

Peer Health Coaching for the SCI Community: A Feasibility Study

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STUDY OBJECTIVES

To evaluate the feasibility of the SCI&U study in the United States through: participant and Peer Health Coach (PHC) recruitment; PHC training and retention; interest in program participation by the spinal cord injury (SCI) community; and, whether the approved budget adequately covered equitable compensation for study participants, in addition to providing a “livable wage” for PHCs.

6 PHCs	18 Coaching Participants
PHCs & participants both living with SCI, over the age of 18 & financially compensated.	
5+ years of SCI Peer Mentoring 10+ years post-SCI	3+ years post-SCI
4 Men & 2 Women 4 Tetra & 2 Para	13 Men & 5 Women 13 Para & 4 Tetra
90 hours of training: • Certified in Brief Action Planning & Mental Health First Aid • PHC tools	Interested in learning how to work on building self- management skills and learn more about SCI in relation to their health & well-being.

OUTCOME MEASURES

- Program satisfaction, acceptability, and relevance post-intervention were rated using the Health Education Impact Questionnaire (heiQ).
- PHCs provided feedback during weekly debriefing sessions and interviews.
- Stakeholder satisfaction & adherence to the budget were used to assess program development, implementation, and sustainability.

RESULTS

- 18 participants completed an average of 10 virtual coaching sessions that lasted an average of 46 minutes per call.
- HeiQ mean scores averaged 3.7/4 for goal setting, information sharing, relevance, feeling validated & value of the coaching relationship.
- PHC interviews provided positive insight about coaching experiences.
- The study was completed under budget.

CONCLUSIONS

“PHCs provide support and resources to move people from surviving to thriving”

“PHCs help people rediscover themselves”

— PHC feedback

- Participants and PHCs highly valued the SCI&U program.
- Virtual coaching provided by a PHC with lived experience is a viable and promising way to address the health, resource needs and improve the quality of life for the SCI community.

NEXT STEPS

We are currently conducting an RCT in the United States and Canada to evaluate the effectiveness of peer health coaching related to addressing self-management skill development with people who are less than 3 years post-SCI.

Scan for information @ current opportunities



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