

IU GERIATRICS

News from the Indiana University Geriatrics Program
& the Indiana University Center for Aging Research

INDIANA UNIVERSITY CENTER FOR AGING RESEARCH 2008 - 2009 ANNUAL REPORT TO PRESIDENT McROBBIE

Community-based participatory research is a collaborative research approach that is designed to ensure and establish structures for participation by communities affected by the issue being studied, representatives of organizations, and researchers in all aspects of the research process to improve health and well-being through taking action, including social change.

Agency for Healthcare
Research and Quality



Partnering in Community-Based Participatory Research

The mission of the Indiana University Center for Aging Research is to conduct research to improve the quality of healthcare and self-care for older adults. This mission enriches and expands the work of our partners such as Indiana University, Wishard Health Services, and the Regenstrief Institute, Inc.

Each of these partners has a track record of success in improving the quality of life for our community. A key reason for the success of our partners has been their ability to engage the community in defining problems and identifying solutions. IU-CAR has embraced this approach in seeking solutions to the healthcare problems faced by older adults.

In this Annual Report, we highlight examples of community-based participatory research and the networks that support these collaborations.

Conducting research in the community is very different than conducting an experiment in a controlled laboratory setting. In reading the

descriptions of ongoing projects on the following pages, consider the time and infrastructure needed to support the complexity of these real-world clinical research studies. Consider also the potential of these real-world laboratories in tackling the problems faced by our aging communities.

January 4, 2010

Christopher M. Callahan, MD, is the Cornelius & Yvonne Pettinga Professor in Aging Research, the director of the IU Center for Aging Research and is an investigator at the Regenstrief Institute, Inc.



INDIANA UNIVERSITY

DEPARTMENT OF MEDICINE
School of Medicine

DESIGNING AND TESTING AGING BRAIN INTERVENTIONS

The Institute of Medicine has recommended the need for system thinking and integrated, locally sensitive collaboration among the various members of the local community, health care systems and research organizations.



PHYSICAL FRAILITY IN URBAN AFRICAN AMERICANS

Dr. Douglas K. Miller is an expert in building long term partnerships between researchers and the community. He is the principal investigator of "Physical Frailty in Urban African Americans," a population-based study of frailty in two longitudinal cohorts in St. Louis, Missouri. Known as AAH or African American Health to study participants, the R01 has been funded by the National Institute on Aging from 1991 through 2012.

The first project studied 632 African Americans living in a poor inner-city area and aged 70-99 years at baseline, and the second involves 998 African Americans (split between inner-city and suburbs) aged 49-65 years at baseline. The goal is to identify strategies for improving the active life expectancy of this population.

Dr. Miller emphasizes, "Cultural sensitivity, involvement in local community activities, community collaboration in the research activities, and trust have been essential in successfully enrolling, retaining, and following our AAH cohorts, as well as recruiting new ones, to investigate the disability disparity that this population experiences compared to whites and to identify interventions with high potential for preventing or reversing this disparity."

INDIANAPOLIS DISCOVERY NETWORK FOR DEMENTIA

IDND, the Indianapolis Discovery Network for Dementia, is a local and diverse network of dementia researchers, clinical providers, patient advocates and policy makers who are interested in improving the care for dementia patients in Indianapolis.

Formed in 2006 by Dr. Malaz Boustani and Stephanie Munger, the Network includes more than 150 members, from more than 20 local organizations, who participate in bimonthly face-to-face meetings and regular email interactions.

To date, the Network has built a web-based resource center, created a social networking forum through Facebook, delivered numerous educational seminars, developed and disseminated educational materials and quick reference cards, and developed numerous clinical tools.

Currently, the Network is deploying research projects into community practices, evaluating a new screening and management tool (the Healthy Aging Brain Care Monitor), developing an electronic medical record specifically designed to address the concerns of the cognitively impaired population, and has taken an NIH-funded study into primary care practices outside of the academic practice setting.

INDIANA IP-RISP

To support community-based participatory research, the National Institute of Mental Health created IP-RISP, the "Interventions and Practice Research Infrastructure Program."

Building from our past clinical trials and Wishard Health Services' investment in the Healthy Aging Brain Center, the Indiana IP-RISP has established the Aging Brain Care Medical Home or "ABC Medical Home." Principal Investigator Dr. Chris Callahan notes, "This project represents a major effort to bridge the worlds of mental health care and medical care for both patients and providers. The project also represents an extensive investment in the infrastructure to support community-based participatory research."

Learn about the Indianapolis
Discovery Network for Dementia at
indydiscoverynetwork.com

TAKING CHARGE OF WEIGHT MANAGEMENT FOR LIFE

There is no end. Research does not indicate that there is any point where persons no longer need support for weight management. Take Charge Lite is available for support, learning, and participation as long as persons have interest.

Daniel O. Clark, PhD



Take Charge Lite is a primary care-based free lifestyle weight management program developed with and for lower health literacy adults and their providers from Wishard's community health centers.

