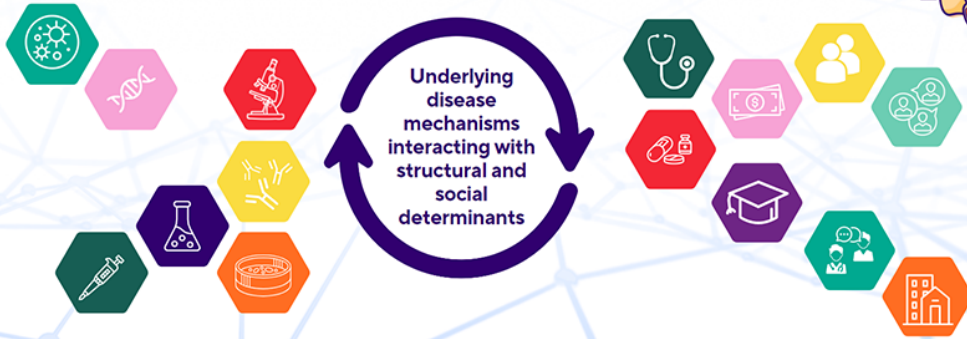




19TH ANNUAL CHILD HEALTH RESEARCH DAYS
Outcomes in Child Health



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Abstract Submission Form

CHRD 2023: Abstract Submission Form

Submitter Name

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Presenter Status

Post-Doctoral Fellows

Research Category

Community Health / Policy

Role in the project

Analyze Data
Write Abstract

Title

BRIGHT Coaching: A qualitative study to understand the program's core components and participant experiences.

Background

Children with suspected developmental delays and their families often face lengthy wait times for assessment and services. BRIGHT Coaching is a virtual 1:1 caregiver-focused coaching program, with 12 topics designed to provide support and information during the waiting period. It was tested through a randomized controlled trial (RCT) in 4 Canadian provinces.

Objective

To understand BRIGHT Coaching's core components and participants' experiences of the program, to inform refinement and future implementation.

Methods

We report on the qualitative findings of the RCT. Participants were caregivers of preschool children on a waitlist for neurodevelopmental assessment(s)/service(s), who completed the BRIGHT Coaching program. Data was collected by program coaches using semi-structured discussions. Discussions were audio-recorded, transcribed, de-identified, and analysed. Content analysis was used to identify the core components of the program. Reflexive thematic analysis was used to understand participants' experiences.

Results

Data was available for 56 participants who completed BRIGHT Coaching. All 4 participating provinces were represented. Core components of BRIGHT Coaching include: i) 1:1 coaching, ii) BRIGHT Coaching manual, iii) virtual delivery, iv) helpful content, and v) program flexibility. Less valued components included

the online participant forum (not frequently accessed), and coach messaging system (difficult to use). Themes descriptive of participants' journeys include: i) Finding the path, ii) Walking with someone who "gets it", iii) A balancing act, iv) Personal growth, v) Family-approach. "The timing of the program" and "Expectations versus reality" were concepts interwoven through the core components and themes. The coach (relationship, attributes, accountability) was foundational to participants' experiences.

Conclusion

Quantitative and qualitative data will be integrated to inform BRIGHT Coaching refinements. Next steps involve sharing the updated program with caregivers, healthcare providers, managers, and policy makers for review and recommendations, and assessing the revised BRIGHT Coaching program for implementation feasibility, acceptability, and appropriateness within 4 Canadian provinces.

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