Fall 2019



Our Mission

To develop and evaluate interventions and implementation strategies to improve health care delivery. Veteran engagement in health care, and Veterans' health and functioning in their communities

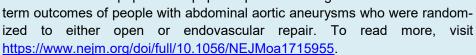
Director: Steven Fu, MD, MSCE Deputy Director: Nina Sayer, PhD LP

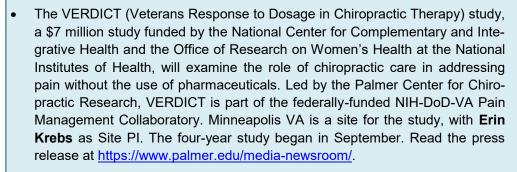
Associate Director: Brent Taylor, PhD

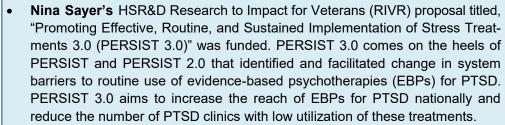


CCDOR Highlights

- Amidst national concerns about vaping, the media has sought the expertise of Anne Melzer, CCDOR investigator and pulmonologist, about lung health and research on vaping.
- Steve Fu's research on proactive outreach for smoking cessation was featured as a University of Minnesota Research Brief last month.
- In Remembrance: Frank Lederle's May 30, 2019 New England Journal of Medicine article titled, "Open versus vascular Repair of Abdominal Aortic Aneu- Anne Melzer, MD, MS rysm," was the Minneapolis VA Research Service (Credit: April Eilers-Minneapolis featured research paper. The paper reports the long-









VA Public Affairs)

In this Issue

- **Highlights**
- **CCDOR** leaders in lung health
- **CCDOR** research represented in Women's Health Issues supplement
- **CCDOR Veteran engagement** recognized
- Minneapolis VA Evidence-Synthesis Program
- **Select Publications**

Calendar

Implementation Science Journal Club—4th Tuesday of every month

Medicine Grand Rounds Wei (Denise) Duan-Porter—Oct 18 Tim Wilt—Nov 5 Orly Vardeny Ni-Mar 6 Maureen Murdoch—Apr 10

Aasma Shaukat—Apr 24

Medicine Journal Club Lauren Mitchell-Nov 7 Kris Ensrud—Dec 5 Susan Diem—Feb 6 Tim Wilt-Mar 5 Elisheva Danan—Apr 2

Medicine Research Conference Erin Koffel—Oct 31 Anne Melzer-Jan 16 Steve Fu-Mar 19

CCDOR is a Leader in Promoting Lung Health

Dr. Anne Melzer has ongoing research to improve the lung-related illnesses and deaths across the country news/health/2019/09/11/vaping-lung-illness-what-weknow-spate-cases-and-deaths/2264610001/).

quality of care for patients with lung diseases, particular- suspected to be related to vaping has led to a nationly diseases that stem from smoking, and her expertise is wide investigation. In the article, Dr. Melzer spoke about often sought by VA and non-VA audiences. In the Sep- why substances in the lungs are harmful, including tember 11 USA Today (https://www.usatoday.com/story/ those found in e-cigarettes, and the symptoms of lung illness. On October 9, USA Today published a follow-up Dr. article featuring a point-counterpoint discussion on vap-Melzer spoke about lung illness and the recent concerns ing research (https://www.usatoday.com/in-depth/news/ about e-cigarette use (aka vaping). A recent spike in health/2019/10/09/vaping-safer-than-smoking-studies-



CCDOR is a Leader in Promoting Lung Health cont'd

was called on again for her expertise. She challenged a patients for the local LCS program at the Minneapolis study that suggested vaping is more effective in helping VA. The goal of LCS is to detect early stages of lung cigarette smokers quit than nicotine replacement thera- cancer and decrease stage IV lung cancer. pies. Dr. Melzer finds other forums to spread the word about lung health. She recently gave a speech about on proactive outreach for smoking cessation was publung cancer screening and treatment titled, "A Message lished in Addiction in September. The paper, co-authored of Hope: The Changing World of Lung Cancer Treat- by David Nelson, Barb Clothier and Pat Hammett disment," at the A Breath of Hope run/walk.

