

Breaking Barriers and Boosting Efficiency: Accelerating Translational Science in the Creation of a New Academic

Sylvie Naar, PhD¹, Jessica De Leon, PhD¹, Terra Bradley, PhD¹, Ursula Weiss, PhD¹, Phillip Worts, PhD, LAT, ATC², Dawn Carr, PhD, MGS, FGSA³, and Henna Budhwani, PhD, MPH⁴
¹Florida State University College of Medicine, ²Florida State University Office of Research, ³Florida State University Department of Sociology and ⁴Florida State University College of Nursing

BACKGROUND AND OBJECTIVES

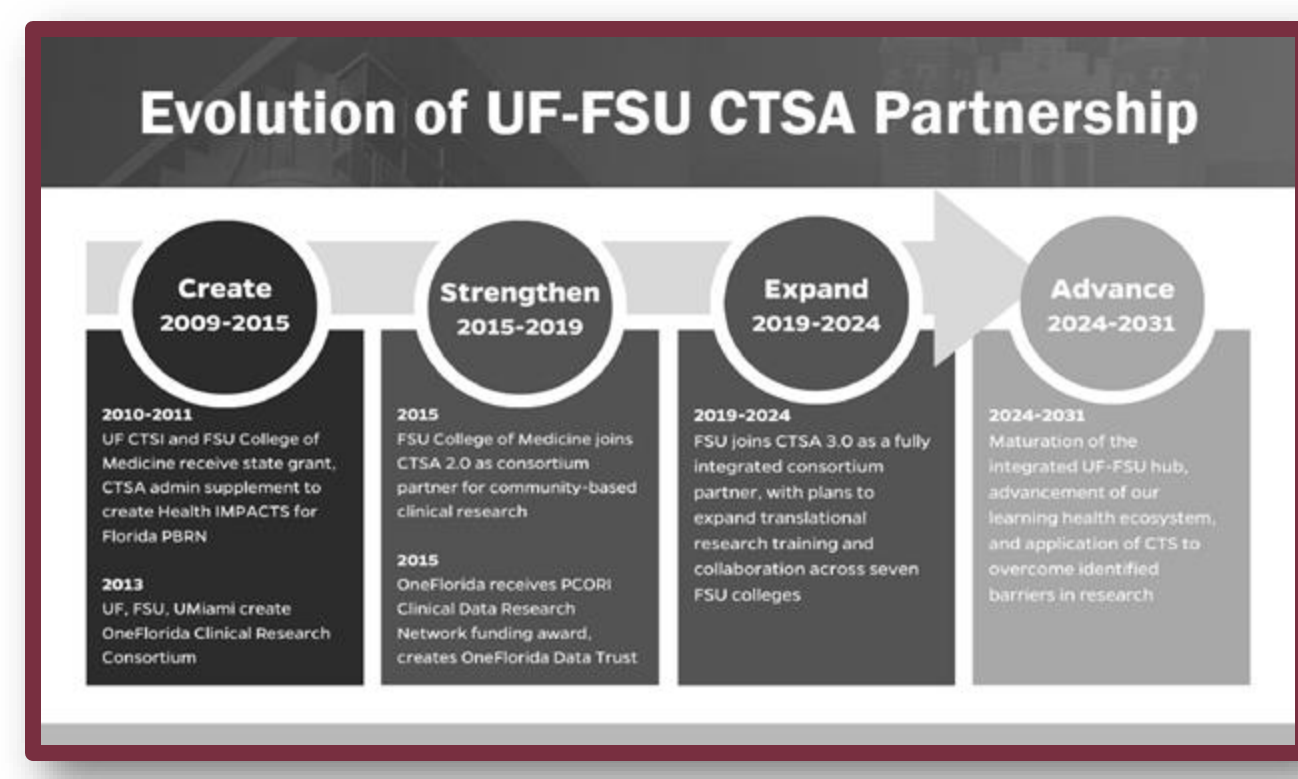
Objectives:

- Accelerate translational science by integrating infrastructure, community engagement, and workforce development
- Overcome barriers and improve efficiency in building a new academic health center.
- Overcome translational roadblocks while fostering a culture of innovation and collaboration.



This initiative:

- Engages academic researchers, community members, healthcare providers, and trainees across Florida
- Adapts existing UF-FSU hub resources
- Develops new resources that capitalize on Florida State University's strengths and needs



CTSA-supported initiatives at FSU have included:

- Building and expanding research infrastructure
- Engaging in community-engaged translational research pilot studies
- Workforce development through the provision of training in translational and team science

FSU Health
FSU | CLINICAL & TRANSLATIONAL SCIENCE AWARD

The UF-FSU CTSA is supported by the NIH National Center for Advancing Translational Science under Grant Award No. 1UM1TR005128-01A1.

