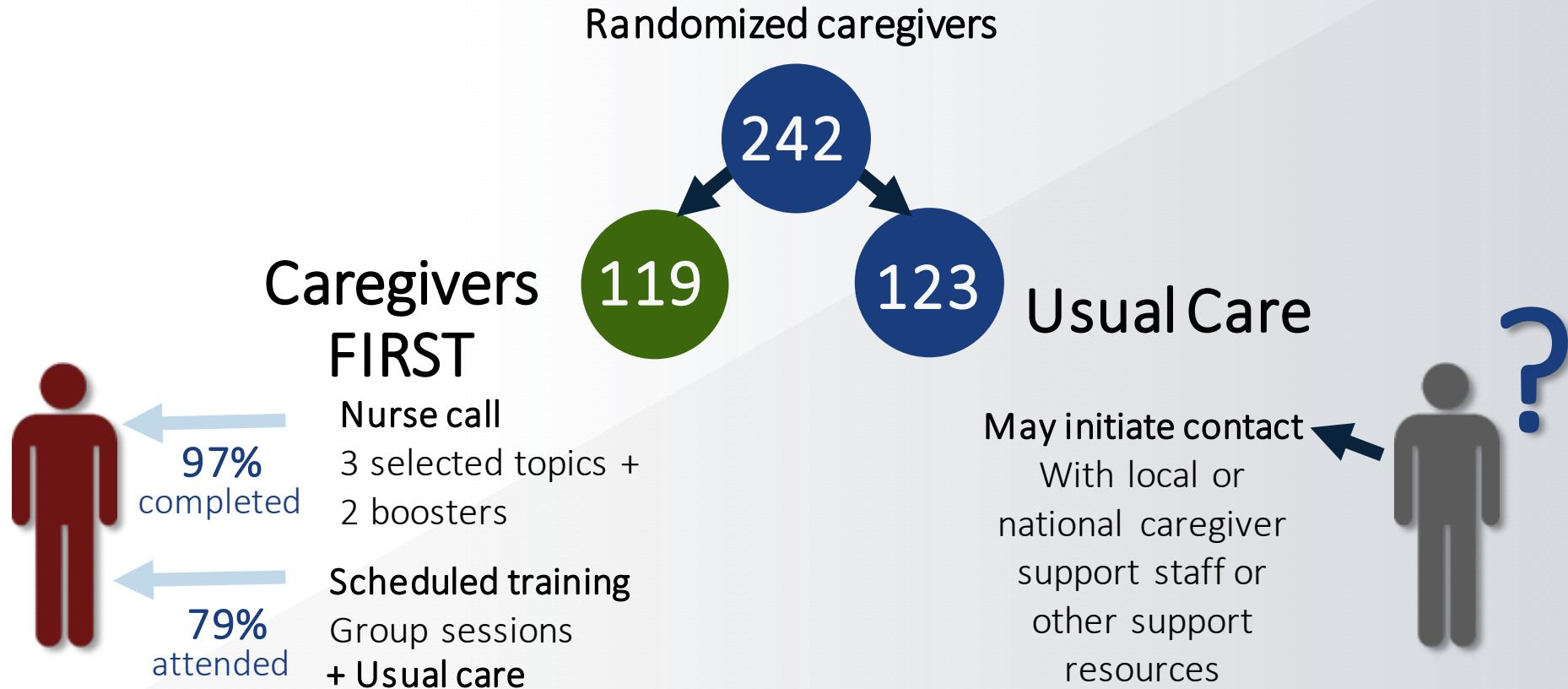
Class 3: Coping skills and strategies

- Stress management
- Value of self-care
- Recognizing depression, burnout

Class 4: Support-seeking skills and navigation strategies

- VA services and Caregiver Support Program
- Non-VA resources
- Preparing for the future and legal issues

RCT Study Design



Unique features of Caregivers FIRST

- General to any diagnosis Veteran may have
 - not focused on 1 condition
- Offered at potential tipping point when caregivers may need training and support
 - <6 months post- referral to VA Home and Community-based Services
- Nationally relevant – other public health payers searching for ways to control long-term expenditures

Usual Care – Acceleration of Caregiver Supports

Caregivers & Veterans Omnibus Health Services Act*

Program of
Comprehensive
Assistance for Family
Caregivers (PCAFC)

- Eligible Veterans injured in the line of duty on or after 9/11/2001

Program of General
Caregiver Support
(PGCSS)

- All Veterans in need of a caregiver

VA Caregiver Support Office

P.L. 111-163; May 5, 2010

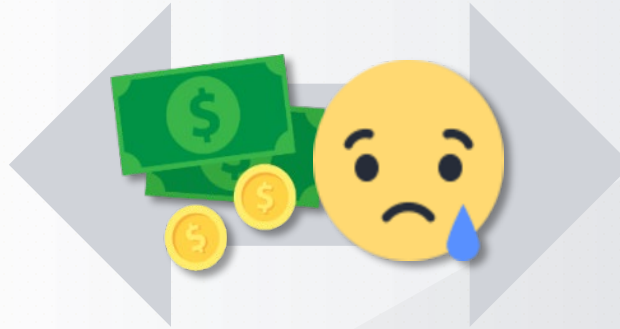


Pragmatic from the start

- Developed by a multidisciplinary team
 - Advisors
 - When grant was being written through 4 year RCT
 - Investigators
 - REACH and REACH-VA (largest multi-site caregiver trial from 1990s)
 - Operational partners
 - National Director of new VA Caregiver Support Program
 - Geriatrics and Extended Care operations members leading home- and community-based service delivery
 - Social workers serving caregivers



RCT Results



Research perspective “null trial” – yet, at trial’s conclusion, VA CSP saw Caregivers FIRST could fill a gap in group trainings...therefore worth scaling up!

Partnership with Caregiver Support Program



Optimizing Function and Independence

VA Quality Enhancement Research Initiative (QUERI)
to evaluate implementation of Caregivers FIRST
at 8 VA sites (2018-2020)



