Disclosures

The speaker has no conflicts of interest to disclose
Coauthors and Contributors

- Betty Braxter, PhD, RN, CNM
- Dianxu Ren, MD, PhD
- Joseph Burroughs, BSN, Research Assistant
- Willa M. Doswell, PhD, RN, FAAN
- Linden Wu, BSN, Research Assistant
- Juhae Grace Hwang, BSN, Research Assistant
- Mary Lou Klem, PhD, MLIS
- James Joshi, PhD
- W. Brian Greene, MA
Objectives

At the end of this session you will be able to:

- Explore best intervention in health promotion and prevention
- Describe ecological model and disruptive innovation as theoretical frameworks
- Compare intervention delivery systems: F2F, online, mobile, or wearable devices
- List consequences of IPV
- Transform intervention delivery systems and devices into best practices
Purpose

Compare the use of

- Email-delivered with
- F2F-delivered
- HELPPP intervention: Health, Education on safety, and Legal Participant Preferred for IPV survivors
Face-to-Face
1997-2013-Used Face-to-Face (F2F)

- Constantino & Bricker (1997). Social support, stress and depression among battered women in a judicial setting. JAPNA, 3(3), 1-8
- Constantino, Sekula, Lebish & Buehner (2002). Depression and manifestations of depression in female survivors of suicide and survivors of abuse. JAPNA, 8(1), 27-32
Lessons Learned from F2F

➢ Feasible and effective if appointments met
➢ Burdensome to participants
➢ Tardiness, absences other barriers
➢ Transportation, child and adult caregiving
➢ Issues of privacy and confidentiality
➢ Issues of recording and note taking
➢ Issues on follow-up and return visits
Email

2003-Present-explored and used email delivery of nursing care in IPV


- Constantino, Crane, Noll, Doswell & Braxter (2007). Exploring the feasibility of Email-mediated intervention in survivors of domestic violence. *JPMHN*

- Constantino, Braxter, Ren, Burroughs, Doswell, Wu, Hwang, Klem, Joshi & Green (In Press). Comparing Online with Face-to-Face HELPP Intervention in Women Experiencing Intimate Partner Violence
Lessons Learned

- Feasible and effective
- Captured interactions, open disclosure
- Tardiness and absences minimized
- Assignments completed
- F2F Consent, Orientation, and Follow-up
- Increased disclosure of JIT issues
- Orientation and Rehearsals
- Use clear integrated theoretical concepts
Ecological Model

- COMMUNITY
  Social Support and Employment

- INTERPERSONAL
  Anger and Personal Support

- PERSONAL
  Anxiety and Depression,
Disruptive Innovation

The Disruptive Innovation Model

- Incumbents nearly always win
- Sustaining Innovations
- Pace of Technological Progress
- Performance that Customers can utilize or absorb

Disruptive Innovations

Entrants nearly always win

Time
Disruptive Innovation
Intimate Partner Violence (IPV) is defined as physical, emotional, sexual, or psychological abuse including stalking by past/current partners.
Intimate Partner Violence

1 in 3 women will be abused by partners in their lifetimes.
The Cycle of Violence

Tension-Building Phase
- arguments
- accusations
- threats

Violent Episode Phase
- pushing
- hitting
- choking
- use of weapons

Honeymoon Phase
- apologies
- reconciliation
- promises

Photo: © Lawrence Manning/Corbis
Power and Control Wheel

- Physical Violence
- Sexual Violence
- Economic Abuse
- Emotional Abuse
- Male/Hearing Privilege
- Isolation
- Using Children
- Minimize/Deny/Blame
- Coercion/Threats
- If you leave me, I will kill you
- You're not good
- No big deal, your fault
- No one wants you

Power and Control
Methods

Mixed methods design, sequential transformative (Creswell 2011)

IRB Approval - Informed Consent
Randomized participants into 3 groups: F2F, Email, WLG

Quantitative Data from PROMIS: Anxiety, Anger, Depression, Social Support

Qualitative Data - phenomenology-interview
Results

The HELPP intervention delivered via Email

- Significantly decreased anxiety (p<0.05), depression (p<0.05), and anger (p<0.05)

- Significantly increased personal and social support (p<0.05) compared with F2F and WLG
Summary

The HELPP information and intervention was feasible, acceptable, and effective. Given increased use of online, mobile, wearable health intervention, we need to find best evidence. Further research needed to determine if email alone or email plus mobile or wearable devices are useful and effective modes to deliver interventions. Impact of their influence in nursing care globally can be found in the most economical, feasible, and timely manner—so we did HELPP Zone App and LEAF.
HELPPP Zone App
HELPP Zone App

- Health, Education on safety, and Legal Participant Preferred
- For college students to protect themselves against potential dating violence
- Set trusted contacts and schedule, and reach them for help based on the context of potential violence occurs

• **Main App Features:**
  - Calling Emergency Numbers
  - Situation-Aware Helpers
  - Asking for Help
  - Educational Resources
Strategy:
Use HELPP Zone app as a disruptive innovation communication tool in building healthy relationships and in preventing IPV

Rationale:
- The most common and low cost mode of communication for intervention and prevention
- By 2025, five billion people will be texting
HELPP Zone App

- List of trusted contacts
- Emergency contacts situation, time, location awareness
- Immediate emergency call numbers
- Educational information and ticker tape tips
- SMS text messaging tools
- Use the Android platform
Designating Helpers

- Can choose contacts stored as helpers
- User-trusted contacts who are sure to come and assist unconditionally and confidentially w/out hesitation or being judgmental
- Helpers are either active or inactive based on the user’s current status
Quick Safe Messages

- 1-Tap feature that shows quick safety messages on a message bar at the bottom of the “Action” screen.
- Educational and informational but short and non-intrusive.
- Different message (ticker-tape) is displayed each time the user opens the application or goes to the home tab.
- Option of circling through the messages by tapping on the message bar.
LEAF: Lending Encouragement Affirming Futures
Purpose of LEAF

- Address the issues that arise from limits of physical, social, community support
- Embody the vision of an intervention delivery system that provides 1:1 support during difficult situations
Three Components of LEAF:

- Web portal
- Social network
- Phone app
Social Network

- Limited to professionals and IPV survivors
- Key distinguishing features = Ability to communicate in a secure anonymous manner
Secure Anonymous Communication Support

- Protecting source, sender and recipient (participants) location and privacy
- User Control
- Interaction Functionality
- Content Controls
- Security
Conclusions

- Technological advances (TMI, HELPP Zone app, and LEAF Networking) are here to stay
- IOM strongly suggests sharing of data, use mixed methods data collection and data analysis
- Develop a collaborative platform to surmount barriers of inefficiencies and ineffectiveness and lay the groundwork for others
- Develop the competency of visual culture including visual data mapping and infographics to reframe healthcare and legal advocacy
- Develop the ability to examine data, data sources, question assumptions, embrace diversity through A-B-C-D
- Embrace the power of global networks
- Develop the competency dealing with “white space” where the most innovative ideas emerge (IOM 2012)
QUESTIONS

- Participation?
- Interprofessional collaboration?
- Other theoretical frameworks?
- Resources, measures, instrumentation

THANK YOU