

It's Time To Show Your Pride! narap



You have a new NARAP logo! The Rod of Asclepius, the symbol of the medical profession in our former logo to the left, has been transformed. Now the healing snake curls upward around the torch of enlightenment illuminating the darkness through knowledge. The themes of public health and education, and our signature color, keep us connected to our rich history. Transition your NARAP materials to the updated branding and check out our branded shirts and gifts soon.



We Want To Hear From You!



Email: ask@theNARAP.org



Phone: 860.386.5676



Web Site: theNARAP.org

- Read the latest news about our programs and affiliates
- Discover how to leverage our rich data warehouse for your research
- Become a NARAP affiliate
- Become a pre-health professional student volunteer
- Find a complete listing of studies
- Additional opportunities to donate and participate with us



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issue #1
fall 2016

The National Alliance of Research Associates Programs

Inspiring the next generation of
medical professionals and improving
health care through clinical research

Research Associate
Emergency Medicine



DR. KEITH BRADLEY
Chairman of the Board
Chief Executive Officer
Chief Medical Officer
Founder

Welcome to the first edition of the **narap news**, a quarterly news magazine about the National Alliance of Research Associates Programs (NARAP). I’m Dr. Keith Bradley, Founder, Board Chairman, Chief Executive and Chief Medical Officer of NARAP.

In this first issue, you will find several articles aimed at providing background information about NARAP, a 501(c)(3) national non-profit organization headquartered in Fairfield, CT. Also featured in this issue is a spotlight on one of NARAP’s fifteen Affiliate hospitals, Hackensack University Medical Center, and several stories about our Research Associates, Alumni and Volunteers.

This inaugural issue is dedicated to the more than 10,000 pre-health professional students who, since 1994, have volunteered their time in emergency departments across the United States to increase the quality of health care delivery, especially in the areas of screening and prevention. This issue is also dedicated to you, the Friends and Associates of NARAP, our FANs who have supported us unselfishly through the years giving your time, talent and financial support to carry out our mission.

Thank you all and I hope that you enjoy our news magazine.

All the best!

Dr. Keith Bradley, MD

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The Story of NARAP Begins

with an inspired idea: Students preparing for careers in health care gain invaluable experience interacting with patients in emergency departments while serving as large-scale clinical research data collectors and sharing useful health care information, especially in the areas of screening and prevention.

The Need for Research

► America is troubled by health threats. Headlines remind us everyday that we need the collective feedback of the public on topics like Zika, air quality, continued use of tobacco, heart disease, cancer, and more. Analysis of large numbers of participant responses helps identify trends and hurdles, and may present solutions that can elude us when working with individual patients or localized studies. Physicians

understand that research can improve lives when the findings are shared directly with their patients.

Finding Participants for Research

Did you know that more than half the U.S. population visits an emergency department each year and that their average time spent there is around 4-hours? That’s a multitude who are available and predisposed to talk about health care every day.

Thousands Ready to Respond

Patients and families readily respond to questions about their health while waiting in the emergency department. At that moment health is foremost on their mind.



And Open to Receive Health Care Information

They are also ready to receive information about health. In one study, while we gained facts about tobacco cessation on a massive scale, thousands were also motivated to stop their tobacco use and left the emergency departments with referrals to free state treatment programs. Approaching people in emergency departments is a very practical way to motivate and enable people to improve their personal health care.

The Challenges

Local vs. National

What one hospital learns in its local research is not enough to solve our national public health concerns. Substantial studies spanning demographics and geographies are needed to deliver actionable results with nationwide impact. To coordinate such a wide reach, and assure consistency and data quality, relies on the highest standards of research integrity, mature processes, and control.

Scarce Resources

If you entered an emergency department in the past you were probably focused on your injuries or the loved one who was in need of care. It’s understandable that you missed the crises around



you. Medical staff deal with rushes of patients each with urgent injuries and complications. Incredibly, caring professionals choose to immerse themselves in this chaos every day. Thank goodness they do.

The work of collecting research data in this environment often falls on the medical personnel whose primary role is saving a life in the here-and-now. Health professionals in the emergency department should be able to focus on medical care without distractions like filling out research data forms (even if they will lead to health care solutions in the long run). Of course, we could pay hundreds of people to conduct these interviews face-to-face or resign ourselves to the limited knowledge we get from smaller studies.

(continued...)