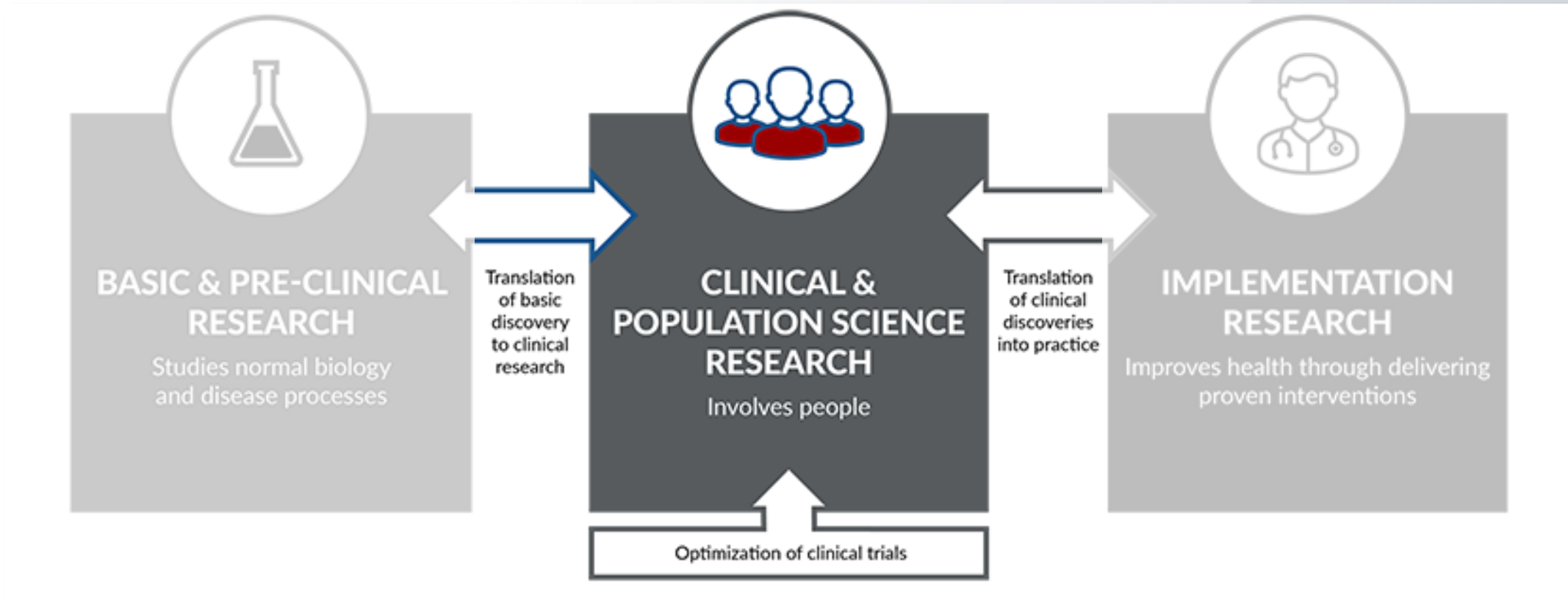
Function
QUERI

Evaluating impact of Caregivers FIRST on:

Veteran Independence: Veteran days spent at home

Caregiver Function: Caregiver burden, depressive symptoms, and satisfaction

Chapter 2: Fit in Real-World



<https://www.nhlbi.nih.gov/science/research-spectrum>



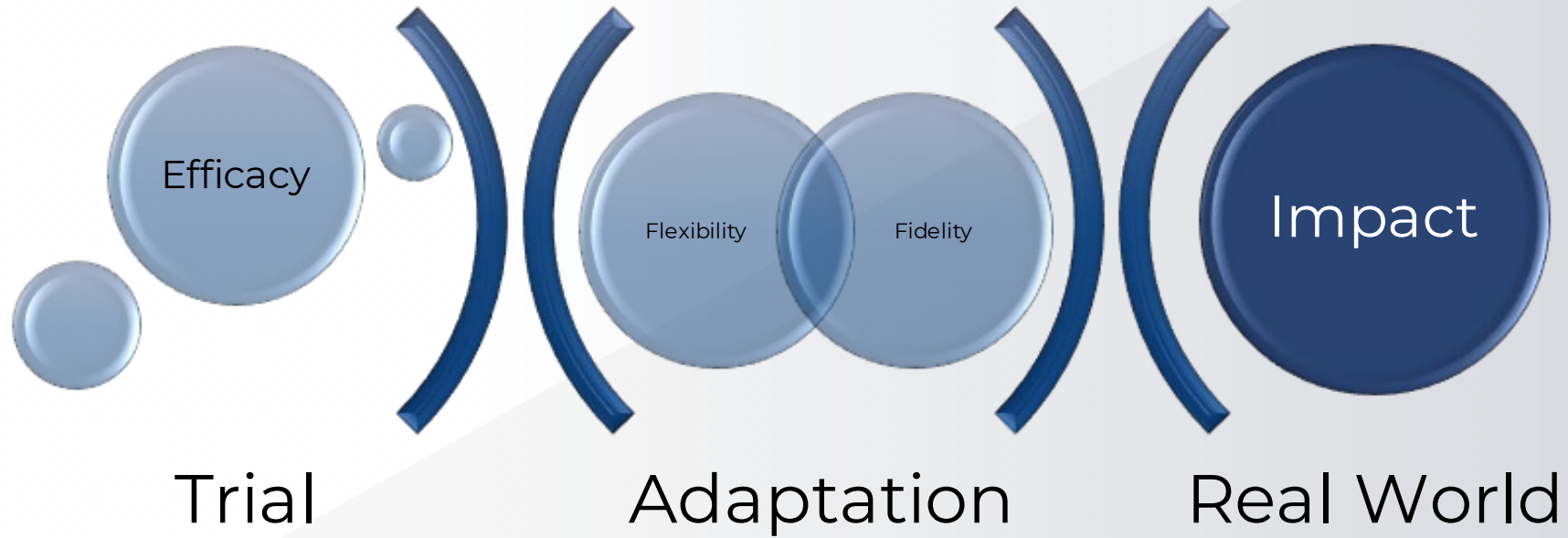
Uptake of tested interventions is limited by the **inherent tension** between intervention development & testing through RCTs & implementation in real-world settings.

Objectives:



Describe the rapid adaptation and implementation of Caregivers FIRST from single site RCT to 8 sites

Rapid translation phases



Steps in translation



RCT and implementation delivery occur under very different conditions

Wiltsey Stirman, S., Baumann, A.A. & Miller, C.J. *Implementation Sci*; 2019
 Lee SJ, Altschul I, Mowbray CT. *Am J Community Psychol*; 2008, Moores et al, 2017



'Core' vs 'optional' intervention elements

- Core = elements of the intervention that cannot be removed because they are active ingredients
- Optional = elements of the intervention that can be modified or even removed as needed