RESEARCH INFRASTRUCTURE

Providing tools and resources for research support, innovation and excellence

Health Research Connections

FSU Health Research Connections (HRC) is an electronic, centralized research support request portal that navigates investigators and community members to a variety of services and supports.

Built in REDCap, HRC allows for data capture of clinical research, biostatistical and informatics, and community engagement service requests and outcomes.

Outcomes: From August 2025 to March 2026, HRC served 110 clients for 119 projects:

- Clinical Research N = 50
 - Biostatistics, Informatics and Research Design, N = 26
 - Community Engagement, N = 54
- FSU Colleges using the portal included: Arts and Sciences; Business; Communication and Information; Criminology and Criminal Justice; Engineering; Education, Health and Human Sciences; Medicine; Nursing; Social Sciences and Public Policy; and Social Work.



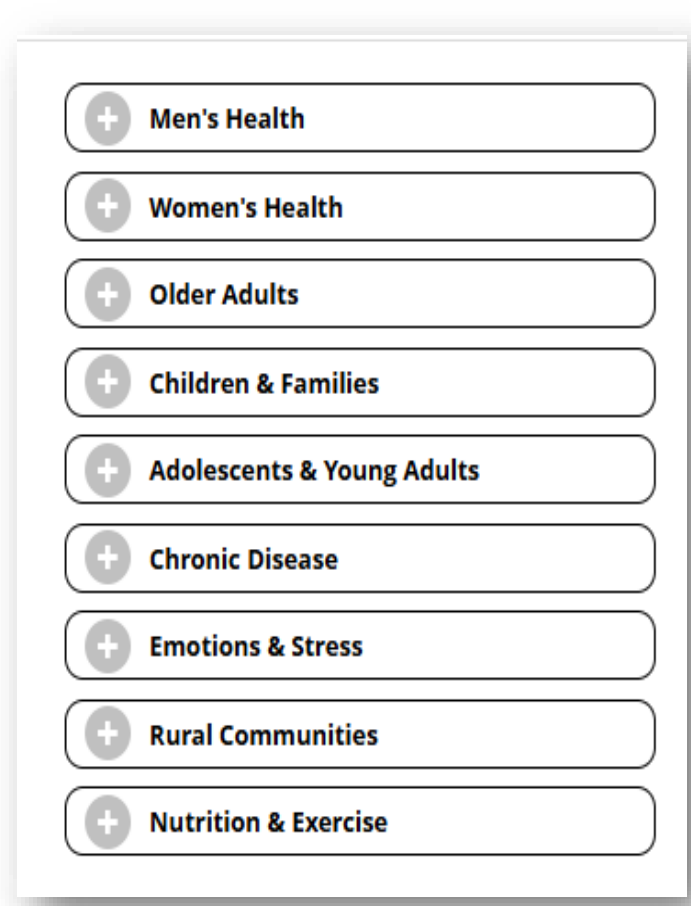
Participate in Research Website

The Participate in Research Website provides community members with opportunities to join research studies at FSU.

Investigators post IRB-approved studies in up to three research categories.

Outcomes:

- As of February 2026, the site featured 71 studies across nine categories.
- In the past calendar year, the page received more than 28,000 views.



The Participate in Research website will be expanding to become **FSU Health ResearchLink**, a virtual 'consent to contact' research community for those interested in participating in research studies.



COMMUNITY ENGAGEMENT PILOT STUDIES

Building community and stakeholder capacity to participate in clinical and translational research

Healthcare Provider Group Model Building for a Practice-Based Research Network (PBRN) Framework

Purpose: Build the capacity of primary care providers to engage in clinical research, and foster an ongoing, collaborative environment for the integration of research that improves patient care.

Aims: (1) Use Group Model Building (GMB) with providers and staff at one primary site to collaboratively identify and map challenges, barriers and facilitators that aid or hinder the implementation of clinical and translational research into primary care settings and (2) obtain information about research interests and motivations of practice providers.