Opportunity

There is another way that maintains the intimacy and insightful understanding gained from one-to-one interviews with large numbers of participants.

Also consider the need for resilient professionals who choose a life of service in health care. They endure years of schooling before they face a real patient. Often, students don’t enter the clinical environment until well into their professional school curriculum. That’s an investment of many years through tough biology and chemistry classes. What if, after all, health care is not a good fit?

What if students could volunteer for substantive work in emergency departments early in their prospective careers? They’d find out quickly if they have the grit for the profession.

Students would work side by side with health care professionals. The experience and professional connections would go a long way toward a successful start in the health care field.

Solution

To recap, there is an acute need for health care insights gleaned from research. The data improves the quality of life for our citizens and can reduce health care costs nationwide... and it saves lives.

There are millions of people biding their time in emergency departments day in and day out. They are available and have proven willing to respond to research questions and act on health improvement information.



There are thousands of pre-health professional students hungry for real-world clinical experience with hours of volunteer time to give.

At the juncture of need and resources lies the solution: we can collect vital research data and provide health improvement information while freeing emergency personnel to focus on patient care. We could leverage volunteer hours of pre-health professional students and the large



numbers of people waiting in hospital emergency departments.

In 1994, Dr. Keith Bradley saw this solution. He made the bold step of bringing pre-health professional students into the Lincoln emergency department in the South Bronx. Under his tutelage they engaged directly with patients and families. But traditionalists in those days needed a lot of convincing. After rigorous pilot tests had proved the efficacy of the concept, Dr. Bradley founded the National Alliance of Research Associates Programs (NARAP), a non-profit, 501(c)(3) organization in 2009. Large-scale affordable health care research is now possible through the coordination, standardized training, and rigorous processes created by NARAP.

As an alliance of hospitals, universities, doctors and pre-health professional students, this volunteer model has successfully demonstrated it can positively impact health concerns such as smoking, breast cancer, cervical cancer, prostate

cancer, domestic violence, and across a broad range of clinical issues in emergency medicine.

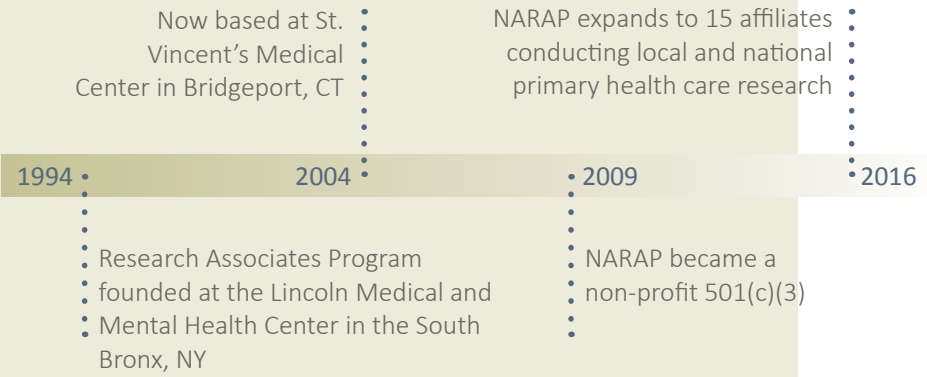
Let’s Look Forward

But this is not about the past. It’s about the vision you built. You, our Program Directors, Chief RA’s, RA’s, Alumni, Research Partners and Board of Directors see the vision for all emergency departments near colleges and universities serving as links in a national network for clinical research, a vehicle for primary health care screening and prevention, and a loci to foster the development of future health professionals. You can look to NARAP to help change how primary health care for large segments of our population is facilitated, and how clinical research can be conducted more efficiently, at lower cost, while enrolling unprecedented numbers of participants. All this while helping schools select and develop future doctors and health care professionals.

NARAP Then & Now



The initial program at Lincoln Medical and Mental Health Center in the South Bronx allowed students access to emergency departments to conduct research. The program continues to lead in public health awareness, research, and developing health care student skills.



The NARAP Solution is a coordinated convergence of resources:

Hospitals (called ‘Affiliates’)
Provide the clinical environment, professional oversight, and program management.

Universities and Colleges
Provide the pre-health care professional student volunteers.

Research Associates
Research Associates or RAs are pre-health professional students who provide a minimum of 4-hours each week talking with emergency department patients and visitors, collecting data, and sharing health improvement information.

Research Partners
Utilize NARAP’s resources to conduct their clinical research while covering the minimal operational cost for each study.