closely with national and VISN-level teams to provide twin-cities.umn.edu/news-events/research-briefleast a dozen VAs. With support from VISN 23 LCS Pro- Addiction.

differ-lung-injury-cases-rise/3821982002/). Dr. Melzer gram Director Angela Fabbrini, Ms. Do manages 2,026

Dr. Steve Fu's National Cancer Institute-funded study cussed the long-term cost-effectiveness of the OPT-IN Tam Do, CCDOR research nurse, is the Associate proactive tobacco cessation outreach program for adult Program Director for VISN 23 Lung Cancer Screening smokers, The paper caught the eye of the University of (LCS) program. As Associate Director, Ms. Do works Minnesota, and was featured as a research brief (https:// LCS implementation training. She and her team traveled <u>proactively-offering-smokers-free-treatment-quit-smoking</u> to 5 VA sites this summer and have implemented LCS at -cost-effective). For more details about the study, visit

Women's Health Issues Supplement Features CCDOR Research

ed in these trials at similar or greater rates than men.

Dr. Erin Krebs, extended a previous evidence map by ing smoking can be effective for men and women.

The June Women's Health Issues supplement, Exam-reviewing randomized controlled trials (RCTs) with womining Sex/Gender Differences in Veterans Affairs Re- en veterans from 2008 to 2018. The review yielded 45 search was sponsored by the Cooperative Studies Pro- unique RCTs; however, only 10 reported results by sex gram of the Veterans Health Administration (VA) Office or gender. The authors concluded that results reported of Research and Development and examines sex and by sex or gender in Veteran trials is infrequent even gender differences in U.S. veterans' health conditions though participation of women Veterans in research conand responses to treatments. Dr. Wei (Denise) Duan- tinues to increase. They make recommendations at the Porter, CCDOR investigator, was a guest editor and co-funding, journal and investigator levels that can improve authored two of the papers. "Accelerating the growth of the quality of sex/gender-based reporting of study reevidence-based care for women and men Veterans" pro- sults. In the paper, "Smoking cessation among female vided an overview of the supplement. "Enrollment and and male veterans before and after a randomized trial of retention of men and women in health services research proactive outreach," Dr. Danan and colleagues, including and development trials" examined the enrollment of men Barb Clothier, Dr. Diana Burgess, Dr. Siamak and women in VA health services research trials, finding Noorbaloochi and Dr. Steve Fu, compared baseline 8 trials that began recruitment between 2011 and 2014. experiences with smoking cessation care in VA for men Only one trial purposefully attempted to increase recruit- and women and assessed gender differences in patient ment of women. The study found that women participat- responses to a proactive outreach intervention. Post hoc subgroup analyses showed that women were less likely Two studies in the supplement were led by CCDOR than men to be satisfied with VA's smoking cessation investigator Dr. Elisheva Danan. "Evidence map: Re- care. Both men and women demonstrated prolonged abporting of results by sex or gender in randomized, con- stinence one-year following participation in the proactive trolled trials with women Veteran participants (2008 to intervention, but the change in women was not statisti-2018)," which included co-authors Kristen Ullman and cally significant. The study shows that proactively target-



CCDOR Veteran Engagement Recognized

other focus on issues related to women Veterans.

Individual projects led by CCDOR investigators also *Perspectives*.

