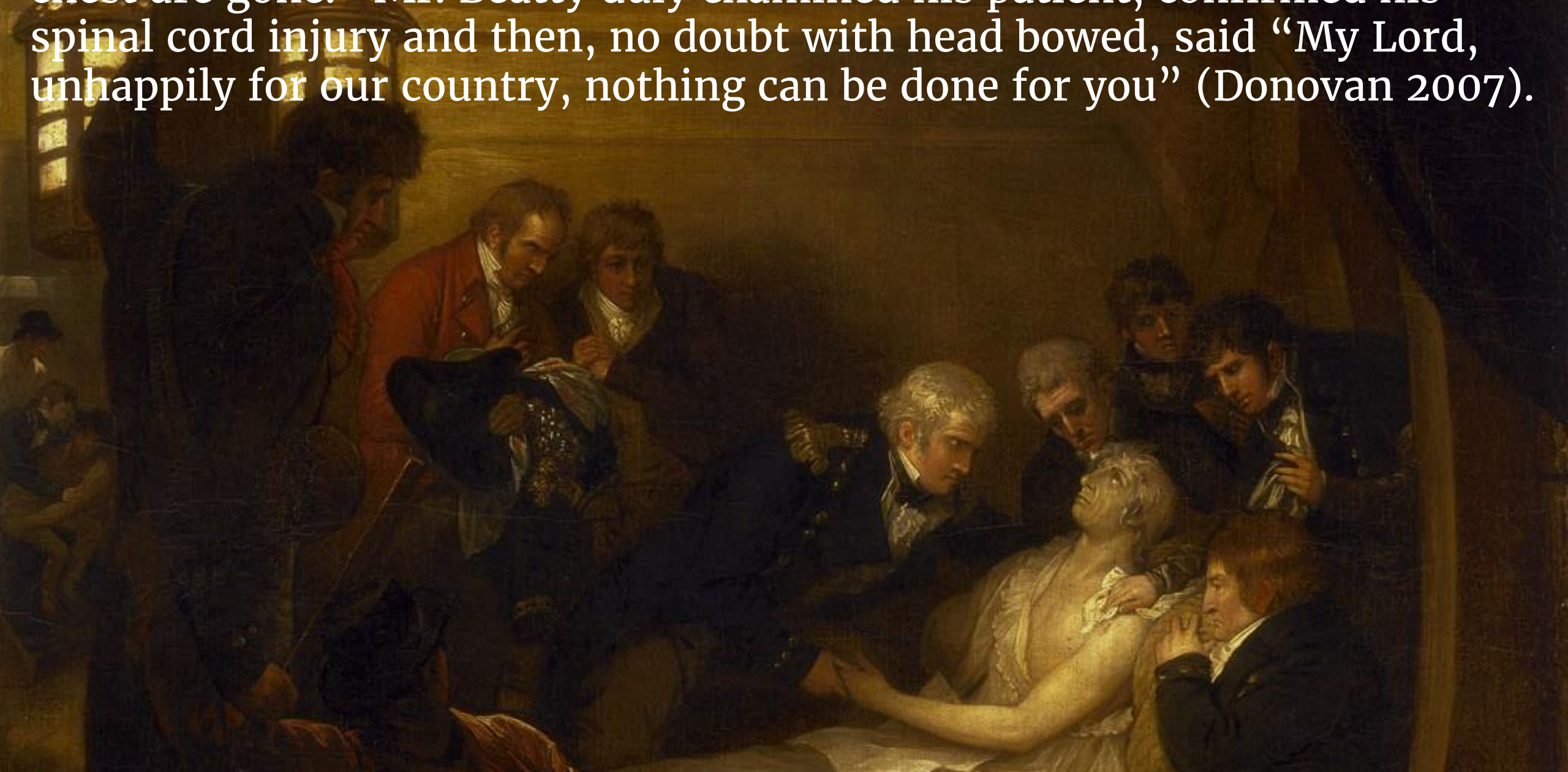


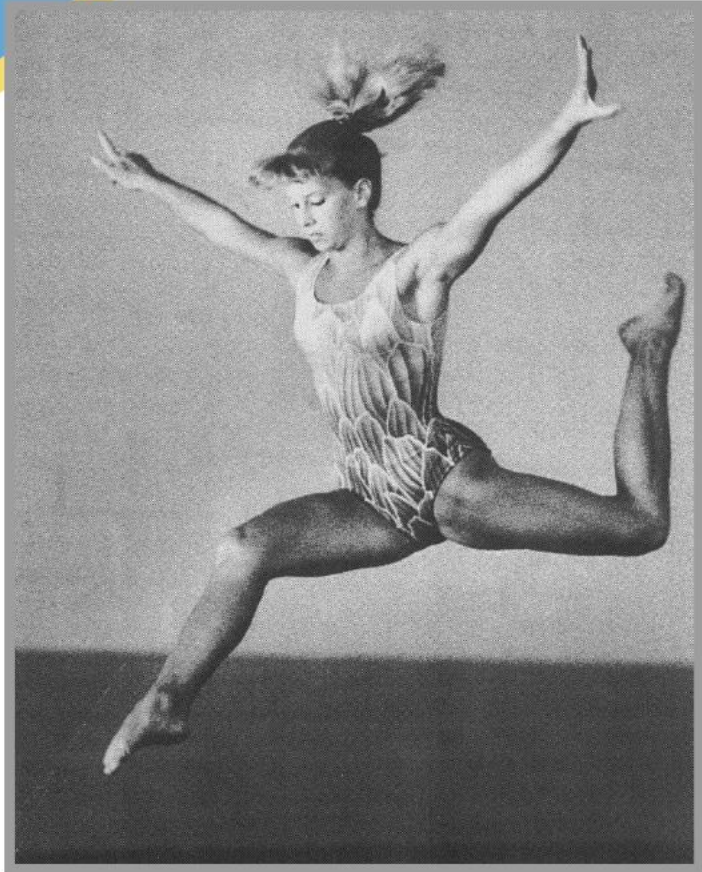


What You Want to Know about Spinal Cord Injury:

The Physical, Emotional, Sexual, and Spiritual Impact

Lord Nelson told the surgeon, “All power of motion and feeling below my chest are gone.” Mr. Beatty duly examined his patient, confirmed his spinal cord injury and then, no doubt with head bowed, said “My Lord, unhappily for our country, nothing can be done for you” (Donovan 2007).

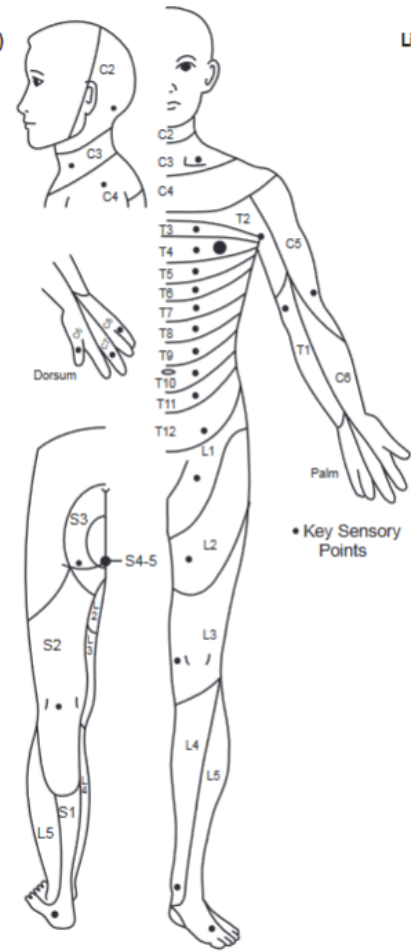






The Physical Impact

RIGHT		MOTOR KEY MUSCLES	SENSORY KEY SENSORY POINTS		SENSORY KEY SENSORY POINTS		MOTOR KEY MUSCLES	LEFT	
			Light Touch (LTR)	Pin Prick (PPR)	Light Touch (LTL)	Pin Prick (PPL)			
			C2				C2		
			C3				C3		
			C4				C4		
UER (Upper Extremity Right)	Elbow flexors	C5					C5	Elbow flexors	UEL (Upper Extremity Left)
	Wrist extensors	C6					C6	Wrist extensors	
	Elbow extensors	C7					C7	Elbow extensors	
	Finger flexors	C8					C8	Finger flexors	
	Finger abductors (little finger)	T1					T1	Finger abductors (little finger)	
Comments (Non-key Muscle? Reason for NT? Pain? Non-SCI condition?):			T2				T2		
			T3					T3	
			T4					T4	
			T5					T5	
			T6					T6	
			T7					T7	
			T8					T8	
			T9					T9	
			T10					T10	
			T11					T11	
			T12					T12	
						L1			
LER (Lower Extremity Right)	Hip flexors	L2					L2	Hip flexors	LEL (Lower Extremity Left)
	Knee extensors	L3					L3	Knee extensors	
	Ankle dorsiflexors	L4					L4	Ankle dorsiflexors	
	Long toe extensors	L5					L5	Long toe extensors	
	Ankle plantar flexors	S1					S1	Ankle plantar flexors	
			S2				S2		
			S3				S3		
			S4-5				S4-5		
(VAC) Voluntary Anal Contraction (Yes/No) <input type="checkbox"/>								(DAP) Deep Anal Pressure (Yes/No) <input type="checkbox"/>	
RIGHT TOTALS (MAXIMUM)							LEFT TOTALS (MAXIMUM)		
			(50)	(56)	(56)	(56)	(56)	(50)	