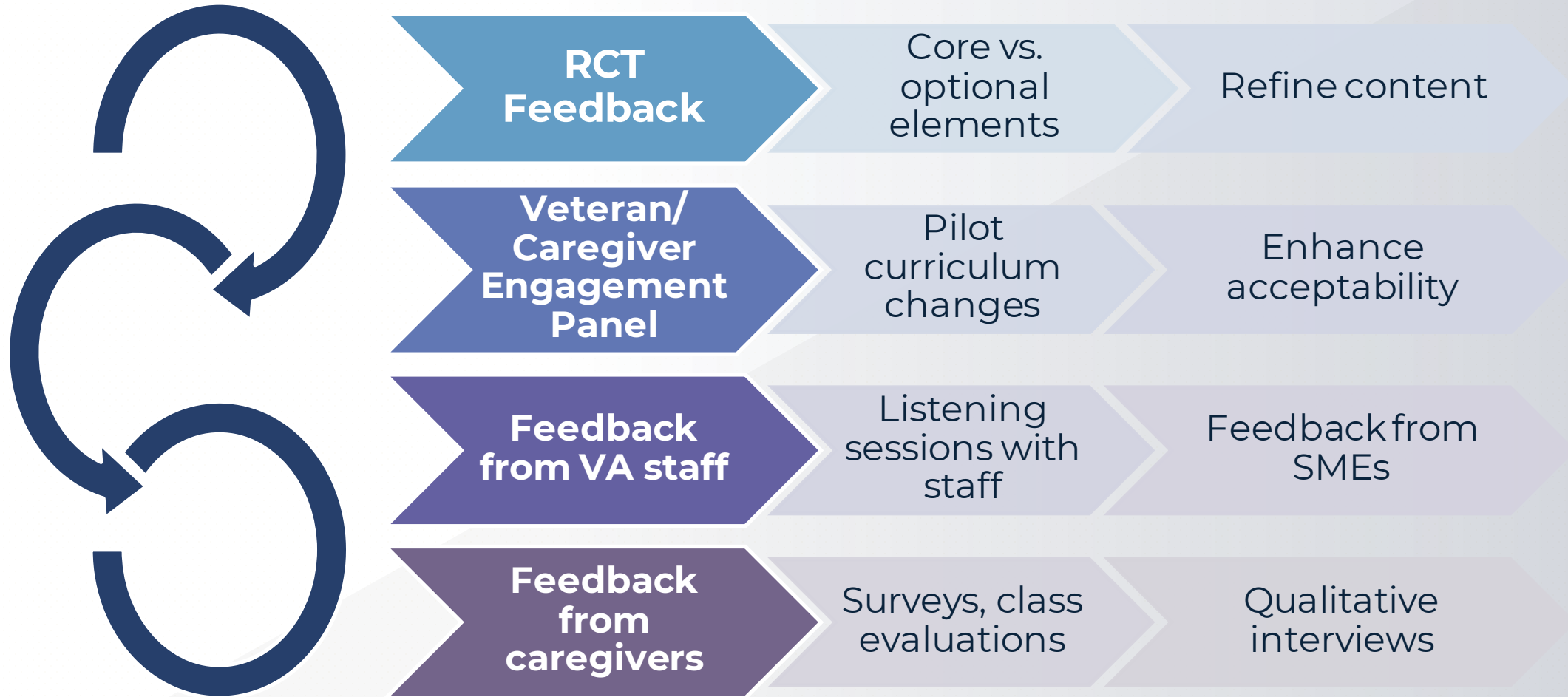
Core elements

- Content in group training: clinical skills, caregiver wellbeing, and navigating the VA system plus social time

Optional elements

- One-on-one telephone training with nurse interventionist

Adapting Content—iterative and cyclical



Implementation barriers

- Intervention to be delivered by clinic staff (collateral duty)
- Minimal time for staff intervention training
- Staff resources and availability differed by site and setting
- Caregivers have minimal time

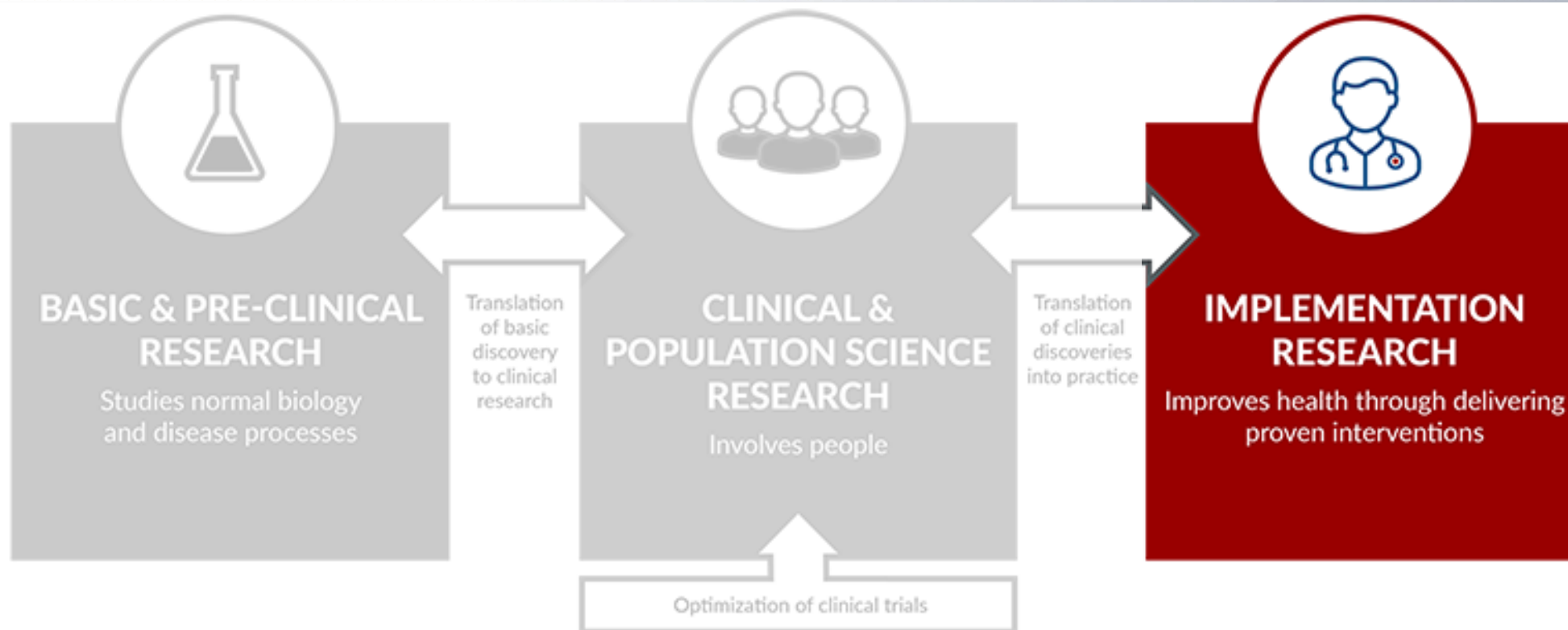
Adaptations to optional (non-core) elements

- Group classes → shorter
- Individual calls (topic & booster) → optional
- Curriculum packaging → “grab and go”
- Flexibility → delivery mode, class scheduling, facilitator, inclusion of local resources
- EHR templates for clinical staff