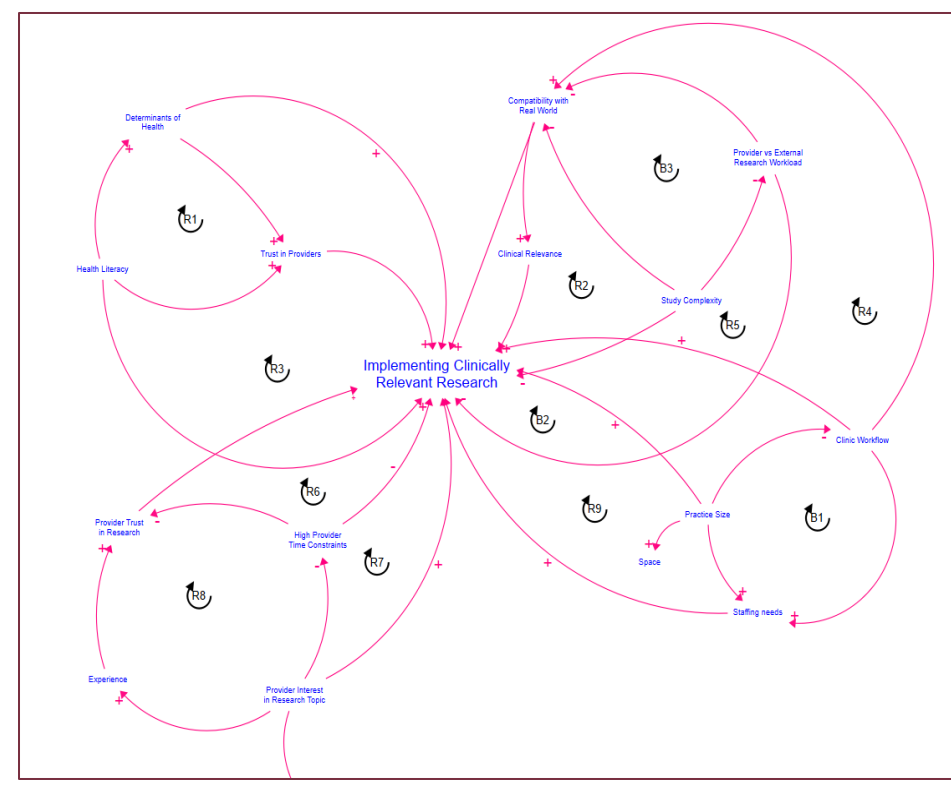
Clinical, Community and Public Health Impacts: System maps serve as a visual and analytical tool, capturing the dynamic interactions, workflows, and stakeholder roles within primary care. By highlighting strategic nodes and pathways where interventions can have the greatest impact, systems maps can inform targeted, sustainable CTR integration strategies to enhance translational outcomes and patient-centered care in primary care.

In December 2025, nineteen healthcare providers and clinic staff participated in the development of a system map that identified and illustrated key leverage points for the effective implementation of CTR in primary care.

Barrier & Facilitators to CTR in Primary Care

Clinical/Patient Population Variables	<ul style="list-style-type: none"> • Determinants of Health • Community Relevance of Research Focus • Health Literacy • Experience with Research • Trust in Research • Trust in Providers
Study Characteristics	<ul style="list-style-type: none"> • Clinical Relevance/ Study Complexity • Provider VS External Researcher Workloads • Incentives • IRB Capabilities • Study Procedure Compatibility with Real World Practice (Workflow/Patient care)
Primary Care Practice Characteristics	<ul style="list-style-type: none"> • Practice Size • Clinic Workflow • Space • Staffing Levels
Provider/Staff Characteristics	<ul style="list-style-type: none"> • Provider Experience in Research • Provider Time Constraints • Provider Trust of Investigators • Provider Interest in Research Topic • Provider Trust in Research

PBRN Research Systems Map



Addressing Contextual Determinants of Health to Promote Trust and Enrollment in Research

Aims: (1) Determine if addressing the contextual determinants of health (CDOH) increases trust and enrollment in clinical research among primary care patients and (2) compare the effectiveness of high-touch versus low-touch approaches in improving trust and enrollment rates.

Methods: Collect baseline and follow up assessments of patients' CDOH, trust and intent to participate in research.

- Patients are randomized to one of three arms:
 - Receiving a resource guide (control)
 - Receiving written CDOH-related feedback with a tailored referral list
 - Receiving two sessions with a health navigator (virtual or in person)

Clinical, Community and Public Health Impacts

- Identify and address CDOH-related needs among primary care patients that interfere with their ability to engage in health care and clinical research.
- Provide a comparative effectiveness evaluation of strategies to identify and address CDOH factors.
- Explore how reduction in CDOH challenges can improve patient trust in health care providers and in research - factors linked to better communication, greater adherence to medical recommendations, and increased participation in clinical studies.

