

# Tailoring Your Knowledge Translation Strategies for Your Intended Users

KTDRR's 2023 Virtual KT Conference

November 6, 8, and 9

Center on  
**KNOWLEDGE TRANSLATION FOR  
DISABILITY & REHABILITATION RESEARCH**

# Reflections of the BC Interior Spinal Cord Injury (SCI) Health

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09 November 2023

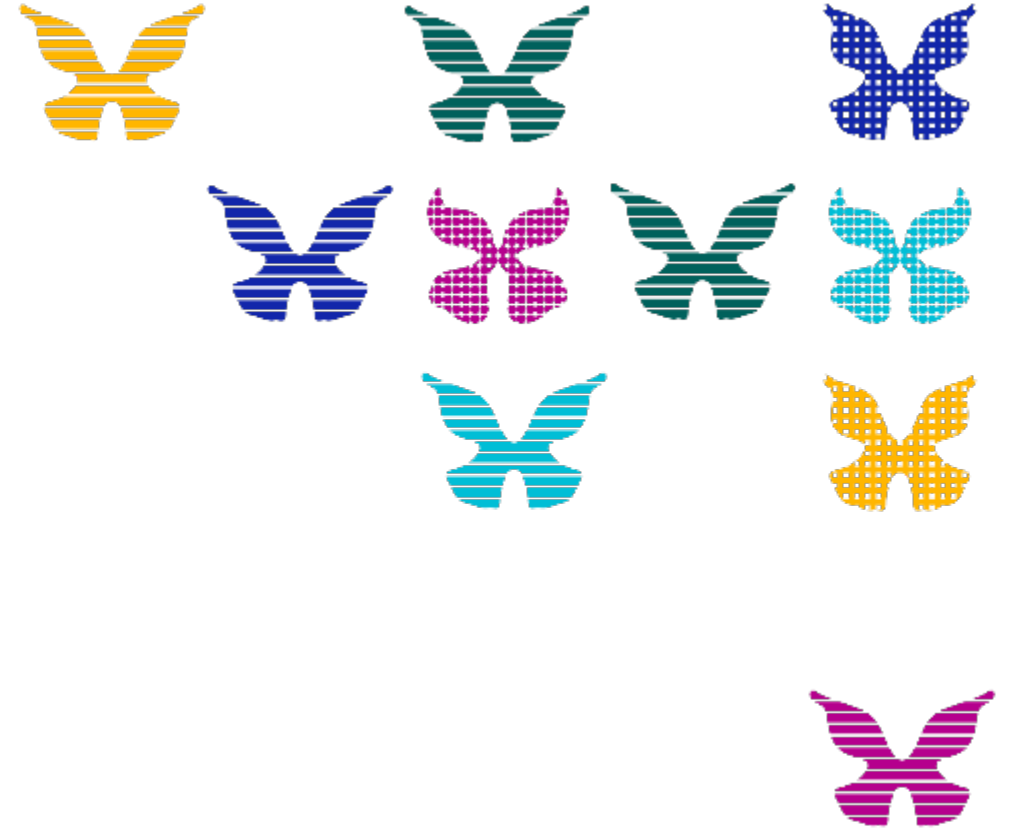


# Land Acknowledgement

- Praxis Spinal Cord Institute would like to begin by acknowledging that the land on which we are located is on the unceded traditional territory of the Coast Salish Peoples, specifically the shared traditional territories of the Skwxwú7mesh (Squamish), səliłilw' ətaʔt (Tsleil-Waututh), and x<sup>w</sup>məθk<sup>w</sup>əy'əm (Musqueam) First Nations.

# Overview of Presentation

- Background Information
- Goals & Expected Outcomes
- Reflections
- Questions & Feedback