MOTOR (SCORING ON REVERSE SIDE)

0 = Total paralysis
 1 = Palpable or visible contraction
 2 = Active movement, gravity eliminated
 3 = Active movement, against gravity
 4 = Active movement, against some resistance
 5 = Active movement, against full resistance
 NT = Not testable
 0*, 1*, 2*, 3*, 4*, NT* = Non-SCI condition present

SENSORY (SCORING ON REVERSE SIDE)

0 = Absent NT = Not testable
 1 = Altered 0*, 1*, NT* = Non-SCI condition present
 2 = Normal

MOTOR SUBSCORES **SENSORY SUBSCORES**

UER + UEL = UEMS TOTAL LER + LEL = LEMS TOTAL LTR + LTL = LT TOTAL PPR + PPL = PP TOTAL

MAX (25) (25) (50) MAX (25) (25) (50) MAX (56) (56) (112) MAX (56) (56) (112)

NEUROLOGICAL LEVELS **3. NEUROLOGICAL LEVEL OF INJURY (NLI)**

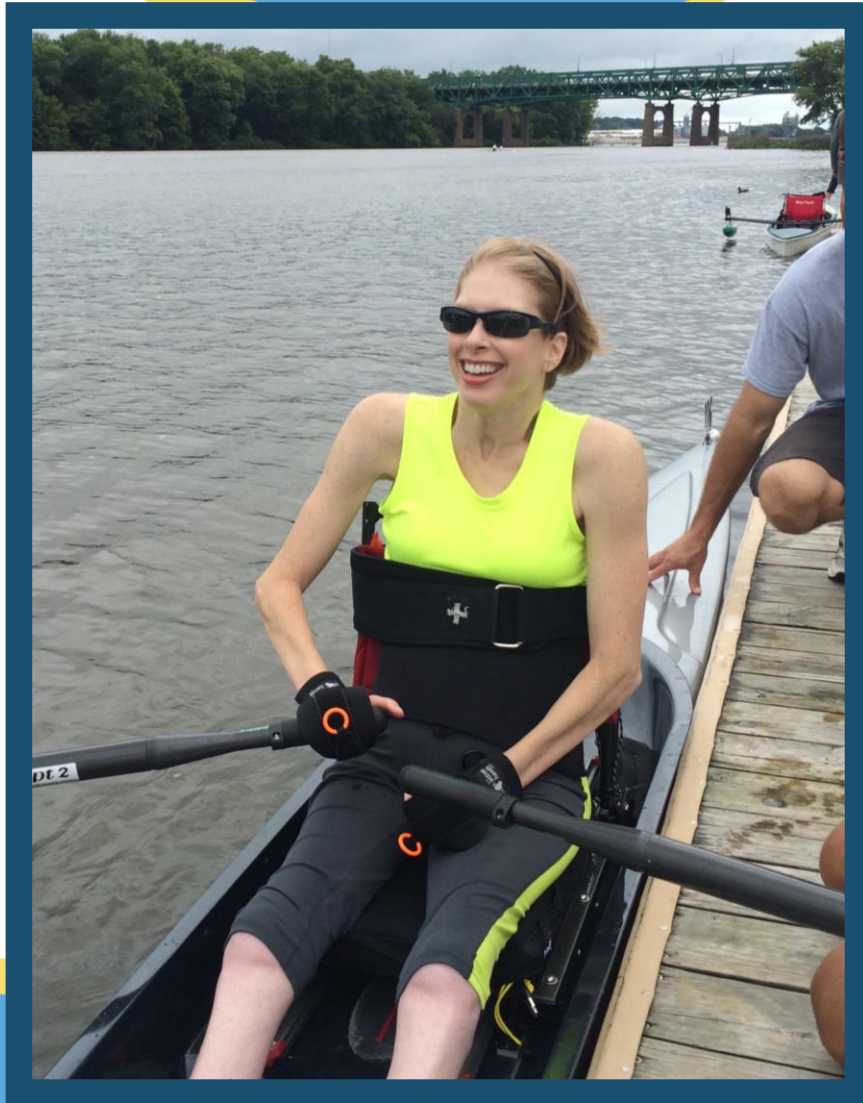
Steps 1-6 for classification as on reverse **1. SENSORY** R L **2. MOTOR** R L

4. COMPLETE OR INCOMPLETE? (In injuries with absent motor OR sensory function in S4-5 only)
 Incomplete = Any sensory or motor function in S4-5

