

## Problem Statement

Recruiting research participants can be challenging, with many studies not reaching their recruitment goals. Under-recruitment into clinical trials is a common and costly problem that undermines medical research.

## Recruitment Challenges

Barriers to successful recruitment include:

- Study feasibility issues
- Narrowly defined eligibility criteria
- Unrealistic recruitment goals
- Lack of recruitment expertise
- Lack of clinical support
- IRB/regulatory constraints

## Strategy

One of ITHS's aims is to develop and disseminate methods to successfully meet research enrollment goals. To accomplish this, we created the **ITHS Recruitment Support Services (RSS)** as a consulting program to provide project-specific recruitment assistance to study teams at the UW and partner institutions.

## What Happens in a RSS Consult?

For ongoing studies



Pre-study (grant proposal, protocol development)

- Recruitment plan development
- Participant accrual support
- Regulatory support
- Recruitment materials design/review

- Feasibility analysis
- Study design consult
- Statistical plan
- Study budget review
- EHR cohort assessment
- Bioethics consult

**18 investigators supported to date**



## RSS Case study

### Study presented

- A study wants to enroll 90 amputees and 45 non-amputee controls to evaluate the use of ultrasound to identify nerve endings and neuromas
- In 12 months, 28 amputees and 23 controls were enrolled
- The RC had a list of amputee patients from the PI's practice, and posted flyers on campus and at HMC
- The RC exhausted the list of eligible in-clinic patients
- Recruitment of controls was slower than expected

### Recommendations

- Perform an electronic health record (EHR) search for eligible patients who are amputees at HMC
- Post study on [participateinresearch.org](http://participateinresearch.org)
- Identify settings to target amputees
- Increase availability for visits to accommodate participant schedules

### Discussion

- A multi-pronged approach that targeted strategies for different groups proved successful
- The study team increased the number of available visit slots
- The posting on [participateinresearch.org](http://participateinresearch.org) captured controls plus 2 amputees that were not in the HMC system

**47%**

After use of the RSS program, the study team enrolled **24 amputee participants** in only 3 months, an increase of 47% compared to the first 12 months of study recruitment.



**40%**

In the same time period, the study team enrolled an additional **18 control participants**, an enrollment increase of 40% compared to the initial recruitment efforts.



Connect volunteers with researchers  
[www.ParticipateInResearch.org](http://www.ParticipateInResearch.org)