

# 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
<b>90 hours of training:</b> <ul style="list-style-type: none"> <li>Certified in Brief Action Planning &amp; Mental Health First Aid</li> <li>PHC tools</li> </ul>	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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