

EPISODE NOTES

Thank you for joining the *CONTINUUM Lab's Podcast*! In today's episode we sit down with Kerri Morgan, PhD, OTR/L, ATP, Associate Professor for the Program in Occupational Therapy and Neurology at Washington University School of Medicine and speak about what goes into starting an NIH R01 Research Grant.

1. Why Exercise is Important to You

When Kerry was a child, she had a hard time finding ways to set physical activity goals, or even exercising at all. It's important that once people leave the medical institution and they're living in the community, that there's ways to access the support and information to be able to be physically active the way they want to be.

Being part of a team helps to challenge yourself physically and mentally and having access to a built-in support system.

We need to talk to people with disabilities about physical activity.

2. Priorities for Funded Exercise Research

"How do we get people out of their homes and in the community exercising?"
- Kerry Morgan, PhD

Many ways are needed to engage people in activity. Whether it's in the home, through tele-rehab, or out and into the community.

Partner with businesses in the community to increase success.

Using a pilot trial is an excellent way to identify potential issues and find solutions.

3. Getting a Trial Up and Going

You can't anticipate everything; you may need to problem solve something for each participant.

Various aspects of the study will take longer than you think, such as training, protocols, testing, and recruitment of participants. It's important to set expectations appropriately and take time to set up the study by doing things the right way.

Building a strong team, will help you be able to problem solve issues that arise and is a key to successful implementation.

4. Advice/Resources for Conducting First Trial

The importance of good pilot data can help you realize potential barriers, and make sure ideas are actually feasible.

The team you surround yourself with and really involving the community you're studying is critical. Make sure to have an active community advisory board that's involved from the beginning (including the grant writing) to have their voice throughout the entire process.

*"Have things in place that keep you grounded and giving you a reality check on making sure the things you're doing are actually doable."
- Kerry Morgan, PhD*

Having the right people in place, have members of your team fill in gaps of your knowledge, and work with them to find equitable solutions to issues.

This cannot be emphasized enough, have a really good research coordinator!

5. The Role of Sport

*"The great thing about sport, is it's an organized effort to get people to move the way they can move."
- Kerry Morgan, PhD*

Sport brings physical & mental health benefits, as well as stress relief.

What often gets overlooked especially for people with disabilities is the network it brings you. It brings a shared lived experience and the opportunity to learn new things.

Sport can teach you how to focus and manage your time, such as fitting in training on top of other responsibilities.

6. Priorities in Adapted Sport

There is not a lot of funding to support Paralympic or adapted sports research, we need to continually advocate for more funding.

We need to close the gap between the data, equipment, resources, and devices that people without disabilities have access to, that people with disabilities don't have access too.

There isn't a clear picture of what's going to impact health for a wide range of disabilities. We have a lot of work to do with how we transition people out of the medical model and into the community.

*"How do we get people thinking about physical activity is important for them sooner rather than later."
- Kerry Morgan, PhD*