NARAP
Source national research studies, coordinate studies with credentialed Health Care Research Associates, and deliver the training and programs to affiliates that uphold the highest standards of health care research integrity.

FANs
Friends and Associates of NARAP (FANs) are individuals and organizations who support the ongoing success of our work and programs.

(For an in-depth explanation of the RA operations model please see the article that follows.)

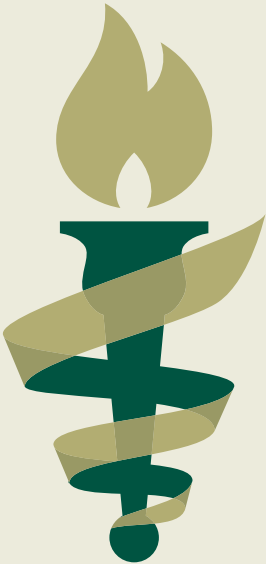


Friends and Associates of NARAP (FANs)

FANs are NARAP key stakeholders who donate their time, talent and/or financial support to help NARAP carry out our mission. You are students, alumni, volunteers, doctors, educators, business professionals and the American public.

As FANs, we hope to keep you up-to-date regarding the results of our clinical research studies, stories about and from the people of NARAP, as well as our plans and successes. We promise not to overwhelm you with information, but to simply keep you informed. At any time, if you decide you no longer would like to receive our FAN communications, you can [unsubscribe](#).

Please feel free to share our updates with your friends and colleagues and encourage them to join our FAN network by emailing ask@theNARAP.org. We also encourage you to use this same email address to contact us about questions you have about NARAP, including the content of our communications.



NARAP TODAY

140,000 Study Participants

15 Affiliates

10,000 Research Associates

400,000 Volunteer Hours

The contribution to public health care research is unprecedented, with studies in:

- Domestic violence
- Firearms injury risk assessment
- Cardiovascular risk assessment
- Tobacco cessation
- Cervical cancer
- Breast cancer
- Prostate cancer
- Colon-rectal cancer
- Assessing ankle injuries
- Evaluating chest pain
- Cytomegalic encephalitis
- The presentation of tuberculosis
- Antibiotics in children
- The association between asthma and cocaine
- The link between erythromycin and heart rhythm disturbances
- Emergency physicians’ decision-making intervals

Benefits to students:

- Ethics training in confidentiality and informed consent
- Safety instruction as received by all hospital employees and volunteers
- Classes in planning and conducting clinical studies
- Practice on how to enroll subjects in studies
- Earned letters of recommendation
- Invaluable experience in emergency departments directly with patients and medical teams



A deeper dive into The NARAP

Research Associates Program Model

Health care involves many facets, such as screening, research and clinical experience for those considering entry into the health care profession. NARAP embraces these three facets into an effective Research Associates (RA) Program Model with a vision for affecting change in these critical aspects of U.S. health care system.

The RA Program Model was started by the founder of NARAP, Dr. Keith Bradley, at Lincoln Medical and Mental Health Center in the South Bronx in 1994. It's a simple model: health care students serve one 4-hour shift per week in the emergency department as data collectors for clinical research.

From 1994 to 2009, the model continued to mature and was the prototype for the development of similar programs around the United States.

In 2009, the National Alliance of Research Associates Programs, Inc. (NARAP) was established based on the success of the RA Program Model as a 501(c)(3) non-profit network of Affiliate



hospitals to conduct multi-center, national studies. Today, NARAP is a growing research consortium among emergency departments in 15 Affiliate hospitals across the U.S.

Patients and Visitors

There is evidence that large numbers of people across the U.S. are not up-to-date with their primary care screenings.

For example, data from our research show that for screenings recommended by the American Cancer Society, only 9% of patients in the emergency department were up-to-date. This included almost 50% of women needing a Pap test,

