

Report on 2008-2009 UMSAEP Exchange Grant

Drs. Catley, Goggin, Puoane & Ms. Tsolekile
February 2010

Statement of Accomplishments: As described below in our detailed notes of our exchange visits and other progress throughout the year, we have successfully implemented our proposed grant objectives and produced the deliverables described in our proposal. We detail the “Intended Outcomes” listed in our 2007 proposal and *our results* below:

- 1) Development of the necessary research design and properly translated (i.e., cultural and language) assessment battery to conduct a longitudinal cohort (community members and their families) pilot study of the newly adapted intervention.

As evidenced by the publication cited below in #3, we have accomplished this goal. Please see details in the Project Timeline on the page 3 and the detailed notes below.

- 2) Development of an extramural (e.g., NIH) grant proposal to conduct a multi-year randomized trial testing of the efficacy of the intervention.

We experience multiple complications that delayed our ability to collect all of the necessary pilot data for a grant submission. However, this process did provide valuable insight that lead to significant methodological improvements that will increase the likelihood of garnering extramural support for our collaborative research. We revised study procedures in light of what we have learned and are on target to meet this Intended Outcome by the end of the year. Funding to support this final phases of this work will be provided from our own resources.

- 3) Development and submission of a presentation based on pilot study results to a national/international scientific conference.

Goggin, K., Gqaleni, N., Mbhele, A.L., Makhathini, M.E., Buthelezi, T.D., Ndlovu, S.W., Shange, V.F., Thabethe, M.A., Mkhwanazi, D.A., Nkomo-Gwala, B.L., Hlongwane, T., Mdlalose, T, Ngubane, L., Wilson, D., Wu, A.W., Bartman, P., Gerkovich, M., Williams, K., Berkley-Patton, J., Tsolekile, L., Puoane, T., Catley, D., Johnson, Q., & Folk, W. (In press). The translation and cultural adaptation of patient-reported outcome measures for a clinical study involving Traditional Health Providers and biomedically trained practitioners. *Alternation*.

Goggin, K., Pinkston, M., Gqaleni, N., Puoane, T., Wilson, D., Berkley-Patton, J., & Martinez, D.A. (2009). The role of South African Traditional Health Practitioners in HIV/AIDS prevention and treatment. In C. Pope, R. White, R. Malow (Eds.), *Globalization of HIV/AIDS: An Interdisciplinary Reader*. New York: Routledge.

Krigel, S.W., Catley, D., Puoane, T., Goggin, K., & Burkhalter, S. (2008, Feb). *Demographic characteristics and tobacco use among residents of an urban township in South Africa*. Poster presented at the 14th Annual Meeting of the Society of Research on Nicotine and Tobacco, Portland, OR.

Hayes, S., Catley, D., Puoane, T., Krigel, S. & Goggin, K. (2008, Feb). *Cigarette smoking, obesity, and alcohol use among residents of an urban township in South Africa*. Poster presented at the 14th annual meeting of the Society for Research on Nicotine and Tobacco, Portland, OR.

- 4) Capacity development of selected junior members and students from both universities by participating in the research project and the Motivational Interviewing trainings.

As detailed below in the notes, our capacity development efforts involved assisting Ms. Tsolekile in identifying a dissertation topic and assisting her in developing her research design. We did this by facilitating meetings with, Dr. Berkley-Patton who is one of Dr. Catley and Goggin's junior colleagues at UMKC and Ms Carol Bowe Thompson who is a community collaborator of Dr. Berkley-Patton's. These meeting assisted Ms. Tsolekile to transform her interest in school and church-based work into a full-fledged dissertation project that will adapt methods and intervention tools used in Kansas City by Drs. Goggin and Berkley-Patton in their community based work.

In addition, we facilitated a meeting with Maureen Knell, PharmD from the UMKC School of Pharmacy to explore the possibility of developing a new exchange grant proposal. Drs. Puoane and Goggin facilitated e-mail conversations between Dr. Knell and Ehimario Igumbor at the University of the Western Cape and offered feedback which has resulted in the submission of an independent UM/UWC Linkage Program proposal to support their shared goals.

In addition, Drs. Catley and Goggin delivered several Motivational Interviewing training workshops for colleagues at the University of the Western Cape.

