



Doctoral Dissertation Defense Announcement

**“An Evaluation of the Washington State Department of Health HIV Peer Navigation Programs”**



**Lisa Sanders**

Candidate for Doctor of Public Health

School of Graduate Studies

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**Committee in Charge:**

Staci Young, PhD (Mentor)

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**Date:** Thursday, May 30, 2024

**Time:** 12:00 PM (CST)

**Zoom:** <https://mcw-edu.zoom.us/j/97154551449>

Meeting ID: 971 5455 1449 Passcode: ru4722Jw

**Graduate Studies:**

Public Health Practice I-Building a Foundation for Public Health

Public Health Practice II-Building Community Partnerships and Coalitions

Public Health Practice III-Strategies to Eliminate Health Disparities

Public Health Practice IV: Public Health Applied Research

Research Theory

Public Health Research Study & Design

Introduction to Community Engagement

Data Collection and Analysis

Executive Communication in Public Health

Executive and Organizational Leadership

Doctoral Seminar

2<sup>nd</sup> Year Doctoral Seminar

Doctoral Dissertation

## Dissertation

### “An Evaluation of the Washington State Department of Health HIV Peer Navigation Programs”

**Background:** The Washington State Department of Health (WA DOH) HIV Community Services peer navigation programs support people living with HIV across the State. As part of a strategy to provide support at an individual, group, or community level to support and engage clients in care, it employs peers with lived experiences relevant to their role (Washington State Department of Health, 2021). This study aimed to evaluate these programs through client and navigator perspectives and client quality of life measurement. Study outcomes will inform future program evaluation and improvements.

The study objectives were to characterize client and navigator experiences with these HIV peer navigation programs, including perceived benefits and unmet needs, and aspects of their well-being, including facilitators and barriers to quality of life.

**Methods:** This mixed-method study employed qualitative semi-structured interviews of peer navigators (n=11) and clients (n=19) and a preliminary DOH quality-of-life survey. This program evaluation followed an exploratory approach, guided by study questions and a logic-model-based framework.

**Results:** Open coding and thematic analysis were used to discern six essential themes from interviews:

1. Clients face mental, physical, and social health challenges, and aging related concerns.
2. Self-sufficiency and navigator- or social-network-provided psychosocial support are critical to client well-being.
3. Logistics and resource navigation support client well-being.
4. Clients appreciate person-centered navigation approaches.
5. Navigators bring unique perspectives and experience general satisfaction with their role.
6. There is a need for continued and enhanced person-centered support for clients and navigators.

A DOH adaptation of the validated PozQoL quality of life survey measured four self-reported quality of life domains: psychological, social, health concerns, and functional (Brown et al., 2018). The “PozQoL Score Calculator for Groups and Comparisons,” basic descriptive statistics, and the Kruskal-Wallis Test were used to analyze survey data from one Peer Navigation organization. This subset of the client population (n=49) might overlap with the set of interview participants. The average group scores were “moderate” for all domains (psychological, social, health concerns, and functional). Among available 6-month follow-up survey data (n=12), the analysis revealed group-wise domain score increases since baseline, but the extent of changes varied. Results for two DOH-specific (non-domain) questions indicated that clients know where to get help if they are

having trouble getting HIV care and have a low level of worry about having to disclose their HIV status when getting medical care. Neither of the latter two questions had noteworthy changes at 6-month follow-up. Overall, survey results highlighted the impacts of peer support on social and health concern quality of life domains.

**Conclusion:** Study results include suggestions for recurring program evaluation and supporting peer client and navigator well-being.

# CURRICULUM VITAE

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## ADDRESS:

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## EDUCATION:

2021 – 2024 (Expected) DrPH, Medical College of Wisconsin Graduate School, Milwaukee, WI  
2009 – 2011 M.S., University of California at Santa Cruz, Santa Cruz, CA  
2005 – 2009 B.A., Willamette University, Salem, OR

## RELEVANT EMPLOYMENT:

08/2022 – Present Research Project Manager I, Statistical and Data Management Center, HIV Vaccine Trial Network (HVTN) of Fred Hutchinson Cancer Center, Seattle, Washington, U.S.A.