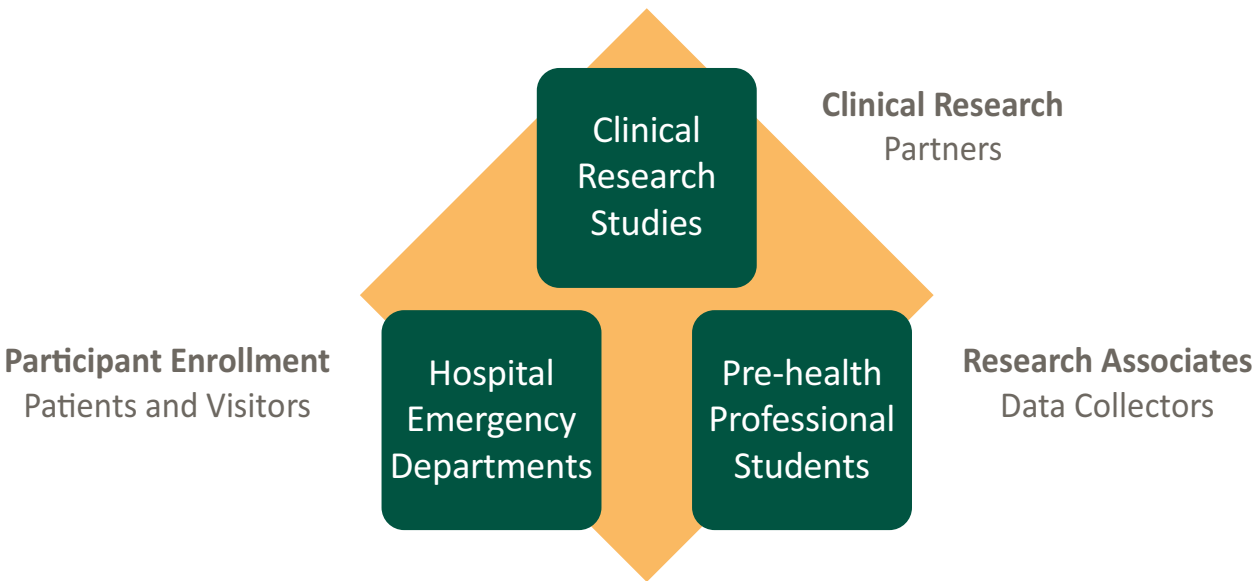
the most widely accepted and performed screening.

Health screening is generally seen as the province of primary care practitioners (general internists, general pediatricians, OB-Gyns and family practice physicians). Many people without access to primary care practitioners have difficulty getting up-to-date with their screenings. Even if they have a primary care practitioner, most see them for acute and chronic medical problems that do not allow time for screening.

By bringing together emergency department patients and their visitors, Research Associates, and clinical research partners, NARAP is a fundamental change in health care practice and education.

Clinical Research

Clinical research depends on large numbers of participants and trained data collectors. In hospital emergency departments, the many patients and their visitors have a heightened awareness of their health care issues and the inevitable wait time to reflect on



NARAP will bring about fundamental changes in health care research, practice, screenings and education

potential changes. This makes it both a teachable moment and an opportunity to enroll them in research.

Given the financial constraints on medicine, there is a need for data collection by those willing to be paid in some commodity besides money. However, research in the busy, often chaotic environment of the emergency department is difficult to conduct at best and, without sufficient personnel dedicated to the process, is often impossible. This is

especially the case for studies looking to enroll large numbers of participants in short time periods.

Research Associates

Students considering a career in the health care need clinical experience for their discernment, qualification and personal development. Given their lack of specific health care training as college undergraduates or recent graduates, it is difficult for them

to get such substantive work with patients. NARAP tackles these problems by utilizing the time and population opportunities presented by emergency department visits combined with the willing workforce of health care students eager to volunteer their time in exchange for clinical experience.



Affiliates Drive Our Research

► One of the major keys to NARAP’s success is establishing and building ongoing relationships with a consortium of member institutions, called Affiliates.

Today, NARAP consists of 15 Affiliates across the United States. Affiliates are in diverse hospital settings (academic centers, community teaching and community non- teaching) and catchment areas (urban/ inner city, suburban and rural).

Departments of Emergency Medicine at candidate institution hospitals are recruited to become NARAP Affiliates through contact by the NARAP Chief Medical Officer based on networking, referral and links within the emergency medicine community as well as initiated by the potential affiliate.

Once a candidate hospital decides to become an Affiliate, they sign a Memo of Understanding with NARAP that outlines the commitments of both parties as part of the consortium of member institutions. This model of engagement has served NARAP well with plans to grow the number of Affiliates significantly in the coming years.

Affiliate Program Structure

Each NARAP Affiliate has a Program Director, a physician, nurse or designated health professional, who is in charge of that Institution’s Research Associates Program. They collaborate with the NARAP Associate Medical Director on their RA Program’s development and ongoing implementation.