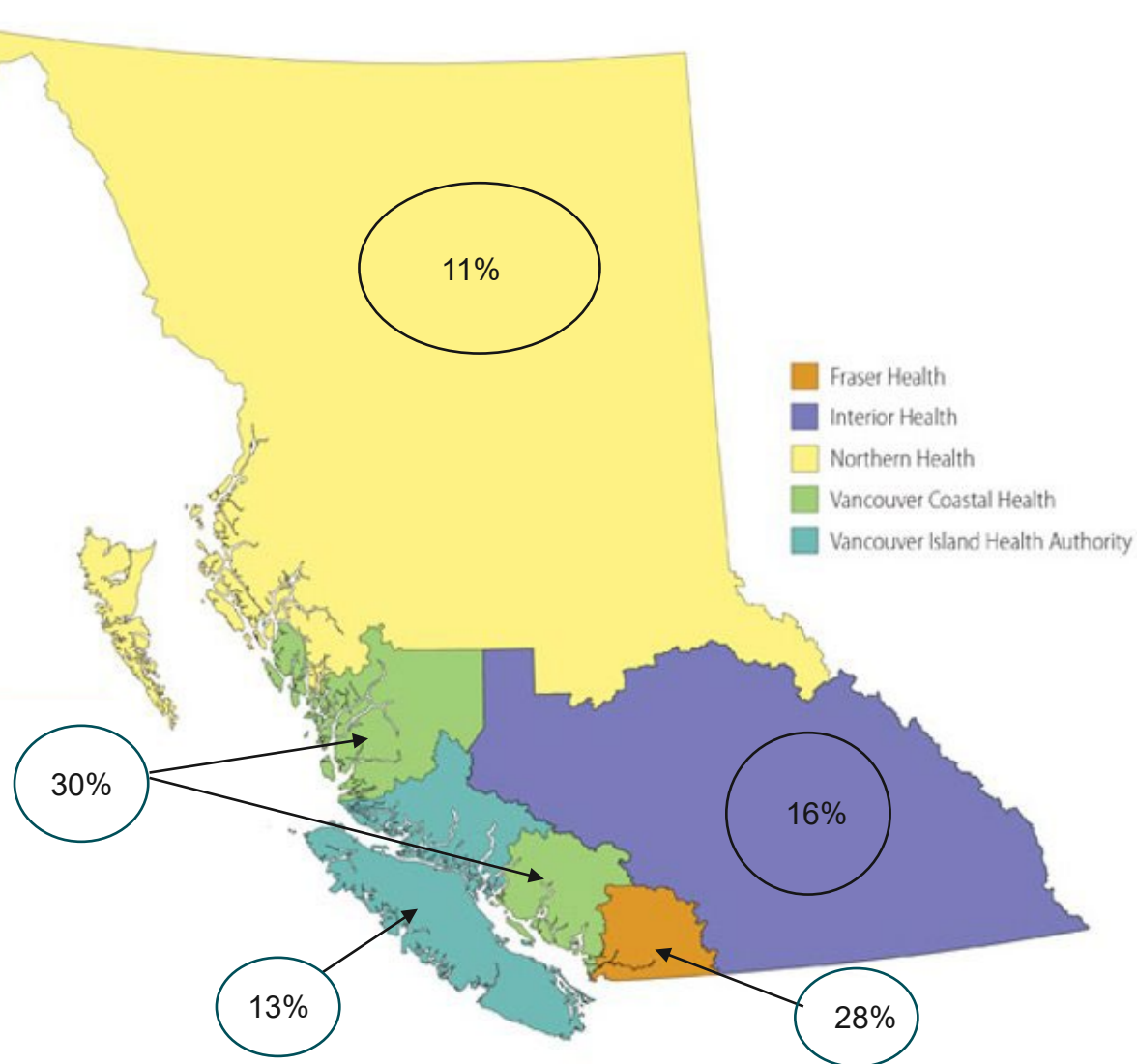
# Background Information

- ✧ SCI is a highly specialized and low-incidence injury.
- ✧ Care following injury occurs at urban care centres, with limited knowledge and resources for those living with SCI in rural communities.
- ✧ Persons with lived experience (PLEX) are forced to travel long distances or relocate to access specialized services.
- ✧ This identifies a need for education to develop SCI healthcare and knowledge outside of urban centers.

