

BACKGROUND & OBJECTIVES

- The benefits of peer support for improving the health outcomes of people with newly acquired spinal cord impairment (SCI) are increasingly acknowledged.
- We are working collaboratively with provider organisations to conduct a programme of realist research aimed at facilitating the ongoing development of nationally consistent peer support services (figure 1).

RESULTS

A theoretical model explaining how peer support works is being refined (figure 2):

- Peer support actively promotes the experience and practice of belonging, optimism, competence, adaptive coping and autonomy in people with newly acquired SCI.
- The current evaluation (ongoing) is exploring to what extent peer support improves health outcomes, improves the experience of rehabilitation for people with newly acquired SCI, and improves their transition from inpatient rehabilitation to home and community settings.
- Researching alongside peer support providers to better understand 'what works for who, in what contexts, and how' has been a powerful knowledge translation strategy.
- This process has contributed to a theoretically-informed knowledge mobilisation process, ensuring that peer support delivery aligns with best available evidence, while also aligning with potential funder best practice. A very cunning plan indeed!

A cunning plan!

Using realist research approaches to mobilise knowledge within organisations providing peer support to people with spinal cord impairment

AIMS

This practice-embedded research aims to:

- develop more sustainable services that provide best-practice peer support for people with SCI.
- provide evidence that could be used when applying for ongoing service provision funding.
- develop the structure for an ongoing programme of evaluation that can be used for monitoring and service development going forward.

METHODS

Phase 1 – theoretical articulation

- Literature & document review.
- Interviews with peer support providers.

Phase 2 – evaluation of peer support services

- Collection of demographic & service delivery data.
- Interviews with people with SCI at discharge & 6 months following discharge.

HOW DOES PEER SUPPORT HELP SOMEONE WITH A NEW SCI?

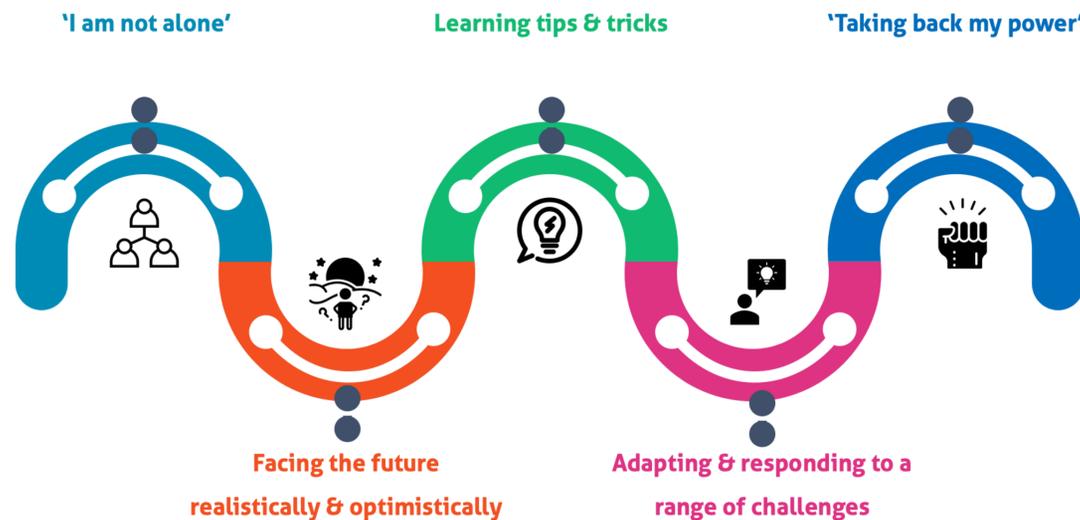


FIGURE 2: OVERVIEW OF HOW PEER SUPPORT WORKS FOR PEOPLE WITH NEWLY ACQUIRED SPINAL CORD IMPAIRMENT

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DEVELOP A SUSTAINABLY FUNDED CONSISTENT PEER SUPPORT SERVICE FOR PEOPLE WITH SCI IN NZ

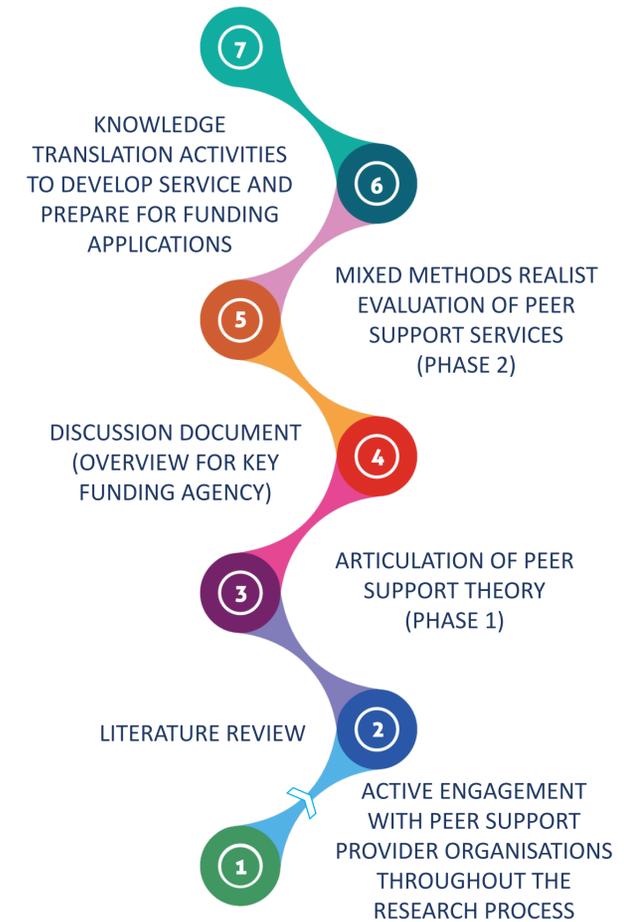


FIGURE 1: STRATEGY FOR DEVELOPING SUSTAINABLY FUNDED, NATIONALLY CONSISTENT PEER SUPPORT SERVICES IN NZ

NEXT STEPS

- Knowledge translation workshop with all stakeholders to facilitate nationally consistent service delivery planning & development
- Work with peer support organisations on sustainable funding applications, based on research results