Evaluation of an Online, Theory-based Bladder Self-Management Program for Persons with Spinal Cord Injury: A Pilot Trial

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Objective

To develop & evaluate an online, theory-based self-management intervention focused on enhancing skills and behaviours to maintain or improve bladder health in persons with SCI.

Program Registration

Secure

Profile
(Potential for Social Network Integration)

Risk Assessment

Individualized Risks

Preliminary Evaluation

1. “I would even use this program now, 16 years post-injury” (Participant A)
2. “Thinking back to when I was newly injured even just getting the tips would be helpful, I wasn’t ready to ask others yet and this lets you explore on your own” (Participant A)
3. “I am most excited about the symptom tracker component of the app” (Participant B)
4. “Having a discussion board is good because if you had tried something that worked and doctors may not know about it then you can get different ideas, like herbal remedies” (Participant C)
5. “I really like the name of the program from a marketing perspective” (Participant D)

Bowen’s Feasibility Framework
(Bowen, 2009)

Limited Efficacy
Practicality
Demand
Acceptability

Secure
Profile
Risk Assessment
Individualized Risks
Preliminary Evaluation
Program Registration

Interact with HCP
Interact with Peers

Embeded behaviour change theories – SMART goal setting and action planning

Personalized to the user