TRANSLATIONAL WORKFORCE DEVELOPMENT (TWD)

Equipping academic professionals with the skills, knowledge, and resources to translate scientific discoveries into practical applications

All About Funding (AAF)

AAF is an annual lecture series to educate Assistant Professors and early career scholars about the NIH grants process. Modules include:

- NIH Foundations
- Specific Aims
- Research Strategy
- Overlooked Components
- Building a Budget
- Study Section to Council Review
- Submitting a Revision or Maybe Not
- Scholar-led Discussion (optional)

AAF Trainee Evaluation for Modules 1-3	Level of agreement	Range of average ratings
1 = Strongly disagree to 4 = Strongly agree		3.71 - 3.83
The objectives were clear		3.80 - 4.00
The session was easy to understand		3.80 - 4.00
The presentation was engaging		3.83 - 3.83
The information presented in the workshop was relevant to my work		3.80 - 4.00
The information presented in this session helped me understand issues about applying for grants		3.71 - 3.83
The information is valuable to my research		3.80 - 4.00
I would recommend this session to a colleague		3.83 - 3.83

Evaluation includes data from first 6 modules of 2025-2026 AAF series. AAF funding trainees described the series as "amazing", "tremendously helpful" and "informative", and overall helpfulness scores ranged from 8 to 10 on a scale of 0-10 (0 = Not at all helpful; 10 = Amazingly helpful).

Information the AAF trainees found most useful included writing strategies (for applications to simultaneously stand out and adhere to guidelines), application strategies (e.g., locating the appropriate NIH institution), details on proposal components (e.g., letters of support, budget/budget justifications), specific examples, outlines and templates, and greater understanding of reviewer processes/scoring.

AAF Trainees wanted more information on navigating limited funding opportunities, effective strategies and methods to identify suitable RFPs and instruction on NIH jargon and acronyms

Resources desired included a specific aims writing and review session and budget templates for multi-year grants with varying FTEs.

Community Engagement Workshops

FSU's K Scholars received two training sessions on community-engaged research:

- Bridging Scholarship and Community: Integrating Engagement into Research
- Community Voices in Research: A Panel on Engagement and Partnership

- DISC: Dissemination & Implementation Core**
- Accelerates the translation of evidence-based practices, interventions, and policies into community and healthcare settings
 - Brings together interdisciplinary expertise to tackle implementation challenges
 - Provides training and consultation, including 1-2 workshops annually on dissemination and implementation conceptual frameworks and implementation strategies
 - Fosters collaborative partnerships

Community Engagement Workshop	Pre-Workshop	Post-Workshop
Mean Score	3.80	4.00
Standard Deviation	0.20	0.10
Range	3.50 - 4.00	3.80 - 4.00
Sample Size	15	15

mHealth

Session 1: *mHealth: Digital Health Workshop*
 On a scale of 1-10, how helpful was the workshop? (0 = Not at all helpful; 10 = Amazingly helpful),
 Workshop attendees' ratings: range 7-10, mean 9.00, Std dev 1.41.

Information the mHealth trainees found most useful included engagement strategies to help with retention and preventing fraud

mHealth trainees wanted more information on the use of AI in digital trials and the incorporation of data tracking devices to databases

mHealth Workshop Attendee Evaluation	Average
Level of agreement 1 = Strongly disagree to 4 = Strongly agree	
n=7	
The session was easy to understand	3.71
The information is valuable to my research	3.86
I would recommend this session to a colleague	3.86
The session objectives were clear	3.71
The session was engaging	3.43
The information was relevant to my work	3.71
I learned something new	3.57

Team Science

The FSU CTSA Team Science Program works to train researchers on the science of Team Science by teaching the best practice methods for teamwork.

Team Science in Translational Research Seminar Series is a new seminar series that illustrates different strategies for successful dissemination and implementation.

In 2025-2026, participating disciplines included medicine, nursing, exercise science, neuroscience, psychology, sociology, education, communication and social work.

Practice of Team Science Mini-Series is an annual multi-part mini-series on the Fundamentals of Team Science for interested faculty and staff.

Session 1: Intro to Team Science & Team Assembly
 Session 2: Collaboration Plans, Data Management, and Authorship Agreements

DISCUSSION AND SIGNIFICANCE

Research infrastructure like the HRC ticketing system and the Participate in Research website can serve as replicable and scalable models to reduce translational barriers and boost efficiency by serving as an institution-wide, one-stop portals that streamline access to a wide variety of research support and services for researchers and access to research opportunities for the community.

Translational Workforce Development provided trainees meaningful instruction on translational and team science that can impact research quality and translational impact. Trainees reported high overall satisfaction and relevance and importance of the training topics to their work.

Clinical and translational research can engage community healthcare providers, institutions and patients in research that can impact healthcare access, delivery and quality via the incorporation of meaningful findings into practice. By addressing the contextual determinants of health, our research can improve health status and quality of life for patients and the public health of communities, as well as increase trust and recruitment into clinical research.

