



## **SCI Action Canada: A Multidisciplinary Partnership**

### ***Purpose***

To describe a multidisciplinary partnership - SCI Action Canada.

### ***Summary***

- The common goal of SCI Action Canada is to advance physical activity knowledge and participation among people living with a spinal cord injury
- The integrated, multidisciplinary team consists of various:
  - **research** (e.g., exercise science, behavioural science, rehabilitation science, statistics and psychology), and
  - **community experts** (e.g., SCI Canada, Ontario Neurotrauma Foundation, Rick Hansen Foundation, Canadian Paralympic Committee to name a few).
- As a result of the partnership, SCI Action Canada has produced innovative and impactful research, translated that research into usable and relevant products and services, and disseminated these products and services to the community to increase knowledge awareness and change sedentary behaviour

### ***Possible Applications***

- A multidisciplinary partnership can be used to increase the reach, efficacy, adoption, implementation, and maintenance of physical activity interventions
- A multidisciplinary approach can be used to address complex problems in other areas of behavioural medicine

### ***Research Abstract***

#### **A case study of a community-university multidisciplinary partnership approach to increasing physical activity participation among people with spinal cord injury**

Over the past decade, increasing emphasis has been placed on the importance of health behavior change research being conducted in partnership with the beneficiaries of the intended research outcomes. Although such an approach should enhance the relevance of the research and the uptake of findings, it raises challenges regarding how best to cultivate and sustain meaningful partnerships to accomplish these goals. In this paper, we provide a case study of SCI Action Canada—a multidisciplinary team partnership approach to increasing physical activity among adults with spinal cord injuries. The research and knowledge mobilization phases are described. In addition, preliminary indicators of partnership success and key



informant interviews are presented to highlight the challenges and opportunities associated with using a community-university partnership approach to influence positive health behavior change.

**Implications Practice:** Multidisciplinary, community-university partnerships can be highly effective in translational behavioral medicine when they are established at the project planning stage and fostered throughout the research production and translation/mobilization stages.

**Policy:** Resources should be directed towards cultivating community-university partnerships in order to optimize the development and implementation of evidence-based tools and services.

**Research:** Multidisciplinary, community-university partnerships that systematically link research activities with the translation of new knowledge into products and services can be used to address complex problems in behavioral medicine, such as physical inactivity among persons with disabilities.

Martin Ginis K, Latimer-Cheung A, Corkum S, Ginis S, Athansopoulos P, Arbour-Nicitopoulos K, Gainforth H, Ginis S. (2012). A case study of a community-university multidisciplinary partnership approach to increasing physical activity participation among people with spinal cord injury. *Translational Behavioral Medicine*, 2, 516-522.