Professor Puoane also successful in garnering additional support from the South African National Research Foundation (\$15,000) to support student research assistants to assist in data collection for this pilot project.

As detailed in the Project Timeline below, the items demarcated with a green * have been completed and items marked with a pink X and/or no color X are in progress or planned for the period indicated. The timeline for items in pink has been adjusted from our original plan. Detailed notes on each are included in the minutes of our visits.

Project Timeline

	2008 Jan-Mar	2008 Apr- June	2008 July- Sept	2008 Oct-Dec	2009 Jan-Mar	2009 Apr- June	2009 July- Sept	2009 Oct-Dec	2010 Jan-May	2010 June- Dec
Project Planning & Study Design Development	*									
Identification of Questionnaires		*								
Puoane & Tsolekile visit UMKC		*					*			
Submit NRF Grant to support student staff		*								
Finalization of Study Design		*								
Submission of IRB protocol		*			*					
Translation of Questionnaires					*	*				
Submit UM/UWC Y2 proposal				*						
Identify and Recruit CHWs			*	*	*	*				
CHWs Identify Club Members					*	*				
Recruit Club Members					*	*	*			
Pre-Intervention Assessment of Club Members							*			
Catley & Goggin visit UWC					*				*	
CHWs Training					*					
Post-Intervention Assessment of Club Members									X	
Analyze pilot study data									X	
Submission of NIH proposal R01 June 5 th R03/R21 June 16 th All HIV May 7 th										X
Study Results written									X	X

Minutes from Dr. Puoane and Ms. Tsolekile Visit
May 9 – 22, 2008

Monday May 12, 2008

Lubin Research Seminar: Dr. Puoane and Ms. Tsolekile presented their work to 25 individuals including faculty, students and research staff members of the Department of Psychology; Dean of Arts and Sciences; and other researchers from University of Kansas and University of Kansas Medical Center.

Lunch meeting with Dr. Catherine Froehlich-Grobe, University of Kansas: Also in attendance: Drs. Catley, Goggin, Puoane, & Ms. Tsolekile. Dr. Froehlich-Grobe is an NIH funded researcher whose work focuses on promoting physical activity among individuals with physical handicaps. We discussed intersections between all of our work and common barriers to intervention implementation in our challenging populations.

Tour of Gladstone Community Center and Meeting with Colleagues: We learned about the development and funding structure of this state-of-the-art facility. In attendance: Justin Merkey, MBA, CTRS, Community Center Administrator; Rev Eric Williams, Calvary Community Outreach Network; Dr. Jenny Lundgren, UMKC Dept. of Psychology; Drs. Goggin, Puoane, & Tsolekile. Group discussion of our own research projects including successes and challenges and potential for collaborations. Rev Williams collaborates with Dr. Goggin on church based work that is of interest to Ms. Tsolekile.

Tuesday May 13, 2008

Working meeting attended by Drs. Berkley-Patton, Catley, Goggin, Puoane, Ms. Tsolekile, & Mr. Martinez:

Meeting with Dr. Jannette Berkley-Patton, UMKC, Dept. of Psychology: Dr. Berkley-Patton is one of Drs. Catley & Goggin's junior colleagues in the Department of Psychology at UMKC. Dr. Berkley-Patton presented her on-going research program focused on increasing HIV/AIDS awareness and testing in Black churches. Dr. Puoane and Ms. Tsolekile believe that this approach has great potential in South Africa. In order to determine the potential for use of this technique in SA, we will need to collect pilot data that assesses clergy's interest in this type of intervention. Ms. Tsolekile has great interest in this work and will structure her PhD in Public Health to focus on facilitators and barriers to adapting the Church tool kit for use in South Africa. She will use Drs. Berkley-Patton and Goggin's publications and prior grants as model for her PhD project. This turned out to be an excellent opportunity to enhance the capacity of these junior colleagues.

Review of the Deliverables for the Exchange Grant: We reviewed the deliverables on the grant and created a time line for accomplishing all tasks. Several of the grant tasks will be accomplished during this visit, including training Dr. Puoane and Ms. Tsolekile in Motivational Interviewing for use in the pilot study, identification of measures for the pilot study and development of the translation procedures to be conducted, pilot project planning, initiating capacity development of selected junior members and students, and exposure to Drs. Catley & Goggin active research grants in the US.

