

12-10-2021

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

Rachel Y. Kim, OTD, OTR/L  
*Thomas Jefferson University*

N. Gerhardt, MS, OTR/L, CBIS  
*Thomas Jefferson University*

Bernadette Alpajora, OTD, OTR/L  
*Thomas Jefferson University*

MJ Mulcahey, PhD, OTR/L, FASIA, CLCP  
*Thomas Jefferson University*

Follow this and additional works at: <https://jdc.jefferson.edu/otpresentations>

 Part of the [Occupational Therapy Commons](#)

[Let us know how access to this document benefits you](#)

---

### Recommended Citation

Kim, OTD, OTR/L, Rachel Y.; Gerhardt, MS, OTR/L, CBIS, N.; Alpajora, OTD, OTR/L, Bernadette; and Mulcahey, PhD, OTR/L, FASIA, CLCP, MJ, "Coaching in Context: Implications for Practice & Parent Perspectives" (2021). *Department of Occupational Therapy Posters and Presentations*. Paper 71. <https://jdc.jefferson.edu/otpresentations/71>

This Article is brought to you for free and open access by the Jefferson Digital Commons. The Jefferson Digital Commons is a service of Thomas Jefferson University's [Center for Teaching and Learning \(CTL\)](#). The Commons is a showcase for Jefferson books and journals, peer-reviewed scholarly publications, unique historical collections from the University archives, and teaching tools. The Jefferson Digital Commons allows researchers and interested readers anywhere in the world to learn about and keep up to date with Jefferson scholarship. This article has been accepted for inclusion in Department of Occupational Therapy Posters and Presentations by an authorized administrator of the Jefferson Digital Commons. For more information, please contact: [JeffersonDigitalCommons@jefferson.edu](mailto:JeffersonDigitalCommons@jefferson.edu).

