



PaTH Network  
patient empowered research

Recruitment of study participants using  
e-mail and patient portal (MyChart):

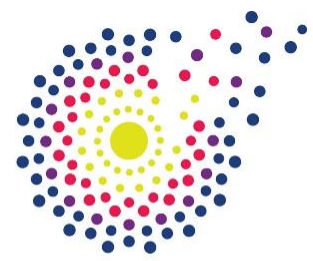
The PaTH Healthy Lifestyles, Body Weight  
and Healthcare Study

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Division of General Internal Medicine

# What is the PaTH Healthy Lifestyles, Body Weight and Healthcare Study?



**PaTH Network**  
patient empowered research

- **Patient Centered Outcomes Research Institute** funded 11 Clinical Data Research Networks (CDRN's) and 18 Patient-powered research networks (PPRN's)
- Hopkins is part of the MidAtlantic PaTH Network: Univ Pitt (PI), Hopkins, Temple, Penn State
- Our study creates 1 (of 3) clinical cohorts (i.e. patient groups)
- Adults in 2 primary care and the bariatric surgery practices recruited using MyChart, e-mail or mailed Letters
- Surveys for study completed on MyChart at home or in clinic
- Link the survey with other data sources, including EMR data
- All survey information in medical record for review by providers

# Eligibility criteria



- Age 18 or older
- At least 1 height documented at any time
- 2 or more encounters, each with a documented weight within 5 years
- English proficiency
  
- Patient at General Internal Medicine practices at Greenspring Station or JHOC
- Bariatric Surgery patient

First step - Center for Clinical Data Analysis request to identify potentially eligible participants

- Identified a list of patients who met our eligibility criteria
- Determined who had MyChart account
- Determined who had e-mail account

# Summary of 3 recruitment strategies



	<b>Initial Contact</b>	<b>Participant response</b>
<b>Electronic Recruitment using e-mail</b>	First contact via email	Accesses consent & online (Redcap) survey, with assistance as needed Some can complete in clinic
<b>Electronic Recruitment using MyChart</b>	First contact via MyChart	Accesses consent & online MyChart survey, with assistance as needed Some can complete in clinic
<b>Recruitment using mailed letters for those w/o email</b>	First contact via mailed letter	Accesses consent & online (RedCap) survey. Some can complete in clinic

# Recruitment using the Patient Portal - MyChart

- Sensitivity around use of method because MyChart had only been used for Clinical messaging
  - Concerns about mistimed mass MyChart messages – e.g. Flu shot reminder before the clinics had the flu shot in stock
  - Concerns by both clinicians and patients
- We received approval to test the method by limiting to 1000 MyChart messages
  - Presentations and feedback from the Epic Research Committee and The Patient-Family Centered Design Team
  - We are evaluating patients' response to receiving MyChart letter

# Questions to evaluate patients' response

After taking a Consent quiz:

- *What do you think about getting information about a research study in MyChart?*
  - *Not a good use of MyChart*
  - *No opinion*
  - *Good use of MyChart*
- *To what extent did getting this information about a research study in MyChart change your satisfaction of being a patient at Johns Hopkins*
  - *Much less satisfied*
  - *Less satisfied*
  - *No change*
  - *More satisfied*
  - *Much more satisfied*
- *3. Please feel free to provide more feedback: \_\_\_\_\_*

Sending MyChart research  
invitations

Generate Letters  
Send Patients Message

Refresh Selected

MRN	Patient	Age	Sex	PCP
JH8701032	Kjrmu, Mammo Nocontact	11/08/1950 64 y.o.	Female	
JH8701217	POCRSH NNDC, Frank One	06/01/1975 40 y.o.	Male	
JH8701327	Careeverywhere, Bobby	07/05/1942 72 y.o.	Male	
JH8701330	Xmlu, Testele	01/01/1944 71 y.o.	Male	
JH8701346	Tstaddams, Eighteen	09/18/1996 18 y.o.	Male	Crocetti, Michael
JH8751900	Hopkins, Elizabeth	10/09/1958 56 y.o.	Female	Dy, Norman M
JH9700977	Blue, Crab Two	01/07/1950 65 y.o.	Male	Clark, Jeanne Marie
JH9700988	Test, Bryan	12/19/1970 44 y.o.	Male	Magaziner, Jeffrey Lance
JH9700998	Pocrsh Bond, James	07/11/1980 34 y.o.	Male	
JH9701002	Poc, Mychart	05/05/1949 66 y.o.	Male	Levy, Howard Philip
JH9701202	Mychart, Pro Validate Four	02/25/1967 48 y.o.	Male	
JH9701338	Mvchart. Sally	07/04/2008 6 v.o.	Female	Crocetti, Michael