Development of the Research Design of the Pilot Study: We discussed the research design for the pilot study. The ultimate goal is to demonstrate feasibility and acceptability of a MI-based common risk factors disease prevention intervention delivered by Community Health Workers (CHW) to exercise club members. Eight CHWs will be recruited. Each CHW will be asked to identify seven exercise club members (with current risk factors that could be addressed by the intervention) with whom they will work over the next six months and who will be willing to complete pre and post assessments. Community members (including club members if this is appropriate given on the final target behavior(s) for the pilot) will provide informed consent and completed a pre intervention assessment (2 months prior to the CHWs being trained in the MI-based common risk factor reduction intervention) and a post intervention assessment (2 months after the training of the CHWs). Exercise club members will be paid R50 per assessment (56 participants R50 x 2 assessments = R100/participant for a total of R5600 or \$ 746.67 @ \$7.5 = R1). Dr. Goggin will provide funding for the pilot if we aren't able to secure it in another fashion.

Project timeline

	2008 Jan-Mar	2008 Apr-June	2008 July-Sept	2008 Oct-Dec	2009 Jan-Mar	2009 Apr-June	2009 July-Sept	2009 Oct-Dec
Project Planning & Study Design Development	X							
Identification of Questionnaires		X						
Puoane & Tsolekile visit UMKC		X						
Submit NRF Grant to support student staff		X						
Finalization of Study Design		X						
Submission of IRB protocol		X						
Translation of Questionnaires		X	X					
Submit UM/UWC proposal for Y2 July 15 th			X					
Identify and Recruit CHWs			X					
CHWs Identify Club Members				X				
Identify and Recruit Club Members				X				
Pre-Intervention Assessment of Club Members				X				
Catley & Goggin visit UWC					X			
CHWs Training					X			
Post-Intervention Assessment of Club Members						X		
Analyze pilot study data						X	X	
Submission of NIH proposal R01 June 5 th R03/R21 June 16 th All HIV May 7 th						X	X	X
Study Results written							X	X

MI-based Common Risk Factor Disease Prevention Intervention Training: CHWs will complete two six hour day trainings in MI and the MI-based common risk factors disease prevention intervention. Drs. Catley, Goggin, Puoane and Ms. Tsolekile will conduct the training on two days TBA (sometime be January 12-15, 2009). The training will focus on basic MI principles and skills,

cognitive behavioral strategies for skill development including problem solving therapy. The MI-based common risk factor reduction intervention will target:

- Reductions in tobacco alcohol/drug use
- Increases in use of safer sex techniques, fruit/vegetable intake and physical activity

A training manual and counseling materials will be adapted from our existing studies and improved based on feedback from the CHWs. One student from UWC and one from UMKC (potentially funded by the NRF) will collect the pre/post assessments, assist with the training and supervision of the CHWs, and, under the guidance of the PIs’, oversee the maintenance of the database.

Upon completion of the pilot study we will also refine the training programme package dissemination to others wishing to train Xhosa speaking Community Health Workers or other similar health worker groups.

Assessment Battery: The pre/post assessment battery will consist of the measures listed below in Table 1 and attached in Appendix 1. Except where noted, all of the measures are standardized well validated instruments that we have used in numerous previous studies. All will be adapted for use in this study. That is all will be adapted to focus on common risk factors.

Table 1	
Pre	Post
Demographics (age, gender, educ, employment, time in Khayelitsha)	
HIV Status: Have you ever been tested for HIV? (y,n) If yes, are you HIV+? (y, n, don't know, didn't get results)	
Autonomous Regulation	Autonomous Regulation
Autonomy Support	Autonomy Support
Participant Satisfaction with CHW	Participant Satisfaction with CHW
HIV Risk Behaviors (incl motivation and confidence)	HIV Risk Behaviors
Eating Habits (incl motivation and confidence)	Eating Habits
Exercise (incl motivation and confidence)	Exercise
Use of Tobacco (incl motivation and confidence)	Use of Tobacco (incl motivation and confidence)
Use of Alcohol and other Drugs (incl motivation and confidence)	Use of Alcohol and other Drugs (incl motivation and confidence)

We will translate and culturally adapt all survey measures into the Xhosa language using standard methods^{54,55} that have been successfully used in other international studies.^{56,57} Our goal will be to retain the conceptual equivalence of questions rather than to perform literal translations. Two independent forward translations and three independent backward translations will be performed by Xhosa speakers fluent in English. Consensus meetings will be held after each step to resolve discrepancies and a harmonization committee composed of the investigators, Xhosa translators, and project staff will evaluate the final Xhosa version of all measures.