Shepherd-Banigan et al, *J Nurs Scholarsh.* 2020



Chapter 3a: Designing implementation strategies



<https://www.nhlbi.nih.gov/science/research-spectrum>



Implementation Science

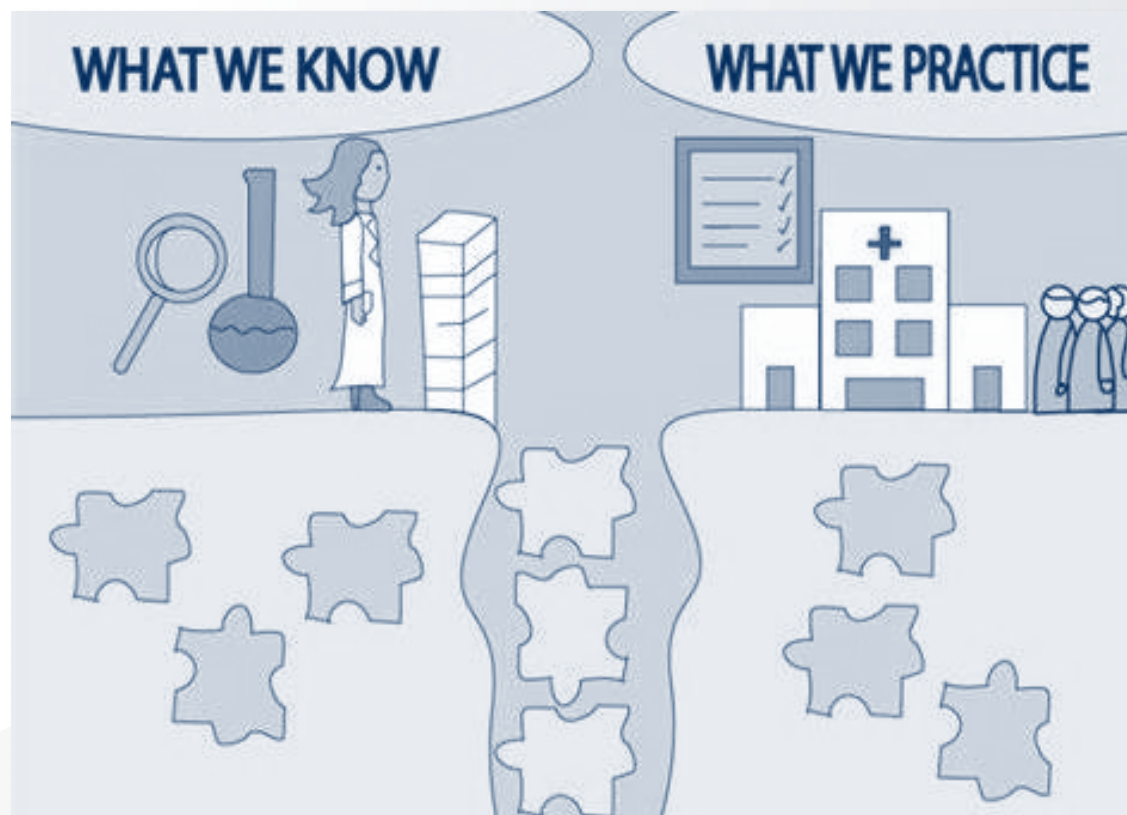


Image: <https://activeagingrt.ca/bridging-the-know-do-gap-in-research/>

There is little evidence on **implementation outcomes** of caregiver interventions within health care systems.

Objectives:



Assess the implementation of Caregivers FIRST delivered in 8 Veterans Affairs hospitals



Evaluate whether implementation strategies improve implementation outcomes (penetration and fidelity)