# Traumatic SCI: Discharge location from GF Strong Rehab Center

Close access to  
urban care centres:  
30%

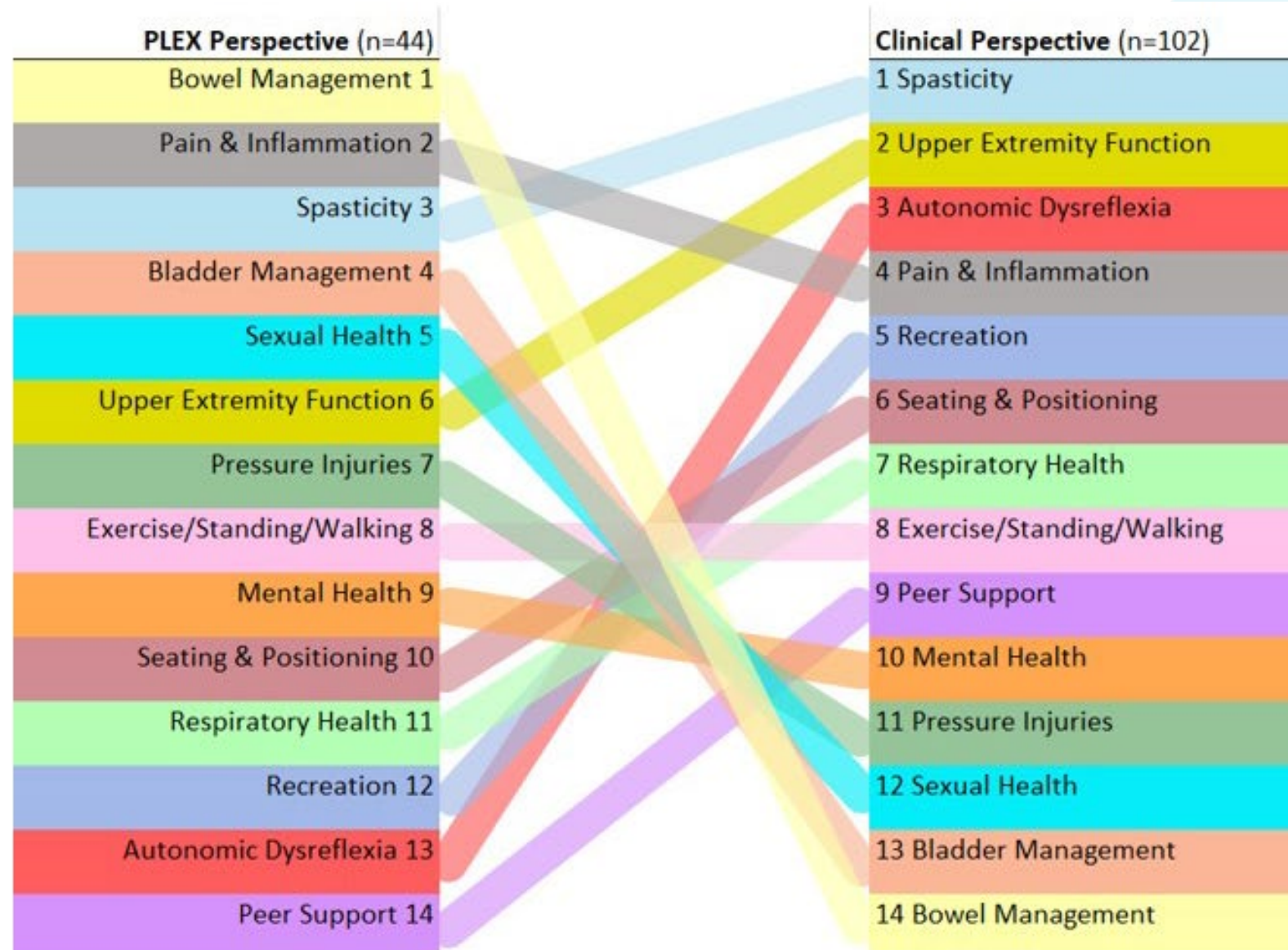
Regional and rural:  
70%



Rick Hansen Registry, 2017



# Comparison: PLEX vs Clinical learning priorities



## Work Being Done in the Interior

- Questionnaires for community members and clinicians for topics
- Educational workshops led by OT and PLEX
  - Needs weren't being met
  - Clinicians asking for increased training
- We wanted to bring all stakeholders together for a larger event



# Overview of Summit

- Building off success of Interior Workshops
- One day hybrid meeting on Monday, September 25
- In Kelowna, BC
- To bring together spinal cord injury (SCI) clinicians, people with lived experience (PLEX), and other SCI community stakeholders to learn, share experiences, and build connections to support SCI health
- Topics include sexual health, healthy aging, pressure sores, bowel and bladder considerations, discussion for the future