Cultural adaptation and translation will result in a Xhosa version of all of the measures that will be appropriate to the local lifestyle and activities common to the survey area. Questions that have little cultural relevance such as those describing moderate physical activities as ‘carrying groceries or bowling’ might be translated as ‘washing clothes or moving a bucket of water.’ As a unit of distance, ‘walking a city block’ might be translated as ‘walking the length of a soccer field.’ Psychological concepts presented as ‘feeling full of pep’ and ‘feeling down in the dumps’ are likely too idiomatic for meaningful literal translation and will likely be translated as ‘

full of life and energy' and 'so depressed that nothing could cheer you up.' The comparability of the described concepts in English and Xhosa translations will be verified by professional translators.

Conference call with NIH Program Officer: Drs. Catley & Goggin facilitated a call with a colleague at NICHD who could be a potential funder of this work. He was extremely receptive to our planned project as it is in line with the goals of his institute and specifically with a special initiative that he is leading that had not yet been announced. He asked that we keep him apprised of our progress.

Wednesday May 14, 2008

Working meeting attended by Drs. Catley, Goggin, Puoane, & Ms. Tsolekile: We continued to refine the study design and finalize the assessment battery. We developed and submitted a National Research Foundation grant to support students to work on the pilot study.

Meeting with Dr. Nikki Nollen, KUMC, Dept. of Preventive Medicine: Dr. Nollen described her current grants (funded and under-review) which focus on obesity prevention and treatment in adolescents. Much was learned from reviewing our study methodologies and barriers faced.

Observation of MI Supervision Session: Dr. Puoane & Ms. Tsolekile observed a MI supervision session conducted by Dr. Catley with Ms. Andrea Bradley-Ewing. Ms. Bradley-Ewing is a counselor on Project MOTIV8 (NIH funded R01, PI: Dr. Goggin) and the session focused on her current case load of participants enrolled in this HIV medication adherence study.

Observation of Live MI Session: Ms. Tsolekile accompanied Ms. Bradley-Ewing to a planned MI session with a MOTIV8 participant. This opportunity allowed Ms. Tsolekile to directly observe an MI styled intervention in provided in a local HIV/AIDS clinic.

Reception with Colleagues: Drs. Catley & Goggin hosted a reception for Dr. Puoane & Ms. Tsolekile with numerous local collaborators and colleagues. This setting allowed for informal discussions and provided the opportunity to identify potential new collaborators.

Thursday May 15, 2008

Working meeting attended by Drs. Catley, Goggin, Puoane, & Ms. Tsolekile: We reviewed our progress thus far and refined our plans for the next few days. Dr. Goggin also touched base with Rod Uphoff to clarify details about the required paperwork, submission deadline for the next round of exchange grants, and updated him on our progress thus far.

Attended University of Kansas Nutrition, Physical Exercise & Weight Management Group Meeting: Drs. Goggin & Puoane and Ms. Tsolekile met with:

Drs. Debra Sullivan, Chair of Nutrition, University of Kansas Medical Center;

Joe Donnelly, Professor & Director, Energy Balance Laboratory, University of Kansas;

Brian Smith, Research Assistant Professor, Energy Balance Laboratory, University of Kansas;

Andrea Ely, Department of Internal Medicine, University of Kansas Medical Center;

Christi Bedford, Department of Preventive Medicine, University of Kansas Medical Center;

Rik Washburn, Associate Professor, Energy Balance Laboratory, University of Kansas;

Cheryl Gibson, Department of Preventive Medicine, University of Kansas Medical Center;

Cari Savage, Department of Medicine, University of Kansas Medical Center.

This meeting allowed Drs. Goggin & Puoane and Ms. Tsolekile to share their work with this highly productive research collaborative. There were many helpful comments regarding our endeavors. Suggestions included adding additional behavioral measures to our assessment battery for the pilot (e.g., days @ the gym, fruit/veg intake, BMI). Several of the members also shared details about some of their current projects. We also toured this brand new state-of-the-art facility housed at Children's Mercy Hospital.

