Takin’ it to the Streets:
A Community-University Partnership Approach to Physical Activity Research and Knowledge Translation

Kathleen A. Martin Ginis Ph.D.
McMaster University
Director, Physical Activity Centre of Excellence
Director, SCI Action Canada
Spinal Cord Injury Fast Facts

• Damage to the spinal cord resulting in loss of motor and/or sensory function
  – Classified as quadriplegia/tetraplegia or paraplegia

• Tremendous variability in residual function
  – Depends on injury severity

• 85000 Canadians and 450000 Americans

• Total lifetime health costs: $1.6-$3M/individual
Physical activity has significant physical and psychosocial benefits for adults with SCI.
Activity Levels in Adults with SCI

% Reporting Any Leisure Time Physical Activity (N = 695)

Min/day of mod-heavy LTPA (n = 342)

Martin Ginis, Latimer, Arbour-Nicitopoulos et al. (2010a). *Arch Phys Med Rehabil*

Martin Ginis, Arbour-Nicitopoulos, Latimer-Cheung et al. (2012). *Ann Behav Med*
18-month LTPA Trajectories in 541 Adults with SCI
(bracketed values are min/day of LTPA)

Sweet, Martin Ginis & Latimer-Cheung (2012). *Health Psychol*
A community-university partnership approach to physical activity research and knowledge translation
ADVANCING PHYSICAL ACTIVITY KNOWLEDGE AND PARTICIPATION AMONG CANADIANS LIVING WITH SPINAL CORD INJURY
Research Partners

UNIVERSITY OF SASKATCHEWAN

McMaster University

LAWSON HEALTH RESEARCH INSTITUTE

Loughborough University

UNIVERSITY OF TORONTO

Queen's University

Brock University

University of Guelph

Western

ADVANCING PHYSICAL ACTIVITY KNOWLEDGE AND PARTICIPATION AMONG CANADIANS LIVING WITH SPINAL CORD INJURY
### Research Partners

<table>
<thead>
<tr>
<th>Names</th>
<th>Universities</th>
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</thead>
<tbody>
<tr>
<td>Kathleen Martin Ginis (PI)</td>
<td>McMaster University</td>
</tr>
<tr>
<td>Larry Brawley</td>
<td>University of Saskatchewan</td>
</tr>
<tr>
<td>Steve Bray</td>
<td>McMaster University</td>
</tr>
<tr>
<td>Dave Ditor</td>
<td>Brock University</td>
</tr>
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<td>Guy Faulkner</td>
<td>University of Toronto</td>
</tr>
<tr>
<td>Keith Hayes</td>
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<tr>
<td>Audrey Hicks</td>
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</tr>
<tr>
<td>Steve Hanna</td>
<td>McMaster University</td>
</tr>
<tr>
<td>Julie Horrocks</td>
<td>University of Guelph</td>
</tr>
<tr>
<td>Amy Latimer-Cheung</td>
<td>Queen’s University</td>
</tr>
<tr>
<td>Lori Letts</td>
<td>McMaster University</td>
</tr>
<tr>
<td>Kelly Arbour-Nicitopoulos</td>
<td>McMaster University/U of T</td>
</tr>
<tr>
<td>Harry Prapavessis</td>
<td>University of Western Ontario</td>
</tr>
<tr>
<td>Brett Smith</td>
<td>Loughborough University</td>
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<tr>
<td>Dalton Wolfe</td>
<td>Parkwood Hospital/UWO</td>
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Our Mission

To develop and mobilize evidence-informed strategies that inform, teach and enable people living with SCI to initiate and maintain a physically active lifestyle.
Knowledge Translation/Mobilization
(aka “Dissemination & Implementation”)

Activities used to transfer knowledge generated from research into products, services, and changes in practice.

“Getting the right information, to the right people, in the right format, at the right time”
Blueprint for Research and Knowledge Translation Process

Community-University Partnership

Research

Implementation

Translation into products, tools, services
SCI Action Canada Research and Knowledge Translation Program

Five Principles of Effective Knowledge Translation

Canadian Health Services Research Foundation (2004)
1. Know Your Audience and the Key Issues

What’s available?
What’s needed?
Community capacity

What Tools Do People with SCI Need to Start and Maintain an Active Lifestyle?

Martin Ginis, Arbour-Nicitopoulos, Latimer et al. (2011). *Ann Behav Med*
2. Identify Credible Messengers


Letts, Martin Ginis, Faulkner et al. (2011). *Rehab Psychol*
3. Create Audience-Specific Messages and Practices

PA Guideline and Toolkit Development

Evidence Base

Consensus Panel

Researchers

Clinicians

Community Members
Physical Activity Counseling for Canadians Living with SCI

Get in Motion
Change in % of clients engaging in leisure time physical activity

Figure 1: Percent of Clients Engaging in Exercise Type of Leisure Time Physical Activity

Arbour-Nicitopoulos, Tomasone, Latimer-Cheung & Martin Ginis (submitted)
Active Homes: Changes in Minutes/Week of Strength Training

Latimer-Cheung, et al. (submitted)
ADVANCING PHYSICAL ACTIVITY KNOWLEDGE AND PARTICIPATION AMONG CANADIANS LIVING WITH SPINAL CORD INJURY
4. Select Methods of Delivery and Implementation to Targeted Audiences
Registry in Canadian Medical Association Infobase of Clinical Practice Guidelines

CPA Ontario & Alberta ‘Roadshows’ promoting the guidelines

SCI Get Fit Toolkits Directly Mailed to Canadian Paraplegic Association (CPA) Members

Educational Partners: Canadian Paralympic Committee Active Living Alliance

www.sciactioncanada.ca
5. Evaluate Implementation Effectiveness
95 Get In Motion Clients

Guidelines viewed 6000 times on our website

800 Health Care Professionals & Service Providers

Roadshows in 17 communities

10,000 SCI Get Fit Toolkits Distributed
www.sciactioncanada.ca
Website Visits from 89 Countries
March 17, 2011 to May 14, 2012
Lessons Learned: Cultivating Successful Community-University Partnerships

Martin Ginis et al. (in press). *Translational Behavioral Medicine*
Be Patient—Meaningful Partnerships Take Time to Develop
Remember that Partnerships Are About Sharing
Identify “Partnership Champions”
ADVANCING PHYSICAL ACTIVITY KNOWLEDGE AND PARTICIPATION
AMONG CANADIANS LIVING WITH SPINAL CORD INJURY
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Hoong Phang
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Arif Jetha
Heather Preston
Sarah King-Dowling
Scott Hughes

Staff
Jennifer Vording
Adrienne Sinden
Spero Ginis
Glenna Ciraolo
Iwona Chudzik
Jenn Hohol
Rick Goy
Sarah Cross

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Dr. Guillaume Coudevyille
Dr. Natascha Wesch
Dr. Kelly Arbour-Nicitopoulos
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