

Virtual Peer Coaching in Manual Wheelchair Skills Research Study

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The goal of this study is to determine the effectiveness of virtual coaching from a peer to improve manual wheelchair skills.

This study will include virtual 1:1 training sessions targeted at improving your wheelchair skills.

You may be eligible to participate if you...

- Are at least 18 years old
- Have a non-progressive spinal cord injury (SCI)
- Are able to speak and read English
- Reside in the community
- Use a manual wheelchair for at least 50% of your mobility
- Have access to an internet-ready device with video capabilities
- Have access to a spotter for practicing wheelchair skills
- Desire training in **at least** 5 of the 16 skills included in the study (see below)

Study activities include...

- Six, weekly peer coaching sessions via Zoom to improve wheelchair skills
- Access to a library of wheelchair skills training videos
- Completion of questionnaires before and after training

You will be compensated up to \$75 for completing peer coaching sessions and \$125 for completing questionnaires

Skills included in the study:

- | | | | |
|---|-----------------------|--------------------------|----------------------------------|
| 1- Opening/closing doors | 5- Up a low curb | 10- Up a steep incline | 15- Floor-to-chair transfer |
| 2- Picking up an object from the ground | 6- Down a low curb | 11- Down a steep incline | 16- Folding/unfolding wheelchair |
| 3- Getting over a gap | 7- Up a high curb | 12- Getting up stairs | |
| 4- Getting over a threshold | 8- Down a high curb | 13- Getting down stairs | |
| | 9- Stationary wheelie | 14- Uneven transfers | |

If you are interested in learning more about this study, visit <https://tinyurl.com/mwcpeercoaching> or contact the study coordinator at (412)-232-9326 or tempestml@upmc.edu