5. ASIA IMPAIRMENT SCALE (AIS)

6. ZONE OF PARTIAL PRESERVATION **SENSORY** R L
 Most caudal levels with any innervation **MOTOR** R L

ASIA A

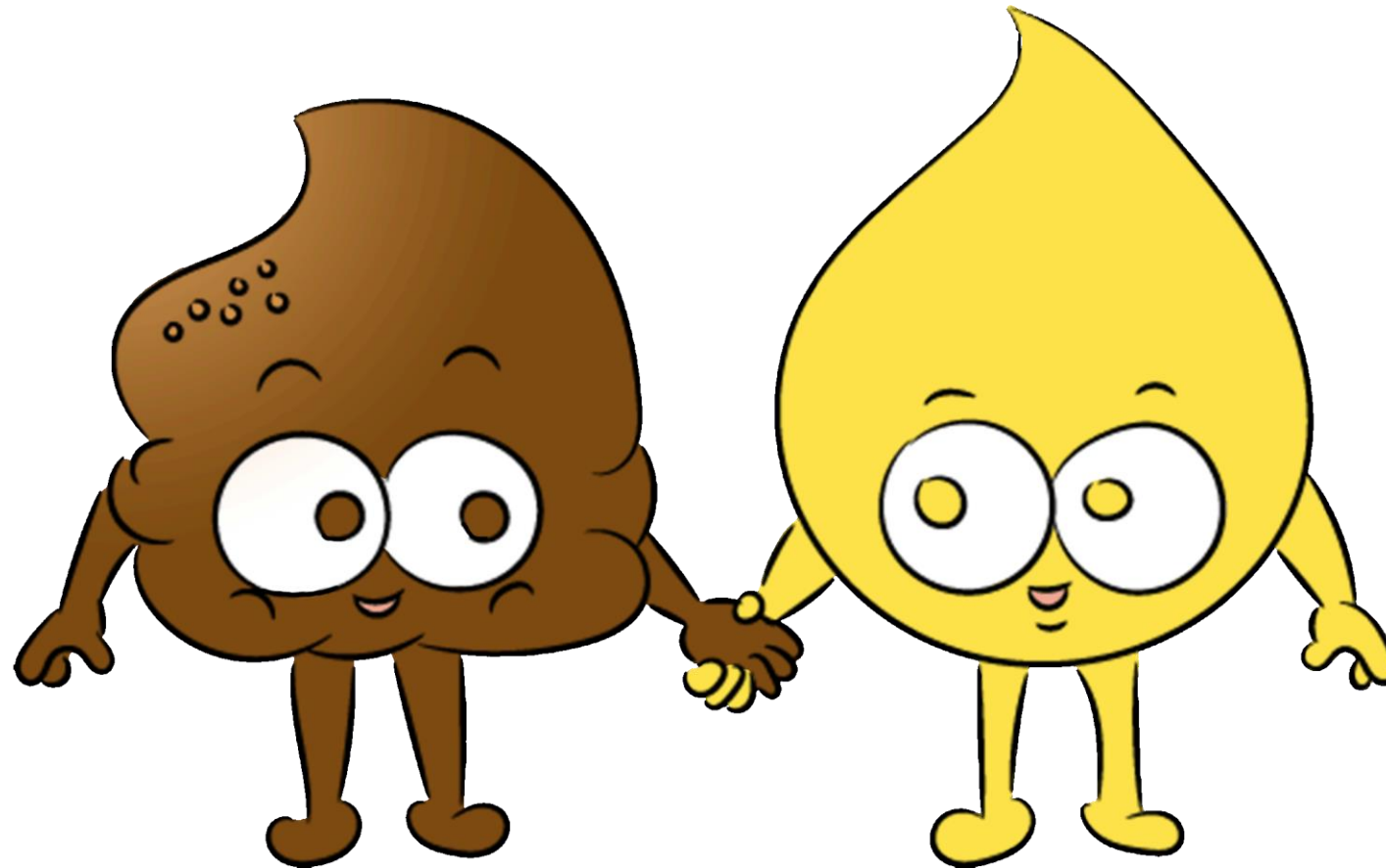


We both
have
C6-7 SCIs

ASIA C



Bladder & Bowel





Bladder Management

Intermittent catheterization

Foley/Indwelling catheter

Suprapubic

Urostomy

Condom catheter (men)

Mitrofanoff surgery





Bladder Complications



In a 2015 report by the World Health Organization “scientists found rates above 25 to 50 percent of resistance to antibiotics commonly used to treat UTIs.”¹⁰

9. Antibiotic Prescribing and Use in Doctor’s Offices. Centers for Disease Control and Prevention. <https://www.cdc.gov/antibiotic-use/community/about/antibiotic-resistance-faqs.html>. Published December 7, 2017. Accessed May 30, 2018.

10. Racco M. Antibiotic resistant UTIs are on the rise. Here’s what you need to know. Global News. <https://globalnews.ca/news/4229300/antibiotic-resistant-uti/>. Published May 25, 2018. Accessed May 30, 2018.

