## S3. Online and in-person training agenda and learning outcomes

| Online Modules | Time | Modules | Learning objectives |
|----------------|------|---------|---------------------|
| Introduction   |      |         | to describe the hybrid methodology implemented in this course |
| Phase 1        |      | A.1 Wheelchair users | to list at least seven benefits of an appropriate wheelchair for a wheelchair user; to explain how wheelchair service personnel can support a wheelchair user’s right to personal mobility; to list at least five ways wheelchair users can be actively involved in wheelchair provision. |
|                |      | A.2 Wheelchair services | to explain what a wheelchair service is; to identify their role in a basic wheelchair service; to define “basic level service” in wheelchair service delivery. |
|                |      | A.3 Wheelchair mobility | to introduce basic wheelchair mobility skills safely, including pushing, turning, going up and down slopes, going up and down steps with assistance, and a partial wheelie. |
|                |      | A.4 Sitting upright | to list at least 10 features of “sitting upright” (neutral sitting posture); to list at least six benefits of sitting upright; to demonstrate four ways that the pelvis can move; to explain how movement of the pelvis can change sitting posture; to recognize different sitting postures and how these are different from upright sitting. |
|                |      | A.5 Pressure sores | to list the four stages of a pressure sore; to recognize when a person with a pressure sore should be referred for specialist help; to list local services where wheelchair users can be treated for pressure sores; to list the three main causes of pressure sores; to identify the main pressure sore problem areas for wheelchair users; to list risk factors for pressure sores; to list ways a wheelchair user can prevent pressure sores. |
|                |      | A.6 Appropriate wheelchair | to describe at least four things that make a wheelchair “appropriate”; to identify the parts of the wheelchair which affect how the user sits; to explain how different parts of the wheelchair support specific needs of the wheelchair user; to identify wheelchairs which are more suited to outdoor/rough terrain than others; to suggest the most suitable wheelchair to a wheelchair user, considering his/her needs. |
|                |      | A.7 Cushions | to list benefits of cushions for wheelchair users; to name the different types of cushions available locally; to explain what a “pressure relief cushion” is; to explain that adding a foam “lift” to a pressure relief cushion can reduce pressure. |
|                |      | A.8 Transfers | to list safety points to think about when getting in and out of a wheelchair; to select at least one transfer method that is best suited for a particular wheelchair user. |

| In-person sessions | Time | Modules | Learning objectives |
|-------------------|------|---------|---------------------|
| Welcome, introductions and housekeeping |      |         | to practice basic wheelchair mobility skills covered in the online modules |
| Day 1             |      | A.3 Wheelchair mobility | to demonstrate two pressure relief techniques. |
|                   |      | A.5 Pressure sores | to demonstrate how to check that a pressure relief cushion is reducing pressure; |
|                   |      | A.7 Cushions | to demonstrate different ways to get in and out of a wheelchair; |
|                   |      | A.8 Transfers | to describe how wheelchair users may be referred to a wheelchair service; to describe the appointment system used in the local wheelchair service. |
|                   |      | B.1 Referral and appointment | to explain the purpose of assessment; to list the two parts of a wheelchair assessment; to list information that is gathered during an assessment. |
| **Day 2** | **B.3 Assessment interview** | to demonstrate an assessment interview;  
> to record information from an assessment interview on a wheelchair assessment form;  
> to explain how questions in the assessment interview help to choose the most appropriate wheelchair and to identify what a wheelchair user may need to learn. |
| **B.4 Physical assessment** | to record the presence, risk of or history of pressure sores;  
> to explain what action should be taken if a wheelchair user has a pressure sore or is at risk of developing a pressure sore;  
> to identify and record how a wheelchair user will push the wheelchair;  
> to demonstrate the correct way to take measurements from a wheelchair user for a wheelchair (seat width, seat depth, calf length, back height);  
> to describe how body measurements relate to wheelchair size. |
| **B.5 Prescription (selection)** | to list what is included in the prescription (selection) process;  
> to describe the main features of the wheelchairs that are available locally;  
> to match wheelchair user needs with the most suitable locally available wheelchair;  
> to select the correct size of wheelchair for a wheelchair user;  
> to write down prescription decisions on a wheelchair prescription (selection) form. |
| **B.6 Funding and ordering** | to review how to order the prescribed wheelchair according to the ordering system of their service. |
| **Practical 1: Assessment and Prescription** | to demonstrate a basic wheelchair assessment working in a group and with assistance.  
> to demonstrate making a basic level wheelchair prescription (selection) working in a group and with assistance. |
| **B.7 Product (wheelchair) preparation** | to adjust a wheelchair to match the wheelchair prescription (selection);  
> to use the “wheelchair safe and ready” checklist to check that a wheelchair is safe to use and all parts are working. |
| **B.8 Cushion fabrication** | to point out features of a basic foam pressure relief cushion.  
> to make a basic foam pressure relief cushion describe how to insert a cushion “lift” for users with unsafe pressure at the seat bones. |
| **B.9 Fitting** | to list the steps of fitting in the correct order;  
> to demonstrate how to check the size and common adjustments of a wheelchair for an individual wheelchair user. |
| **B.10 Problem solving** | to list common wheelchair fit or adjustment problems  
> to describe simple solutions for common wheelchair fit or adjustment problems. |
| **B.12 Maintenance and repairs** | to demonstrate how to care for a wheelchair at home;  
> to identify common technical problems with a wheelchair and explain how these problems can be solved within the local community/context. |
| **Day 3** | **B.11 User training** | to list skills wheelchair service personnel can teach wheelchair users when they receive a new wheelchair;  
> to list “good practice training methods”;  
> to demonstrate teaching a colleague one wheelchair skill. |
| **Practical 2: Fitting and user training** | to demonstrate a basic level fitting – with assistance.  
> to demonstrate providing a wheelchair user with the user training to help him/her to use and maintain the wheelchair effectively. |
| **Practical 4: Assessment, prescription, fitting and user training** | to demonstrate wheelchair assessment, prescription (selection), product (wheelchair) preparation, fitting and user training at a basic level. |
| **Practical 1, 2, and 4 Recap** | Recap the key points of the three practicals |
| **Day 4** | **B.13 Follow up** | to explain what “follow up” means and how it happens;  
> to complete a wheelchair’s follow up form. |
| **Practical 3: Follow up** | to demonstrate follow up |
| **B.14 Putting it all together** | to provide a summary of the wheelchair user they worked with in the last practical session (Practical Four) including: assessment, prescription (selection), product (wheelchair) preparation, fitting, user training and maintenance, repairs and follow up. |