

Function QUERI

NEWSLETTER | JULY 2020 EDITION

Introducing: Function QUERI 2.0!

The Function QUERI team has exciting news: we've been awarded funding to continue evaluating our programs on a larger scale! Each of Function QUERI's three programs (STRIDE, iHI-FIVES, and Group PT) will be scaled up and evaluated to determine best practices for large-scale implementation. One notable change to come with FQ 2.0 is that iHI-FIVES will evolve into **Caregivers FIRST**.



To help prepare for this big transition, the iHI-FIVES team was fortunate to welcome intern **Alice Chun** (right) for the summer, courtesy of **Duke University's Margolis Center for Health Policy**. Alice is a rising sophomore studying Global Health and Public Policy and has been instrumental in finalizing the Caregivers FIRST **implementation toolkit** based on feedback from medical centers currently implementing the program. The Toolkit (right) will include quick-start guides and checklists and is set to be released on the **Caregiver Support Program (CSP) Hub site** in **August!** Alice is also helping with production of provider training modules, which will also be part of the iHI-FIVES scale-up to Caregivers FIRST. Learn more on page 4!



N=441

caregivers enrolled

Mission Accomplished!

After **two years** of recruitment, the iHI-FIVES data collection team has finally wrapped up enrolling the final cohort of caregivers! The team will continue to collect follow-up data through **September** to wrap up data collection for analysis!



STRIDE IN YOUR ROOM

Led by Investigator **Jaime Hughes, PhD**, the Function QUERI team has secured supplemental funding to develop remote alternatives to the traditional STRIDE model to keep patients active during COVID-19 restrictions and beyond. Jaime worked with

Durham STRIDE's **John Bartle, PT**, to develop "**STRIDE in your Room**" kits which STRIDE programs can offer to patients in lieu of traditionally supervised walks. Each kit includes an informational packet, exercise guides and tracking worksheets, TheraBands, a stress ball, pedometer, hand sanitizer, and STRIDE-branded SWAG. The kits will be ready for distribution to sites interested in piloting our '**STRIDE in your Room**' kits in early August. Please contact Jaime with interest in piloting this kit: jaime.hughes@duke.edu.



iHI-FIVES Diffusion Network

The iHI-FIVES Diffusion Network met on **June 15th** to share progress, COVID-related barriers, and strategies to mitigate impacts of widespread caregiver isolation. As of this call, more than **200 caregivers** had attended **at least 1 iHI-FIVES class**, with several caregivers attending classes after restrictions on face-to-face activities. Moreover, all 8 implementing sites were able to adapt their programs to be delivered virtually! Most sites on the call reported using **VA Nationwide Teleconferencing System (VANTS)** to deliver courses remotely, and one site reported using **VA Video Connect (VVC)** to simulate a group setting.

Next call:
September, TBA

If you are interested in being part of the iHI-FIVES Diffusion Network, please contact joshua.d'adolf@va.gov.

Helpful Tips:

1. Smaller classes
2. Longer sessions
3. Reminder calls
4. Contingency plans for adverse events

STRIDE Diffusion Network

WELCOME TO
STRIDE
IN YOUR ROOM

Congratulations on your commitment to improving your health with **STRIDE in your Room!** This initiative offers a physical therapy program while being mindful of the challenges of COVID-19.

It is our hope that this information allows you to learn and safely engage in physical activity, thereby improving overall health, energy, and independence. **STRIDE in your Room** exercises target endurance, strength, balance, and flexibility. We encourage you to continue your activity program long after discharge from the hospital.

Please do not hesitate to reach out to **John Bartle**, STRIDE Physical Therapist, or your healthcare team with questions about the program. You can also send questions via email to VHADURSTRIDE@va.gov. We take your health seriously and commit to supporting an active lifestyle to improve your health and mobility.

Sincerely,

S. Nicole Hastings, MD, MHS
Director, Center of Innovation to Accelerate Discovery and Practice Transformation
Durham VA Health Care System
Professor of Medicine, Division of Geriatrics
Duke University School of Medicine

The STRIDE Diffusion Network convened on **July 22nd** to revisit program modifications sites reported on April's Diffusion call and to discuss remote solutions for offering STRIDE programs during COVID-19. **Remote solutions** presented on the call included a) '**STRIDE in your Room**' kits (above), b) Video conferencing via **Veteran Video Connect (VVC)**, c) in-room **GetWell TV Network** programming, and d) **Annie** text messaging.

Most STRIDE programs in the network have been agile in adapting to COVID-driven facility-wide restrictions by using technology to bridge the gaps created by social distancing, isolation, and quarantine, but not all sites have been able to maintain their programs during the pandemic. STRIDE programs in areas experiencing a recent increase in COVID-positive patients have been forced by staffing changes to pause STRIDE delivery. However, once acute prevalence of COVID infection slows, these programs intend to revive their STRIDE programs utilizing remote solutions.

Additionally, the Function QUERI team and network sites welcomed the **Milwaukee VA** to the STRIDE Diffusion Network as they launched their pilot of the program last month. Congratulations, Milwaukee! We're excited to have you!

STRIDE Activity Log
IN YOUR ROOM

Week of: _____

Activity	SUN	MON	TUES	WED	THURS	FRI	SAT
Endurance							
Strength							
Balance							
Flexibility							

Week of: _____

Activity	SUN	MON	TUES	WED	THURS	FRI	SAT
Endurance							
Strength							
Balance							
Flexibility							

"Exercise not only changes your body, it changes your mind, your attitude and your mood." - Unknown Author

a) 'STRIDE in your Room' kit



b) VVC



c) GetWell TV



d) Annie

Next call:
October 28, 2020
1:30pm

If you are interested in being part of the STRIDE Diffusion Network, or have any questions, please contact ashley.choate@va.gov.

Function **QUERI** 2.0



1.0

2.0

Group PT

Local trial

16 sites

STRIDE

8 sites

32 sites

Caregivers FIRST*

**formerly iHI-FIVES*

8 sites

24 sites

Implementation strategy

Arm 1:

Replicating Effective Programs (REP)

Arm 1:

Foundational/low-touch REP

Arm 2:

REP+CONNECT

Arm 2:

Enhanced REP (EnREP)

Stay tuned for more info about Function QUERI 2.0!



Function QUERI

Optimizing Function and Independence
Quality Enhancement Research Initiative

For more information regarding the national QUERI program, visit www.queri.research.va.gov.

For more information regarding Function QUERI, contact **Liz Mahanna** at elizabeth.mahanna@va.gov.

If you would like to be removed from this mailing, please contact **Cassie Meyer** at cassie.meyer@va.gov.

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www.durham.hsr.d.research.va.gov