Examine the impact of Caregivers FIRST on patient and caregiver outcomes

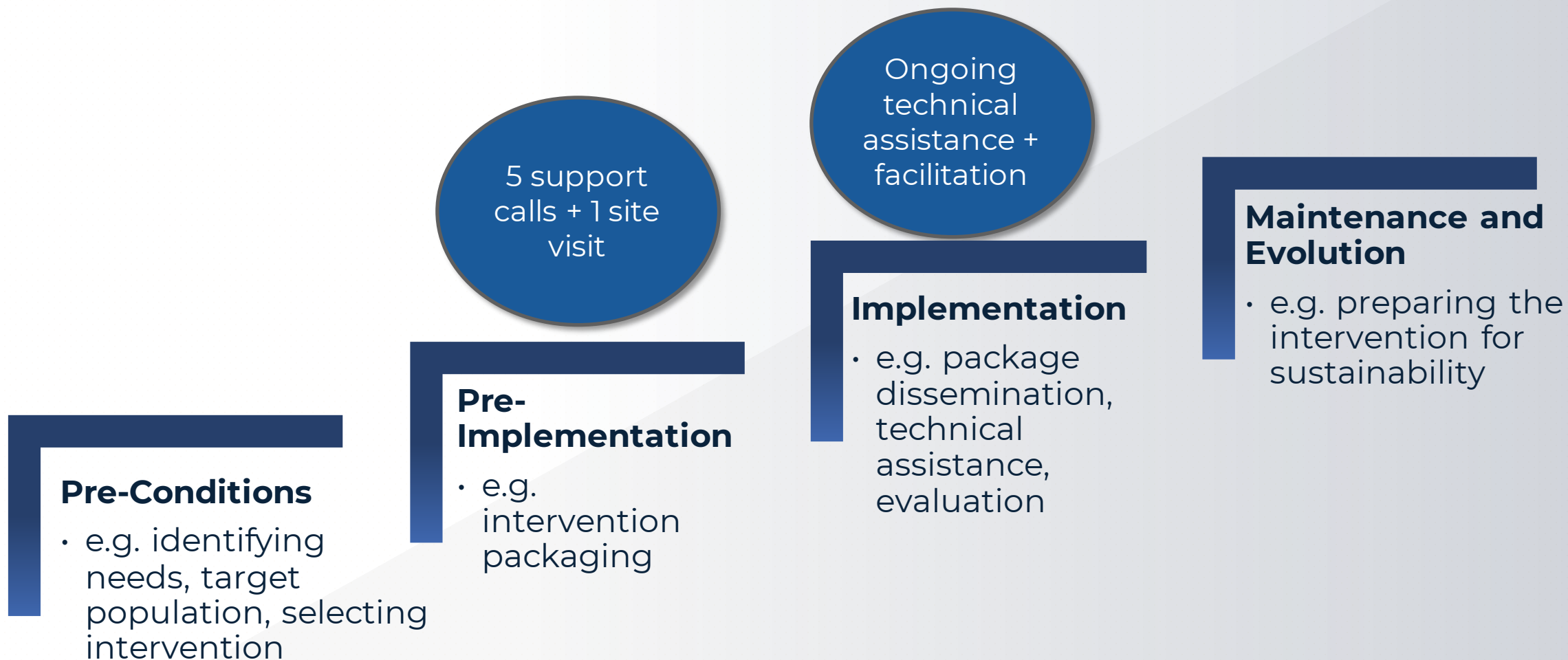
QUE16-170



Caregivers FIRST 2020-2025



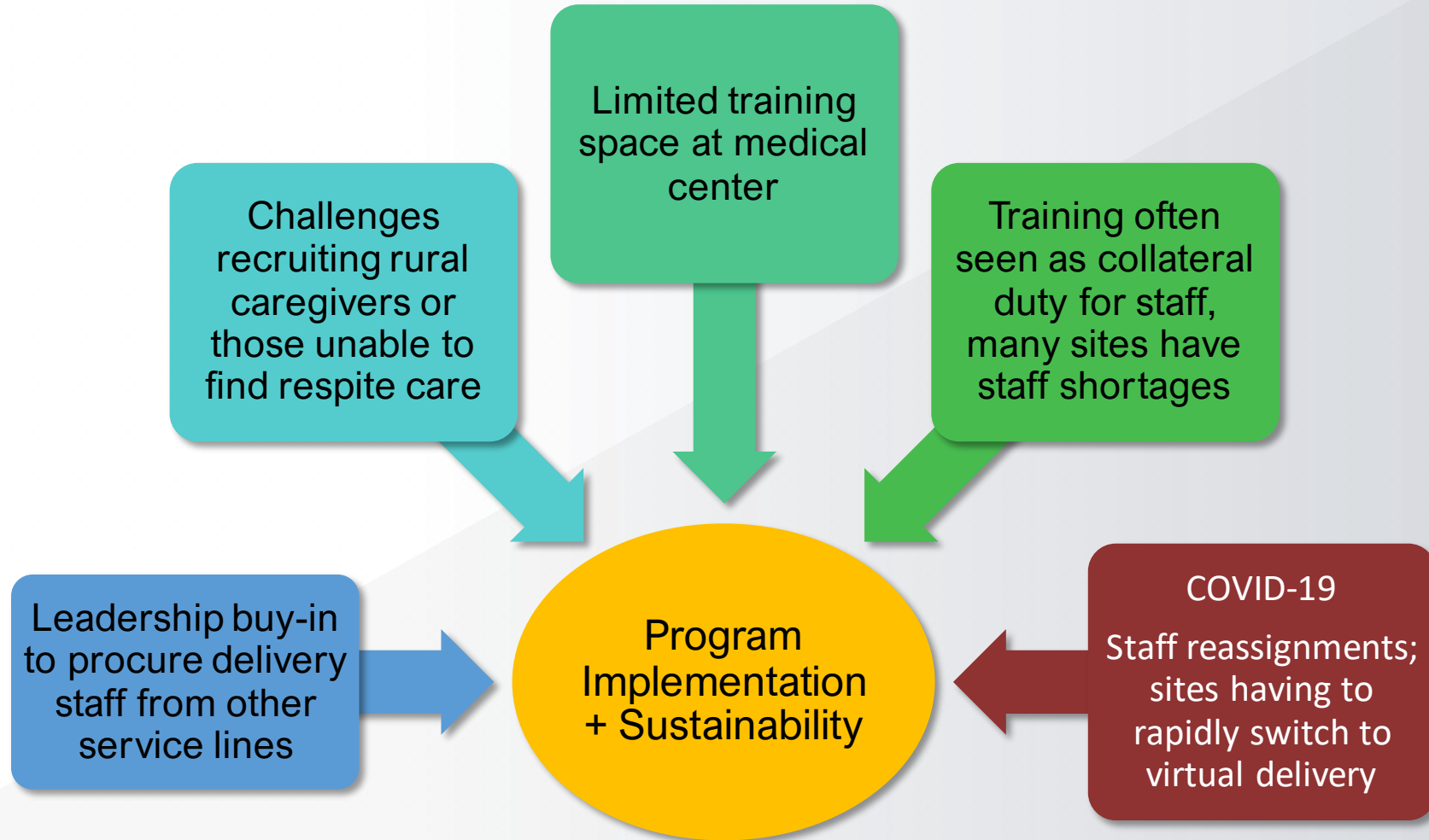
Replicating Effective Programs



Centers for Disease Control; Kilbourne et al. 2007; Kind et al. 2016

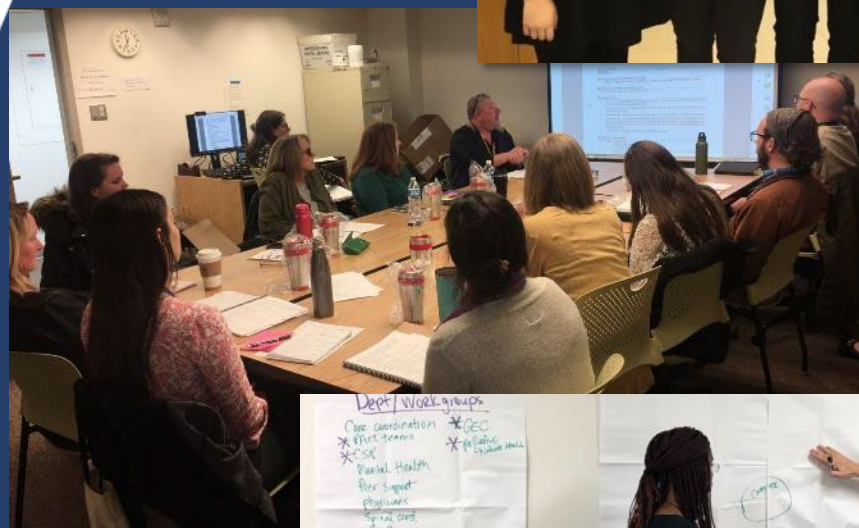


Key implementation barriers

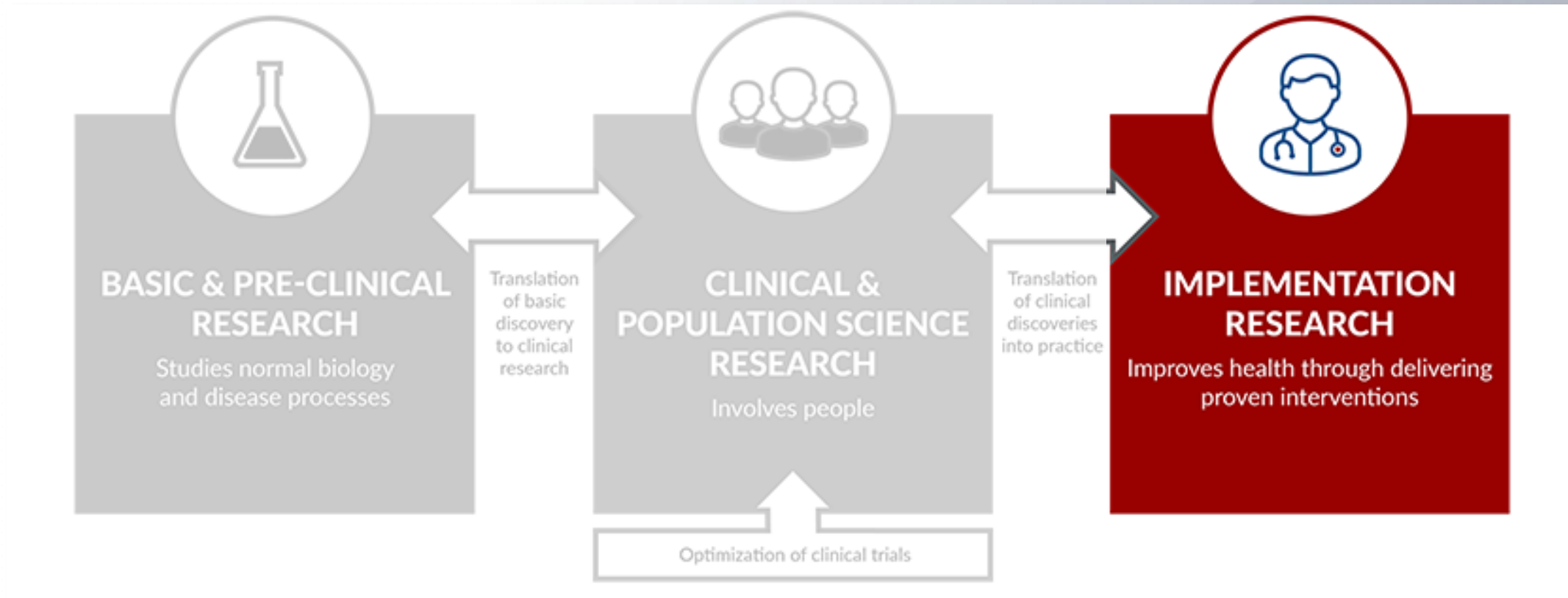


Implementation at 8 sites

- Required novel practice patterns and service line coordination
- Required time-intensive training and technical assistance
