JUNIOR CARG PRESENTS:
CAREER DEVELOPMENT WORKSHOP

BEYOND BOUNDARIES: NAVIGATING THE INTERSECTIONALITY OF CANCER, AGING, AND DIVERSE IDENTITY

TUESDAY, OCTOBER 24TH, 2023
AGENDA

- Welcoming Remarks (10 mins)

- Keynote Presentation
  - Dr. Marquita Lewis-Thames (20 mins)
  - Q&A (10 mins)

- Breakout Rooms (40 mins)
  - Specific Aims Review
  - Specific Aims Q&A
  - Transition from Early to Mid-career
  - Resilience and Work/Life Balance

- Closing Remarks (10 mins)
**Overall Goal:** Develop a sustainable national research infrastructure to create and support significant and innovative projects addressing key interdisciplinary research questions at the aging and cancer interface.

- **Increase high-impact research** to reliably identify older patients at highest risk for adverse outcomes from cancer and its treatments;
- **Develop effective interventions** to improve outcomes for vulnerable older adults and their caregivers;
- **Mentor the next generation** of aging and cancer researchers;
- **Disseminate the findings** widely to inform clinical practice.
WELCOMING REMARKS

Nikesha Gilmore, PhD
Junior CARG Co-Chair
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The Junior Faculty Board is committed to fostering an inclusive environment for junior researchers of all backgrounds allowing them to engage in clinical activities, research, and advocacy efforts that aim to eliminate ageism combined with racism, sexism, bias against sexual and gender minorities, xenophobia, ableism, and other forms of discrimination that diminish access to quality care for older adults with cancer and their caregivers.
Marquita Lewis-Thames, PhD  
Assistant Professor of Medical Social Sciences (Determinants of Health)  
Pronouns: she, her, hers

The foundation of my research is a belief that the solutions for community health problems are found within the community. I am a community-engaged health disparities researcher with an interest in chronic and cancer disease management for rural and African-American populations.
Advancing community engagement and equity in rural cancer control

Marquita Lewis-Thames
CARG Career Development
October 24, 2023
Our Objective

- Describe how I use community-engaged research to increase inclusion and belongingness
- Identify activities for ESI’s to build community-engaged research capacity
- Use my career development as a case study
Why community-engaged for me?
Community Engaged Research

- Approach for conducting research in a collaborative way
- **Bidirectional exchange** of expertise between academics (scientific experts) and communities/stakeholders (local, cultural, practice experts) that results in informed decision-making about design/conduct/use of research.
Levels of Engagement

Exhibit 1. Continuum of stakeholder participation

FROM PARTICIPANT...

Researchers provide information and services to stakeholders.

Researchers invite stakeholders to participate on specific issues.

Stakeholders provide information and feedback to researchers.

Researchers and stakeholders collaborate on each aspect of the project from development to completion.

Researchers and stakeholders form strong partnerships, share decision-making, and co-create knowledge throughout the project.

...TO PARTNER
What do I mean by equity?

All those who are affected by research or who can benefit from its outcomes, should have equal opportunities to contribute to it.
What animals do you see?
Challenges for building community-engaged research capacity for ESIs

A. How to fund it
B. Where do I find partners
C. How do I find my partners
D. It takes too much time
E. My department won’t value it
F. How do you publish on it
G. What kind of grants fund it
Career development and community-engaged activities timeline

University of Alabama at Birmingham
- MPH, PhD health education/health promotion
- RA for diabetes management and peer support R01

Washington University in St. Louis
- T32 in Cancer Prevention and Control
- Rural cancer resource needs assessment pilot

Northwestern University
- Research Assistant Professor
- Respiratory Health Association pilot award
- Awarded NCI K01
- Pepper pilot award
- Transition to Assistant Professor
- Assistant Director of COE

2009-2016
- CBPR introduction
- Trained and coordinated CHWs

2016-2019
- Recruitment with community coordinator
- Community partner co-author

2019-2020
- Included partnership building in my salary grid
- Building relationships with affiliated cancer centers

2021-2022
- User-centered design
  - CAB
  - IRT
- Community health workers
- Advocacy through mentorship and consultations

2023
- Trained community members in qual and IRB
- Co-design approach

2023-
Career development and community-engaged activities - UAB

Career Development
- MPH (Health Behavior)
- PhD (Health Education/ Health promotion)
- RA for rural peer support diabetes management R01s

Community-engaged activity
- As a RA
  - In-house biometric data collection
  - Trained and coordinated community key informants
  - Published research on intervention fidelity of community-engaged intervention
Career development and community-engaged activities - Washington University

Career Development
- T32 in Cancer Prevention and Control
- Rural cancer resource needs assessment pilot

