

INTRODUCTION

- Individuals with spinal cord injury/dysfunction (SCI/D) often take multiple medications¹
- Adults with SCI/D interact with multiple healthcare providers and engage in activities related to medication self-management²
- Medication self-management is having the knowledge, confidence, and skills to deal with taking or not taking medications
- There are limited resources available for adults with SCI/D that comprehensively address medication self-management³
- Objective:** To co-design a toolkit to support medication self-management among adults with SCI/D across Canada

METHODS

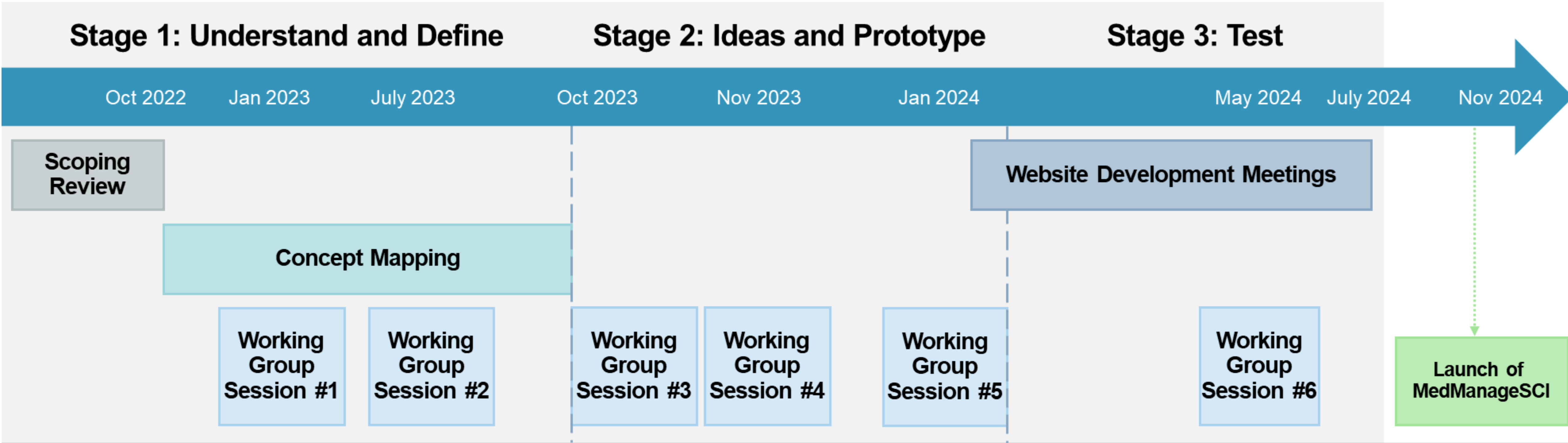
Study Design: Participatory, multi-methods study

Participants:

- Concept Mapping: 21 adults with SCI/D, 11 caregivers, and 12 healthcare providers
- Working Group: 9 adults with SCI/D, 1 caregiver, and 9 healthcare providers

Data Collection: Scoping review, concept mapping study, working group sessions, website development meetings

Data Analysis: Descriptive, inductive coding and categorization of feedback



RESULTS

Stage 1

Scoping Review

- Lack of comprehensive tools to support medication self-management in adults with SCI/D (n=3)

Concept Mapping

- Developed 79 unique statements
- Categorized into 8 clusters
- Rated on importance and realistic

Working Group Sessions #1 and 2

- Thematized and prioritized content ideas
- Preliminary reflections:
 - Toolkit content was informative, helpful, comprehensive, and easy to understand
 - Content should be presented as text, videos, infographics, and pictures
 - Accessibility needs to be considered in terms of appropriate colour contrast, font size, clean layout, limited scrolling
 - Ideal delivery was online (website)

Stage 2

Working Group Session #3

- Provided feedback on visual content: first impressions, message and purpose, visual elements, layout and flow, and graphics
- Finalized fonts for toolkit

Working Group Session #4

- Provided feedback on visual content: AI voices, first impressions, visual elements, layout and flow, and graphics
- Addressed revisions to feedback

Working Group Session #5

- Finalized the organization of the toolkit modules, along with the name and objective of each module
- Received feedback on the colour scheme
- Selected the toolkit name: MedManageSCI

Stage 3

Website Development Meetings

- Developed the brand identity, design features, accessibility requirements
- Created an online version of MedManageSCI (desktop and mobile)

www.medmanagesci.ca

Working Group Session #6

- Improved the functionality and navigation of the website
- Updated pictures to be more representative of the population
- Decided on mechanism for collecting testimonials from users

CONCLUSIONS

- MedManageSCI is a comprehensive medication self-management toolkit designed to empower adults with SCI/D to take an active role in their health
- Next steps involve refining the module content, assessing the feasibility, acceptability, and appropriateness of the toolkit, and examining outcomes related to medication self-management

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