

Health Research Advisory Council

Meeting Notes

April 27, 2017

In attendance - council members: Helena Abrom, Carol Benson, Ashley Borgschatz, Marie Cano, Angie Chafos, Bob Dimler, Jo Ericksen, Pete Kasper, Liz Morice, Jim Rodrick, Mary Rodrick, Joan Rose, Dee Servick, Barry Skolnick, Harold Stewart, and Denny Uthke (16 attendees)

In attendance – leadership: Walter Rocca, Jennifer St. Sauver, Joan Griffin, Lori Klein, and Robin Adams

The meeting of the Health Research Advisory Council (HRAC) started with the first research study to be presented to the newly merged group. Dr. Joan Griffin, Scientific Director, Care Experiences Program, Kern Center for the Science of Health Care Delivery at Mayo Clinic, provided an overview of her study entitled “Improving cancer patients and caregiver health through an emotional disclosure intervention.” Joan’s project is analyzing the manner in which cancer patients and caregivers could benefit from releasing their thoughts and feelings while dealing with difficult health issues for themselves or someone for which they provide care. The disclosure would take place over 4-5 consecutive days for 20 minutes each day.

After summarizing the substance of the study, Joan had a couple of questions for the HRAC members. First, if they were in the situation described, would members prefer to write out their thoughts and feelings or would they rather talk about their feelings to an unmanned phone line? Both modes are done confidentially. More members preferred writing over talking, but also expressed interest in a web-based option. Members also suggested an option that allowed flexibility to call or log-in based on their schedule. Next, Joan distributed a document with the instructions for the disclosure exercise – there were multiple versions that were slightly different from each other. After reviewing the options, the most common response was related to the suggestion that questions prompting each day’s disclosure exercise should be kept simple and sensitive to the audience (e.g. don’t use the words “positive” or “rule”). It was suggested that it might be good if each day the questions became more complex. And, some members questioned the direction to keep writing or talking continuously for 20 minutes without stopping.

Following Joan’s presentation, the new HRAC co-chair, Mary Rodrick, was introduced and thanked for her willingness to fill this role. Also, we clarified the limited duties of the co-chairs at this time, but reminded council members that the co-chairs are the representatives of each former group ensuring that questions and concerns from all HRAC members are addressed. After the brief co-chair discussion, Robin Adams led a fun, but challenging ice breaker activity by splitting the group into small teams who worked on a challenge to find as many words as possible using the first names of each member on the team.

Next, Lori reviewed a Frequently Asked Questions (FAQs) document. The FAQs were compiled from questions and comments shared on the meeting evaluation form following the February 9, 2017 meeting. A copy of the document will be attached to the meeting notes for the April 27 meeting.

Next, the mission statement was finalized via discussion about examples that had been emailed to the group prior to the meeting. After some debate, a majority vote decided the final mission statement to be: SERVE AS A FORUM AND RESOURCE FOR HEALTH RESEARCHERS BY PROVIDING VALUABLE FEEDBACK, RECOMMENDATIONS, AND COLLABORATION FROM THE PERSPECTIVE OF A PATIENT, CAREGIVER, AND COMMUNITY MEMBER. During the discussion, a member expressed their concern about losing the REP function that the former REP community advisory board members bring to the newly formed HRAC. The HRAC leaders responded by assuring the group that the REP has the same opportunity to bring forward REP topics including education about REP studies, news, and activities. Also, the REP will invite council members to participate in community activities sponsored by the REP. In response to the member's concern, the next HRAC meeting agenda will include follow-up on REP grant activities as well as the Olmsted County Community Health Needs Assessment in which REP CAB members participated in June 2016. The agenda items will serve dual purpose by providing former CAB members with the updates they have requested, but also educate the former PFAC members about two important health research related groups in the local community.

The final agenda topic discussed was the option of adopting an HRAC logo. After a lively discussion, it was determined that the group would like to consider a logo and would like to see a couple of options including edited versions of the logos reviewed during the meeting as well as a plain logo using words only. Dependent on resources, a designer from creative services at Mayo Clinic will be commissioned to assist with the logo project.

Please note that the date for the next meeting is July 27th at 5:30pm and we will meet at Charter House again; however, we have found a larger room that will allow us to accommodate a better room set-up. The new room is called the **Northview Room** and is on the **3rd Floor**. A map and directions will be sent with the meeting reminder in July.

NEXT MEETING: Thursday, **July 27, 2017** at **5:30pm** at the **Charter House – Northview Room on 3rd floor**.

2017-2018 Meeting Dates

- July 27, 2017
- October 26, 2017
- January 25, 2018

Rochester Epidemiology Project @ Thursdays on First and 3rd

- Thursday, June 8 3pm – 6pm
- Thursday, July 13 3pm – 6pm
- Thursday, August 10 3pm – 6pm

Please contact **Lori Klein** (klein.lori@mayo.edu or 507.293.2995) if you're interested in volunteering in the REP booth.