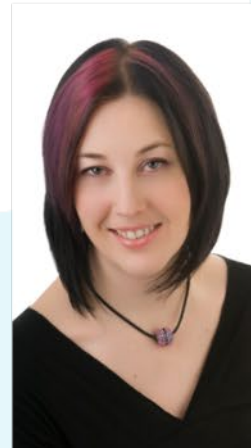
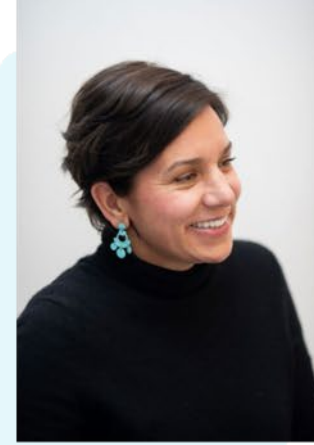
# Kelowna



# Overview of Summit (cont'd)

- Building off success of Interior Workshops
- One-day hybrid meeting on Monday, September 25th
- In Kelowna, BC
- To bring together spinal cord injury (SCI) clinicians, people with lived experience (PLEX), and other SCI community stakeholders to learn, share experiences, and build connections to support SCI health
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# Speakers





# Goals

- To facilitate the development of a network among SCI clinicians and PLEX in the BC Interior and establish linkages with the SCI specialty services in Vancouver (hub and spoke model);
- To provide education on (1) sexual health, (2) aging (including bowel, bladder, skin, overuse injuries and joint health);
- To further identify the SCI education needs of clinicians and PLEX and supports needed to facilitate knowledge exchange and the implementation of best practices.

**“In one word, what do you hope to take away from today?”**



# How Did it Go?

- Number of participants
  - 75 in person and 70 online
- Who was there?
  - Clinicians, PLEX, health authorities, industry
- Main discussion points?
  - Actionable outcomes, learning resources

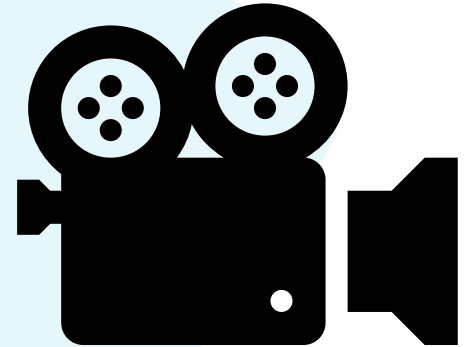
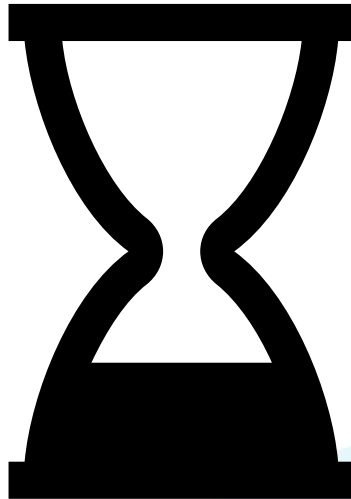


# Outcomes

- Improved communication and resource sharing between Vancouver hub and Interior spokes
- Enhanced knowledge of clinicians and PLEX in subject matter, leading to increased confidence and enhanced quality of care
- Identify gaps, barriers, and perspectives within Interior Care and what can be done to address them
- Report to share with Interior Health and partners

# Learning feedback

- More



# What Does Success Look Like in the Future?

- Knowledge Sharing
  - Advancement in Community Support from BC SCI Care Strategy
- Sustainability
  - Development of BC SCI Network
- Evaluation
  - Consultation to publish meeting themes and outcomes

A close-up profile of a woman's face, looking upwards and to the right. A large, teal-colored abstract shape, resembling a stylized 'A' or a series of overlapping curves, is superimposed over her face, partially obscuring her features. The background is solid black.

Questions?

Thank You!



# Extra Slides

# PLEX Community Survey



## SCI Topics of Interest

### Okanagan SCI Community Education Sessions

What topics of interest would YOU appreciate learning about in upcoming education sessions?