06/2021 – 07/2022 Lead Microbiologist (Microbiologist 3), Department of Health, Shoreline, Washington, U.S.A.

08/2018 – 06/2021 Laboratory Protocol Coordinator, Laboratory Center, HIV Vaccine Trial Network (HVTN) and COVID-19 Prevention Network (CoVPN) of Fred Hutchinson Cancer Research Center, Seattle, Washington, U.S.A.

05/2018 Non-Permanent Microbiologist 1, Department of Health, Shoreline, Washington, U.S.A.

02/2013 – 06/2014 and 05/2015 – 01/2018 Public Health Microbiologist/Senior Public Health Microbiologist, Contra Costa County Public Health Laboratory, Martinez, California, U.S.A.

08/2014 – 05/2015 Public Health Microbiologist Volunteer/Temporary Help, San Mateo County Public Health Laboratory, San Mateo, California, U.S.A.

06/2012 – 01/2013 Microbiology Laboratory Technician, Analytical Lab Group (ALG, formerly Microbiology and Quality Associates, Concord, California, U.S.A.

## RESEARCH EXPERIENCE:

**Graduate Student**, August 2021 – Present

*Medical College of Wisconsin*, Doctorate of Public Health

Dr. Staci Young, Department of Family and Community Medicine

Dr. Leslie Ruffalo, Department of Family and Community Medicine

Dr. Steven Erly, Office of Infectious Disease, Washington State Department of Health

**Graduate Student**, June 2009 – July 2011

*University of California, Santa Cruz*, Masters of Science

Dr. Karen Ottemann, Microbiology and Environmental Toxicology

## PROFESSIONAL CERTIFICATIONS:

2019 – Present	American Society for Clinical Pathology, M(ASCP)cm Technologist in Microbiology
2018 – Present	Copyediting Certificate
2013 – Present	California Department of Public Health, Public Health Microbiologist

## **AWARDS AND HONORS:**

2023	University of Washington 31 <sup>st</sup> Annual Principles of STI/HIV Research and Public Health Practice Course Scholarship
2011	Outstanding Teaching Assistant, University of California, Santa Cruz
2009-2010	Graduate Division Tuition Fellowship, University of California, Santa Cruz
2009-2010	Regents Fellowship, University of California, Santa Cruz
2008-2009	Mortar Board Senior Honor Society
2008-2009	Martha Springer Scholarship
2008-2009	Mary L. Collins Scholarship

## **MEMBERSHIPS IN HONORARY AND PROFESSIONAL SOCIETIES:**

2023 – Present	American Public Health Association (APHA) Student Member
2022 – Present	Northwest Science Writers Association (NSWA) Member
2018 – Present	American Society for Clinical Pathology (ASCP) Young Professional Member

## **PUBLICATIONS, POSTERS, and PRESENTATIONS:**

### **PUBLICATIONS**

Collins KD, Andermann TM, Draper J, **Sanders L**, Williams SM, Araghi C, Ottemann KM. The *Helicobacter pylori* CZB Cytoplasmic Chemoreceptor TlpD Forms an Autonomous Polar Chemotaxis Signaling Complex That Mediates a Tactic Response to Oxidative Stress. *J Bacteriol.* 2016 May 13;198(11):1563-75. DOI: 10.1128/JB.00071-16.

**Sanders L**, Andermann TM, Ottemann KM. A supplemented soft agar chemotaxis assay demonstrates the *Helicobacter pylori* chemotactic response to zinc and nickel. *Microbiology (Reading)*. 2013 Jan;159(Pt 1):46-57. DOI: 10.1099/mic.0.062877-0.

### **POSTERS**

**Sanders L**, Rickard M, Riddle K, Truong CL, Hung-Fan M. Evaluation of Five Test Methods for Syphilis Screening, Serodiagnosis and Titer Determination in Contra Costa County [poster]. Martinez (CA): Annual American Public Health Laboratories Meeting; 2018.

## **TEACHING:**

### **Undergraduate Student Education Teaching Assistantship**

01/2011 – 03/2011	University of California, Santa Cruz, Microbiology (METX 119)
01/2010 – 03/2010	University of California, Santa Cruz, Microbiology Lab (METX 119L)