Friday May 16, 2008

Working meeting attended by Drs. Catley, Goggin, Puoane, & Ms. Tsolekile: We spent the day developing the plans for our pilot study, focusing particularly on selecting measures and translation issues. We decided to assess multiple risk behaviors including sex without condom use, tobacco use, drug and alcohol use, eating habits, and exercise as briefly as possible (see Appendix). For each behavior a brief single item assessment of motivation and confidence to change the behavior will also be assessed. In addition we will assess community member participants' autonomous motivation and perceived autonomy support from the Community Health Workers as this should be the mediator impacted by the Motivational Interviewing intervention that leads to behavior change. In order to analyze multiple risk behavior outcome variables we will collapse across all of the risk behavior variables to form a single variable that captures the extent of change in any variable (e.g., no change vs. change in any risk behavior). The Motivational Interviewing based intervention will encourage participants to select which risk behavior(s) they wish to change. The planned extra-mural grant proposal will request time and resources to continue our measure translation work so that a more extensive assessment of each risk behavior can be conducted and additional psychosocial measures (such as perceived stress, depressive symptoms, and quality of life) can be used in the larger trial.

Meeting with Dr. Norge Jerome, Ph.D., KUMC, Dept. of Preventive Medicine: Dr. Jerome is a nutritional anthropologist with expertise in the assessment and influence of cultural factors in health behavior. We discussed our work and received feedback regarding our project plans in these areas.

Monday 19th May 2008- MI Training at Columbia

Dr Catley drove from Kansas City to Missouri Columbia with Dr Thandi Puoane and Ms Lungiswa Tsolekile. They spent a night at the Comfort Suite in Columbia. On Monday the 19th Dr Puoane and Ms Tsolekile attended a training session offered by Dr. Catley on Motivational Interviewing. They both found the session to be very interesting and during lunch started discussing ways of adapting some of the material for be used in the South Africa population. After the training session Dr Puoane, Catley and Ms Tsolekile met with co-facilitators of MI training and graduate students from UMKC for dinner.

During dinner Dr Puoane and Ms Tsolekile discussed their work in the Khayelitsha SA, and Dr Cronk (UMC) explained her project (The Greek Health Project) that looks a smoking cessation among UM College students. After dinner Dr Puoane and Ms Tsolekile drove back to KC with UMKC graduates students.

Based on these discussions we plan to:

- 1) Contact Bob Mash for any Xhosa training materials that may be available.
- 2) First develop a simplified English version of the training (Delwyn will draft, Lungiswa will revise)
- 3) Lungiswa will develop a translation of the final version.

Issues that remain to be resolved include:

- 1) whether the training program should be finalized during Kathy and Delwyn's Dec/Jan visit or if it really feasible to do it prior to that and conduct the training of Community Health Workers in Jan.
- 2) what the target behavior(s) of the pilot intervention should be given the complexity of training CMH's in multiple risk behaviors. One option is to stick to dietary habits which they already have expertise in and another is to add just one other behavior or make the additional behavior "treatment engagement" in the form of visiting the health club for help with a range of any potential risk behavior problems.

Tuesday 20th May 2005- Meeting with Dr Berkley-Patton and Ms Carol Bowe Thompson

Ms Carol Bowe Thompson is a programme co-ordinator at Cavalry Church and is responsible for coordinating outreach work. Ms Carol Bowe Thompson also works with Dr Berkley-Patton in a church programme. They discussed the church programme including their conferences which are organized to give people from different congregations previews on the work they do and the role of the Church in the prevention of HIV and AIDS. Ms Tsolekile explained their work on primary prevention of cardiovascular risk factors going on in Khayelitsha and the possibility of using some of their materials to develop a similar programme using faith-based organizations in South Africa. In the discussion they shared how they executed the project and the process.

Wednesday 20 May 2008- Meeting with Dr Maureen Knell & John Knell

Dr Knell is an associate Professor at the school of Pharmacy with expertise in chronic pain. We discussed our work and ways of collaborating with fellow colleagues (UWC) in her field. A junior staff member, who is also a researcher at SOPH (UWC), was identified as a possible candidate for future collaborator as he is currently interested at looking at quality of life of clients with chronic pain and other chronic diseases.

