

## COMMUNITY HEALTH WORKER SCOPE OF WORK

**Project Title:** Personalized Auricular Point Acupressure Self-Management for Chronic Pain in Rural Populations

**UNTHSC CHW Center Director:** Teresa Wagner

**Contact Information:** [teresa.wagner@unthsc.edu](mailto:teresa.wagner@unthsc.edu), (817) 805-1252

**Organization:** UNTHSC Community Health Worker Training Center

**Project Period:** August 5, 2025 – July 31, 2026

**CHW Funding Amount:** \$100 – August 5<sup>th</sup> In-Person Training and \$35 per hour (4-6 hours weekly)

- Training Location: University of North Texas Health Science Center at Fort Worth
- Address: 3500 Camp Bowie Blvd, Fort Worth, TX 76107

**CHW Positions Available:** 2 Rural College Station Area; 2-3 Rural Northwest Texas Region (Palo Pinto/Mineral Wells, Nocona, Muenster, Eastland, Childress, Faith/Jacksboro, Stephens/Breckenridge, Graham, Olney, Seymour, Throckmorton, Haskell, Aspermont)

- Must be able to cover the rural counties in their region and/or divide with the others in the region.
- Mileage reimbursement provided.
- Bilingual preferred.

### I. Background

Dr. Jennifer Kawi, a professor at the Cizik School of Nursing at UTHealth Houston, is leading a groundbreaking NIH-funded clinical trial titled *Personalized Auricular Point Acupressure for Chronic Pain Self-Management in Rural Populations* (UG3AT012728). This study, part of the NIH HEAL Initiative, aims to evaluate the efficacy of self-administered auricular acupressure in managing chronic pain among rural residents in Texas and South Carolina. The trial seeks to provide a non-pharmacological alternative to opioid use, addressing the unique healthcare challenges faced by rural communities such as fewer providers, seasonal employment, longer distances to clinics and hospitals, and transportation issues.

Dr. Jane Bolin, a professor with appointments at Texas A&M's Schools of Nursing and Public Health, serves as a multiple principal investigator on the project. Dr. Bolin recently joined the UNT Health Science Center College of Nursing faculty as well. She is responsible for collaborating with Texas stakeholders to recruit participants, ensuring the study's relevance and applicability to rural populations.

The trial will involve over 600 participants and will assess outcomes such as pain intensity, daily functioning, opioid use, and cost-effectiveness. As part of the study team, the Community Health Worker (CHW) will play a critical role in supporting participant recruitment efforts, particularly by leveraging their community connections and knowledge to engage eligible study participants. CHWs will receive a structured and comprehensive training on APA- SM protocol to ensure fidelity to the intervention.

### II. Agreement Deliverables

1. Attend a 6–8-hour training on August 5<sup>th</sup>, 2025, to equip them with the skills necessary to coach and guide participants in their APA-SM techniques (APA participant group) and to provide tailored pain education to those in the education group.

2. Throughout the one-year study period, CHWs will conduct regular participant follow-ups to promote retention, encourage active engagement, and support long-term sustainability.
3. Throughout the one-year study period, CHWs will document their implementation activities, participant interactions, and observations related to intervention delivery using the standardized study logbook provided by the study team.
4. All CHWs will be expected to participate in periodic intervention team meetings as needed to share feedback on barriers and facilitators encountered during implementation.
5. CHWs will share insights as instrumental in identifying real-time issues and informing process adjustments to enhance both intervention fidelity and delivery.
6. CHWs will be invited to participate in interviews with the study investigators to further assess their experience and contribute to continuous quality improvement of the study protocol.

Please note that this SOW is part of our current operational plan for CHW involvement and is subject to iterative revision based on feedback collected during the initial phases of study launch and implementation.

### III. References

Chao Hsing Yeh, Jennifer Kawi, Lauren Grant, Xinran Huang, Hulin Wu, Robin L Hardwicke, Paul J Christo. Self-Guided Smartphone Application to Manage Chronic Musculoskeletal Pain: A Randomized, Controlled Pilot Trial. *International Journal of Environmental Research and Public Health*. 2022 Nov 11;19(22):14875. doi: 10.3390/ijerph192214875.

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[Pu-Wei Hou](#), [Hsin-Cheng Hsu](#), [Yi-Wen Lin](#), [Nou-Ying Tang](#), [Chin-Yi Cheng](#), [Ching-Liang Hsieh](#), The History, Mechanism, and Clinical Application of Auricular Therapy in Traditional Chinese Medicine, *Evidence-Based Complementary and Alternative Medicine*, 2015:495684. doi: 10.1155/2015/495684.

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Wei-Chun Lin, Chao Hsing Yeh, Lung-Chang Chien, Natalia E. Morone, Ronald M. Glick, Kathryn M. Albers, The Anti-Inflammatory Actions of Auricular Point Acupressure for Chronic Low Back Pain, *Evidence-Based Complementary and Alternative Medicine*, 1:103570, 2015. doi:10.1155/2015/103570