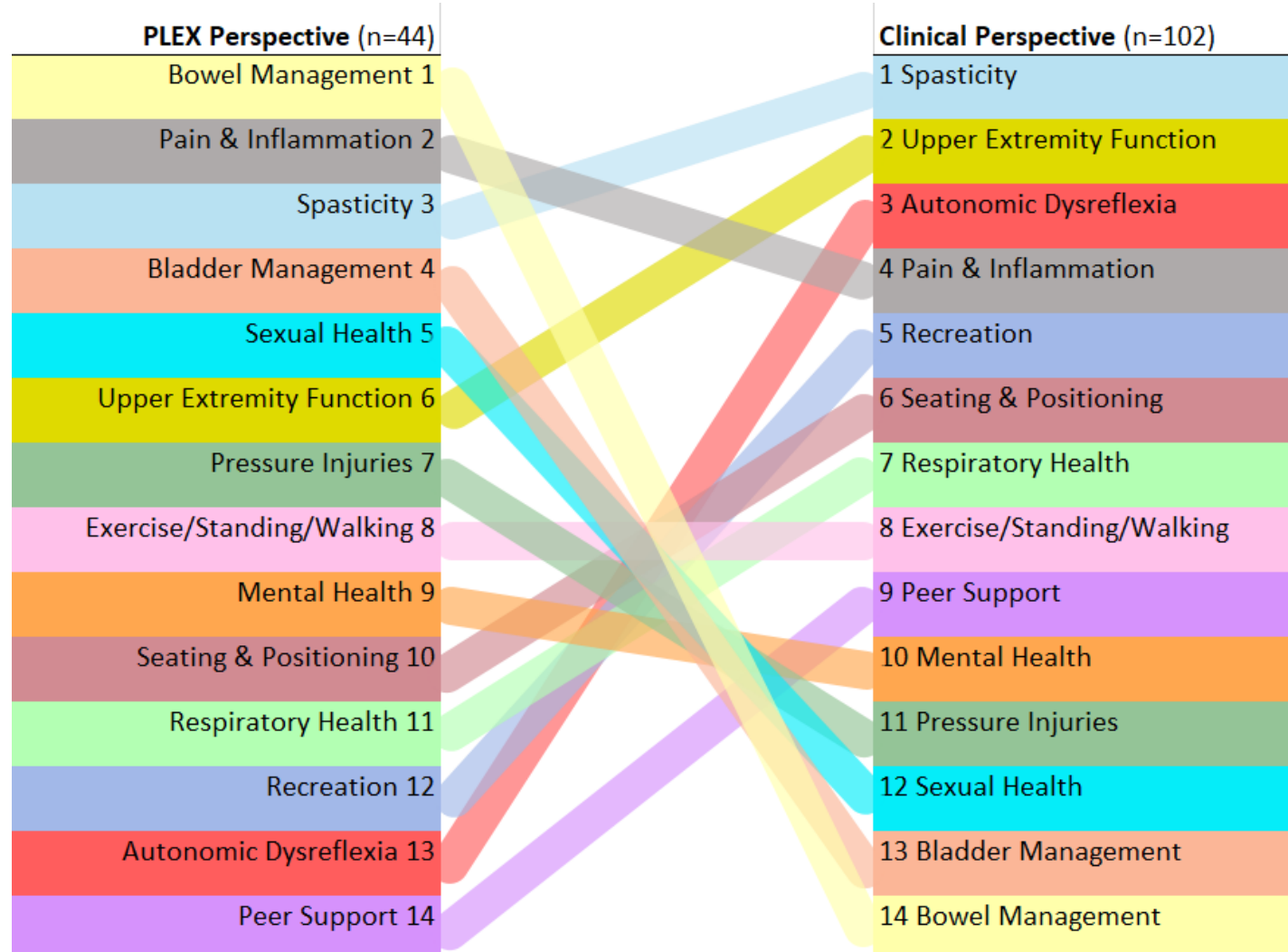
- Aug 2021
- Went out to Accessible Okanagan community and contacts...

## Top 10 Topics (n=44):

1. Aging with SCI (20)
2. Bowel Function (13)
3. Pain and Inflammation (12)
4. Spasticity (12)
5. Bladder Function (11)
6. Wheelchair Technology/Equipment & Maintenance (11)
7. Sexual Health (10)
8. Upper Limb Function (9)
9. Cardiovascular Health (6)
10. Pressure Injuries & Skin Health (6)

