

# Navigator Training and Support

*A Pilot Study in the Context of Secondary Stroke Prevention*

*APHA Community Health Worker Roundtable  
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# Presenter Disclosures

- For Deonna Farr, Brenda Tsai and Manon Schladen :

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months: **No relationships to disclose.**

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# Learning Objectives

- At the end of the session, participants will:
  - Explain why it is important for experienced navigators to be involved in designing training for new navigators.
  - Discuss the advantages and disadvantages of using interactive, multimedia materials versus YouTube vignettes for anywhere/anytime (asynchronous) navigator training and on-going learning support.
  - Describe the steps a navigation program might take to design a low-cost, context-relevant navigator training and field support module.

# Roundtable Overview

- Patient Navigation in the Context of Stroke Prevention Research
  - Project Objectives
  - Navigator Training Needs
- Brief Presentation, Informal Discussion of 3 Stroke Navigation Training Modules
  1. Introduction to Stroke Navigation
  2. Health Behavior Change Counseling for Stroke Navigators
  3. Research Ethics for Stroke Navigators

# Background

- Patient Navigators
  - Term created by Harold Freeman, MD to describe a particular type of community health worker (CHW)<sup>1</sup>
  - Despite origins in cancer prevention, interventions using CHWs have been effective in multiple conditions<sup>2</sup>

# Background

- Health Behavior Change Counseling (HBCC)
  - A variety of counseling techniques can be used to encourage people to adopt healthy behaviors
  - Motivational Interviewing
    - A client centered approach to resolving conflict between desire to change and benefits of current behavior
    - <http://www.motivationalinterview.org/>

# PROTECT DC: A Randomized Controlled Trial of Patient Navigators in Secondary Stroke Prevention

Based on PROTECT LA –

- Patients received stroke education during their acute hospitalization.
- The intervention resulted in increased rates of medication compliance, stroke awareness and lifestyle modifications.

From LA to DC

- Could this intervention be transformed to work with a different population?
  - Inner City
  - Primarily African American
  - Lower Socioeconomic Status
- Patients in this population would need increased support and education beyond an in hospital session

# PROTECT DC: A Randomized Controlled Trial of Patient Navigators in Secondary Stroke Prevention

- Participants are recruited during their inpatient stay and randomized to usual and customary care or navigation intervention.
- Intervention consists of education and resource referral provided via home visits and phone call.
- Primary Outcome is adherence to secondary stroke prevention measures:
  - Antihypertensive therapy
  - Antithrombotic therapy
  - Lipid-lowering agents
  - Anti-diabetic medications

As measured by biomarkers 1 year post-stroke



# Navigator Training Materials

- Purpose:
  - Supplement face-to-face training by research staff
  - Design Science Approach
    - Effectiveness
      - Understanding, retention, application in practice
    - Efficiency
      - Uses project resources (human, material) well
      - Leverages freely available systems and software
    - Appeal
      - Translate navigators' own experiences back to training new navigators
      - Presented in a way that is engaging and meaningful to navigators

# Design & Development Process

- Collaborative Approach, Researchers and Experienced Navigators
- Training priorities reflected needs identified from project data/management and navigators working with patients in the field
- 3 areas targeted:
  - Navigation Overview: What is a navigator? What is distinctive, challenging, satisfying about the work?
  - Health Behavior Change Counseling: How do you work with patients to help them decide to adopt healthier behaviors?
  - Research Ethics: How is ethical behavior in research different from ethics as we learn it in the community?

# Introduction to Stroke Navigation

- Purpose
  - To orient prospective navigators to both the satisfaction and challenges of working with persons in the community to promote health after an initial mild stroke
- Type of Training Intervention
  - Narrative video; incorporates questions for self-study reflection or group discussion
- Development Process
  - Collaborative Design
    - Identification of training needs, preferred storytelling methods
  - Collaborative Development
    - Navigators and research project staff wrote, acted and narrated

# Excerpts from Introduction to Health Navigation

# Health Behavior Change Counseling for Navigators

- Purpose
  - Introduce and Illustrate the Basics of HBCC (*basic* Motivational Interviewing) to help navigators in their interactions with patients
- Type of Training Intervention
  - Online, interactive, multimedia learning. Formative and summative evaluation
- Development Process
  - Selected scenarios relative to diet and medication
    - Representative areas of recurring difficulty with patient behavior change
  - Narrative developed, video-enacted by navigator and supporting project staff
  - Narration scripted and recorded
  - Authored in Adobe Captivate
  - Uploaded to Moodle (freeware) Learning Management System

# Excerpts From HBCC For Navigators

# Research Ethics for Navigators

- Purpose
  - Orient navigators to the main differences between research ethics and the ethics of caring everyday life
- Type of Training Intervention
  - Branching Logic Animation
- Development Process
  - Evidence-based content: peer-reviewed study of navigator misconceptions about research ethics augmented by personal experiences of navigation team
  - Xtranormal animation – enhance engagement with what could be considered “dry” material
  - Used ANSI standards-compliant branching logic authoring system to evaluate as alternative to Captivate/Moodle

# Excerpts from Research Ethics for Navigators



# Assessment

- Alpha and Beta tests of modules complete
- Ready to begin formal evaluation
- CHW programs interested in participating please contact us:
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