

# ACADEMY OF SPINAL CORD INJURY PROFESSIONALS



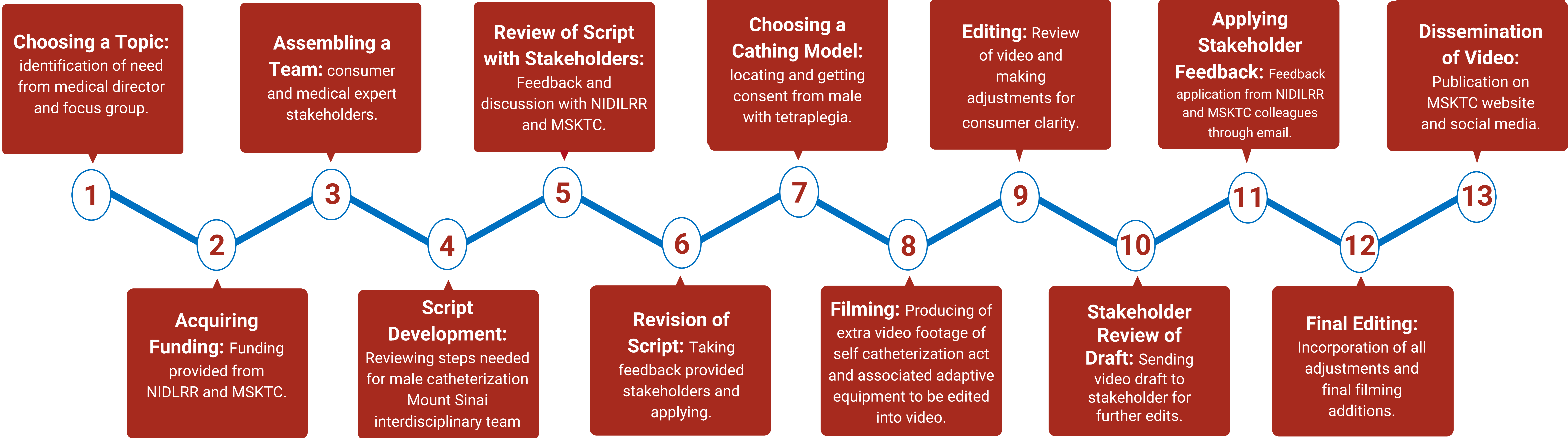
Department of Rehabilitation and Human Performance

## Educational video creation for self-catheterization of a male with impaired hand function

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**Purpose:** Describe the methodology and process for creating an educational video targeting both to consumers and clinicians using self-catheterization of a male with tetraplegia as an example.

**Background:** Video learning is an easily accessible way to educate consumers and provide resources and demonstration of practical tasks. In addition to being used by consumers themselves, they can be used by educators to augment teaching. The most effective videos to facilitate learning are those in which the task being taught is mimicked as closely as possible (Faleiros et al., 2019). For self-performed tasks that include clinical procedures, this would include demonstration by a **live human model** to demonstrate those tasks in a way that conforms to accepted, safe medical, nursing, and occupational therapy practices.



**Conclusion:** This methodology and process provides a clear outline for development of educational videos that include self-performed tasks and clinical procedures. The participation of models experiencing impaired hand function / SCI are a beneficial resource not only to individuals within the community observing these videos, but for clinicians such as physicians, nurses and therapists who would participate in teaching these tasks.

### Further Implications:

- Development of this video led to using a survey and needs assessment model to develop further educational videos surrounding independence and self-catheterization
- Survey development to include community outreach integration of opinion when developing educational models
- Better engagement of community members led to easier recruitment of models for next step – Female self catheterization.

