Enrollment tips from sites

Notes:

1. Please consider the recruitment/introductory video (CIRB approved; available in English and Spanish). Most coordinators who have used it found it to be helpful.
https://drive.google.com/file/d/1_PM1UclbzK7lz9AH25C8wywYv3nfT6Zf/view [English]
https://drive.google.com/file/d/1jKeS2oGZlvrZverdYPm9KhoDuw3F9e85/view [Spanish]

2. Please review the recruitment challenges and responses document (https://www.nihstrokenet.org/sleep-smart-trial/research-team) This may help you develop answers to enrollment barriers identified by patients.

Thank you to the coordinators who provided these suggestions that they have found to be successful about Sleep SMART screening and recruitment.

Tips on screening:
1. Screen through all stroke lists daily
2. Screen ED lists
3. Build in automated pages for stroke patient notification
4. Use acute stroke pager to identify some potential strokes
5. Use EPIC/EMR tools to screen for possibly eligible patients
6. Utilize email lists to allow individuals who identify a potential study subject to easily notify the study team
7. Ensure that inpatient team is helping to screen
8. Review all stroke cases with stroke fellows to see about potential eligibility
9. Coordinator should build a relationship with nursing staff, investigators, techs - anyone who may be working with potential subjects
    a. Keep nursing staff informed of the status of the study and consented subjects
    b. Hold luncheons or other events to inform team about the study and build rapport/improve engagement

Tips on recruitment:
1. Evaluate family dynamics before approaching for consent
2. Try to approach patients on the day of admission, being mindful of what is going on in the patient's care (i.e., approaching a subject who has just returned from a procedure is generally not a good time).
3. Have the site PI introduce Sleep SMART including the scientific rationale and potential benefits
4. Provide time for the subject to consider the study
5. Utilize portable electronics (e.g. iPad, laptop) to show patients/families the study videos
6. Have Respiratory Therapist available to answer questions about devices
7. Have Nox T3 and aCPAP devices physically available to show patients

Attractive features of Sleep SMART from the perspective of study coordinators

1. Given the very high prevalence of post-stroke OSA, clinicians often order testing months after stroke, requiring admission to a sleep laboratory. Sleep SMART allows participants to have sleep apnea testing very soon after stroke, and during the hospitalization.

2. If a subject does not have qualifying OSA, he/she is still provided with his/her sleep apnea test results free of charge. Furthermore, each subject with OSA is given an initial trial run of CPAP to see if he/she can tolerate it.

3. Sleep SMART provides state-of-the-art, convenient, telemedicine-assisted CPAP management – a possibility not offered by routine care. The care managers keep track on a daily basis of how the participants do with CPAP and reach out if they identify issues. Alternative masks and other supplies can be provided by mail, as opposed to the standard in-person visit to a durable medical equipment provider. This is a significant convenience for participants. The Sleep SMART CPAP care managers are with participants every step of the way. They can provide a level of personal attention, almost in real-time, that is just not possible in most local, clinical settings.

4. Sleep SMART can provide testing, equipment, replacement supplies, and alternative equipment all at zero charge to study participants. This means, for example, that if a participant needs to try a different mask, that can be supplied with no cost or co-pay for the participant.

5. Participation in research can provide participants the possible opportunity to contribute to improved medical care for stroke patients.

6. Sleep SMART uses new technologies. Some patients have had previous negative experiences themselves with CPAP or have heard of other patients' negative experiences. However, these new technologies exist now that may make a difference:
- smaller and quieter CPAP
- CPAP pressure automatically adjusts to each individual's needs throughout the night
- different types of masks exist now that are much smaller and for some are much more comfortable (e.g. nasal pillows)