VA HSR&D's publication Veterans' Perspectives high- use different models of Veteran Engagement. In the lights efforts that emphasize the impact of Veterans on Spring 2019 issue of this newsletter, CCDOR featured research – and the impact of research on Veterans. For Veteran engagement work conducted by **Dr. Erin Krebs** the September issue, HSR&D Center for Information Dis- and the Veterans' Pain Care Organizational Improvesemination and Education Resources (CIDER) reached ment Comparative Effectiveness (VOICE) study team out to CCDOR to feature its Veteran Engagement and Drs. Melissa Polusny and Chris Erbes's Advanc-Workgroup (ViEW) and other Veteran Engagement ef- ing Research on Mechanisms of Resilience (ARMOR) forts. Led by **Dr. Laura Meis**, ViEW uses different mod- study. The Learning to Apply Mindfulness to Pain els to bring together researchers and community mem- (LAMP) study, led by Dr. Diana Burgess, is delivering bers, including broad and study-specific Veteran panels. an adapted mindfulness intervention via mobile devices ViEW hosts community engagement studios—structured to Veterans with chronic pain. LAMP has its own Veteran meetings between researchers and community members Engagement Panel (VEP) that includes men and women with 'lived experience' that is relevant to researchers' Veterans from different eras of service who experience projects such that the members can engage in the re- chronic pain. LAMP VEP members have provided imsearch process and provide valuable feedback. ViEW is portant input on the intervention components, strategies currently recruiting Veterans to become members of ad- for optimizing adherence to the intervention and other ditional groups, including one focused on PTSD and an- aspects of the study. Read more about CCDOR's meaningful and critical engagement of Veterans in Veterans'

Minneapolis VA Evidence-Synthesis Program Reports

conducted systematic reviews that were featured as VA HSR&D Management eBriefs. Dr. Nancy Greer led the team in a review that examined the available evidence sports programs, as well as the barriers to and facilitators of participation. "Adaptive sports" is used to describe persons with a disability. Some key findings include:

- Evidence for the effectiveness of adaptive sports programs is largely from studies of Equine-Assisted Activities and Therapies in select individuals with PTSD, multiple sclerosis, or stroke/cerebrovascular accident.
- Barriers to participation were mainly related to physical environmental factors (e.g., cost, accessibility). Personal barriers included fear of injury or pain, lack of time, and low self-esteem.
- Facilitators of participation included social factors

Dr. Tim Wilt and the Minneapolis VA ESP Program (e.g., social contacts, participation in society, interaction with others with similar disabilities) and personal beliefs (e.g., improved health/fitness).

Dr. Wei (Denise) Duan-Porter led an examination of on the benefits and harms of participation in adaptive the evidence on modifiable risk factors for long-term nursing home placement and interventions that aim to delay long-term nursing home placement for communitya sport that has been adapted or created specifically for dwelling adults with physical and/or cognitive impairments. The review found that the risk of nursing home placement is complex. Factors such as frailty and functional impairments contribute to the risk. Case management, caregiver support, and preventive home visits showed no benefit overall for delaying or preventing long -term nursing home placement across studies; however, a few models of these interventions at a high intensity may delay long-term placement. Dr. Porter and the team discussed policy implications for VA and suggest specific strategies based on the findings.



Select CCDOR Publications

Associations with Communication and 30. Risk Perception. Tobacco use insights. 2019 Apr;12:1179173X19839059.

tion-level proactive tobacco cessation stewardship for asymptomatic bacterioutreach among socio-economically uria. Infection Control & Hospital Epidisadvantaged smokers: evaluation of demiology. 2019 Sep;40(9):963-7. a randomized control trial. Addiction. 2019 Sep 4.

Danan ER, Sherman SE, Clothier Something Great": Patient and Provid- opioid-induced constipation. Gastroen-BA, Burgess DJ, Pinsker EA, Joseph er Perspectives on Increasing the Use terology. 2019 Jan 1;156(1):229-53. AM, Noorbaloochi S, Fu SS. Smok- of Cognitive Behavioral Therapy for ing cessation among female and male Insomnia. Behavioral sleep medicine. Fink HA, MacDonald R, Forte ML, veterans before and after a random- 2019 Mar 25:1-4. ized trial of proactive outreach. Wom-Health Issues. 2019 25;29:S15-23.

Randomized, Controlled Trials with care. 2019 Oct 1;57:S278-85. Women Veteran Participants (2008 to 2018). Women's Health Issues. 2019 Jun 25;29:S112-20.

Valenstein-Mah H, **Kehle-Forbes S**, cently diagnosed with PTSD. Psycho- (1):139-47. logical Trauma: Theory, Research, Practice, and Policy. 2019 Jan 28.