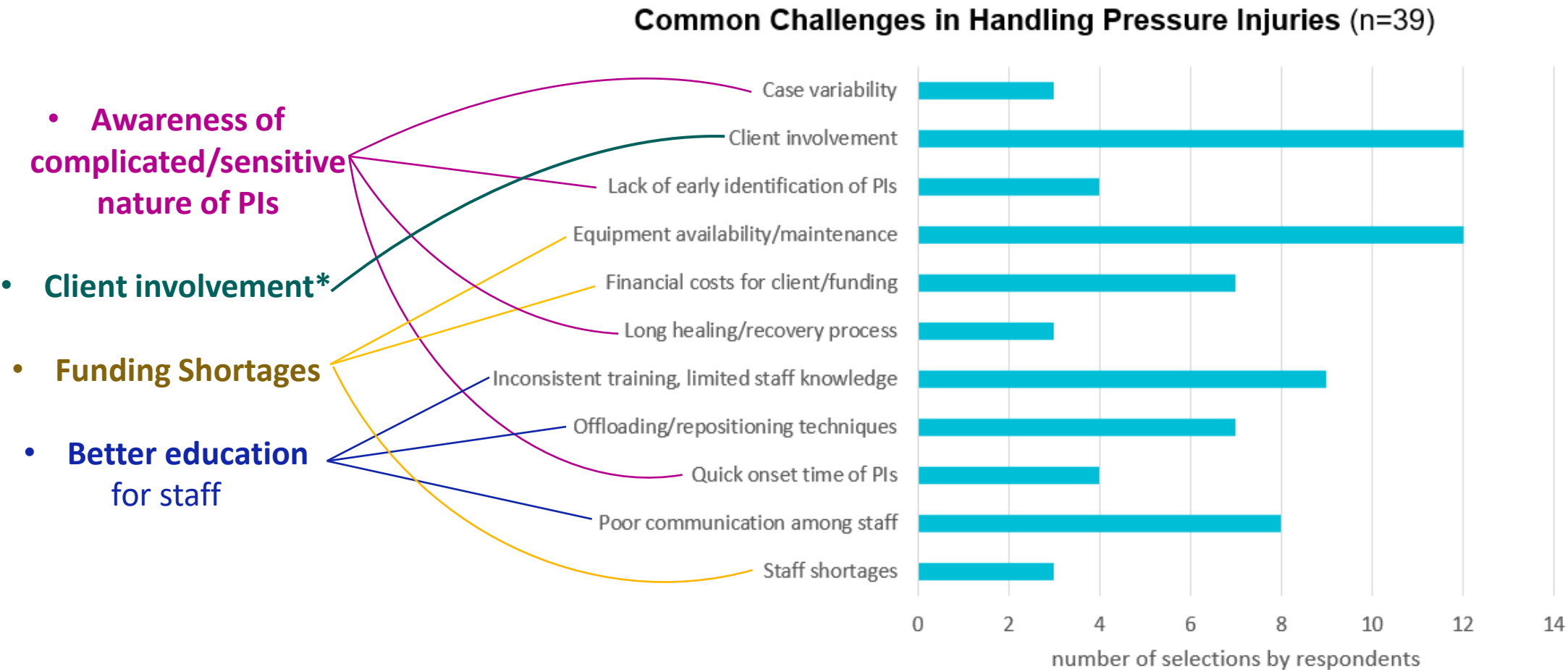


# Objective 1: Comparing SCI Topics of Interest to Understand Needs & Priorities



# Objective 3: Identifying Areas for Action

## Post Pressure Injury Workshop:

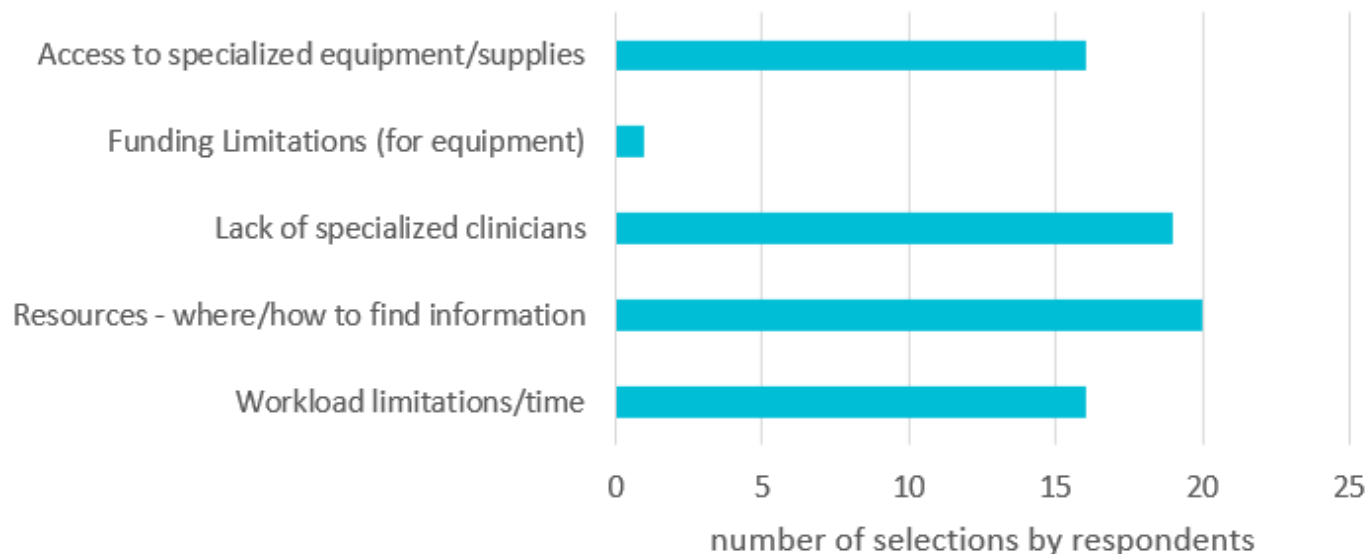


# Objective 3: Identifying Areas for Action

## Post PLEX Panel Session:

Service implementation = suspected issues that stem from institutional or administrative sources

**What would you identify as potential gaps in service implementation for individuals living with SCI in your region? (n=31)**



# Post-Workshop Feedback & Thematic Analysis

Major themes from survey quotes/feedback, made in collaboration with Scott:

## Benefits of lived experience (14)

“The personal experience was especially eye opening.” “Hearing real stories. Sometimes it is easier to remember important things if they are delivered via experience. I had no idea that bowel care/continence is so much of a big deal, if not hearing it firsthand.”

## Learning about secondary impacts of SCI (7)

“It was also great to hear about the other aspects of what people with SCIs deal with on a daily basis that we may not necessarily always think about.” “It makes us consider what other things we need to consider prior to discharge.” “So very moving. It’s easy to forget the ‘unseen’ injury that happens to the loved ones of our patients. This really helped to remind me of that, and what an incredible job the informal caregivers do in so many patients’ lives.”

## Need for resources (7)

“VGH spine unit and GFS could have more local referral info for the rural areas.” “How do I quickly and easily access expert advice when I have a patient with SCI?” “More funding options for equipment.”

## Recommendations for future workshops (5)

“Really enjoyed the session and wanted it to go on longer. Could be 2 or 2.5 hours next time.” “It would be nice to write down a couple of the questions there were unable to be answered and address them on following sessions for 5–10 minutes.” “I wish I could have had a “Where are they now.”