Community-engaged activity
- Conducted a cancer resource community needs assessment
  - Identify community partners for recruitment
  - Co-authored with community partner
Career development and community-engaged activities - Northwestern University

**Career Development**

- **Position**
  - Research Assistant Professor: 2019-2021
  - Assistant Professor: 2022-2023
- **Awarded**
  - Respiratory Health Association
  - National Cancer Institute (K01)
  - NU Pepper Center Pilot

**Community-engaged activity**

- Conducted a cancer resource community needs assessment pilot
  - Funded pilot from Respiratory Health Association
  - Identify community partners for recruitment
  - Co-authored with community partner
- Developed a Community Advisory Board
- Developed an Implementation Resource Team
Burden of rurality

10% Of US providers

>80% Rural counties ID as mental health shortage area

>150 Hospital closures since 2010

73% Increase in telehealth uptake

22% Lack access to 25/ Mbps broadband

25% US older adults
Aging...Cancer....Anxiety and Stress

- **Cancer related distress** is a complication of cancer that includes psychological distress or anxiety arising from a diagnosis or disease management.
Telehealth has the potential to improve access to cancer care and mental health supports.
Problems and Gaps

**Problems**
- Rapid acceleration of telehealth uptake
- Usability barriers
- Digital inequities

**Gaps**
- Assessment of telehealth usability barriers
- Tools to improve telehealth usability
- Tools to improve assessment cancer-related distress
Research Aims

Aim 1: Learn about the facilitators and barriers of when accessing telehealth and mental support services.

Aim 2: Develop tool prototype

Aim 3: Test the usability of the tool
Aim 1: Barriers and facilitators to telehealth access

• “Okay. If I use the MyChart, I don't have to get - make an appointment, get in the car and drive two hours. If you ever drove in Chicago, it's a flipping nightmare..., but knowing what I know, and what hospitals I have been associated with, I'd be more comfortable if I went to someone with a specialist. And a lot of people don't have that kind of access to people like that because they don't have the insurance, they don't have the ability to get there, they don't have any rides”
Aim 2: Digital Tool Development

1st Review
Brainstorming tool development

2nd Review
Brainstorming refinement

3rd Review
Written Draft

4th Review
Refined written draft
Community Advisory Board

A CONNECTed Survivor Is a Healthier Survivor

“Now That I Understand How To Use Telehealth, I Manage My Survivorship Care Virtually Anywhere”

01
Telehealth How-To’s
Tutorials to help you prepare for your upcoming telehealth follow-up care visit.

02
Follow-up Care Education
Learn how holistic well-being can improve your follow-up care experience.

03
Identify follow-up care needs
Short, private quizzes to identify your needs between follow-up care visits.

04
Where do I go now?
A short list of local and national resources for your follow-up care needs – at your fingertips.
Career development and community-engaged activities - Northwestern University

Career Development
• R01 Development
• American Cancer Society-Research Scholars Grant
• Community-led Takeda Award

Community-engaged activity
• Co-Design Approach
• Paid community-coordinator
• CAB
• Assisted in writing a community-partner-led pilot project
  • Provided qual and IRB training
• Advocacy and Mentorship
Next Steps

- Dissemination in the community voice grant
- R01 resubmission
- Manuscript writing
Many Thanks

Research Team Members
• Ai Huang, Project Coordinator
• Francesca Rosen, Research Assistant
• Revika Singh, MD/MPH Mentee
• Shawn Trimble, Project Coordinator

Funders
• National Cancer Institute
  (1K01CA262342)
• Respiratory Health Association
• Northwestern Claude D. Pepper Center

Let’s connect
✉️ marquita.lewis-thames@northwestern.edu
🐦 @Dr_LewisThames
Q&A
FORMAT FOR BREAKOUT GROUP

• All Attendees will be preassigned to a group of 8-10 based on their preference

• Session moderator will:
  • Start session
  • Keep time - 35 mins

• You do not have to use the entire time for one thing

• You are welcome to use the time together to ask questions of senior and midcareer faculty.
**Specific Aims Review Session:** This session is for you to present and receive constructive feedback on your aims page in a small group environment.

**Specific Aims Q & A Session:** This session is for you to ask questions related to specific aims and grants to experts in the field.

**Transition from Early to Mid-career Session:** This session is for you to ask questions regarding transitions from early to mid-career, from a k-level award and on.

**Resilience and Work/Life Balance Session:** This session is for you to discuss issues and ask questions related to what you view as the major career development challenges you are facing (or will soon face). This may include, but not limited to work/life balance and resiliency, etc.
CLOSING REMARKS
Special thanks to our Junior CARG Co-Chairs and Board Members