SmartText Selection ✕

Encounter Matches  Favorites

Match:

Title
PATH WEIGHT BARIATRIC SURGERY RECRUITMENT LETTER
PATH WEIGHT PRIMARY CARE RECRUITMENT LETTER

= User's default tab

Patient Message

? Close X

Add Questionnaire Add Hx Qtnr

To: **Number of patients: 1**

View/Edit Recipients

Reply Options

Allow all current proxies to view this message

Allow reply directly to me

Subject: Research Opportunity

abc [undo] [redo] [help] [insert] [insert SmartText] [undo] [redo] [reply]

Message:

@TODAYDATE@

Dear @FNAME@ @LNAME@,

You are invited to take part in an exciting new research project at The Johns Hopkins School of Medicine in Baltimore. The PaTH Clinical Data Research Network (CDRN) Study of Healthy Lifestyles, Body Weight and Health Care is a study that focuses on health behaviors and preventive health. This will be a group of people who are recruited from primary care clinics and complete surveys about health behaviors and preventive health, as well as their thoughts on health care delivery and research. As a patient at [insert name of clinic], we believe you may be eligible to participate in our Healthy Lifestyles study.

The PaTH Network is a collaboration between 4 Mid-Atlantic health systems -- the University of Pittsburgh Medical Center, Penn State Hershey Medical Center, Temple University Health System, and Johns Hopkins University Health System. One of our major goals is to better understand issues that impact the quality of life of patients.

We plan to accomplish this by establishing the PaTH Clinical Data Research Network (CDRN) Study of Healthy Lifestyles, Body Weight, and Health Care. This will be a group of people who are recruited from primary care clinics and complete surveys about health behaviors and preventive health, as well as their thoughts on health care delivery and research. With these data, we hope to begin to understand what research questions matter most to patients, help make sure the rights and privacy of patients are protected, and help researchers design studies that are real and meaningful to patients. The PaTH Clinical Data Research Network

Accept and Send

Cancel

From the patient's viewpoint



JOHNS HOPKINS  
MEDICINE

MyChart

Your health. Your knowledge. Your connection.



**Request prescription renewals**

Send a request to renew your medication prescriptions.



MyChart Username

medicare

[Forgot MyChart Username?](#)

Password

••••

[Forgot Password?](#)

**Sign In**

MyChart © Epic Systems Corporation

**Have an Activation Code?**

**Sign Up Now**

**Please note...**

The new electronic medical record system is being installed at different times and locations across Johns Hopkins Medicine in the coming months.

You may not yet have access to all of your Johns Hopkins medical data or all MyChart services at this time. Please see our [FAQs](#) for more information.

**Learn More...**

[FAQs](#) [Privacy Policy](#) [Terms and Conditions](#)



Log Out



Message Center



Visits



My Medical Record



Insurance & Referrals

More



Elizabeth  
(Me)

Mary



## Welcome to Johns Hopkins Medicine MyChart



You have 12 new messages.



View instructions for your appointment on Wednesday, June 10, 2015 with Silka C Patel, MD MPH.



You are due for 6 preventive care services.



Send a Message



Schedule an  
Appointment



Test Results



Health Summary



Log Out



Message Center



Visits



My Medical Record



Insurance & Referrals



More



## Inbox



Search this list



Messages per page: 10

<u>Subject</u>	<u>From</u>	<u>Received</u> ▼
<input type="checkbox"/> <a href="#">Research Opportunity</a>	Matthew J. F	06/10/2015 8:55 AM
<input type="checkbox"/> <a href="#">Appointment Reminder</a>	Johns Hopkins Medicine	06/09/2015 2:30 PM
<input type="checkbox"/> <a href="#">Appointment Reminder</a>	Johns Hopkins Medicine	06/02/2015 2:30 PM
<input type="checkbox"/> <a href="#">Appointment Reminder</a>	Johns Hopkins Medicine	06/02/2015 2:30 PM
<input type="checkbox"/> <a href="#">Appointment Scheduled</a>	Johns Hopkins Medicine	06/01/2015 3:55 PM

Elizabeth  
(Me)

Mary





## Research Opportunity



To: Elizabeth Hopkins  
From: Matthew J. F  
Received: 6/10/2015 8:55 AM EDT  
Tasks:  [PaTH Study of Healthy Lifestyles, Body Weight and Health Care Consent](#)

06/10/2015

Dear Elizabeth Hopkins,

You are invited to take part in an exciting new research project at The Johns Hopkins School of Medicine in Baltimore. The PaTH Clinical Data Research Network (CDRN) Study of Healthy Lifestyles, Body Weight and Health Care is a study that focuses on health behaviors and preventive health. This will be a group of people who are recruited from primary care clinics and complete surveys about health behaviors and preventive health, as well as their thoughts on health care delivery and research. As a patient at [insert name of clinic], we believe you may be eligible to participate in our Healthy Lifestyles study.