 - Approx. 100-140 hours per site
- Level of support needed varied



Chapter 3b: Scaling nationally



<https://www.nhlbi.nih.gov/science/research-spectrum>

Few evidence-based caregiver support interventions have been **scaled for widespread dissemination** in the United States.

Objectives:



Evaluate the effectiveness of implementation strategies on implementation outcomes

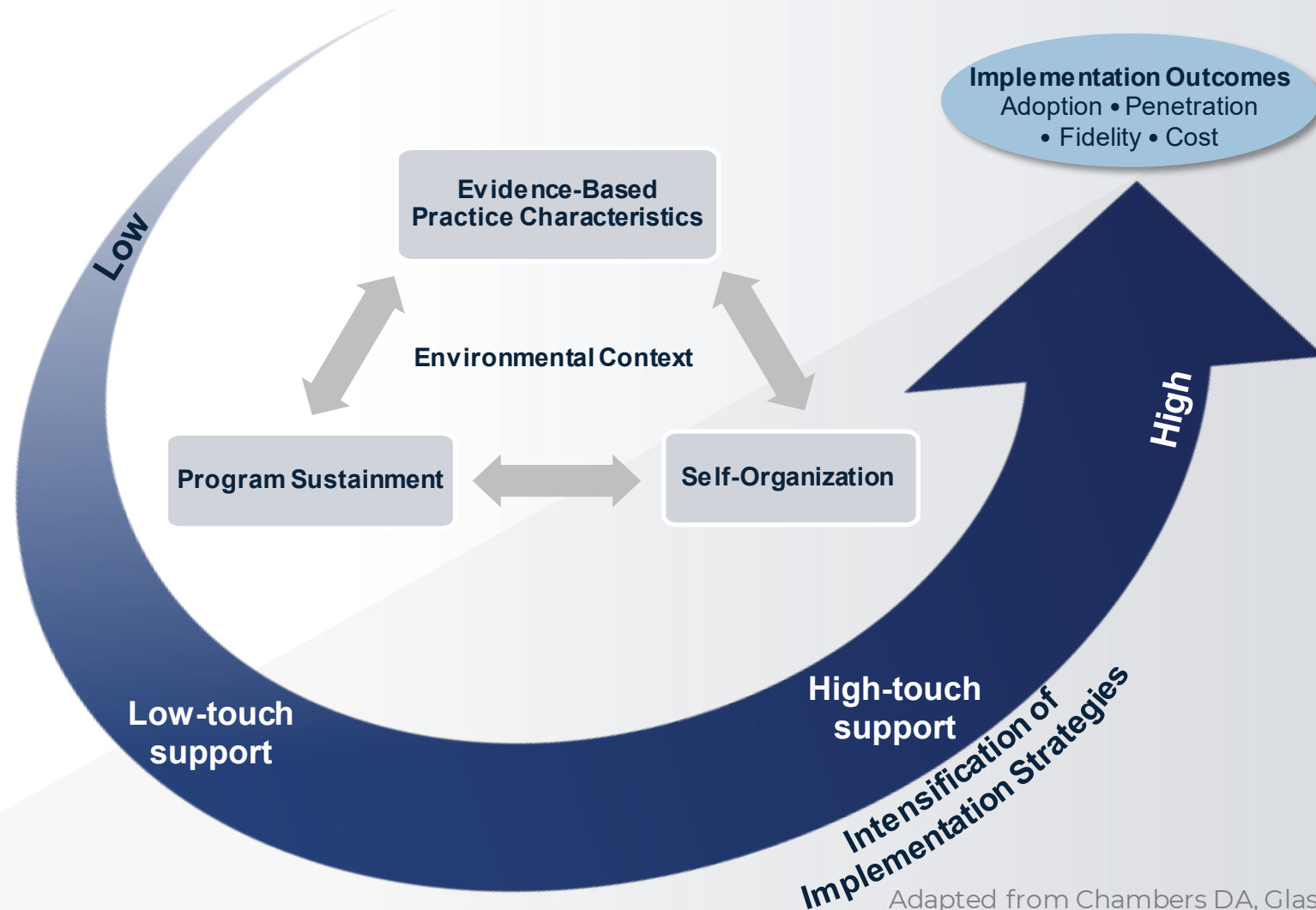


Conduct a business case analysis of implementation strategies to identify cost-efficient strategies



