

ABSTRACT

POSTER TITLE: Project 3.2 Bright Coaching: A developmental coach system to empower families of preschoolers with suspected developmental delays

AUTHOR(S) **Investigators (*PIs):** Majnemer A*; O'Donnell M*, Ballantyne M, Cohen E, Collet JP, Elsabbagh M, Hanlon-Dearman A, Filliter J, Lach L, McElroy T, McGrath P, McKellin B, Miller A, Patel H, Rempel G, Shevell M, Wittmeier K
RAs: Hansen T, MacDougall H, McGuire M, Pierce S, Radzioch A
Coaches (*Lead coach): Baker A, Brown A*, Haley A, Mounsey A, Szulzinger T
Trainee: Ogourtsova T

INSTITUTION/AFFILIATION(S) Montreal Children's Hospital-MUHC Research Institute, McGill University; Child Health BC; Children's Hospital Research Institute of Manitoba; Halifax IWK Health Center

FUNDING SOURCE(S) CIHR Strategy for Patient-Oriented Research (SPOR) Networks in Chronic Disease

ABSTRACT

Canadian families typically wait up to one year or longer to receive developmental services (i.e. assessment and/or intervention) for their child with suspected developmental delay(s). BRIGHT Coaching seeks to support and empower families during this vulnerable period.

The BRIGHT Coaching multi-site randomized clinical trial aims to determine the efficacy of a 12-month health coaching intervention (manualized, self-management online education and support in the form of 14 individual coaching sessions) vs. usual care that is locally available in improving parent empowerment, other parent-related outcomes and cost.

The development and content was informed by our multi-disciplinary pan-Canadian team of researchers and parent advisors, a multi-site pilot, and an online national needs survey of 208 families. We finalized, translated, and launched program materials including a research assistant manual, coach manual, parent exercise book, an online resource platform and an online interactive peer-support forum.

The BRIGHT Coaching trial is currently in its data collection phase. We have enrolled 140/350 participants to date; of this total, 15% of participants are fathers. Qualitative feedback from participants who have completed the program (n=23) highlights high levels of satisfaction with and usefulness of the intervention in promoting their sense of empowerment in the face of their child's difficulties and personal challenges.

To date, we already published three peer-reviewed publications and hosted a national webinar session related to health coaching. Recently, we conducted two sub-studies: assessed coaches' fidelity in delivering the program using a rating tool developed by our team, the CO-FIDEL (COaches Fidelity in Intervention DELivery), and evaluated patient-engagement processes and their impacts within our study, according to researchers' and parent-advisors' perspectives. Those projects were presented at national and international meetings; related manuscripts are in final stages of preparation for submission.

Current challenges include recruitment and stakeholder engagement. The fragmented system of resources that parents access has impacted recruitment in some provinces, and at this phase, research activities don't require as much consultation with stakeholders. In view of these difficulties, our team is working on enhancing recruitment strategies (approaching new clinical intake teams; use of social media) and involving our parent-advisory group in planning for optimal results in our dissemination strategies.