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## Coaching in Context: Implications for Practice & Parent Perspectives

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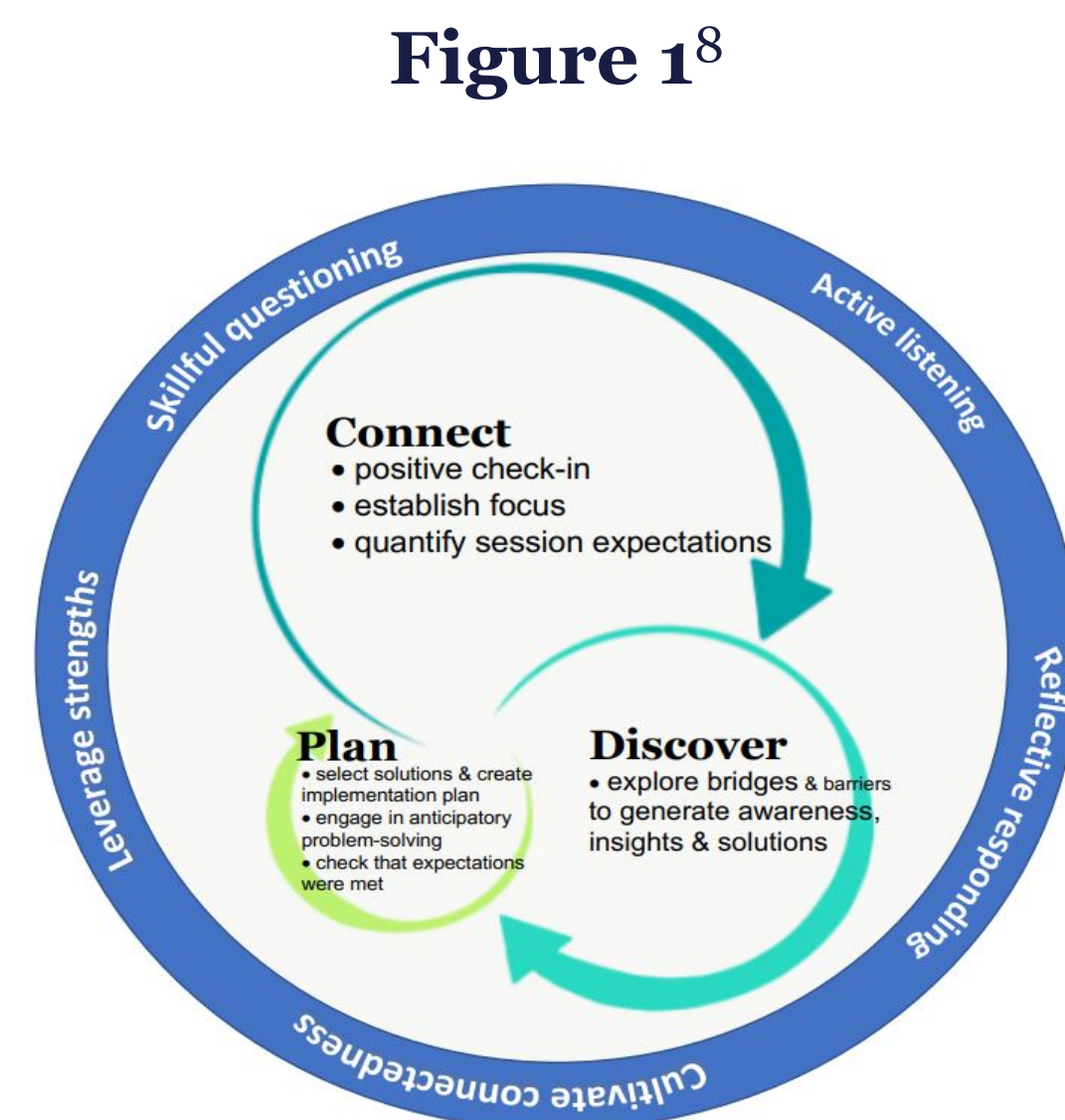


## Introduction

- Informal care partners experience high levels of guilt, stress, anxiety, depression, and overall decreased health and wellness<sup>1-3</sup>.
- There is a gap in accessibility of services for informal care partners of individuals with chronic conditions<sup>4</sup>.
- Care partners of individuals with chronic conditions need long-term support and skill-building for the health & well-being of their care recipient and themselves<sup>5</sup>.