TAKE CHARGE LITE is a primary care-based lifestyle weight management program developed with and for lower health literacy adults and their providers. The program is free and available to English and Spanish-speaking adult patients from Wishard's community health centers.

TCL was designed to implement obesity screening and guideline-based treatment. A team led by medical sociologist Dan Clark reviewed scientific literature and conducted focus groups and interviews with health center providers and patients to arrive at a community-accepted guideline-recommended program.

A positive obesity screen triggers a patient eligibility reminder to the provider and a patient referral to TCL. The client meets with a lifestyle counselor, known as the TCL "coach," for an initial session of behavior change counseling and assessment. The coach and client arrive at an agreement of goals.

Coaches provide ongoing assistance and arrange resources to educate and support lifestyle behaviors for weight management. An electronic tracking system helps coaches stay informed of each client's goals and preferences for future contacts and counseling.

Dr. Clark believes that weight management programs could become cost-effective through wider use of information technology.

He adds, "Carefully controlling the number, type and timing of program exposures relative to an individual's stage of readiness, motivation, life stage or life events may prove to be critical to both cost-effectiveness and reach--the proportion of the target population that is exposed to the intervention. We need to do this in order to achieve public health impact through community health centers."

TCL provides a lifestyle counselor within primary care and links the client and clinic with community resources.

Education and Support Tools include

- Behavioral counseling
- Self-monitoring
- Support groups
- Education classes
- Exercise sessions
- Site dietitians
- Calendars and Newsletters
- Community Resources

Take Charge Lite is funded by a grant to Wishard Health Services from the Richard M. Fairbanks Foundation.



**INDIANA UNIVERSITY
CENTER FOR AGING RESEARCH**

LEADERSHIP

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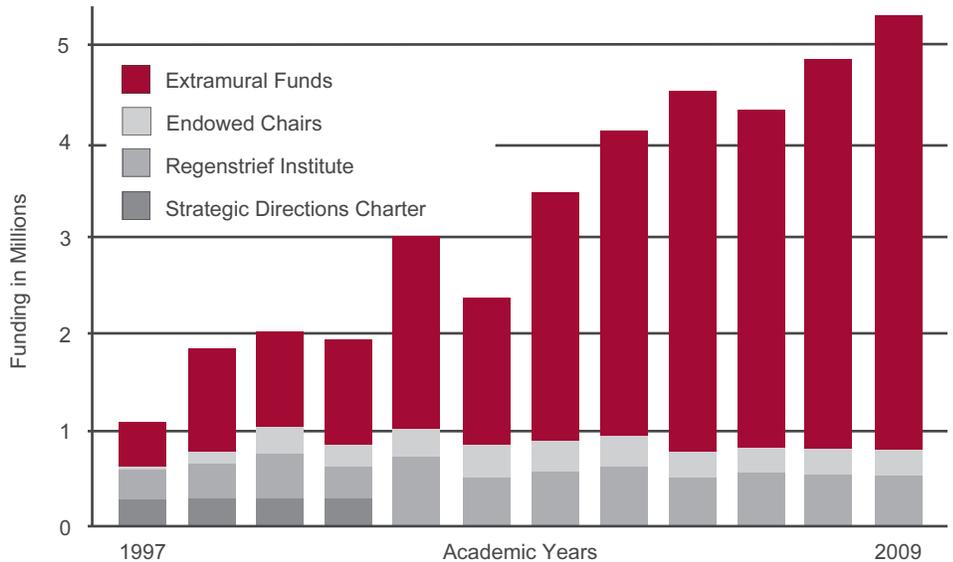
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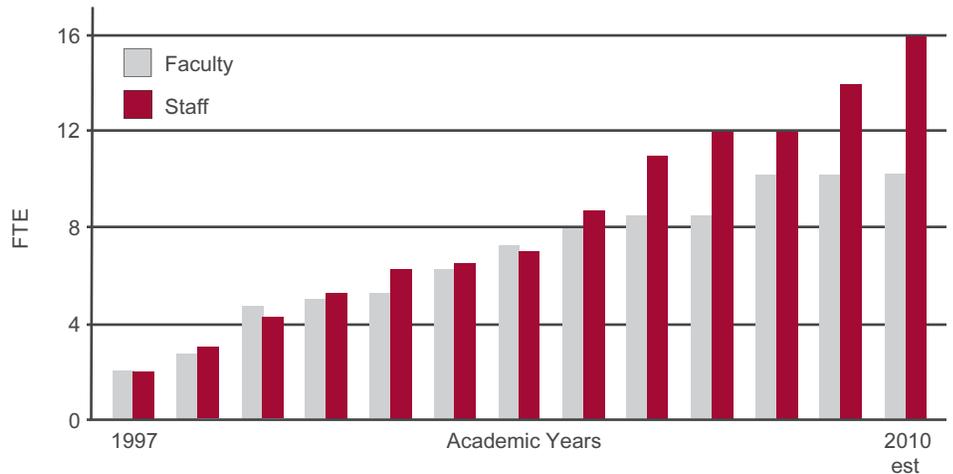
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Growth in Funding for Life Sciences Research



Growth in Life Sciences Jobs



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