

Involving People with Spinal Cord Injury (SCI) in the co-development of a cessation of smoking intervention for persons with SCI: A World Café Approach



Parres Holliday¹, Kelsey Wuerstl^{2,3}, Christopher McBride⁴, Heather Gainforth^{2,3}

¹Department of Psychology, University of British Columbia Okanagan, Kelowna, British Columbia, Canada; ²School of Health and Exercise Sciences, University of British Columbia Okanagan, Kelowna, British Columbia, Canada; ³International Collaboration on Repair Discoveries (ICORD), University of British Columbia, Vancouver, British Columbia, Canada; ⁴Spinal Cord Injury British Columbia, Vancouver, British Columbia, Canada

INTRODUCTION & BACKGROUND

- Cigarette smoking prevalence in persons with SCI is documented at 35% compared to only 12% in the general population.¹
- Smoking increases risk of respiratory complications², delays treatment of pressure ulcers³, and contributes to complications related to urinary tract infections.⁴
- Currently, there is a lack of research & implementation related to co-designed, theory-based smoking cessation interventions for individuals with SCI.⁵
- A partnership between the Applied Behavior Change (ABC) Lab at UBC Okanagan & SCI BC was established to co-develop a theory-based smoking cessation intervention for individuals with SCI.
- An inter-disciplinary panel of national experts was created to develop consensus-based recommendations for the delivery of smoking cessation counselling for persons with SCI by Peer Health Coaches.
- The present study used an Integrated Knowledge Translation approach to refine and optimize the delivery, receipt, and testing of a smoking cessation intervention for persons with SCI.

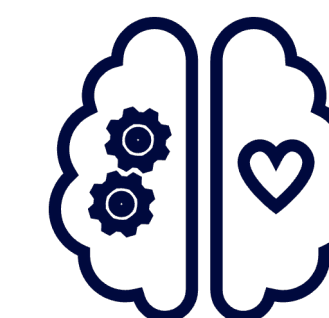
METHODS

- Ten SCI BC employees ($n = 9$ living with SCI) attended a World Café (i.e., facilitated, casual conversation to generate ideas over a short duration) where they provided feedback and insights regarding current stop smoking services and outcomes to measure when testing the intervention. Detailed notes were taken for all discussions.
- Following a conventional content analysis methodology, all discussions were coded using *Nvivo Software* and primary themes were identified.
- All discussions were coded again using the finalized themes and consensus coding was used to discuss discrepancies and refine themes.

RESULTS



DISCUSSION & FUTURE DIRECTIONS



- Findings provide insight regarding what is acceptable, practical, and effective about the proposed intervention.
- Through shared decision making with SCI BC and the panel of national experts, these results support the refinement and optimization of the intervention.
- Overall, findings help to address health inequities for persons with SCI.
- Next steps include conducting a feasibility pilot for SCI BC Peer Health Coaches delivering smoking cessation counselling for persons with SCI.

CONTACT

Kelsey Wuerstl, MSc. → wuerstl2@mail.ubc.ca

Parres Holliday, BSc. Hons. → [@pholidayy](https://twitter.com/pholidayy) / parresh@student.ubc.ca

[@ABCclubUBCO](https://twitter.com/ABCclubUBCO)

[@IKTPrinciples](https://twitter.com/IKTPrinciples) → ikt.principles@ubc.ca

Acknowledgements



References

1. Government of Canada, 2023
2. Saunders et al., 2015
3. Krause & Broderisk, 2004
4. Davies & McColl, 2002
5. Wuerstl et al., 2023