

***Development of an evidence-based physical activity resource for adults with spinal cord injury: The SCI Get Fit Toolkit***

***Purpose***

To create an evidence-based resource that teaches and encourages adults with SCI as to how to make smart and informed choices about being physically active.

***Summary***

- Multiple stakeholders were involved at various stages of the creation of the toolkit:
  - Researchers
  - SCI consumers
  - Health Care Practitioners
  - Community Service Providers
- To develop the toolkit, the stakeholders considered the views and preferences of people with SCI, used evidence-based research, developed content and format recommendations, and evaluated the toolkit's final product
- For a copy of the Get Fit Toolkit visit:  
<http://www.sciactioncanada.ca/guidelines/toolkit.cfm>

***Possible Applications***

- For consumers with SCI, the toolkit provides the how to's of being physically active in a format recommended by consumers:
  - recommended physically activity guidelines
  - activity examples
  - benefits, safety tips
  - coping strategies, action plans
- Health care practitioners have a tool to use and provide when prescribing exercise to patients with SCI
- The toolkit can be used as an advocacy tool to change policy regarding physical activity opportunities and accessibility of fitness and recreational facilities for those with SCI

***Research Abstract***

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**Objectives:** To systematically develop an evidence-informed leisure time physical activity (LTPA) resource for adults with spinal cord injury (SCI).

**Setting:** Canada

**Methods:** The Appraisal of Guidelines, Research and Evaluation (AGREE) II protocol was used to develop a toolkit to teach and encourage adults with SCI how to make smart and informed choices about being physically active. A multidisciplinary expert panel appraised the evidence and generated specific recommendations for the content of the toolkit. Pilot testing was conducted to refine the toolkit's presentation.

**Results:** Recommendations emanating from the consultation process were that the toolkit be a brief, evidence-based resource that contains images of adults with tetraplegia and paraplegia, and links to more detailed on-line information. The content of the toolkit should include the Physical Activity Guidelines (PAGs) for adults with SCI, activities tailored to manual and power chair users, the benefits of LTPA, and strategies to overcome common LTPA barriers for adults with SCI. The inclusion of action plans and safety tips was also recommended.

**Conclusion:** These recommendations have resulted in the development of an evidence-informed LTPA resource to assist adults with SCI in meeting the PAGs. This toolkit will have important implications for consumers, health care professionals, and policy makers for encouraging LTPA in the SCI community.

Arbour-Nicitopoulos KP, Martin Ginis KA, Latimer-Cheung AE, Bourne C, Campbell D, Cappe S, Ginis S, Hicks A, Pomerleau P, Smith K. (2013). Development of an evidence-based physical activity resource for adults with spinal cord injury: The SCI Get Fit Toolkit. *Spinal Cord*. Advanced online publication: doi:10.1038/sc.2013.7