Assisting the Program Director in each affiliate are Chief Research Associates, college graduates taking a year or more between college and medical school, who serve as middle managers for their affiliate’s program. Chief RAs take on major responsibilities, such as recruiting, personnel, communications and database management, and they have on-site and off-site responsibilities for supervising the Line RAs working their shifts in the emergency department. The Chiefs participate in all aspects of research conducted at their institution’s Department of Emergency Medicine.



SPOTLIGHT ON OUR AFFILIATES

HACKENSACK

UNIVERSITY MEDICAL CENTER

Hackensack University Medical Center is a 900-bed non-profit, research and teaching hospital located seven miles west of New York City, in Hackensack, Bergen County, New Jersey. It is New Jersey’s largest provider of inpatient and outpatient services and is the fourth largest hospital in the nation based on admissions.



RA Program Director
Dr. Chinwe Ogedegbe, MD, MPH, FACEP

► According to Dr. Ogedegbe, the NARAP Research Associates Program provides valuable research experience to pre-health professional students in a clinical setting. While interacting with patients and medical staff in the Emergency Trauma Department, students gain experience following research protocol and collecting accurate data on a variety of studies. An RA will take away valuable skills from the program that they can apply to their career in the medical field.

Our RAs volunteer a minimum of 4-hours each week and complete at least 100 volunteer hours

to receive a letter of recommendation which is most valuable as they continue their education.

Program Statistics

Current semester RAs: 49

Total RAs since program began: 481

Volunteer hours since 2011: ~ 48,100

(continued...)





“This program provides a tremendous advantage to our most innovative research efforts. We’re able to utilize the RAs in screening and enrolling patients for the various emergency department studies being carried out at the medical center, which has dual benefits – building research capacity at the medical center, and providing an invaluable opportunity for students to gain significant clinical exposure for their future as health professionals.” Dr. Joseph Feldman, MD, FACEP, Chairman, HUMC Emergency Medicine

These universities and colleges are major sources of pre-health professional students for the HackensackUMC RA Program.

- Montclair State University
- Ramapo College
- Rutgers University
- Stevens Institute of Technology
- William Paterson University

Completed Research Studies

- NARAP Tobacco Cessation
- NARAP Breast and Cervical Cancer Screening

Current Research Studies

- NARAP colon-rectal cancer screening

HackensackUMC local studies

- Platelet oriented inhibition in new-TIA (POINT) Study, “mini-stroke study”.
- Identifying factors associated with rate of readmission in chronic subdural hematoma and mild to moderate traumatic brain injuries.
- An Integrative analysis of the HEART pathway protocol compliance.
- Effects of music on pain and stress perception in hospitalized patients.
- Implementing the flipped classroom model in an emergency department-based research program.



Best Practices from Hackensack UMC



Research Day

The Research Day is an annual event sponsored by the HackensackUMC RA Program where RA student teams along with Med Students and EM residents, share the results of their research projects.

CONTACT

Hackensack University Medical Center
30 Prospect Ave
Hackensack, New Jersey 07601

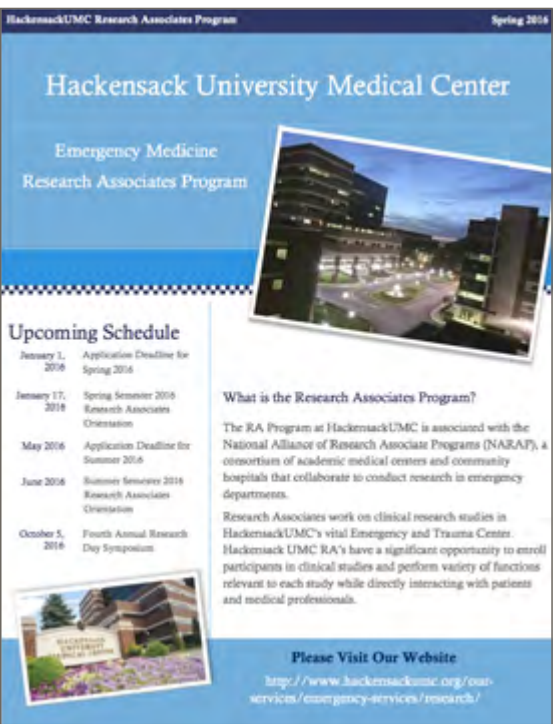
(551) 996-2000

<http://www.HackensackUMC.org>

<https://www.facebook.com/HackensackUMC>

For information about the HackensackUMC Research Associates Program, please email – ChiefRA.HUMC@gmail.com

Pre-health professional students interested in applying to the HackensackUMC RA Program can do so by clicking on this link [RA Program Application](#).



