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Rehabilitation of Traumatic Spinal Cord Injury patients: A brief overview

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Traumatic Spinal Cord Injury (SCI) has devastating consequences on the individual, the family & the society as a whole. Global incidence of SCI is 3.6 to 95.4 per million and in India the average annual incidence is 15000 with a prevalence of 0.15 million. Among the predominant causes of SCI, automobile accidents come first, followed by fall & acts of violence. SCI can lead a person to permanent disability. Rehabilitation in a person with SCI is extremely important to help them reach their optimal physical, psychological, social, vocational & functional potential. Rehabilitation should start earliest after the injury. Early intervention by Rehabilitation physicians can prevent many complications, like- pressure ulcers, joint contractures etc. A multidisciplinary team consisting of Physiotherapists, Occupational therapists, Speech, language & swallow pathologists, Rehabilitation Psychologists, Rehabilitation Nurses, Medical social workers & Vocational counsellors, Orthotists & Prosthetists, works as a unit under the guidance of a Rehabilitation specialist for achieving the Rehabilitation goals of a traumatic SCI person. Standard neurological examination is performed according to the protocol of 'International Standards of Neurological Classifications of Spinal Cord Injury Patients'. Ten key

muscles & 28 key dermatomes are examined & patients are classified according to 'American Spinal Injury Association (ASIA) Impairment Scale [AIS]. Prognosis depends on a number of factors, but most important being the completeness of the spinal cord injury. A person with incomplete SCI usually did better than a person with complete SCI. Nevertheless, Rehabilitation measures can serve to improve the quality of life of spinal cord injured patients if initiated early in the course after the injury. .

Speaker Biography

Sucheta Saha has completed her MBBS in the year 2007 from Calcutta University, India. She has done a Diploma in Medical Radiotherapy (DMRT) from West Bengal University of Health Sciences in 2009 and MD in Physical Medicine & Rehabilitation in 2015. In MD she secured Gold Medal. In 2014, she received the prestigious 'Indian Association of Physical Medicine & Rehabilitation Gold Medal' for best research paper. She has also undergone observership in Palliative care in AIIMS, New Delhi. At present, she is working in the Institute of Neurosciences Kolkata, India as a consultant rehabilitation physician. She has published 6 publications in indexed journals. She did her Fellowship in Interventional Pain Management, recently. She is a life member of the Indian Association of Physical Medicine & Rehabilitation (IAPMR) and Indian Federation of Neurorehabilitation (IFNR).

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