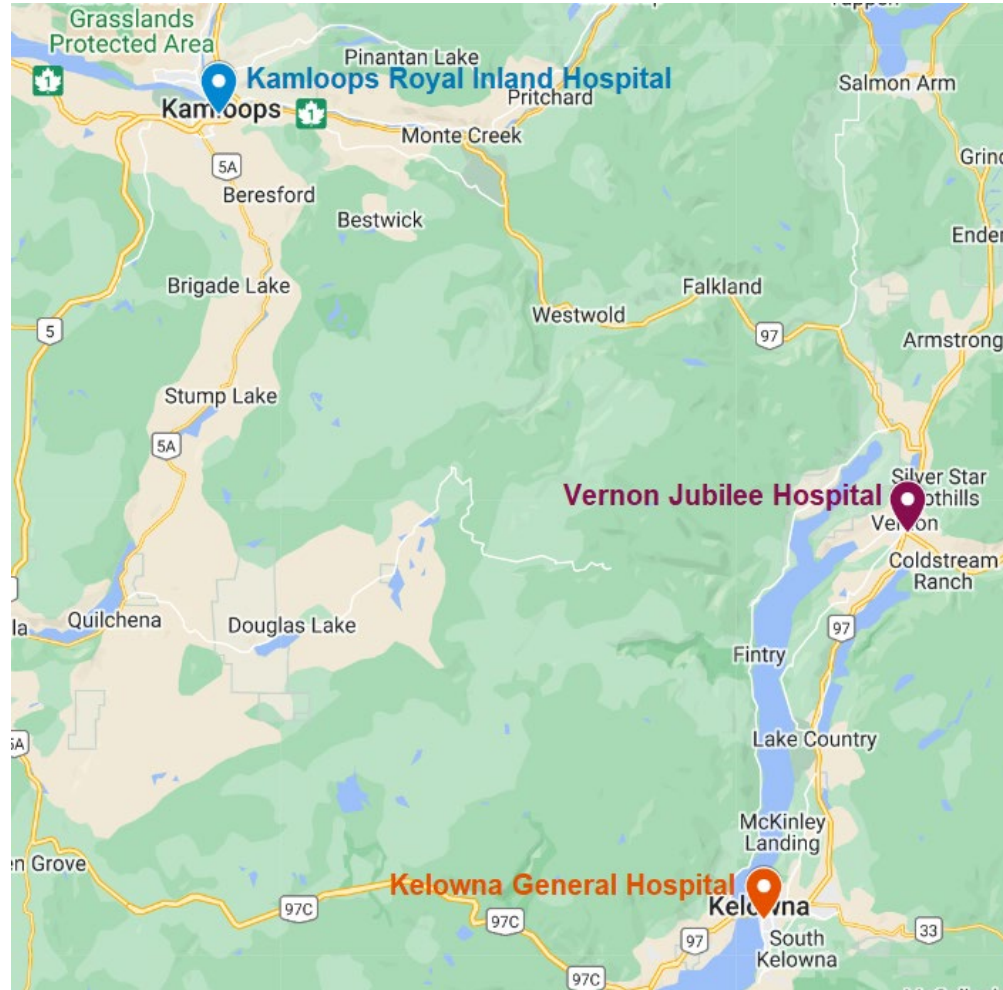
## Education is key (5)

“How do we help educate and positively impact clients who have limited funding and decreased engagement in their wellness goals?” “Information given was actionable as well as informative.”

## Require more clinical information (3)

“I would just encourage the panel to keep it more clinical focused as best [as] they can.”

# About the workshops...



## SCI 101

- ☘ Informative presentation on several SCI topics and needs including best practices, secondary health conditions, social factors and supports, recreation, equipment, etc.

## PLEX Panel

- ☘ Story sharing and engaging Q&A with PLEX to provide deeper understanding of personal impacts of SCI, living post SCI, the transition back into community, and more.

## Pressure Injuries

- ☘ Session with information about PIs and best practices for prevention and care, with PLEX perspectives sharing personal experiences with PIs.

Time	Topic	Speaker		Summary
8:00–9:00	Doors open			Sign in; Refreshments to be served
9:00–9:30	Open remarks and Indigenous welcoming	John Chernesky James & Shannon	Indigenous Elder Doug Cochrane	Welcoming from Praxis, Indigenous welcoming, and words from Board Chair of Interior Health, Doug Cochrane
9:30–10:30	PLEX Panel	Teri Thorson Walt Lawrence Mike Stiles	Sonja Gaudet Spring Hawes	Introduction and stories from PLEX Panel speakers
10:30–10:45	BREAK			Refreshments to be served
10:45–11:45	SCI Health + Q&A	Walt Lawrence Mike Stiles Rhonda Willms		SCI 101 on important topics such as bowel, bladder, skin, and overuse injuries
11:45–12:15	Healthy Aging + Q&A	Sonja Gaudet Emily Giroux		PLEX are living longer than ever before. A discussion on how things may change as one ages
12:15–1:15	Lunch & Industry Showcase			Lunch to be served with time for people to visit sponsor and community tables. Presentations from Sponsors
1:15–1:45	Pressure Injuries	Spring Hawes Davina Banner-Lukaris		Focus on Pressure injuries and work done within the Interior including findings on PI in SCI study
1:45–3:15	Discussion for the Future	Multiple		Open chance for dialogue between Summit Participants. How can we work together across the Interior and the province, what is working and where is there an opportunity for improvement
3:15–3:30	BREAK			Refreshments to be served
3:30–4:45	Sexual Health in SCI Rehab + Q&A	Teri Thorson Stacey Elliot Kate McBride		Addressing sexual health rehabilitation and fertility
4:45–5:00	Closing remarks	John Chernesky		Wrapping up the event




**Q&A**



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