Title of Presentation: Wheelchair Skills Training – a Practical Workshop on Wheelies

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I. Abstract

The Wheelchair Skills Program (WSP) (www.wheelchairskillsprogram.ca) is designed to help practitioners optimize the safety and maneuverability challenges that face wheelchair users and their caregivers. Although we will briefly review the background of the WSP and the available research evidence about the wheelie, the majority of the workshop will consist of practical skills training. This will focus on acquiring the stationary wheelie skill and the wheelie-dependent skills that it permits (e.g. incline descent, curb descent, managing soft surfaces). On completion of the course, attendees will be able to implement such training in their own settings.

II. Relevance to Conference Audience

This workshop will be relevant to clinicians, researchers and wheelchair manufacturers.

III. Learning Outcomes

1. Participants will be able to describe the research evidence underlying the wheelie and wheelie-dependent skills.
2. Participants will be able to describe an approach to training people to perform the wheelie and wheelie-dependent skills.
3. Participants will be better able to perform the wheelie and wheelie-dependent skills.

IV. Handout Materials

The Wheelchair Skills Program Manual Version 4.3 is 281 pages long. This is too much material to provide as a handout. However, this material is available, free of charge, to be downloaded from our web-site (http://www.wheelchairskillsprogram.ca/eng/manual.php).

V. Organizational Structure of Session

<table>
<thead>
<tr>
<th>Time in Minutes</th>
<th>Learning Outcomes to be Addressed</th>
<th>Presenter(s)</th>
<th>Instructional Design: Presentation Format, Activities Planned, AV Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>The theory of wheelies. Objectives # 1, 2</td>
<td>Kirby &amp; Smith</td>
<td>Lecture style (PPT)</td>
</tr>
<tr>
<td>45</td>
<td>Learning to perform the wheelie and wheelie-dependent skills Objective #3</td>
<td>Kirby &amp; Smith</td>
<td>Practical training</td>
</tr>
<tr>
<td>15 min (Required)</td>
<td>Discussion Period</td>
<td>Kirby &amp; Smith</td>
<td>Discussion</td>
</tr>
</tbody>
</table>


VI. Presenter Experience

R. Lee Kirby MD, FRCPC is a Professor in the Division of Physical Medicine and Rehabilitation in the Department of Medicine at Dalhousie University. He is based at the Nova Scotia Rehabilitation Centre Site of the Nova Scotia Health Authority. His primary research interest is the safety and performance of wheelchairs. He has held research grants from a number of national and international funding bodies. He has published 144 papers in peer-reviewed journals and 307 abstracts or proceedings of presentations to national or international meetings. He heads the team that developed the Wheelchair Skills Program.

Cher Smith BSc OT, MSc is an occupational therapist. She is a member of the Dalhousie University Wheelchair Research Team and acts as the Seating and Mobility Coordinator at the Queen Elizabeth II Health Sciences Centre in Halifax, Nova Scotia. She is also an adjunct professor in the School of Occupational Therapy at Dalhousie University. She has been working as an OT in research, clinical and educational work for over 15 years. In 2002, Cher was awarded the Mundy Award by the Canadian Adaptive Seating and Mobility Association. She has presented widely to national and international audiences.