Bowel Management



Why Some Wheelchair Users Wish They'd Chosen a Colostomy Sooner

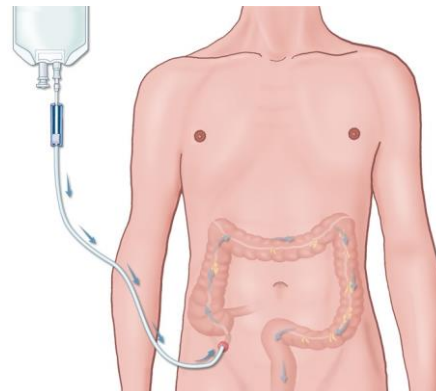


Image Source:
Bowel Management for Spina Bifida

Skin Integrity

Stages of Pressure Sores

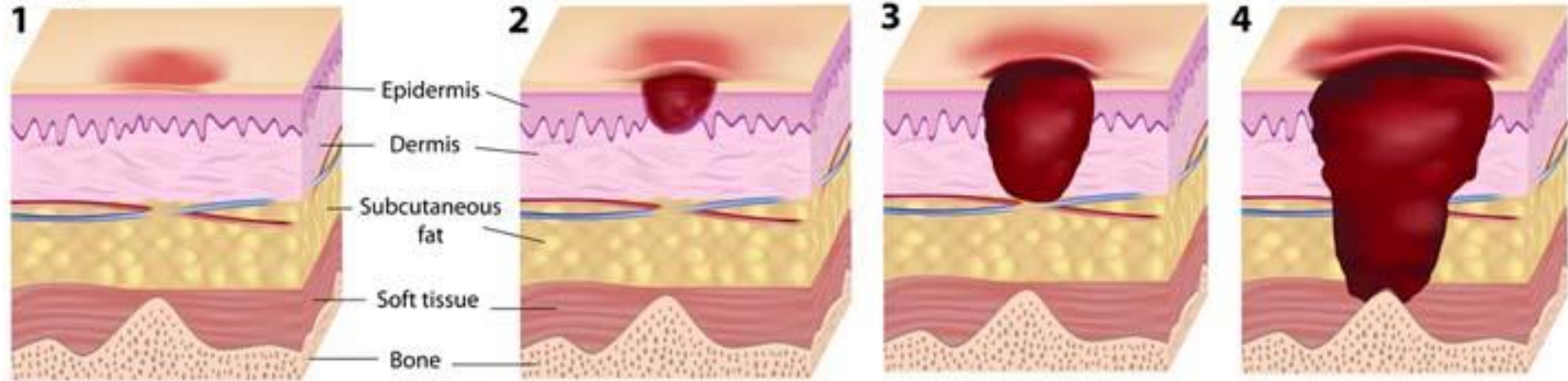
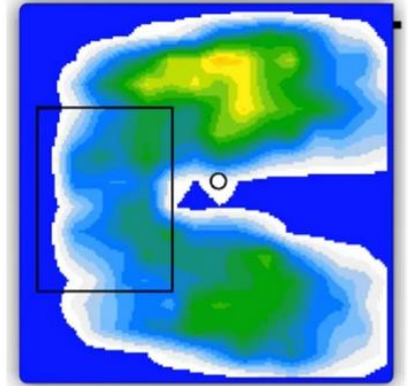
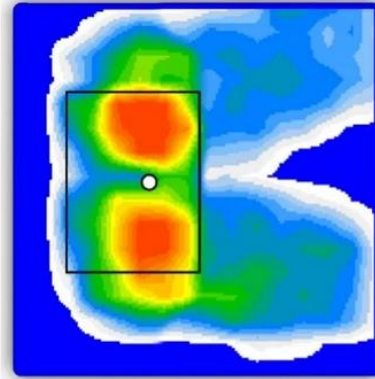


Photo from Mangarhealth.com



Nothing About Us Without Us: Developing Innovative Technologies for, by and with Disabled Persons
by David Werner (PDF)





Autonomic Dysfunction



Autonomic Dysreflexia

Elevated blood pressure
Pounding headache
Sweating
Goosebumps
Stuffy nose
Blurry vision

