

Adapting The SCI&U Peer Health Coaching Program to Meet the Needs of People with an Acute Spinal Cord Injury

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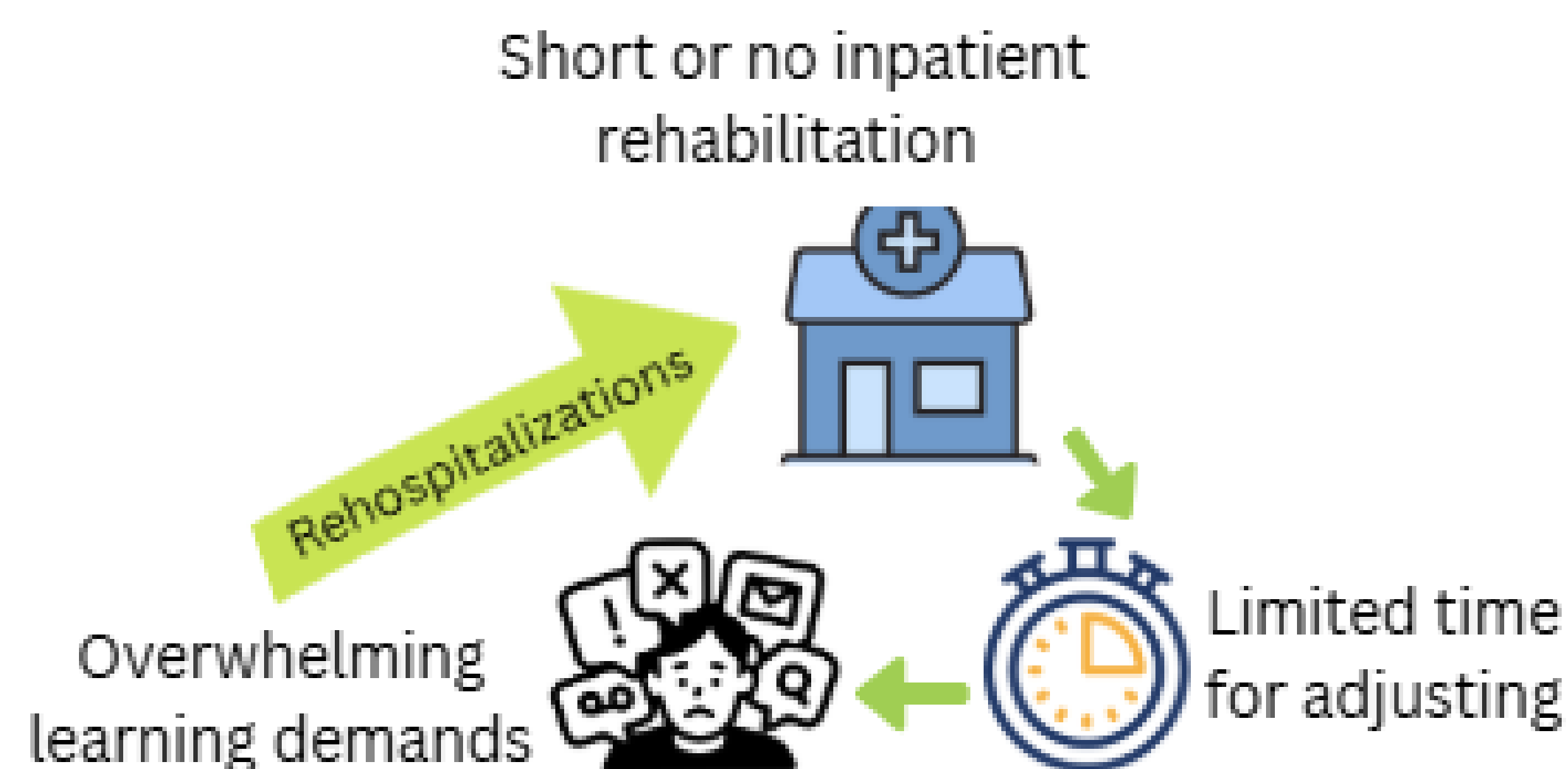
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Introduction

The **SCI&U Peer Health Coaching Program** is a health coaching program for individuals with chronic spinal cord injuries used to provide one-on-one private online/phone sessions with a peer health coach (PHC). Utilized in previous successful studies, it provided coaching services to people with an SCI ≥ 5 years. Feedback from **people with lived experience** (PWLE)- participants and PHCs- showcased the desire for an SCI-coaching program for people who are newly injured. Primarily due to:



Bridging the gap



Methods

Chronic SCI → **Adaptation** → **Acute SCI**

- Planning for long-term health needs and care options
- Ongoing self-management
- Underutilized peer mentor and professional supports
- Coach retraining
- Tool modification
- New and updated scripts
- Recruitment focus
- Early in the rehabilitation journey
- Emotional support for adjustment to living with an SCI
- Immediate need to identify community resources

Results



SCI&U is adapted

- PWLE are engaged at all phases of the study development
- The SCIU platform was developed to incorporate easy access, top resource designation, and notes capabilities
- New scripts created with a focus on topics relevant to people with a new SCI
- Mental Health First Aid and Brief Action Planning Training adapted to the new program
- Increased PHC knowledge led to more confidence in working with people who are newly injured

Conclusions

The **SCI&U program** can be customized to meet the needs of individuals at different stages following a spinal cord injury. A randomized clinical trial will evaluate the effectiveness of this tailored approach among individuals with acute SCIs.



Scan below to learn more about different phases of the SCI&U study



For more information and to access the study recruitment team, scan the QR code or email sciandustudyinus@gmail.com