Flyer to Generate Awareness

Sent to local college and university advisors to increase awareness about the HackensackUMC Research Program and generate student interest in becoming RA’s.





NARAP ALUMNI

MOST INFLUENTIAL



CARISSA JEANNETTE

Aspiring physician looks back at her RA experience with medical staff and patients as key to developing research, leadership and interpersonal skills.

► As a Research Associate (RA), Chief RA, and aspiring emergency medicine or trauma physician, Carissa Jeannette, currently a second-year medical school student at the Philadelphia College of Osteopathic Medicine, speaks highly of the NARAP Research Associates Program.

In the summer of 2011 as an undergraduate student at Rutgers University contemplating a career in health care, Carissa describes the good fortune of meeting Dr. Chinwe Ogedegbe MD, MPH, FACEP, section chief for Research in the Emergency Trauma Department

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at Hackensack University Medical Center. Dr. Ogedegbe wanted to enlist a small group of students to help with a research study and Carissa seized the opportunity. This initial opportunity quickly evolved into a much bigger opportunity when Dr. Joseph Feldman MD, FACEP, chairman of Emergency Medicine and Dr. Ogedegbe decided to join NARAP as a member Affiliate in December 2011.

Carissa describes the early days as a NARAP Affiliate as being very exciting as the HackensackUMC team came together and the number of RAs consistently grew to more than eighty per semester. Carissa attributes the exceptional leadership of Drs. Feldman and Ogedegbe, the great teamwork of the Chief RAs and RAs, and the desire to continually improve the program as the keys to success.

Carissa attributes her personal success as an aspiring physician to the knowledge she gained working with the medical staff, communicating with patients and visitors, and developing her research, leadership and interpersonal skills. All of which according to Carissa served in getting into med school and now excelling in her classes.



Carissa's Advice

As an RA program alumnus, Carissa has some sound advice to current RAs and health care students considering joining an RA Program. To current RAs her advice is to be positive and proactive in your role, get the most out of the opportunity, maximize interactions with the medical staff and patients, and don't be afraid to suggest new ideas.

A little unsure of a career in health care?

"Join an RA Program and experience the life of a health care professional to help in your decision process."

Confident you want to pursue a career in health care?

"Get into an RA Program to gain invaluable experience in support of your educational goals while enhancing your preparation for a future career as a health care professional, it will really help your career!"



NARAP VOLUNTEER

MOST INFLUENTIAL

Craig Williams

"I want my expertise and experiences in the philanthropy and nonprofit world to make an impact."

► Craig Williams is a seasoned entrepreneur, nonprofit founder, and volunteer with over 32 years of prospect research, public relations, and editing experience. Craig is a volunteer with NARAP's Philanthropy team. A member of a virtual work team, Craig resides two time zones away in the verdant Pacific Northwestern state of Oregon.

We asked Craig why he chose to volunteer at NARAP, a nonprofit focusing on health care education and research. Without hesitation, Craig described a scene he recently encountered while visiting a NARAP Affiliate Hospital in Connecticut. "As I approached the Bridgeport Hospital parking lot, I saw a family huddled together... clearly impacted by some event occurring earlier in the hospital. Grave faces consoling each other with hugs and nods", he

witnessed from the quiet within his own car. "It's not hard to find motivation in healthcare," Craig emphatically states.

Craig is into his fourth month as a member of the NARAP Philanthropy team. He adds



that he joined because, "NARAP has such potential. Potential to make a difference in the lives of patients who benefit from quality research and also by guiding aspiring medical professionals

into areas they can impact the most. The organization is backed by sound decisions, the research programs work. The team is really talented."

Craig recently traveled back East to attend NARAP's board meeting in Fairfield, Connecticut. The meetings confirmed his enthusiasm and strengthened his motivation to make a meaningful contribution to the organization. He goes on, "the biggest challenge in any nonprofit philanthropy effort is driving the mission and making a compelling connection with the public. Another challenge in volunteer work is applying yourself in the area where you can make the biggest contribution. I want my expertise and experiences in the philanthropy and nonprofit world to make an impact. This is a cause worth my efforts."