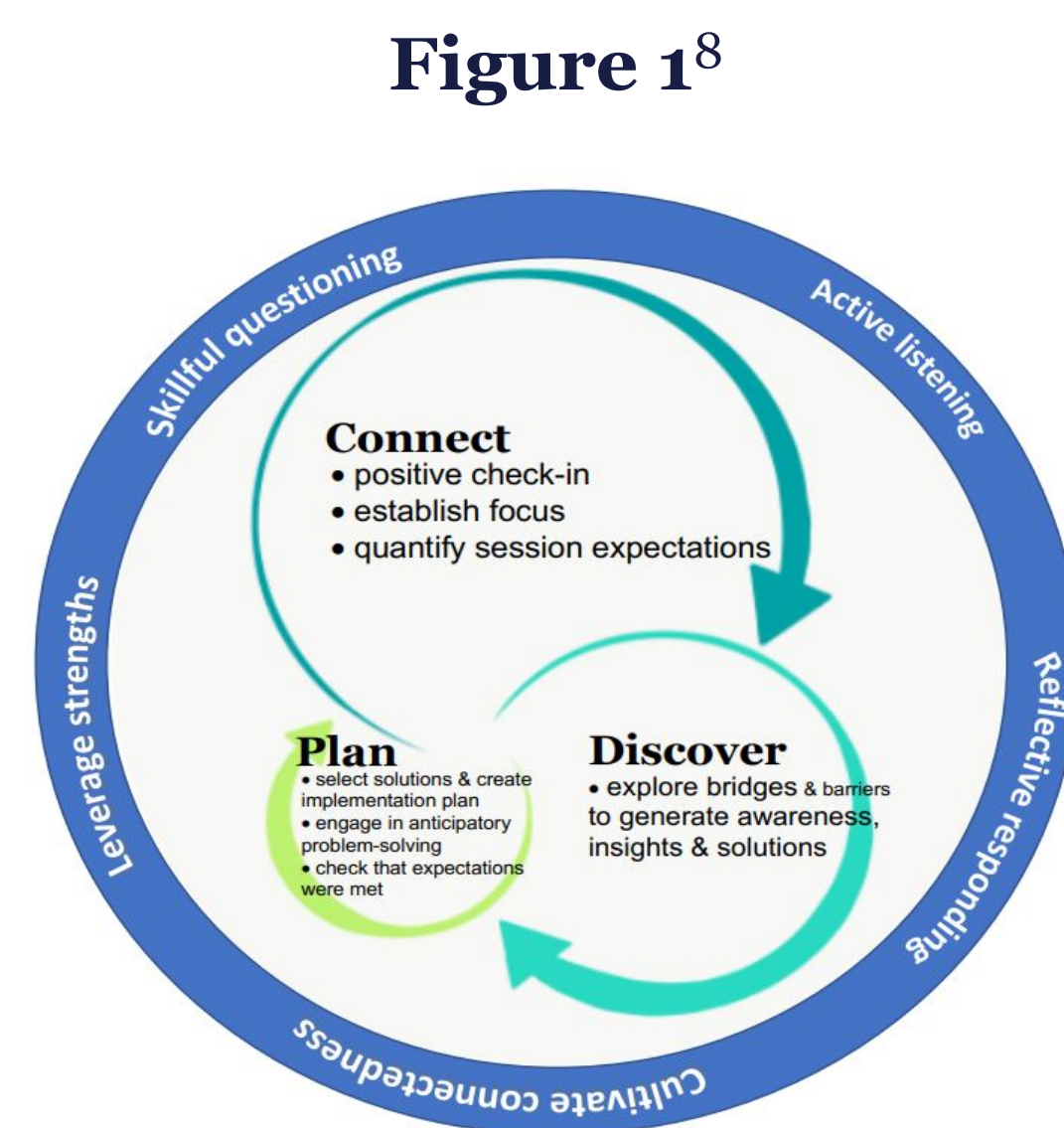


## Introduction

- 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

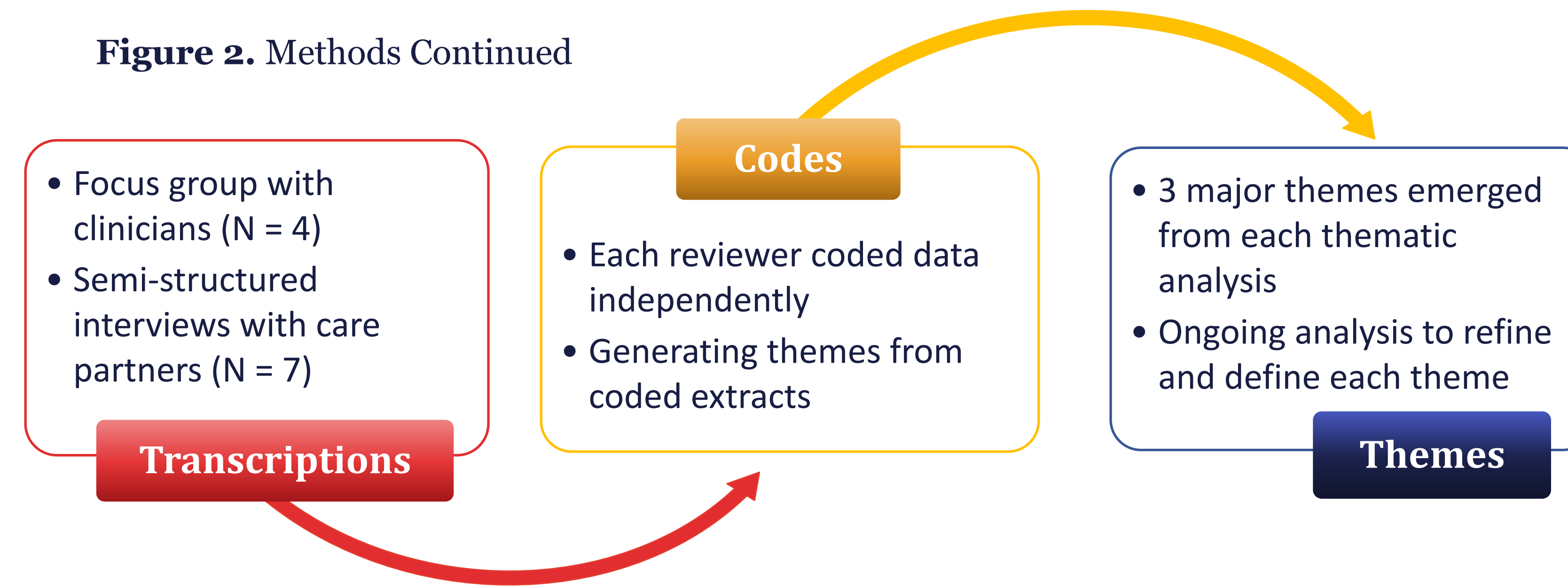
These findings come from a larger pilot study to examine the feasibility and outcomes of *Coaching in Context* with informal care partners of children with SCI using mixed qualitative method design.