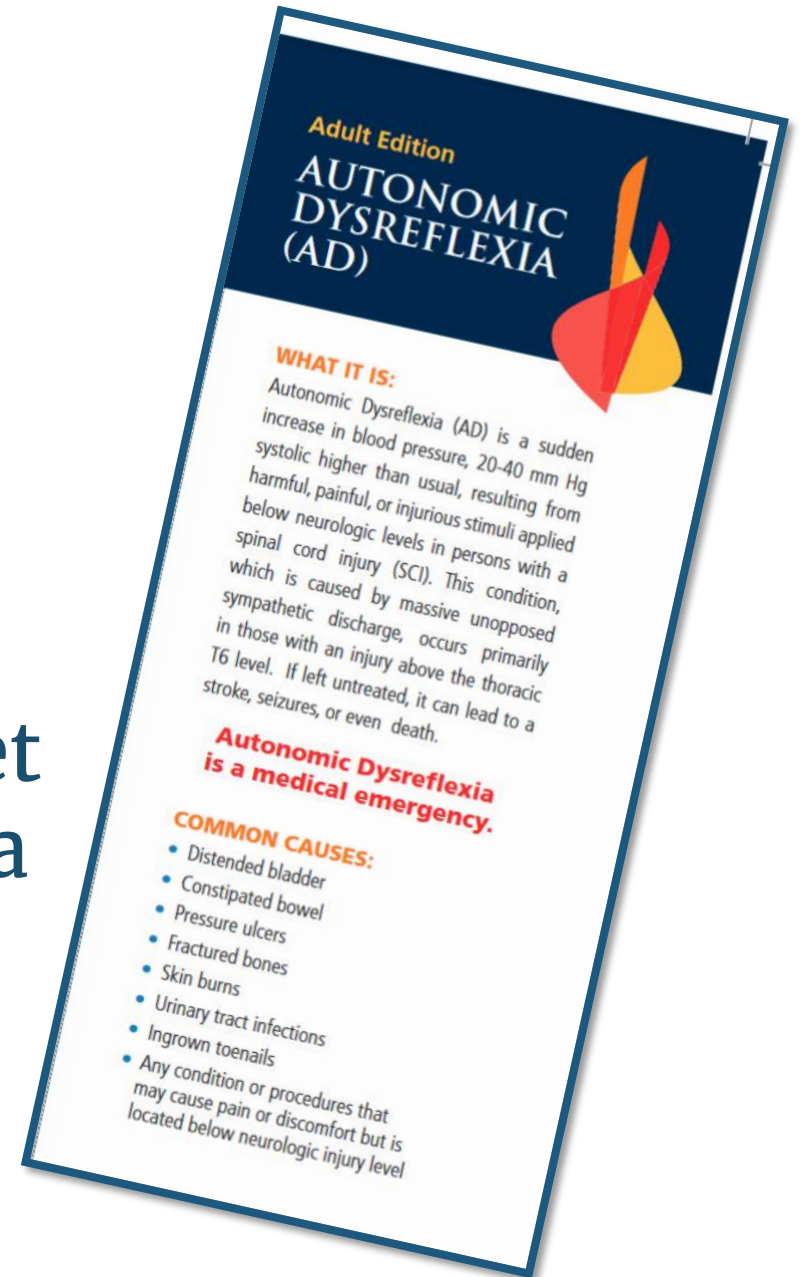
Untreated: Stroke, heart attack, death





Download or request a free wallet card about autonomic dysreflexia from the Christopher and Dana Reeve Foundation.

<https://www.christopherreeve.org/living-with-paralysis/free-resources-and-downloads/wallet-cards>



Adult Edition
**AUTONOMIC
DYSREFLEXIA
(AD)**

WHAT IT IS:

Autonomic Dysreflexia (AD) is a sudden increase in blood pressure, 20-40 mm Hg systolic higher than usual, resulting from harmful, painful, or injurious stimuli applied below neurologic levels in persons with a spinal cord injury (SCI). This condition, which is caused by massive unopposed sympathetic discharge, occurs primarily in those with an injury above the thoracic T6 level. If left untreated, it can lead to a stroke, seizures, or even death.

**Autonomic Dysreflexia
is a medical emergency.**

COMMON CAUSES:

- Distended bladder
- Constipated bowel
- Pressure ulcers
- Fractured bones
- Skin burns
- Urinary tract infections
- Ingrown toenails
- Any condition or procedures that may cause pain or discomfort but is located below neurologic injury level

Other secondary issues:

- Spasticity
- Osteoporosis
- Neuropathic pain
- Increased risk for obesity, diabetes, and heart disease



