

Disability Inclusion, Intersectionality, and Knowledge Translation

KTDRR's 2024 Virtual KT Conference
October 15, 16, and 18

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



INside the OUTcomes: Creating a Rehabilitation Research Podcast

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CENTER FOR REHABILITATION OUTCOMES RESEARCH

Agenda



- Introduction
- Why a podcast?
- What would it focus on?
- How is it made?
- Results?

Shirley Ryan AbilityLab



- Ranked the #1 rehabilitation hospital in the U.S. for 33 consecutive years by *U.S. News & World Report*
- 262-bed flagship hospital in downtown Chicago and more than 40 clinics in the Midwest
- Traumatic brain injury, stroke recovery, spinal cord injury, pediatric rehabilitation, cancer rehabilitation, limb loss, vestibular disorders, and other conditions



Center for Rehabilitation Outcomes Research



- Conducts research with the aim of improving outcomes for people with physical disabilities.
- Manages the Rehabilitation Measures Database.
- Funded by the National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR), Craig H. Neilsen Foundation, Department of Defense, Shirley Ryan AbilityLab, National Institutes of Health, Paralyzed Veterans of America Educational Foundation.



CROR Research Projects



- RRTC on Home and Community-Based Services
- RRTC on Employment for People with Physical Disabilities
- Midwest Regional Spinal Cord Injury Care System
- Mental Health and Spinal Cord Injury
- Differences in Inpatient Rehabilitation on Outcomes in People with SCI
- Several projects on using smartphone technology to improve exercise adherence
- Use of Motivational Interviewing by Therapists During Rehab for SCI
- And much, much more ...

CROR Knowledge Translation



- Infographics for Rehabilitation Measures Database
- 3 Newsletters
 - MRSCICS Matters
 - HCBS Quality Matters
 - CROR Outcomes
- Social Media
- Presentations, trainings, collaboration with students and other researchers



New Platform Reaches New Audience



- Available to audiences beyond our newsletter subscribers and social media followers
- Half of Americans listened to a podcast in last year
- Listen while doing something else
- Searchable on podcast platforms like Spotify

What Will it Be About?



- CROR research
- Shirley Ryan AbilityLab research
- Rehabilitation research — external
- General disability topics

What Are the Topics?



- Intro by CROR Director, Allen Heinemann, PhD
- Rehabilitation Measures Database
- Parkinson's support group
- Pain management program
- Workplace accommodations decision aid
- AbilityLab research — neurostimulation, institutional change
- Etc.

Process for Guests



- Two Zoom calls
- Call 1 — not recorded, used to discuss what we will talk about on Call 2
- Draft talking points (introductions, questions), share with guest(s)
- Call 2 — the actual recording
- Get signed consent if discussing health information (participants, patients, clients)

Preparing to Launch



- CeKTER resources
- YouTube
- Talked to Shirley Ryan AbilityLab expert in our Academy
- Knew a bit about Audacity (editing software)

What Else Do I Need?



- Decided monthly, 30-minute target length
- Created a title — INside the OUTcomes: A Rehabilitation Research Podcast
- Created a podcast graphic identity (social posts, audiogram, newsletter)
- CROR podcast webpage



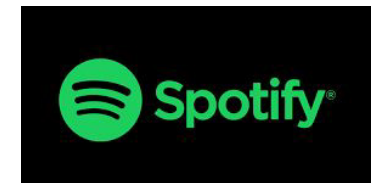
Making the Podcast



- Record on Zoom
- Use a decent mic and ask others to use headphones
- Convert audio files to MP3 files using iTunes
- Use Audacity to edit audio
- Save as an MP3 file to post to your RSS (Spotify)



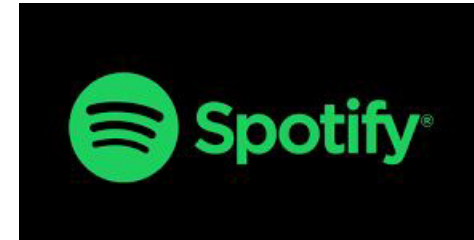
zoom



Posting the Podcast



- Select a platform that will house your RSS feed
- Add “show notes”
- Add episode art
- Create a transcript





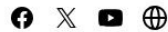
INSide the OUTcomes: A Rehabilitation Research Podcast

By Center for Rehabilitation Outcomes Research

INSide the OUTcomes: A Rehabilitation Research Podcast is produced by the Center for Rehabilitation Outcomes Research (CROR) at Shirley Ryan AbilityLab. On this podcast, we feature interviews with CROR scientists and other leading experts in rehabilitation research. ...