Minutes from Drs. Catley and Goggin's Visit to UWC
Jan 4 – 16, 2009

During this visit, Drs. Catley and Goggin participated in planning meetings with Dr. Puoane and Ms. Tsolekile to review progress and revise the study design and timeline, conduct a two-day Motivational Interviewing Training, review progress on the questionnaire translation, modify Motivational Interviewing training materials for use with community health care workers, review and revise plans for papers and future grant proposals, and document progress towards exchange grant deliverables.

Ms. Tsolekile and Drs. Puoane, Catley and Goggin met to review progress and revise the study design and timeline. As detailed below, the items demarcated with a green * have been completed and items marked with a pink X and/or no color X are in progress or planned for the period indicated. The timeline for items in pink has been adjusted from our original plan. Detailed notes on each are included in the minutes of our visits.

Project timeline

	2008 Jan-Mar	2008 Apr-June	2008 July-Sept	2008 Oct-Dec	2009 Jan-Mar	2009 Apr-June	2009 July-Sept	2009 Oct-Dec
Project Planning & Study Design Development	*							
Identification of Questionnaires		*						
Puoane & Tsolekile visit UMKC		*						
Submit NRF Grant to support student staff		*						
Finalization of Study Design		*						
Submission of IRB protocol		*			X			
Translation of Questionnaires		X	X		X			
Submit UM/UWC proposal for Y2 July 15 th			*					
Identify and Recruit CHWs			X		X			
CHWs Identify Club Members				X	X			
Recruit Club Members				X	X			
Pre-Intervention Assessment of Club Members				X	X			
Catley & Goggin visit UWC					*			
CHWs Training					X			
Post-Intervention Assessment of Club Members						X		
Analyze pilot study data						X	X	
Submission of NIH proposal R01 June 5 th R03/R21 June 16 th All HIV May 7 th						X	X	X
Study Results written							X	X

IRB Review: Dr. Puoane and Ms. Tsolekile already have approval from the UWC ethics committee to conduct their on-going work focused on a common risk factors disease prevention intervention delivered by Community Health Workers (CHW) to exercise club members. As the aims and

procedures of this pilot are well within the scope of the program of research that they already have approval for, no stand alone proposal will be submitted. Instead, once completed, they will submit the newly translated questionnaires and a description of the pilot study and proposed incentives for club members who complete the questionnaires to the committee for their review.

Translation of Measures: Good progress on the task of translating the measures for use in this pilot study has been made, but consistent with our experience translating these measures for use with isiZulu speakers, it has proved to be a very difficult and time consuming task. We reviewed the progress thus far and discussed the problems that have come up. We solved many of the troublesome issues and agreed to a plan for completing the translations by the end of February 2009.

Identify and recruit Community Health Workers: Two of the eight CHWs have already been identified and recruited. Six more CHWs will be identified in January from a group of 10 CHWs that are currently seeing club members as part of Dr. Puoane and Ms. Tsolekile's larger research program. All eight CHWs will be asked to identify and recruit seven club members to participate in this pilot study.

Pre-Intervention Assessment of Club Members: The pre-intervention assessment of club members will be conducted as soon as the questionnaire translation has been completed and the UWC ethics committee review has been conducted. The pre-intervention assessment will be completed in March 2009, **before CHWs complete the Motivational Interviewing training.**

Drs. Catley and Goggin visit UWC: During this visit, Drs. Catley and Goggin assisted Dr. Puoane and Ms. Tsolekile in reviewing progress and revising plans for the pilot study. As detailed above, adjustments to the timeline were made to accommodate progress and setbacks. Drs. Catley and Goggin conducted a two-day Motivational Interviewing training for Dr. Puoane and Ms. Tsolekile and 9 colleagues. Attendees included:

Lungiswa Tsolekile	Promoting Healthy Lifestyles, UWC
Moise Muzigaba	Promoting Healthy Lifestyles, UWC
Nontsuku Xapa	Promoting Healthy Lifestyles, UWC
Thandi Puoane	Promoting Healthy Lifestyles, UWC
Jabulisiwe Zulu	Department of Health, KwaZulu Natal
Julian Pillay	Durban University of Technology, UCT
Madelaine Carstens	Department of Human Biology, UCT
Jacolene Kroff	Department of Human Biology, UCT
Vicki Lambert	Department of Human Biology, UCT
Busi Ntuli-Ngcobo	School of Public Health, UWC
Joyce Ngwenya	Department of Health, Mpumalanga