Maintaining Your
Health after SCI



Cardiometabolic
Changes after SCI



Sexuality & Sex



The Uncomfortable Truth
about Sexuality and Disability



Sexual Function for Women
after Spinal Cord Injury



Sexual Function for Men
after Spinal Cord Injury



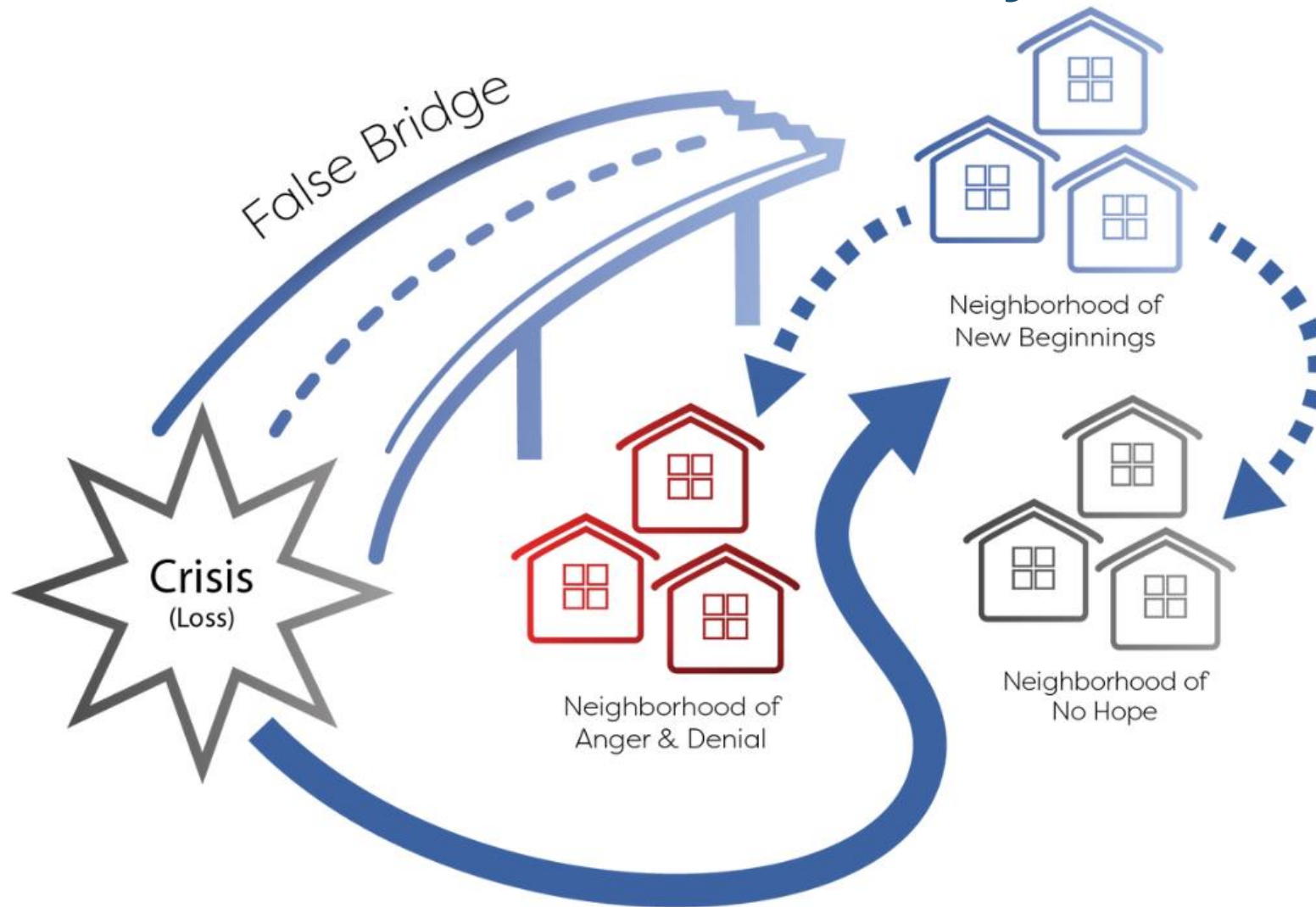


The Emotional Impact

Intangible Losses

- Loss of identity
- Loss of income
- Loss of relationships or change in relationships
- Loss of confidence or self-image
- Loss of faith
- Loss of privacy
- Loss of independence
- Loss of holiday traditions
- Loss of dreams for the future
- Loss of safety and security

