

Disclosure

Kirsten Senturia, PhD

- Principal, Senturia & Rabkin Consulting
- Clinical Assistant Professor and Affiliate, Department of Health Services, University of Washington

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Community Based Participatory Research in Implementation Science: Is it for you?

Kirsten Senturia, PhD
Senturia & Rabkin Consulting
University of Washington

Background



- Medical anthropology
 - Lived experience
 - “Whole person” perspective
- Public health
- Applied work
 - Research
 - Program evaluation
 - RE-AIM evaluation

Purpose of this talk: Present a profile of Community Based Participatory Research



- Definition
- Conceptual perspective of the approach
- Unique contributions to the science of implementation
- Design types
- Methodology and rigor

What is CBPR?



CBPR is “a collaborative research approach that is designed to ensure and establish structures for participation by communities affected by the issue being studied, representatives of organizations, and researchers in all aspects of the research process to improve health and well-being through taking action, including social change.”

[AHRQ 2009]

Historical origins

- Participatory action research
(Lewin, Fals Borda)
- Popular education and goals of praxis
(Freire)
- Public health
(Minkler & Wallerstein;
Israel, Eng, Shultz & Parker)

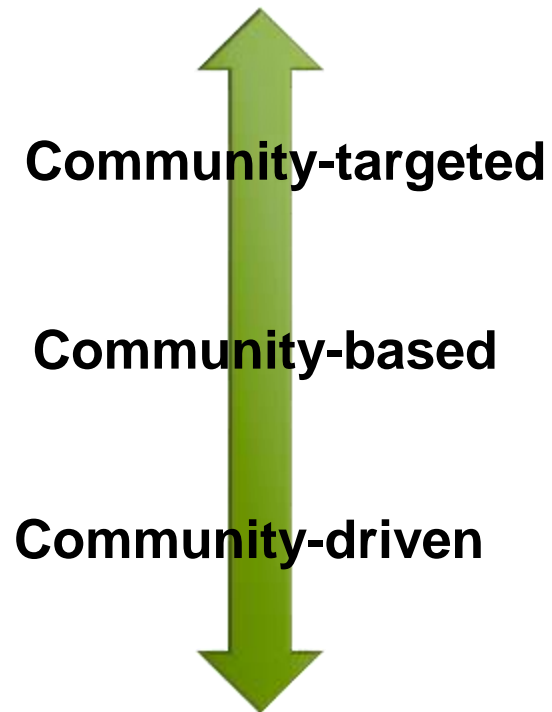


Community Partnerships: Three Levels



- Community-targeted research
 - No involvement selecting research topic
 - Assistance with recruitment
 - Dissemination
- Community-based research
 - “Community input”
 - “Vote” in selecting research topic
 - Increased involvement in many aspects of research
- Community-driven research
 - “Community involvement”
 - Shared power and decision-making
 - Focus area generated by community
 - Fully participatory (CBPR)

Spectrum of participation





C -community

B -based

P -participatory

R -research

“C” Who is “the community?”

- “A group of people with existing relationships who share a common interest. . . . Relationships make community a reality.”

[Kone et al. 2000]

- Considerations:
 - Who gets to define the community?
 - Who represents the community?
 - Most people “wear many hats” from multiple communities



Identifying communities

- Target population
- Ethnic, racial groups
- Religious groups
- Cultural groups
- Professional groups
- Community organizations



“B” Where will your project be based?



- Housed in your research organization?
- Jointly housed and “owned” by you and the community?
- Where will you hold meetings?
- Where will decisions be made?

“P” How participatory will the project be?

- Input vs. involvement
- At specific levels only
 - Identification of study topic
 - Design
 - Data collection (recruitment, interviewing)
 - Analysis
 - Writing/dissemination
- Collaborative at all levels---shared ownership



“R” Which research?

- Assessment
- Evaluation
- Intervention testing
- RCT research
- Implementation science



Principles of CBPR

1. Community as a unit of identity
2. Builds on community's strengths and resources
3. Collaborative partnerships in all research phases using an empowering and power sharing process
4. Promotes capacity building and co-learning
5. Integrates knowledge & action for mutual benefit
6. Attends to local relevance and ecologic perspectives
7. Cyclical and iterative process
8. Disseminates findings and knowledge
9. Commitment to sustainability



Where's the rigor?

- CBPR is the approach
- Your methods are the methodology
- Rigor comes from your methods and commitment to CBPR
- Relative conceptions of quality
(Bradbury H, Reason P. 2003)



CASE STUDY

We Can Help Each Other :
**Partnering Across Cultures To
Address Domestic Violence**

Description of the project

- Pilot project to test intervention in refugee and immigrant communities
- Idea developed from a previous NIJ-funded project
- Social support and skill-building groups for Cambodian, Ethiopian, Russian-speaking and Somali
- Funded by CDC Urban Research Center grant





Cultures Represented

- Academia (U.W.)
- Local public health department (Seattle-King County)
- Community-based organization (Refugee Women's Alliance-ReWA)
- Immigrant/refugee
- Spiritual traditions
- American Indian
- South Asian
- European American
- Ethiopian
- Cambodian
- Russian
- Chinese
- Somali

Key collaborative elements

- The idea came from the women interviewed in the assessment
- Participants developed the curriculum
- Program staff/participants shared language and culture
- Program staff were trained and supported
- Training/learning was reciprocal



Steps to Develop Relationship: **Background, Planning & Design Phases**

- Groundwork laid through initial assessment project
- Follow-up meetings to prioritize action steps and write grant together
- Regular meetings at ReWA between researchers and ReWA advocates
- Mutual decision-making identified target population



Steps to Maintain Relationship: Intervention & Dissemination Phases



- Ongoing logistical support and professional development for program staff
- Ongoing regular meetings and social events
- Dissemination of preliminary findings to ReWA staff for formative use
- Confirmation of findings validity with ReWA staff prior to outside dissemination
- Discussions about appropriate products from the research project

Challenges in Partnership Research



- Overcoming communication barriers
- Building trust
- Sharing power

CASE STUDY

Conclusions



- Concessions to priorities and flexibility regarding research design may be necessary
- Shared vision across agencies and between individuals is critical to long term success
- Finding common ground

What does CBPR provide? Where's the benefit?



- More complete understanding of the research issue/problem in situ
- **Real** benefit to the community
- We, as researchers, do better work

What are the limitations?

- Power sharing
- Trajectory will not be straight; research path may take unexpected directions
- Resources
 - Time
 - Money
 - Support of funder





Is
CBPR
right
for
every
researcher
?



Is
CBPR
right
for
every
project
?

How to get started

1. Start where the people are
2. Recognize and begin with community strengths and assets, rather than problems
3. Utilize authentic dialogue



[Minkler M, Hancock T. 2003]

Principles in action



- Identify best approach/model based on issue and intended outcome
- Recognize difference between community input and involvement
- Apply mutual trust and respect
- Recognize and honor different agendas
- Incorporate multi-disciplinary approaches
- Adapt to ebbs and flows and maturation of partnership

[Baker EA et al. 1999]

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