[See more](#)

[Listen on Spotify](#)




Available on



- 


A Noninvasive Approach to Improving Motor Function in People with SCI Jun 10, 2024

On this episode of INSide the OUTcomes: A Rehabilitation Research Podcast, we talk about cutting-edge research at Shirley Ryan AbilityLab that could help peopl...

[See more](#) 18:28
- 


How do differences in inpatient rehabilitation affect outcomes in people with spinal cord injury? May 13, 2024

On this episode of INSide the OUTcomes: A Rehabilitation Research Podcast, we explore how inpatient rehabilitation length of stay can affect outcomes in people...

[See more](#) 23:08
- 


Transportation Accessibility in the Windy City Apr 08, 2024

On this episode of INSide the OUTcomes: A Rehabilitation Research Podcast, we will be talking about accessibility and public transportation around Chicago. Our...

[See more](#) 27:36
- 

Spinal Cord Injury and Mental Health Mar 11, 2024

On this episode of INSide the OUTcomes: A Rehabilitation Research Podcast, we'll learn about some common mental health challenges that people face after spinal...

[See more](#) 23:51
- 

Kenny's World: Person-Centered Planning in Practice Feb 12, 2024

On this episode of INSide the OUTcomes: A Rehabilitation Research Podcast, we speak with HCBS recipient Kenny and the CEO of his provider agency, Heather...

[See more](#) 55:27

Letting People Know



- Post to CROR podcast webpage
- Post to social (on release day, and ICYMI a week later)
- Disseminate to 10K newsletter subscribers
- Tell NARIC!
- Share internally (CROR email, Shirley Ryan AbilityLab intranet)

Inside the OUTcomes: A Rehabilitation Research Podcast

Shirley Ryan
Abilitylab
Center for Rehabilitation
Outcomes Research



Inside the OUTcomes: A Rehabilitation Research Podcast

E14: Transportation Accessibility in the Windy City



On [this episode](#) of Inside the OUTcomes: A Rehabilitation Research Podcast, we will be talking about accessibility and public transportation in Chicago. Our guests are Jacqueline Kish, PhD, OTR/L, a postdoctoral fellow in CROR's [Rehabilitation Research and Training Center on Home and Community-Based Services](#), and Kira O'Bradovich, a disability and community advocate who serves as

Advocacy Committee Chair for the Chicago Chapter of the [National Federation of the Blind of Illinois](#) and a Data Dissemination Specialist for the U.S. Census Bureau. Kira's current advocacy work focuses on improving the accessibility of public transit here in Chicago.

CROR's RRTC on Home and Community-Based Services is funded by the National Institute on Disability, Independent Living and Rehabilitation Research.

Listen on [Spotify](#), [Apple Podcasts](#) or [YouTube](#).



Inside the OUTcomes is produced by the [Center for Rehabilitation Outcomes Research](#) at Shirley Ryan AbilityLab and is supported by the National Institute on Disability, Independent Living, and Rehabilitation Research (grants 90DPKT0007, 90RTGE0004, 90RTEM0001, 90SIMS0015).

[Center for Rehabilitation Outcomes Research Contact us](#)



Center for Rehabilitation Outcomes Research, Shirley Ryan AbilityLab

April 27 · 🌐

ICYMI: Episode 14 is all about [#transportation](#) and accessibility right here in the Windy City and features [#CROR](#)'s transportation expert, Jacqueline Kish, PhD, OT, and Kira O'Bradovich of the [National Federation Of The Blind Of Illinois](#). <https://loom.ly/QRpgjXY>



YOUTUBE.COM

Transportation Accessibility in the Windy City

On this episode (<https://www.youtube.com/watch?v=ekd3r9ri9-s>) of Inside the OUTcomes: A ...

📣 Boost this post to reach up to 1051 more people if you spend \$42.

Boost post

👍 You, Allen Heinemann, Bridgette Schram and 2 others

👍 Like

💬 Comment

➦ Share

So, What Happened?



- At first, not a lot
- Posted on Spotify and promoted Spotify and Apple podcasts
- Started posting on YouTube around episode 12 (this really helped!)
- Listens started building over time
- Around 150–200 listens per episode by 1–2 months after uploading

YouTube: Most Accessible Platform



- Don't need to have an account
- CAPTIONS!