### Coaching in Context<sup>6,7</sup>

- Coaching in Context (CinC)** (Figure 1) is a client-driven approach that leverages client's strengths and addresses challenges through problem-solving skills.
- Coaches connect with clients to build a trusting relationship. The coach uses skillful questioning to enable the client to identify priorities and bridges/barriers to success. From there, the client establishes an action plan for goal achievement.



## Methods

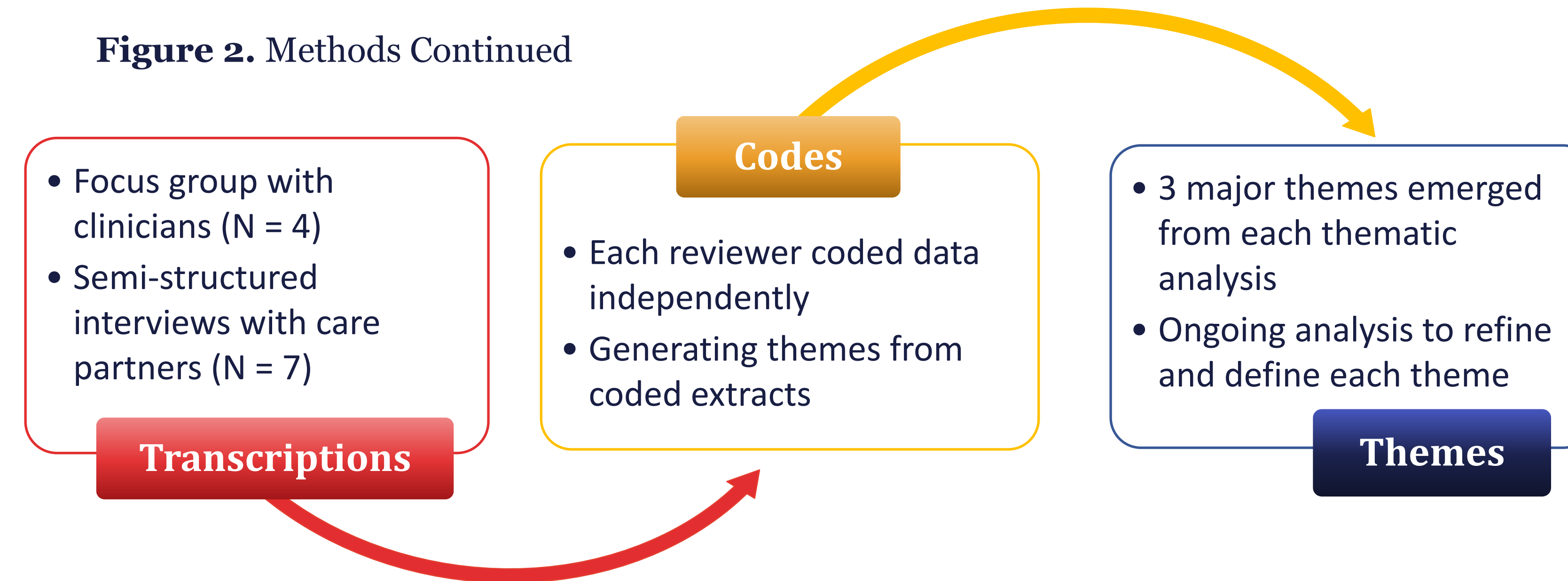
These findings come from a larger pilot study to examine the feasibility and outcomes of *Coaching in Context* with informal care partners of children with SCI using mixed qualitative method design.

A thematic analysis was completed on (Figure 2):

- An IRB-approved focus group with the clinicians (N=4) who implemented coaching with the care partners.
- Semi-structured interviews with female care partners of children with SCI (N = 7)

The follow-up interviews and focus group were audio-recorded, transcribed verbatim, and uploaded to NVivo software (v12.6.0 QSR International Pty Ltd., Victoria, Australia). Transcriptions were read in full length and subsequently coded to identify emerging themes by 2 separate reviewers (N = 4 total reviewers).

