



Boot camp translation
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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 2. Boot Camp Topics and Outcomes

Research Topic	Schedule	Outcomes
Colon cancer prevention	5 Face-to-face meetings 8 Phone calls 1 Year	Message and dissemination engaged more than 300 community members. 70% of community members saw materials Increase in colonoscopy and screening Rural messaging included a farm auction flyer about colon cancer and coffee mugs
Asthma	4 Face-to-face meetings 5 Phone calls 8 Months	Message and dissemination engaged more than 700 community members and students in 45 local schools Increase in reported prescribing of inhaled corticosteroids
High blood pressure home monitoring	3 Face-to-face meetings 6 Phone calls 4 Months	“Just check it” logo Increase in home blood pressure monitoring Average systolic blood pressure decreased by 6 mm Hg
PCMH	4 Face-to-face meetings 6 Phone calls 1 Year	“Medical Home is Relationship” Poster for practices and organizations about PCMH Reinvigorated PCMH work in several communities
Health risk assessments	2 Face-to-face meetings	Ongoing
Hypertension among urban Latinos (English)*	In process	Ongoing
Hypertension among urban Latinos (Spanish)*	In process	Planning
Behavioral health	In process	Ongoing

*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

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