Assess effectiveness of Caregivers FIRST on Veteran home time

Implementation framework



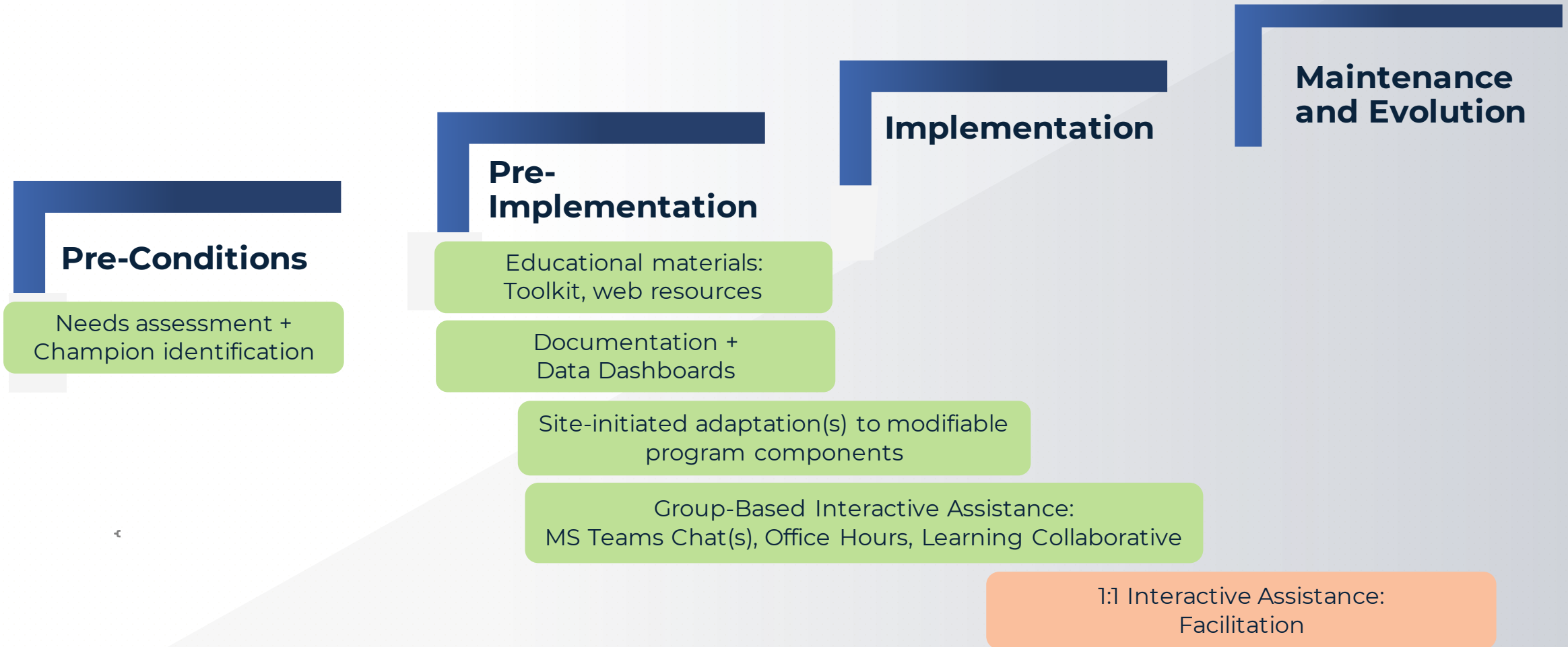
Adapted from Chambers DA, Glasgow RE, Strange KC. Impli Sci. 2013.

Caregivers FIRST 2020-2025



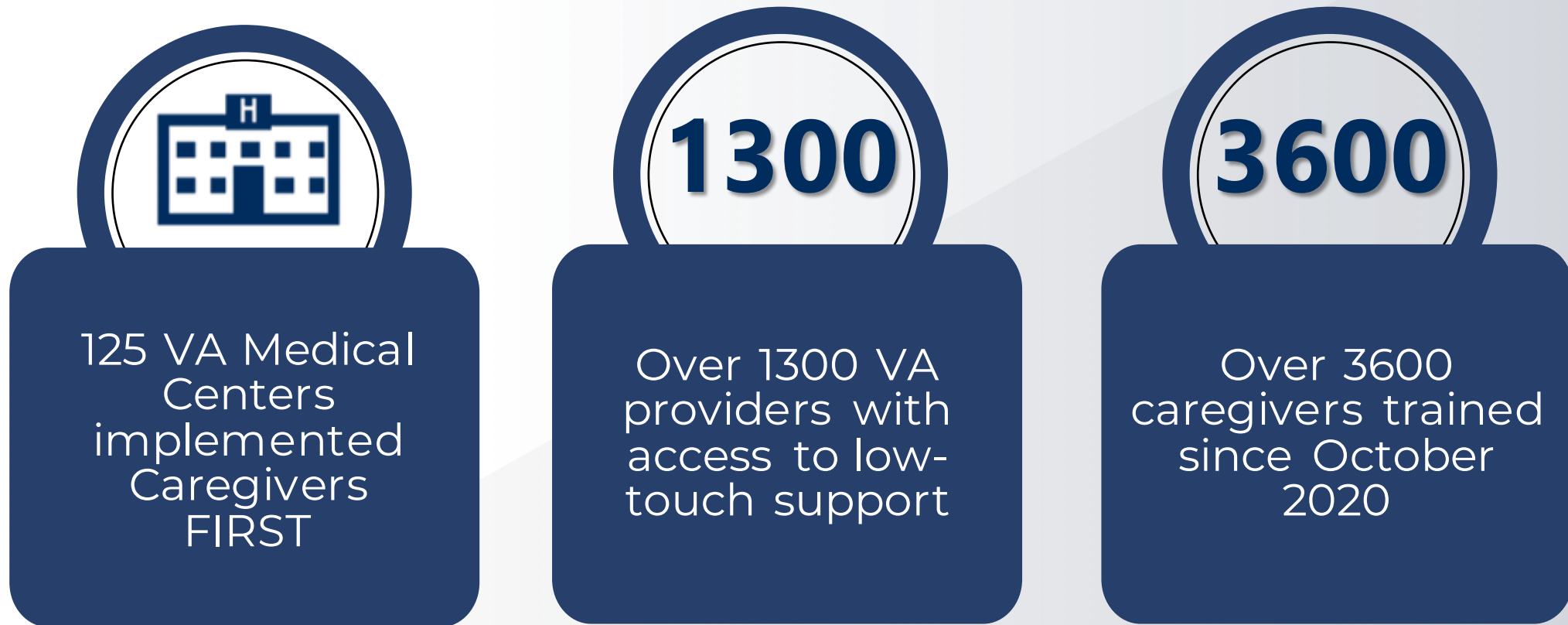
- National implementation
 - All sites (142) received “low-touch” implementation support
- Enrolled sites = 25

Testing 'right size' implementation support



Hughes J, et al., Gerontologist (2022)

Progress to date nationally



Role of partnered research in scalability

We as researchers need to take more risks

Let's pitch our imperfect programs to decision makers

- Stop waiting for optimal study and pristine p-values
- Effective to partners ~ Pragmatic, Useful, Evidence-Based
- Filling an unmet need can be the "business case", not always proving cost savings

When our research questions align with decision maker needs (e.g., performance metrics), partnered research can make a real difference in creating a more caregiver-friendly health system



Operational Partner's Perspective



How did this collaboration benefit the Caregiver Support Program (CSP)?