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

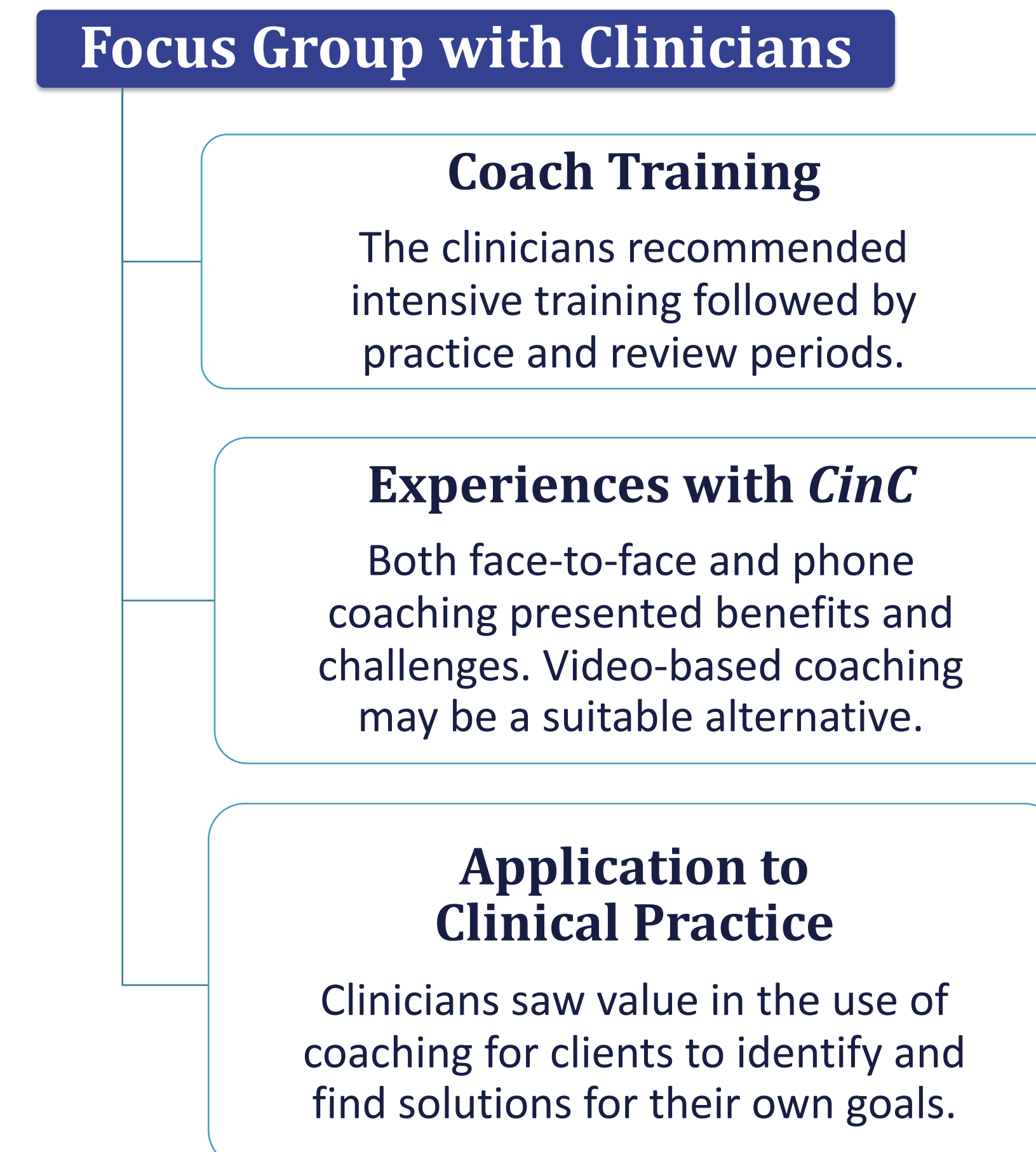
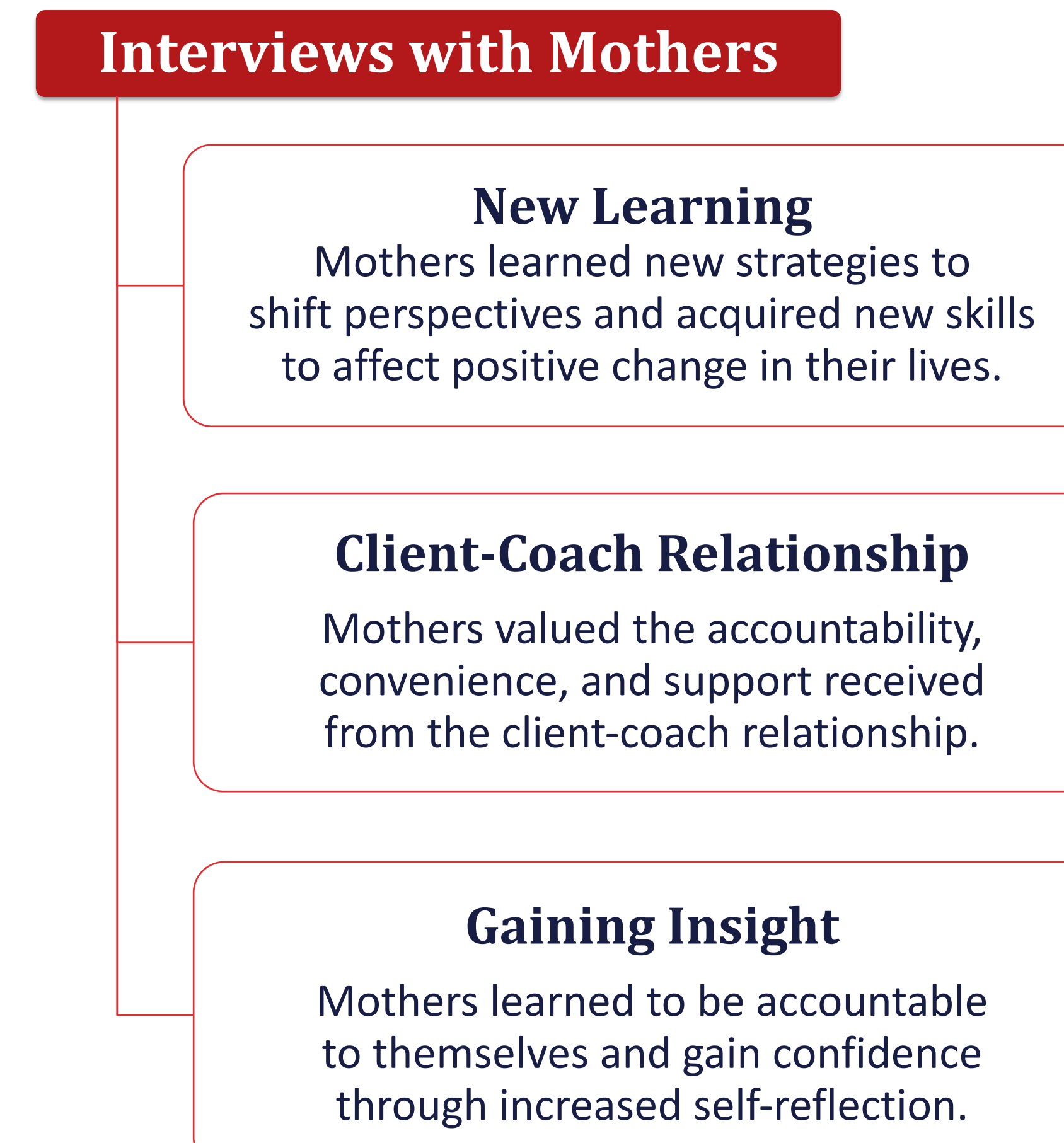