**Figure 2.** Methods Continued



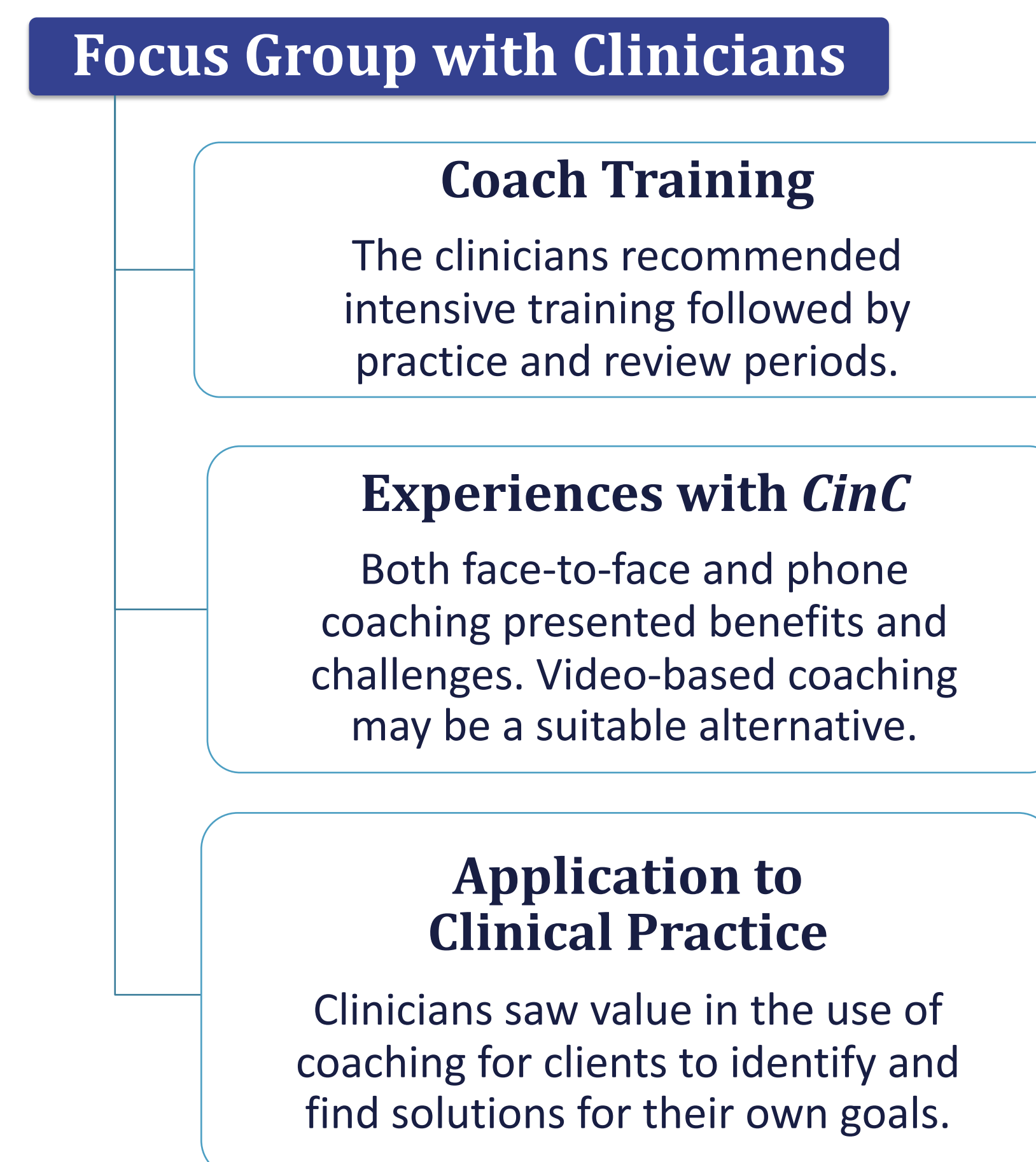
## Results

**The 4 clinicians:** occupational therapist, physical therapist, social worker, psychologist.

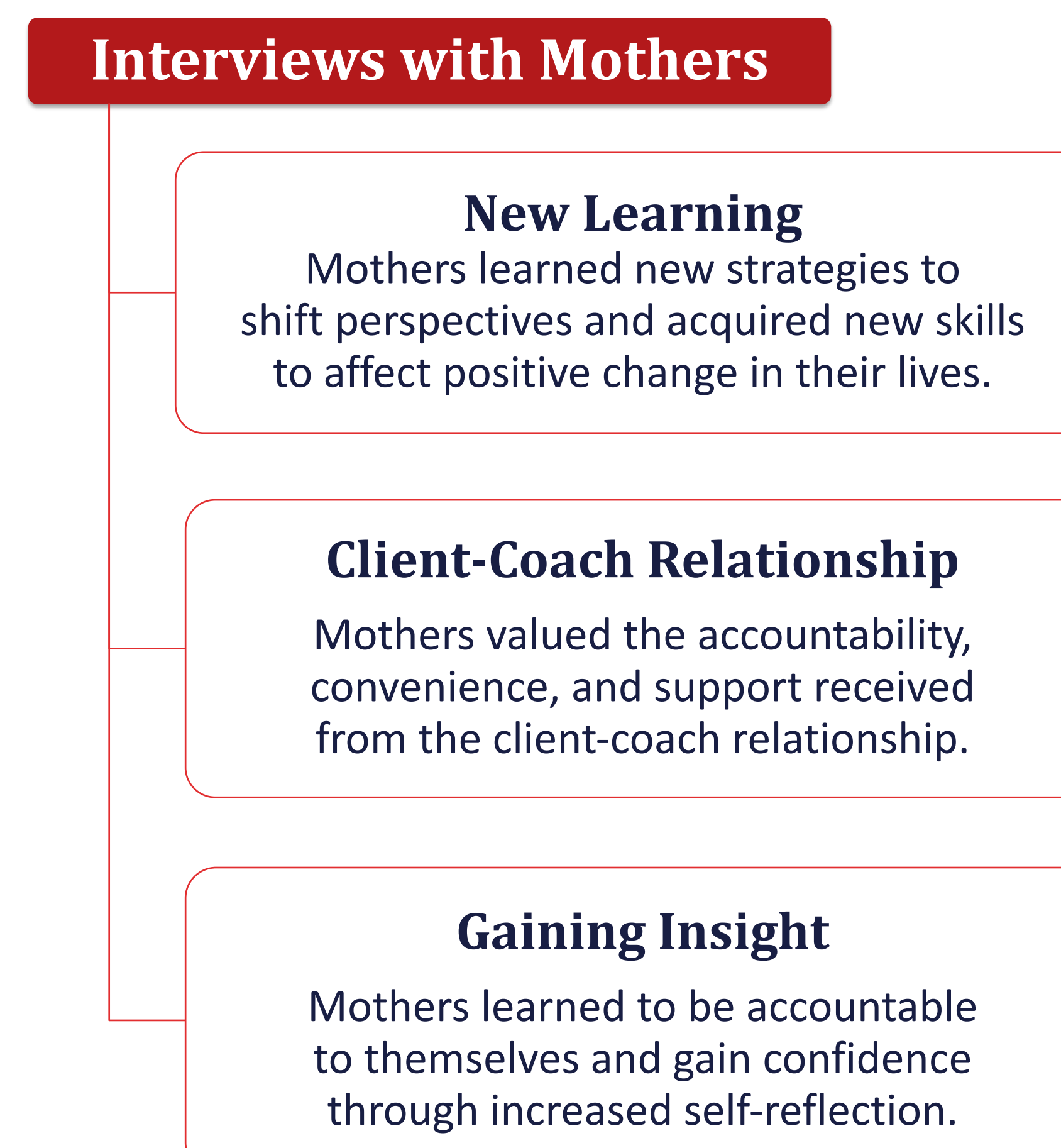
**The 7 Care Partners:** Working mothers with an average age of 37.14 years (range=32-45) with children aged 10 years (range=7-13 years), 6.71 years (range=2-13 years) post SCI.

Figure 3 shows themes from clinician (**Figure 3a**) and caregiver (**Figure 3b**) interviews.

**Figure 3a.** Clinician Focus Group



**Figure 3b.** Interviews with Mothers



### Sample of Clinicians' Quotes

*"The luxury of the phone intervention is nice and convenient, but it also can be... a little limiting."*

*"I feel that the client-centeredness... helping clients figure out their own goals... was very comfortable."*

### Sample of Care Partners' Quotes

*"I'll be a lot more successful after going through the coaching process, like I said, it cause me to deconstruct and kind of deal with core issues...and set me up for success in the future."*

*"I really wish that I had something like this in the beginning"*

## Conclusion

- CinC* fosters a collaborative relationship with a client by facilitating awareness of challenges, solutions, and outcomes for a client's self-identified goals.
- Though *CinC*, clinicians foster skill development and self-efficacy for mothers of children with SCI.
- Clinicians can also enhance their own existing skills, such as therapeutic use of self and goal setting, to encourage client participation.
- CinC* differs from clinicians' traditional directive approach. To prepare clinicians for the delivery of *CinC*, formal training is needed.

## Acknowledgements

We acknowledge our clients and coaches who participated in the larger study to examine the feasibility and outcomes of *CinC* with informal care partners of children with SCI. The study was funded by the Craig H. Neilsen Foundation Grant #533863 (Mulcahey, PI).

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