

## **What do people with SCI and Health Care Professionals want in a Physical Activity Guide?**

### ***Purpose***

To find out what people with spinal cord injury and health care professionals prefer about a new spinal cord injury physical activity guide.

### ***Summary***

- Using previously released evidence-informed SCI physical activity guidelines, 78 people with SCI and 77 Health Care Professionals completed separate questionnaires which asked content and design questions about a new physical activity guide
- **People with SCI** liked the following aspects of the guide:
  1. Content
    - Stretching and strength training activities
    - Risks and benefits of physical activity and inactivity
    - How to become more active at home or in daily life
  2. Design
    - Booklet or interactive website format
    - Photographs versus drawings/cartoons
    - Bright colours
    - Simple messages
- **Health Care Professionals** emphasized the following as a high priority:
  1. Content
    - Benefits and risks of physical activity
    - How to become more active
    - Where to find additional resources (e.g., contact list of experts, support groups etc.)
  2. Design
    - Information presented separately for paraplegia and tetraplegia
    - Photographs to accompany written descriptions

### ***Possible Applications***

- The results of this study contributed to the creation of the **SCI Get Fit Toolkit**, a physical activity guide, available on our website: [www.sciactioncanada.ca](http://www.sciactioncanada.ca)
- The methodologies used to create the SCI Get Fit Toolkit can be used a template for developing physical activity information for other disabilities

### ***Research Abstract***

Enhancing Physical Activity Guidelines: A needs survey of adults with spinal cord injury and health care professionals

The purpose of this study was to determine preferences of people with spinal cord injury (SCI) and health care professionals (HCP) regarding the content and format of a SCI physical activity guide to support recently released SCI physical activity guidelines. Seventy-eight people with SCI and 80 HCP completed a survey questionnaire. Participants with SCI identified desired content items and their preferences for format. HCP rated the helpfulness of content items to prescribe physical activity. All content items were rated favorably by participants with SCI and useful by HCP. The risks and benefits of activity and inactivity, and strategies for becoming more active, were rated high by both samples. Photographs and separate information for those with paraplegia versus tetraplegia were strongly endorsed. These data were used to guide the development of an SCI physical activity guide to enhance the uptake of physical activity guidelines for people with SCI. The guide was publically released November 11, 2011.

Foulon, B. L., Lemay, V., Ainsworth, V., & Martin Ginis, K. A. (2012). Enhancing Physical Activity Guidelines: A needs survey of adults with spinal cord injury and health care professionals. *Adapted Physical Activity Quarterly*, 29, 329-345