The Grief Journey

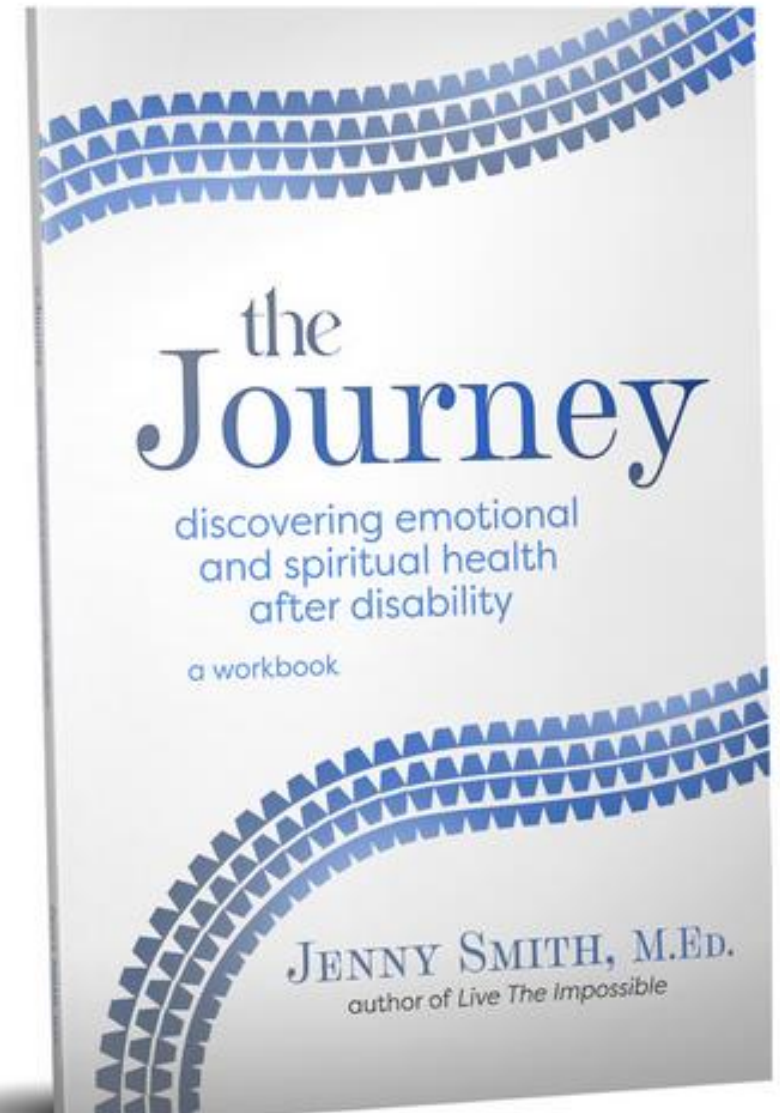


Adapted from *Healing the Wounds of Trauma*.
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Available in Spanish

Topics include:

- ▶ Reflecting on Your Story
- ▶ Naming Your Losses
- ▶ Navigating the Journey of Grief
- ▶ Experiencing Change and Transition
- ▶ Living in Paradox
- ▶ Coping with Stress and Trauma
- ▶ Refilling Your Emotional, Physical, and Spiritual Resources
- ▶ Finding Meaning and Purpose in Life





The Spiritual Impact



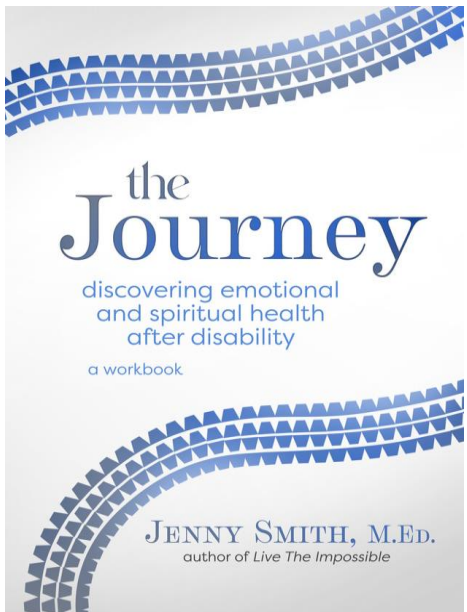
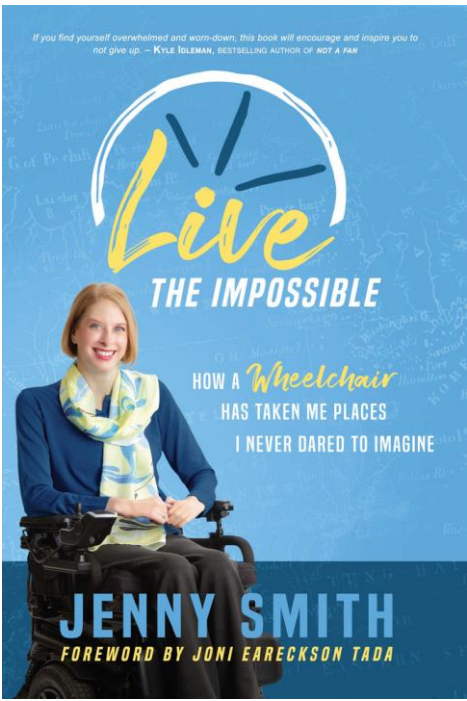
Oh, dear God, maybe you have already stopped listening because you are upset with my battle of faithfulness since my accident.

But in the event that you are still listening, I still question why. Why not just take me to Heaven when you had the perfect chance? Why make me continue to live and figure out how to best serve the world in this way? Why put this pressure of life with me and everyone surrounding me also?

Please listen and please help. You don't have to take away what has happened, but I need guidance on how to find happiness and contentment for myself and others.

Maybe I deserved this for bad things that I have done. I will admit, they don't seem that bad or deserving of this.

Show me you are still here in answering and I will put my faithfulness battle to rest. Maybe even someday I will finally say thank you for saving my life.



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Please submit your evaluation: Each evaluation enters you into a drawing to win GMHC prize pack that is worth over \$400.