- Brief history
- Caregivers FIRST
 - Known barriers
 - What went well
- Generalized beyond VA

Why take “null” intervention nationwide?

- Feedback from staff and caregivers
- Timing with creation of the foundational structure of general caregiver supports
- Caregiving 101/Entrance to CSP
- “Grab and Go” materials, support of Function QUERI team

What needs exist
as CSP takes over
operations of the
Caregivers FIRST
program?

- Minimal changes needed as CSP takes ownership
- VA ever-changing space

What does CSP see
for the future of
Caregivers FIRST
once the research
study is over?

- Recommended minimum standard FY24
- Update training as needed
- Expand offering in Spanish



THANK YOU

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[@chvanhoutven](https://twitter.com/chvanhoutven)



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Published resources

- Van Houtven CH, Smith VA, Lindquist JH, Chapman JG, Hendrix C, Hastings SN, Oddone EZ, King HA, Shepherd-Banigan M, Weinberger M. Family Caregiver Skills Training to Improve Experiences of Care: a Randomized Clinical Trial. *J Gen Intern Med.* 2019 Oct;34(10):2114-2122. doi: 10.1007/s11606-019-05209-x. Epub 2019 Aug 6. PMID: 31388914; PMCID: PMC6816649.
- Wang V, Allen K, Van Houtven CH, Coffman C, Sperber N, Mahanna EP, Colón-Emeric C, Hoenig H, Jackson GL, Damush TM, Price E, Hastings SN. Supporting teams to optimize function and independence in Veterans: a multi-study program and mixed methods protocol. *Implement Sci.* 2018 Apr 20;13(1):58. doi: 10.1186/s13012-018-0748-3. PMID: 29678137; PMCID: PMC5910600.
- Shepherd-Banigan M, Kaufman BG, Decosimo K, Dadolf J, Boucher N, Mahanna EP, Bruening R, Sullivan C, Wang V, Hastings SN, Allen KD, Sperber N, Coffman C, Van Houtven CH. Adaptation and implementation of a family caregiver skills training program: from single site RCT to multisite pragmatic intervention. *Journal of Nursing Scholarship.* 2019; 0(0):1-11. doi:10.1111/jnu.12511.
- Boucher NA, Zullig LL, Shepherd-Banigan M, Decosimo KP, Dadolf J, Choate A, Mahanna EP, Sperber NR, Wang V, Allen KA, Hastings SN, Van Houtven CH. Replicating an effective VA program to train and support family caregivers: a hybrid type III effectiveness-implementation design. *BMC Health Serv Res.* 2021 May 6;21(1):430. doi: 10.1186/s12913-021-06448-7. PMID: 33952263; PMCID: PMC8099701.
- Van Houtven CH, Drake C, Malo TL, et al. Ready, Set, Go! The role of organizational readiness to predict adoption of a family caregiver training program using the Rogers' Diffusion of Innovation Theory. *Research Square;* 2023. DOI: 10.21203/rs.3.rs-2402441/v1.
- Sperber NR, Boucher N, Hughes JM, Bruening R, Zullig LL, Decosimo K, Tucker M, Christensen LA, Allen KD, Hastings SN, Van Houtven CH. Mandated Caregiver Training in the Veterans Health Administration: Caregiver Inquiry Informs National Dissemination. *Gerontologist.* 2023 Mar 21;63(3):534-544. doi: 10.1093/geront/gnac162. PMID: 36327120.
- Decosimo K, Drake C, Coffman CJ, Sperber NR, Tucker M, Hughes JM, Zullig LL, Chadduck T, Christensen L, Kaufman B, Allen KD, Hastings SN, Van Houtven CH. Implementation intensification to disseminate a skills-based caregiver training program: protocol for a type III effectiveness-implementation hybrid trial. *Implement Sci Commun.* 2023 Aug 16;4(1):97. doi: 10.1186/s43058-023-00475-7. PMID: 37587517; PMCID: PMC10428549.

Questions?



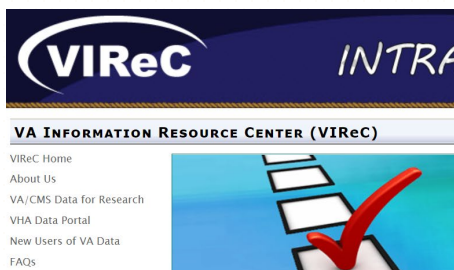


Partnered Research
BONUS SLIDES

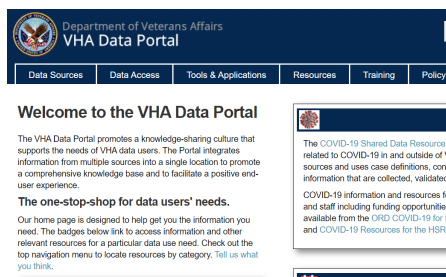


Resources for VA Data Users

Select image to visit page



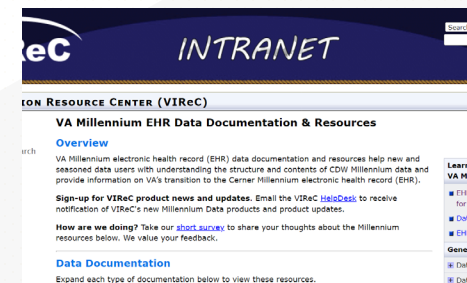
VA Information Resource Center (VIREC) (VA Intranet)



VHA Data Portal (VA Intranet)



VIREC Cyberseminars



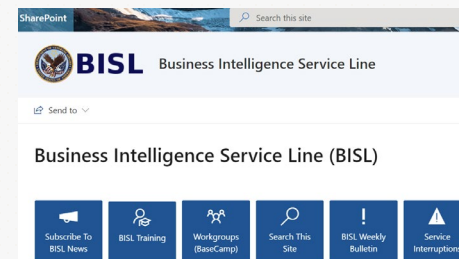
VA Millennium EHR Data Documentation (VA Intranet)



Quick Guide: Resources for Using VA Data (VA Intranet)



VA Informatics and Computing Infrastructure (VINCI) (VA Intranet)



BISL/CDW (VA Intranet)



Health Economics Resource Center (HERC) (VA Intranet)





Questions about using VA Data?

HSRData Listserv

- Community knowledge sharing
- ~1,400 VA data users
- Researchers, operations, data stewards, managers
- Subscribe by visiting vaww.virec.research.va.gov/Support/HSRData-L.htm (VA Intranet)

VIREC HelpDesk

- Individualized support
- Request Form: varedcap.rcp.vaec.va.gov/redcap/surveys/?s=KXMEN77LXK (VA Intranet)

