THE G.R.E.A.T. STUDY
EMPOWERING
PEOPLE LIVING WITH HIV

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AIDS INSTITUTE CLINICAL QUALITY ADVISORY COMMITTEE
WHAT IS G.R.E.A.T.?

✓ Get Ready and Empowered About Treatment (G.R.E.A.T.)

✓ Empowerment training for people living with HIV that leverages use of an electronic personal record (ePHR) IOS app

✓ Aims to address disparities and bridge the digital divide among patients
DYNAMIC TEAM

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Rochester (U of R): JORDAN HEALTH, SMH, TRILLIUM, ST MARYS/RRH, CATHOLIC CHARITIES

NYC Area (CDN): SUNSET TERRACE HEALTH CENTER, METROPOLITAN FAMILY HEALTH CENTER, MORRIS HEIGHTS HEALTH CENTER AND ACACIA HEALTH CENTER
G.R.E.A.T. Empowerment

- Motivation – external and internal

- Adult learning model - six 90-minute weekly training sessions co-facilitated by trained peers
  - Builds on what people know and want to learn
  - Makes learning relevant
  - Learn by doing
  - Learn from each other
  - Teach to goal

- ePHR (URhealth) secures information AND prompts evidence-based discussions and medication reminders

- Brief clinician training to encourage activation
Group training Sessions

#1 Basic iPod skills

#2 How to use Web, Wi-Fi, email, download URHealth app

#3 Personalize and use the URHealth app

#4 HIV 101 - the virus, labs, meds, etc

#5 How to talk to your provider

#6 Review, accessing online info, graduation certificate

Post-training Pre-visit coaching session
One-on-one coaching

✓ Immediately before an HIV office visit

✓ Opportunity for patients to put the empowerment into action

✓ Role play asking questions
Peer trainers

Patient training

✓ Co-facilitate group training sessions

✓ One-on-one help

✓ Assistance based on unique talents of peers
UR Health ePHR
Randomized controlled study

Sites in Rochester and NYC

Broad eligibility for study
✓ Care at participating site
✓ Minimal English proficiency and basic literacy
✓ All participant eligible for free iPod Touch

360 HIV enrolled patients randomly assigned to G.R.E.A.T. or usual care
Study Measures

✓ Patient Activation
✓ eHealth Literacy
✓ Patient decision-making self efficacy
✓ Patient involvement in care
✓ Changes in viral load, receipt of evidence-based care, blood work, preventive screenings, immunizations, HCV treatment
Preliminary Results
(Training group only)
# Characteristics of Sample

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age, (grouped into 3 categories)</strong></td>
<td></td>
</tr>
<tr>
<td>18≤Age&lt;30</td>
<td>7%</td>
</tr>
<tr>
<td>30≤Age&lt;50</td>
<td>30%</td>
</tr>
<tr>
<td>&gt;50</td>
<td>63%</td>
</tr>
<tr>
<td><strong>Sex</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>62%</td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td></td>
</tr>
<tr>
<td>Less than High School</td>
<td>29%</td>
</tr>
<tr>
<td>High School diploma / GED or Equivalent</td>
<td>30%</td>
</tr>
<tr>
<td>Some College or Technical School</td>
<td>32%</td>
</tr>
<tr>
<td>Bachelors Degree or Higher</td>
<td>9%</td>
</tr>
<tr>
<td><strong>Ethnicity</strong></td>
<td></td>
</tr>
<tr>
<td>Hispanic</td>
<td>16%</td>
</tr>
<tr>
<td><strong>Race</strong></td>
<td></td>
</tr>
<tr>
<td>Black</td>
<td>57%</td>
</tr>
<tr>
<td>White</td>
<td>22%</td>
</tr>
<tr>
<td>American Indian</td>
<td>1%</td>
</tr>
<tr>
<td>More Than One Race</td>
<td>9%</td>
</tr>
<tr>
<td>Other</td>
<td>11%</td>
</tr>
<tr>
<td><strong>Income $/month</strong></td>
<td></td>
</tr>
<tr>
<td>$0 to $999</td>
<td>71%</td>
</tr>
<tr>
<td>$1,000 to $1,999</td>
<td>20%</td>
</tr>
<tr>
<td>$2000 and Over</td>
<td>9%</td>
</tr>
<tr>
<td><strong>No Prior Computer Use</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>26%</td>
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</tbody>
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Patient Engagement in Program

✓ Project met 100% of its enrollment goals

✓ 86% patients in the intervention attended training

✓ Among those attending, the average number of sessions was 4.3

✓ 77% continued to use the ePHR after the training was completed
Patient Activation Measure (PAM)

✓ Scientifically validated 13-item scale that measures perceived skills, knowledge, and patient confidence in managing their own health and health care

✓ Higher PAM scores are associated with improved health outcomes, e.g. reduced ED visits and fewer avoidable hospitalizations

✓ New York State Medicaid DSRIP is using it state-wide
Patient Activation

✓ Improvement in the PAM

✓ The biggest effects among the bottom quarter
Electronic Health Literacy

- Scientifically validated 8-item scale (eHEALS)
- Measures perceived ability to seek out and understand online health information
Electronic Health Literacy

✓ Improvement in patient electronic health literacy

✓ The biggest jumps in the bottom quarter
Thank-you