NARAP CHIEF RA
MOST INFLUENTIAL



Lilah Fones

► The crisp New England fall weather brought good news to one of NARAP's volunteers in the form of an acceptance letter to medical school. Lilah Fones, a Chief Research Associate (CRA) at St. Vincent's Hospital and a graduate of Wesleyan University, joined the NARAP Research Associates Program about a year ago.

Lilah heard about the NARAP Research Associate opportunity from a health professional education advisor at Wesleyan. "Since joining, I've developed clinical research skills, emergency room experience, learned how to work on a team, instruct others and give constructive feedback." We asked Lilah insight she developed in her role. She says, "I really learned how to interact with people from different backgrounds. This was a key skill for working effectively with patients in the emergency room concerned important to be able to adapt."

“ I really learned how to interact with people from different backgrounds. This was a key skill for working effectively with patients in the emergency room.”

A typical day as Chief Research Associates involves supervising study data, and acting as liaison between St. Vincent's Hospital and other NARAP affiliate hospitals. Research Associates use specialized, HIPAA compliant software called REDCap (Research Electronic Data Capture). Surveys are loaded onto an iPad for efficient collection of data in the emergency room. The technology is also used to enroll participants in NARAP's national, multi-center studies.

Lilah says her NARAP experience helped clarify her medical career path. "I see the challenges to medical research more clearly now and my experience as NARAP Chief Research Associate gave me the opportunity to see the impact research has beyond the lab bench," she says. Lilah will enroll at University of Connecticut School of Medicine and is interested in pursuing a career in academic medical research.





NARAP NEW RA

MOST INFLUENTIAL



Brennah Kent

► After just a month as a Line Research Associate (LRA) at St. Vincent's Medical Center, Brennah says she's been most surprised with the openness she's encountered during interactions with emergency room patients. "Being a Research Associate is challenging me to go outside my comfort zone. I've collected data on the Colorectal Cancer Screening Project at St. Vincent's and was surprised by how enthusiastic emergency room patients are about completing our surveys and contributing to the research."

Brennah heard about NARAP at an infosession at Quinnipiac University in Hamden, Connecticut. Earlier this fall, she and other aspiring medical school students gathered at a NARAP Infosession to hear more about the Research Associate program at St. Vincent's Medical Center. The medical center is one of NARAP's 15 affiliate hospitals and is located in Bridgeport, CT. Brennah is interested in pursuing a career as a neurologist. "I came to learn more about the Research Associates Program, gaining real patient experience, and earning clinical research hours," she says.

Research Associates ... see medical care in its most basic elements: the undiagnosed, acutely sick or injured patient.



see medical care in its most basic elements: the undiagnosed, acutely sick or injured patient. Being in the emergency department allows health care students to see elements of a career in medicine first-hand and gives them hands-on clinical research experience. Research Associates like Brennah are the core of NARAP's mission to improve healthcare delivery and outcomes.



The Mission We Share

► Centered in the emergency departments across the country, the National Alliance of Research Associate Programs is a non-profit clinical research organization facilitating large scale, national, multi-center studies to increase the quality of health care delivery nationally, especially in the areas of screening and prevention. Our work engages vast numbers of health care students as data collectors in the studies, providing enhanced clinical opportunities unique to the research setting while teaching the fundamentals of interacting with patients.

The Challenges Now:

- Collect evermore impactful research insights by expanding the number of hospital and university affiliates.
- Never compromise our high standards of mentoring, professional data collection, and expert distribution of valuable health information.

To accomplish both calls for your support.

You can help!

Make a donation

Every gift of any amount helps – no matter how small or large.

Sponsor a student

Training classes, uniforms, security checks and immunizations are required of all NARAP Research Associates in emergency departments. Your sponsorship allows deserving students to participate.

Defray travel costs

Your gift of air and/or hotel miles allows NARAP volunteers to travel on-site to conduct training and to generate awareness of our program at medical conferences.

Fund items from our Wish List

Every year donations cover daily costs from association fees, postage, software, and iPads used by students to collect data. Your contributions keep NARAP operating. Click to view our [Wish List](#).

Please Email Today:

donate@theNARAP.org

Our Philanthropy Volunteers will happily answer all your questions.

Thank you. We'll share the progress your assistance makes possible in each new issue of The NARAP News.

NARAP is registered as a 501(c)(3) non-profit organization. We'll send a charitable donation statement for your tax records.

You can also help through iGive and AmazonSmile:

