
Lindsey Guilbault, MScPT; Stephanie Cornell, MScPT; Julie Gagliardi, RN, BScn; Michael Genereaux TRS; Anna Kras-Dupuis, RN, MScN; Stephanie Marrocco, MSc; Samantha McRae, MSc; Lauren Malott BHSc; Sarah Miles, MSc OT; Manny Paiva, MSc OT; Lindsay Sleeth, MSc; Shannon Walters, MScPT; Dalton L. Wolfe, Ph.D.

1Parkwood Institute Research, Lawson Health Research Institute, London, ON, 2Parkwood Institute, St. Joseph’s Healthcare London, London, ON

Practice Innovation

To implement self-management and behaviour change principles into the Spinal Cord Injury Allied Health Outpatient processes and practices.

The Research to Practice (R2P) Process

1. Identification of need
2. Information Gathering (Literature, Consultation)
3. Priority-setting (ID Practice Gaps / Primary Objective)

Plan

Operationalize Principles (e.g., defined in forms, processes)

Act

Adapt, Adopt, Abandon? Identity Changes

Study

What worked / What didn’t

Do

Try in Practice

Outpatient Practice Process Map

Referral for OT/PT/TRS services

Triage

In person/phone

Initial Assessment

Day 1

SCI Reflection Tool (SCIRT) Part 1

Assessment Day 2

Review SCIRT Part 1

Goal Setting & Priority Ranking

Self-efficacy (Resilience) Assessment

SMART Goal Development

Action Planning

Re-administer at 1 and 3 months

How Will We Know We Are Successful? (Continuous Monitoring & Evaluation)

"Having the patients complete the self-reflection at home allowed more thorough, honest responses, and was a great conversation starter" - Clinician

Patients showed generally high resilience/self-efficacy (>50% "often" and above)

Most often, the goals patients set were of high importance (10/10)

"I really liked the new reflection tools. It was nice to have my voice heard and have the clinician there for assistance and clarification" - Patient

SCI-GOL RESILIENCE

COPM RESULTS

"I really liked the new reflection tools. It was nice to have my voice heard and have the clinician there for assistance and clarification" - Patient

Determine behaviour change status for each goal