



## ***Encouraging those who work with the SCI population to promote exercise guidelines***

### ***Purpose***

To study an event designed to teach the staff of Community-Based Organizations (CBO) about exercise guidelines for the SCI population.

### ***Summary***

- 12 events with 140 staff attending who work with people with SCI.
- Immediately following the events, staff had:
  - more confidence in their ability to promote guidelines
  - planned to promote guidelines among SCI clients
- One month after the events, these differences were not maintained.

### ***Possible Applications***

- CBOs can efficiently teach and encourage staff to promote SCI exercise guidelines through a one-time event; however, follow-up training may add value.

### ***Research Abstract***

Community-based organizations (CBOs) and support personnel that serve marginalized members of society have the potential to be important partners in knowledge mobilization (KM). A CBO in partnership with researchers developed an event-based KM initiative to disseminate evidence-based physical activity guidelines for people with spinal cord injury.

**Purpose:** The purpose of this case study is to demonstrate a) how a CBO can implement a KM initiative and b) the effectiveness of the initiative for disseminating the guidelines to support personnel.

**Method:** The KM initiative consisted of 12 events about the new guidelines held within the CBO's regional areas. Evaluation of the events was guided by the RE-AIM (reach, efficacy or effectiveness, adoption, implementation, and maintenance) framework.

**Results:** Adoption of the events was high, with 88% of regions hosting an event. Overall fidelity to the event protocol was high among researchers (100.00% ± .00), peers (65% ± 33.74), and staff (70.00% ± 34.96). The events reached 140 support personnel who attended the events. Significant increases in support personnel's self-efficacy and intentions to promote physical activity to people with spinal cord

injury were seen at Time 2 but not maintained at Time 3.

**Conclusions:** Event-based KM initiatives may be an effective strategy for CBOs to disseminate information to support personnel and ensure that KM initiatives are supported by staff and delivered as intended.

**Gainforth, H. L., Latimer-Cheung, A.E., Athanasopoulos, P., Martin Ginis, K.A. (2015). Examining the feasibility & effectiveness of a community-based organization implementing an event-based knowledge mobilization initiative to promote physical activity guidelines for people with SCI among support personnel. *Health Promotion Practice, 16*, 55-62 doi: 10.1177/152483991452821**