Elizabeth  
(Me)

Mary



Recruitment using e-mail

# E-mail recruitment letter



Sun 8/2/2015 10:10 AM

PaTH\_Weight

Johns Hopkins Research Opportunity

To PaTH\_Weight

You forwarded this message on 8/2/2015 10:14 AM.

Greetings from Johns Hopkins!

You are invited to take part in an exciting new research project at The Johns Hopkins School of Medicine in Baltimore. The **PaTH Clinical Data Research Network Study of Healthy Lifestyles, Body Weight and Health Care** is a study that focuses on health behaviors and preventive health. As a patient of our general internal medicine practice, we believe you may be eligible to participate in our Healthy Lifestyles study.

The PaTH Network is a collaboration between 4 Mid-Atlantic health systems – the University of Pittsburgh Medical Center, Penn State Hershey Medical Center, Temple University Health System, and Johns Hopkins University Health System. One of our major goals is to better understand issues that impact the quality of life of patients.

We plan to accomplish this by establishing the PaTH Clinical Data Research Network (CDRN) Study of Healthy Lifestyles, Body Weight and Health Care. This study includes a group of people who are recruited from primary care clinics and complete surveys about health behaviors and preventive health, as well as their thoughts on health care delivery and research. With these data, we hope to begin to understand what research questions matter most to patients, help make sure the rights and privacy of patients are protected, and help researchers design studies that are real and meaningful to patients. The PaTH Clinical Data Research Network Study of Healthy Lifestyles, Body Weight and Health Care will link the survey responses with patient health records, so researchers and patients can learn more about patient preferences and choices in issues regarding lifestyle, weight management, and preventive health.

The PaTH Network has created two informational videos that we'd love for you to view – we promise they're brief! The videos are online and will help you learn more about the PaTH Network ([http://bit.ly/PaTH\\_AboutTheNetwork](http://bit.ly/PaTH_AboutTheNetwork)) and the Healthy Lifestyles study ([http://bit.ly/PaTH\\_HealthyLifestyles](http://bit.ly/PaTH_HealthyLifestyles)).

If you choose to participate, you would complete brief surveys now and again every 6 months while in the study. The surveys will ask questions about quality of life, health behaviors, experiences with health care and interest in research. Results from these surveys may become linked with your health records.

### ***Getting Started is Easy!***

If you are interested in participating, you can start now by going to [http://bit.ly/PaTH\\_Weight](http://bit.ly/PaTH_Weight) to complete the consent form and survey. We included a copy of the consent form for your review. On selected days we may also be present in your clinic and may invite you to take part at that time.

If you have any questions please contact our study team at 443-297-7512 or [PaTH\\_Weight@jhmi.edu](mailto:PaTH_Weight@jhmi.edu). Thank you for your interest.

Sincerely,

Wendy L. Bennett, M.D., M.P.H.  
Assistant Professor  
Division of General Internal Medicine

Jeanne M. Clark, M.D., M.P.H.  
Professor of Medicine  
Director, Division of General Internal  
Medicine

# Patient and stakeholder engagement to gain feedback about recruitment methods

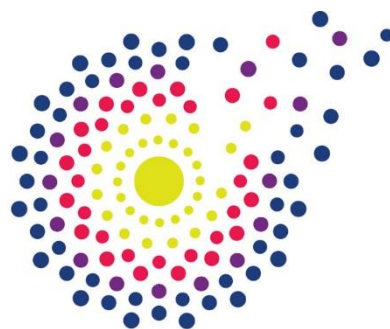
- 2 patients from each of 4 sites invited to participate as Weight Cohort Partners; 1 partner will join ~ weekly investigator calls
- Reviewed and pilot tested the surveys and provided feedback (especially about length)
- Patient-Family Centered Care Design Committee reviewed recruitment strategy and provided early input
- Received input from clinicians



# Implications for future studies

- Limitations of using MyChart or e-mail
  - My access less diverse, more tech-savvy population
  - Important to have several recruitment methods
  - Clinicians and patients continue to have concerns about the appropriateness of using MyChart for recruitment
- Our results will provide insight into pro's and con's about using MyChart for recruitment
- Next version of epic will have a “research” tab in MyChart to facilitate separation between research and clinical care.

Thank you!



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