

Project ROSE: Realizing Opportunities for Self Empowerment



Funded by the Patient Centered Outcomes Research Institute (PCORI):
Contract AD-12-4261.

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Contextualizing Women's Health Care

There are many social and economic factors that influence a woman's ability to achieve good physical and mental health. Consider a woman who:

- Does not have reliable transportation, childcare, or income;
- Witnesses and experiences violence in her neighborhood and home;
- Must use the corner store as her primary food source;
- Doesn't have dependable friend or family support systems.



How can this woman begin to untangle all of these difficulties to improve her health and wellbeing? She cannot do it alone.

Seeing the Big Picture

Health care providers must:

- Learn what their patients need most;
- Link their patients with accessible help and resources.

The main barriers to this are, lack of:

- Information about the context of patients' lives;
- Time needed to establish the “big picture”;
- Connections with the best area resources for problems.

Technology may be an easy and affordable tool to address these barriers.



What is Project ROSE?

Project ROSE is a clinical trial focused on:

- **Partnering with the community** to share insights and resources about women's health.
- **Addressing life adversities** in a large OB/GYN clinic with the intent of improving *satisfaction, quality of life, and depression*.
- **Using technology** to identify patients' needs and helpful resources in a timely, accurate way.
- **Comparing two approaches** that reach beyond “care as usual”:
 - **Enhanced Screening and Referral (ESR)**
 - **Personalized Support for Progress (PSP)**

Community Based Participatory Research (CBPR)

Project ROSE is grounded in CBPR principles, which include:

- Recognizing the strengths/resources of the community;
- Partnering with the community in all phases of the research project;
- Mutually sharing knowledge and findings for everyone's benefit.

Our Community Advisory Board (CAB) provides the foundation for this project. CAB members include:

- Community agency directors
- Community advocates/activists
- Physical and mental health practitioners and researchers
- Health care consumers



Insights from CAB members

We asked CAB members to write about:

- Benefits of the CAB experience they hope will endure:

“The sense of community and joint mission/purpose”

- Creative energy gained from CAB participation:

“As a woman who experienced intimate partner violence for nearly a decade I see myself free from the choice/experience and now sitting on the other side of the table offering professional insights...”

- How the CAB reflects the community being served:

“Different titles. Different education and credentials. Different perspectives. Yet the passion is the same. The desire to affect change within our lives and community.”

Enhanced Screening and Referral (ESR)

Participants in this intervention:

- Use an iPad to complete a 10-15 minute comprehensive health survey (Promote-W) as they wait for their OB/GYN appointment.
 - Promote-W includes questions re: physical/mental health, transportation, food, housing, clothing, legal needs, domestic violence, drug/alcohol use, and more.
- Immediately get a print out of their survey results, and a list of helpful resources/referrals for each identified problem.
- Receive follow up calls from project staff to check in on progress.
- Are sent a monthly newsletter full of health, nutrition, and recreation information, and are directed to the ROSE website, which lists community events, resources, and more helpful information.

Sample Promote- W Report

Thank you for taking your time to complete this survey. Based on your responses, the following information and resources may be helpful to you. We encourage you to share these results with your doctor or other medical provider at the Women's Health Center. Two printed copies will be provided to you: one for you to keep and one to share with your provider if you wish.

MOOD

You may be feeling down or depressed.

If you are not currently in counseling, you may want to consider it as an option. We have counseling available here at the Women's Health Center. Counseling can be very helpful if you are feeling stressed, sad, or overwhelmed. You can ask your provider to refer you or call 585-275-7604 directly and ask for an appointment.

FOOD

You may have difficulty maintaining a regular source of healthy food. Below are some resources in the area you may find useful:

Resources Available:

Lifeline: 211 or (585)275-5151 or 1-800-273-8255, give the Lifeline operator the zip code you live in. They will connect you with up-to-date food resources, such as pantries or free meals in your area.

Foodlink: 328-3380

Out of County: 1-877-359-9211

DHHS Emergency Food: 753-6000

Personalized Support for Progress (PSP)

Participants in this intervention:

- Also take the Promote-W survey.
- Complete a prioritization task to identify the issues from the survey that matter to them most.
- Receive assistance from a patient mentor for 4 months to initiate steps to address their greatest needs.
 - Patient mentors have often experienced some of the same adversities and are familiar with the neighborhoods where many of the women reside.
- Are also sent the monthly newsletter and invitation to visit the ROSE website.

Sample Sorting Tool Results

Optimalsort by Optimal Workshop - Windows Internet Explorer

https://luv48g31.optimalworkshop.com/optimalsort/problemsorter/sort

Optimalsort by Optimal Workshop

OptimalSort [View instructions](#) [Leave a comment](#) **Finished**

	Biggest Problem for Me	Less of a Problem for Me	Not a Problem for Me
 developing good habits	 taking care of my body	 legal issues	 getting the resources I need
 other problems	 feeling beautiful/looking good	 taking care of feelings	 things that are hard to talk about
		 building trusting relationships	 getting the basic things I need

ROSE Mentors

- **Connect** with each woman and learn what they want to change
- **Help** develop a plan to meet their immediate needs
- **Motivate** patients to start reaching toward their most important goals
- **Empower** each individual to discover what works for them



Feedback from ROSE Participants

We are still collecting final results, but here are some typical responses from participants:

A woman in the PSP group said that the mentor helped her organize her thoughts and manage her issues one at a time. She also appreciated having adult interactions as she spends most of her time with her kids.

One participant said the electronic survey method allowed her to be more honest. She also shared that, thanks to the project, she got connected to services for her Autistic son.

Participation helped another patient re-link with needed mental health care, and connect with two organizations to assist her family with food and clothing.

Summary

- Unless we address women's complex social and economic difficulties, they are unlikely to achieve adequate health.
- Helping women with these various needs where they already seek medical care may benefit patients, helping professionals and entire communities.
- The community is a central force in developing real change.
- Technology and health mentors may play key roles.
- For more project information, please contact: Iwona Juskiwicz: (585) 275-3687, or visit our website:
<http://www.urmc.rochester.edu/psychiatry/outreach/Project-Rose.aspx>

Project Partners

- Patient Centered Outcomes Research Institute's (PCORI) mission “is to improve the quality and relevance of evidence available to help patients, caregivers, clinicians, employers, insurers, and policy makers make informed health decisions.” For more, please visit: <http://www.pcori.org/>
- University of Rochester Medical Center, Departments of Obstetrics and Gynecology, and Psychiatry
- Survivors Advocating for Effective Reform (SAFER)

Acknowledgements

- Investigators: Elaine Bell, LPN; Hugh Crean, PhD; Amy Harrington, MD; Mardy Sandler, MSW; Ann Marie White, PhD; Marsha Wittink, MD
- Project Coordinator: Iwona Juskiewicz, MD
- Mentor Supervisor: Kim Hober, MSW
- Mentors: Nikki Haynesworth; Cassandra Uthman
- Recruiters/Assessors: Sarah Danzo; Shaya Greathouse; Shirley Morgan-Pope
- Community Dissemination: Jennifer Thompson Stone
- Community Advisory Board members
- National Advisory Board members
- Karin V. Rhodes who first developed the Promote Health Survey