

## **ABSTRACT**

Purpose: To study attitudes, confidence, learning needs, facilitators and perceived barriers for implementing self-management support (SMS) within a rehabilitation setting. Method: Participants in this exploratory descriptive study attended a basic SMS workshop (5 A's) to ensure basic knowledge of SMS prior to completing online self-administered survey.

Results: Participating clinicians believed in facilitating clients to be self-managers and have varying levels of knowledge and confidence in using SMS techniques. There was high interest in learning and implementing SMS but more resources, time and administrative support are required to do so. Out-patient programs are perceived as the most appropriate setting to implement SMS.

Conclusions: Clinicians in a rehabilitation setting value SMS. To facilitate practice change, two critical factors are required, administrative support for clinicians to enable access to resources, and dedicated time to learn and incorporate SMS into practice. Data collected from this needs assessment will be shared among all the stakeholders and will be used to plan, monitor, and evaluate the knowledge translation plan. Future study should explore how SMS facilitates patients to be better self-managers.