After completing the two-day Motivational Interviewing Training, Drs. Catley and Goggin assisted Ms. Tsolekile and Dr. Puoane to develop the Motivational Interviewing Training for the CHWs. A 30-slide power point slide show was developed for use with the Xhosa speaking CHWs. Through the help of Dr. Bob Marsh, University of Stellenbosch, Dr. Puoane has ordered an MI training tape that has Xhosa examples. Unfortunately the tape did not arrive in time for us to review, but we discussed how to integrate it into the CHWs training.

We discussed our plans for Year 2 of the exchange with a special focus on dates for the next exchange trip. Dr. Puoane and Ms. Tsolekile will visit Drs. Catley and Goggin at UMKC from July 26th to August 7th.

Minutes from Prof Puoane and Ms Tsolekile's Visit to UMKC
July 25 – Aug 7, 2009

Preparations for 2009 visit to UMKC

A number of activities needed to be fulfilled before the visit to Missouri these included:

- Translation of measurements into Xhosa. Translation was done by a group of Xhosa speakers and these were verified by a different group
- Training of community health workers in MI, this was done over 2 day workshops. Training sessions were attended by 5 community health workers from 2 health clubs.
- Recruitment of clients
- Collection of data using the translated tools

Visit 2 (July/August 2009)

The objective of the visit was to analyze the data collected using the newly developed tool adapted from MI tool used by UM Collaborators. Unfortunately, data had not been collected due to the fact that CHWs had problems in conducting interviews and were unable to apply the MI technique taught. During the first meeting we had to present and discuss the challenges faced by CHWs in using MI to influence behavior.

In order to deal with the challenges, new tools had to be designed these included a fat intake assessment questionnaire, an evaluation form to assess the quality of interviews and a guide that will be used during the MI sessions. The majority of this visit was spent developing those new tools, identifying solutions for the problems the CHWs were having in applying MI techniques in practice, and redesigning the pilot study timeline to accommodate these necessary changes.

Minutes from Drs. Catley and Goggin's Visit to UWC
Jan 4 – 18, 2010

The goal of this visit was to review the progress, problem solve barriers, analyze the data collected from community participants, outline additional papers and ultimately a grant proposal.

Tasks Accomplished:

- Aug Two Additional MI Training Sessions for CHWs
(2/6 CHWs turned in post training MI session tapes for supervision)
15 patient questionnaires on fat intake collected
Based on fat intake, CHWs identified patients they would target for additional treatment
- Sept CHWs saw their pts, recorded sessions and turn in tapes
(Ms. Tsolekile to provide numbers and MI ratings on all tapes)
Ms. Tsolekile provided MI supervision for CHWs
All translated measures finalized and collected from 15 patients (from 3 CHWs) from MI arm

The new tools developed during Prof Puoane and Ms Tsolekile's visit to UMKC and additional MI training provided by Ms. Tsolekile had helped to address many of the barriers to success in this pilot project. The new tools were well received by both the CHWs and community members. They were informative and provided appropriate targets for intervention. Ms. Tsolekile's additional MI training for the CHWs had been appreciated and well attended and four of the six CHWs demonstrated considerable improvement in their ability to properly apply the MI techniques. However, two of the six still struggled. Considerable discussion lead to the understanding that these struggles were likely due to the CHWs tendency to be concrete in their processing style which often led to a lack of empathy. Strategies for addressing these problems were developed which Ms. Tsolekile felt would work with these individuals.

Pilot data was entered and basic analyses conducted. Additional data collection is necessary to have sufficient results to draft a paper, but many of the earlier methodological barriers have been overcome. One of the biggest remaining barriers is the lack of funding for dedicated research assistants to assist in the study and collect the data. Dr. Goggin will provide the necessary funding to Prof Puoane to ensure that this barrier can be overcome.

A new timeline was developed for the remaining tasks as reflected in the revised Project Timeline on the page 3 of this document.