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Role of multidisciplinary team in educating Spinal Cord Injury patients and their families at Inpatient Rehabilitation Care

Vijay Janagama

Suvitas Holistic Healthcare Pvt Ltd, India

Statement of the Problem: Comprehensive rehabilitation aims to restore strength, functional independence and quality of life in patients suffering from Spinal Cord Injuries. A clear understanding of the baseline state, prognosis and realistic goals are the fundamentals for a successful comprehensive rehabilitation care program. Educating the patient and family members will ensure better cooperation and long-term adherence to the advised care plan. Multiple systemic reviews have emphasized the role of patient or family member in being actively involved to yield improved rehabilitation outcomes. To improve adherence to advised care plan by educating the patient and family, we have initiated family meetings with multidisciplinary rehabilitation team in the inpatient rehabilitation care facility in the cities of Hyderabad and Bengaluru in India.

Methods: Family meetings with the multidisciplinary team are a vital and integral part of inpatient rehabilitation care in India. There is an initial baseline meeting to ensure that patient or family members are in completely aware of baseline status, prognosis and realistic outcomes mapped as short term and long term goals. All the care plan interventions are regularly evaluated to achieve the set goals and are regularly updated to the patient and family members. One conclusion meeting is scheduled before the discharge, to ensure that the patient or the family is better equipped to handle the activities at home and ensures the continuity of care at home.

Results: Patients and families who have participated regularly in family meetings driven by multi-disciplinary rehabilitation team had an improved adherence to the advised care plan, better outcomes and well-positioned to continue the care after going home.

Conclusions: Given multiple scientific studies validating the importance of family role during inpatient rehabilitation, we believe educating spinal cord injury patients and their family by multi-disciplinary rehabilitation team will improve adherence to an advised rehabilitation care plan, enable better outcomes and ensure better continuity of the care at home.

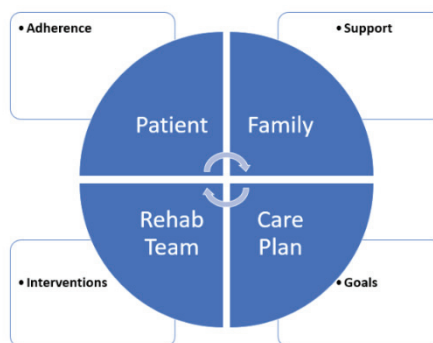


Figure 1 Patient and Family Education by Multidisciplinary Team in Family Meetings

Biography

Vijay Janagama is a Health Promotion Specialist & Healthcare Technologist with more than 15 years of experience across industries and roles. He is a Diabetologist by profession. Also a certified wellness practitioner, he has been one of the visionaries who conceptualized and established India's first transition care facility, SuVitas in 2015 as Founding Medical Director. Instrumental in developing the protocols-based treatment methodology of SuVitas Care Plan, He steers SuVitas's thrust in research, technology, innovation and development of new initiatives Patient-Centric Rehabilitation Care Models. An ardent champion advocating the benefits of transition care for developing a superior healthcare ecosystem for the country, he has presented seminal research work in Post-Hospitalization Care at several prestigious academic platforms including World Stroke Congress, World Congress of Neurology and World Congress of NeuroRehabilitation.

e: vijay.janagama@suvitas.com