Center for Rehabilitation Outcomes Research
@centerforrehabilitationout390 · 50 subscribers · 32 videos


The importance placed on outcome studies in medical rehabilitation has grown dramatically...more

facebook.com/RehabOutcomes and 3 more links

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For You




Inside the OUTcomes: A Rehabilitation Research Podcast
E14: Transportation Accessibility in the Windy City
27:36

Transportation Accessibility in the Windy City
84 views · 2 months ago




Inside the OUTcomes: A Rehabilitation Research Podcast
E08: A decision aid for requesting an accommodation at work
29:01

A Decision Aid for Requesting an Accommodation at Work
10 views · 4 months ago



Inside the OUTcomes: A Rehabilitation Research Podcast
E04: A Phone-Based Intervention for Self-Managing Pain at Work
21:28

A Phone-Based Intervention for Self-Managing Pain at Work
6 views · 4 months ago



Inside the OUTcomes: A Rehabilitation Research Podcast
E07: The Great Lakes ADA Center
11 views · 4 months ago

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INSide the OUTcomes: A Rehabilitation Research Podcast

E14: Transportation Accessibility in the Windy City

Shirley Ryan
Abilitylab

people with disabilities and ensured

Center for Rehabilitation
Outcomes Research

Play (k)

4:54 / 27:35

Transportation Accessibility in the Windy City



Center for Rehabilitation Outcomes Research
50 subscribers

Analytics

Edit video

3



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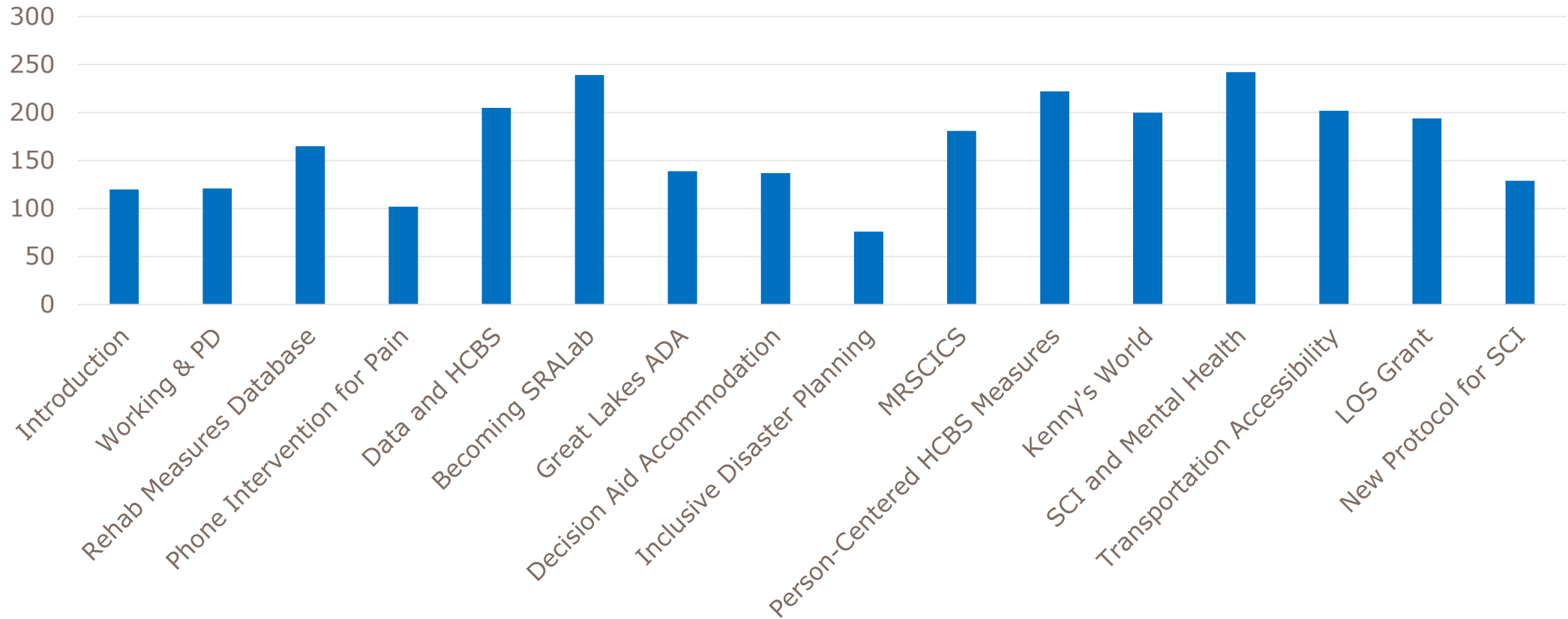
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Q&A

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Center on
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