Figure 3b. Interviews with Mothers



## 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).

## References

1. Kelly, E.H., Mulcahey, M.J., Klaas, S., Russell, H.F., Anderson, C.J., & Vogel, L.C. (2012). Psychosocial Outcomes Among Youth with Spinal Cord Injury and Their Primary Caregivers. *Topics in Spinal Cord Injury Rehabilitation, 18*(1), 67-72.
2. Kelly, E.H., Riordan, A.L., Zembracki, K., Thorpe, S., & Vogel, L.C. (2016). Relationships between caregiver characteristics and health-related quality of life among youth with spinal cord injury. *Topics in Spinal Cord Injury Rehabilitation, 2016*, 22(2), 149-157.
3. Nicolais, C.J., Perrin, P.B., Panyavin, I., Nicholls, E.G., Leonor, S., Plaza, O., Quintero, L.M., & Arango-Lasprilla, J.C. (2016). Family dynamics and psychosocial functioning in children with SCI/D from Colombia, South America. *Journal of Spinal Cord Medicine, 39*(1), 58-65.
4. Schulz, R. & Sherwood, P. R. (2008). Physical and mental health effects of family caregiving. *The American Journal of Nursing, 108*(9 Suppl), 23-27. <https://doi.org/10.1097/01.NAJ.0000336406.45248.4c>
5. World Health Organization. (2006). *Neurological disorders: Public health challenges* [PDF]. [https://www.who.int/mental\\_health/neurology/neurological\\_disorders\\_report\\_web.pdf](https://www.who.int/mental_health/neurology/neurological_disorders_report_web.pdf).
6. Potvin, M.C., Prelock, P.A., & Savard, L. (2018). Supporting children with autism and their families: A culturally-responsive family driven interprofessional process. *Pediatric Clinics of North America, 65*, 47-57.
7. Cadematori, C., Alpajora, B., Sivori, T., Betz, S., Gerhardt, N., Dunn, W., & Mulcahey, M. (2021). Preliminary examination of *Coaching in Context* with clients with spinal cord injury. *Spinal Cord Series and Cases, 7*, 27. <https://doi.org/10.1038/s41394-021-00391-9>
8. Potvin, M. C., Mulcahey, M. J., & Gerhardt, N., (2021). *Coaching in Context. Department of Occupational Therapy Faculty Papers, 79*. <https://jdc.jefferson.edu/otfp/79>

Advanced Practice Certificate in Coaching in Context

