

Hunter Spinal Cord Injury Service  
Hunter New England Local Health District  
**A CD ROM for Spinal Cord Injury Education**



Education and support to health professionals and community care workers is pivotal in ongoing spinal cord injury (SCI) management.

During community reintegration and long-term management, many people with SCI are assisted by generic health professionals or care workers on a daily basis, particularly in rural and remote areas. These front line workers are often the first to identify areas of concern or problems.

Access to accurate, practical and timely information is paramount in maintaining a high standard of care in the community, enabling workers to effectively and safely support people with SCI.

The CD-Rom "A Manual for Health Professionals, Care Workers and Family" has been developed to provide a timely resource in a range of settings. Key Learning Areas of the CD-Rom are:

**Anatomy and Physiology:** Information about the vertebral column, spinal cord and the function of the autonomic nervous system. Discusses mechanisms of injury and types of spinal cord injury.

**Functional Implications:** Looks at both tetraplegia and paraplegia and expected levels of independence and care requirements. It also addresses factors impacting on independence.

**Skin Care:** Reviews skin physiology and functions of the skin. Pressure ulcer information includes: Causes, Signs, Classification, Management and Prevention

**Maintaining Bowel Function:** Explores issues of bowel function including anatomy and physiology, bowel dysfunction, and establishing a bowel regime. Also provides information for carers to assist in ongoing management.

**Maintaining Bladder Function:** Deals with urinary tract physiology and dysfunction. Issues with upper and lower motor neuron lesions and methods of bladder management are included. Common problems, equipment and information for clients and carers are provided.

**Sexual Health:** An introduction to the concepts of intimacy and sexuality after SCI, as well as outlining other issues associated with sexual health care. Offers a framework for information giving for health or care workers in how to address concerns or questions of people with SCI.

**Autonomic Dysreflexia:** Outlines patho-physiology and management involved with this potentially life threatening condition.

**Associated Health Issues:** Other medical complications discussed: Syringomyelia, Pain, Oedema, Osteoporosis, Osteomyelitis, Contractures, Spinal Deformities, Postural Hypotension, Temperature Control, Immune System Deficiency, Heterotopic Ossification

**Psychosocial Issues:** Provides information for dealing with psychosocial adjustment to SCI and factors impacting on adjustment and quality of life. Discusses feelings related to disability and provides strategies to enhance quality of life. Offers practical suggestions for health professionals and carers.

The CD-Rom is available for **FREE** through the Hunter Spinal Cord Injury Service  
phone: +61 2 49257888 email: [SCIS@hnehealth.nsw.gov.au](mailto:SCIS@hnehealth.nsw.gov.au)