Goldstein KM, Bastian LA, Duan- Eftekhari A, Kehle-Forbes SM, Mohr 2019 Mar 15;14(3):e0213767. Porter W, Gray KE, Hoggatt KJ, Kelly DC, Noorbaloochi S, Orazem RJ. MM, Wilson SM, Humphreys K, Klap Which patients initiate cognitive pro-R, Yano EM, Huang GD. Accelerating cessing therapy and prolonged expothe Growth of Evidence-Based Care sure in department of veterans affairs for Women and Men Veterans. Wom- PTSD clinics?. Journal of anxiety disen's Health Issues. 2019 Jun 25;29:S2 orders. 2019 Mar 1;62:53-60. -5.

Melzer AC, Golden SE, Wiener RS, Enrollment and Retention of Men and haviors in a Nationally Representative laccarino JM, Slatore CG. A Brief Re- Women in Health Services Research Cohort of Hispanic Veterans and Hisport of Smoking Behaviors in Patients and Development Trials. Women's panic Non-Veterans. Military medicine. with Incidental Pulmonary Nodules: Health Issues. 2019 Jun 25;29:S121- 2019 May 8.

Assessing the Effectiveness of Com- Term Drug Therapy and Drug Disconplex Interventions to Meet the Needs tinuations and Holidays for Osteoporo-Danan ER, Ullman K, Klap RS, Yano of VA Stakeholders: Experience of the sis Fracture Prevention: A Systematic EM, Krebs EE. Evidence Map: Re- Department of Veterans Affairs Evi- Review. Annals of internal medicine. porting of Results by Sex or Gender in dence Synthesis Program. Medical 2019 Apr 23.

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Hammett PJ, Nelson D, Burgess DJ, Goldstein KM, Duan-Porter W, Alkon Fu SS, Pinsker EA. Population Smok-A, Olsen MK, Voils CI, Hastings SN. ing Characteristics and Cessation Be-

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Kytömaa S, Hegde S, Claggett B, **Burgess DJ**, Bokhour BG, Cunning- Udell JA, Rosamond W, Temte J, ham BA, **Do T**, Eliacin J, Gordon HS, Nichol K, Wright JD, Solomon SD,

Sanchez G, Meis LA, Van Houtven CH, Jensen AC, Phelan SM, Griffin Rosen CS, Bernardy NC, Chard KM, JM. Family caregiver satisfaction with inpatient rehabilitation care. PloS one.

> Hagedorn HJ, Wisdom JP, Gerould H, Pinsker E, Brown R, Dawes M, Dieperink E, Myrick DH, Oliva EM, Wagner TH, Harris AH. Implementing alcohol use disorder pharmacotherapy in primary care settings: a qualitative analysis of provider-identified barriers and impact on implementation outcomes. Addiction science & clinical practice. 2019 Dec 1;14(1):24.



CCDOR was founded in 1998 and is currently comprised of 26 Core Investigators (includes clinically-active physicians, biostatisticians, epidemiologists, behavioral scientists, and clinical psychologists) and over 50 Research and Administrative Support Staff. It supports over 70 funded studies and several research training programs for post-doctoral level Investigators.

Center of Innovation

In 2013, CCDOR became a VA Center of Innovation (COIN) and was refunded in 2018. The COIN program rewards research innovations and partnerships to ensure that research has the greatest possible impact on VHA policies, healthcare practices, and health outcomes for Veterans. COINs emphasize detailed strategic planning and collaboration in one or more focused areas of research, partnerships with VA clinical and/or operations leaders, and accelerated movement toward implementation and impact.

CCDOR's Research Priorities

- Trauma Recovery
- Chronic Pain and Opioid Harms Reduction

CCDOR's Cores

- Administrative Core
- Evidence Synthesis Core
- Implementation Core
- Mentoring and Training Core
- Statistics and Data Management Core
- Veteran Engagement Core

Operational Partners

- National Center for Health Promotion and Disease Prevention (NCP)
- National Center for PTSD
- Office of Mental Health and Suicide Prevention
- VA Midwest Health Care Network, VISN 23
- VA Primary Care Program Office
- VHA Pain Management (Program Office)

For more information

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Veterans Health Administration