Boot camp translation
Don Nease, MD
A brief outline:

- The problem
- What is BCT and why you might use BCT
- How it works
- Examples
If we build it...
The "if we build it" problem

- It takes many years to translate evidence into routine practice
- Inducing patients/community members to implement evidence can take even longer
- Problem recognized by NCATS
"The overall goal of BCT is to take evidence-based guidelines and recommendations; change them from formal medical information and language into a format that is accessible, understandable, meaningful, and engaging to community members"
Essential ingredients

- Community member commitment
- Diverse perspectives
- Group process essential
What it isn't!

- A community advisory board for an already determined intervention/process
- A method for gaining community buy in for a project
- ...
What it works well for:

- Translating a proven intervention into routine community use
- Colorectal cancer screening
- Hypertension compliance
- ...
<table>
<thead>
<tr>
<th>Research Topic</th>
<th>Schedule</th>
<th>Outcomes</th>
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</thead>
<tbody>
<tr>
<td>Colon cancer prevention</td>
<td>5 Face-to-face meetings 8 Phone calls 1 Year</td>
<td>Message and dissemination engaged more than 300 community members.</td>
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<td>70% of community members saw materials</td>
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<td>Increase in colonoscopy and screening</td>
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<td>Rural messaging included a farm auction flyer about colon cancer and coffee mugs</td>
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<tr>
<td>Asthma</td>
<td>4 Face-to-face meetings 5 Phone calls 8 Months</td>
<td>Message and dissemination engaged more than 700 community members and students in 45 local schools</td>
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<td>Increase in reported prescribing of inhaled corticosteroids</td>
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<tr>
<td>High blood pressure home monitoring</td>
<td>3 Face-to-face meetings 6 Phone calls 4 Months</td>
<td>“Just check it” logo</td>
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<td>Increase in home blood pressure monitoring</td>
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<td>Average systolic blood pressure decreased by 6 mm Hg</td>
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<tr>
<td>PCMH</td>
<td>4 Face-to-face meetings 6 Phone calls 1 Year</td>
<td>“Medical Home is Relationship”</td>
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<td>Poster for practices and organizations about PCMH</td>
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<td>Reinvigorated PCMH work in several communities</td>
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<td>Health risk assessments</td>
<td>2 Face-to-face meetings</td>
<td>Ongoing</td>
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<tr>
<td>Hypertension among urban Latinos (English)*</td>
<td>In process</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Hypertension among urban Latinos (Spanish)*</td>
<td>In process</td>
<td>Planning</td>
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<tr>
<td>Behavioral health</td>
<td>In process</td>
<td>Ongoing</td>
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</tbody>
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*Boot Camp Translation pilot in an urban Latino community.
PCMH, patient-centered medical home.
Process steps:

- First meeting
- Telephone meetings
- Face to face meetings
- Telephone meetings
- End product(s)
First meeting

- Day long and in person
- Expert presents the topic and evidence
- Brainstorming
- Goal is to get everyone on a level playing field
- Promotes topic engagement
Telephone meetings

- 30 minutes
- Usually held in the evening
- One topic or issue is addressed
- Hones group thinking
Additional face to face meetings

- Half day or more
- Designed to expand group thinking and engage in unpacking an idea
- Often results in work for the scientific team
- May be used to get feedback on a product draft
Key points

- Process is iterative
- You can't always know going in how long it's going to take
- End products emerge from the process
- Group owns the work and the products
Examples

- Diabetes
- INSTTEPP
- Asthma disparities
Discussion
References

