Study Title: DevelOPment and evaluaTion of a toolkIt to iMprove medicAtion self-management for persons with spinaL cord injury (OPTIMAL-SCI)

Principal Investigator: Dr. Sara Guilcher (PhD, PT)

Purpose/Brief Description of the Study: The purpose of this research study is to co-develop, test, and evaluate a toolkit intervention that aims to improve medication self-management for persons with spinal cord injury. We will co-develop the toolkit intervention with persons with spinal cord injury, caregivers, healthcare providers, and organization leaders.

We are conducting a concept mapping study, which involves three steps: brainstorming, sorting and rating, and mapping. Participants will be able to take part in one or all of the phases (all steps will be conducted virtually). The sessions will be based on the question: *If a resource (e.g., toolkit) was being developed to help persons with spinal cord injury manage their medications, what should it include?* Through these sessions, we brainstorm ideas around the content and delivery to help with the development of the toolkit. We will also identify the most important and realistic ideas to include in the toolkit. Finally, we will create visual maps of the data. All participants will receive a gift card for each step they take part in. Individuals who participate in all three steps of concept mapping will be entered in a draw to win a $200 Amazon gift card.

Target audience for participation:
- Adults with spinal cord injury/dysfunction
- Caregivers for adults with spinal cord injury/dysfunction
- Health and social care providers who have experience with spinal cord injury/dysfunction

Ethics Approval & REB Number: University of Toronto (REB #: 42195)

Additional Information: For more information, please email our research team at medsci.study@utoronto.ca or contact Lauren Cadel at lauren.cadel@utoronto.ca or 437-247-3997.