



# COMMUNITY

Center to Improve **C**hronic Disease **O**utcomes through **M**ulti-level and  
**M**ulti-generational approaches **U**nifying **N**ovel **I**nterventions and  
**T**raining for health equit**Y**

## OUR RESEARCH

### IMPACT Trial

IMPACT focuses on patients who have breast cancer and cardiovascular disease. The IMPACT project goal is to address and develop equitable and scalable interventions that reduce disparities in patients with multiple chronic diseases through improved adherence to medications and consequently, improved medication management. Breast cancer and cardiovascular disease both have significant disparities in treatment and outcomes. A growing number of breast cancer survivors are comorbid with cardiovascular disease. As cardiovascular disease overtakes breast cancer as the leading cause of death among breast cancer survivors, there is a high level of urgency in this critical area of research. Medical nonadherence contributes to negative health outcomes and risk for adverse health events. Disparities in medical adherence can be caused by a variety of factors such as access, capability, opportunity, and motivation. However, decades of research relating to current medical adherence interventions have been costly and difficult to scale.

The IMPACT project will design specific targeted interventions towards patients who are nonadherent. A multicomponent adherence intervention with randomized clinical trial will be utilized to assess the effectiveness of the given interventions. Various strategies such as pharmacist-assisted regimen optimization, community health worker-led motivational mediation, and technology-assisted adherence reminders are to be implemented and assessed. Measurements of medical adherence through pharmacy fill data, self-reported adherence questionnaires, blood pressure measurements, and LDL-C measurement will be obtained through a randomized clinical trial in order to evaluate the efficacy of the project. Results will be obtained from medication refills at 24 weeks as well as self-report of taking medication as prescribed. Results obtained from the project will measure the importance of patient, pharmacist, and community-based contexts in relation to equitable implementations of the interventions. Outcomes of the project hope to illuminate the importance of community health workers as well as scalable, equitable solutions towards medical adherence and broad applications towards public health policy, practice, and further research.

The MPIs for the IMPACT Trial are Dawn Hershman, MD, and Ian Kronish, MD, MPH.

Dr. Hershman is a Professor of Medicine and Epidemiology at Columbia University Medical Center, Director of Breast Oncology, and co-leader of the Cancer Population Science program at the Herbert Irving Comprehensive Cancer Center. She has nationally recognized expertise in breast cancer treatment, prevention, and survivorship and has developed a comprehensive multidisciplinary program to study ways of improving cancer care delivery, reducing disparities and designing studies to improve the quality of life and quality of care in breast cancer survivors. Dr. Ian Kronish is a general internist as well as Associate Professor of Medicine at Columbia University Medical

Center. He is the Co-Director of ColumbiaDoctors Hypertension Center and Associate Director of the Center for Behavioral Cardiovascular Health. Dr. Kronish has expertise in implementation science research, health inequity work, and medication adherence, and has advanced methodologies for adherence measurement.