

AASCIN Boot Camp 2009: Spinal Cord Injury Care for all Settings

Overall Objective:

Provide the foundational bio-psycho-social knowledge necessary to give quality care in a variety of settings for individuals with spinal cord injury (SCI) and their families.

Course Objectives:

- Discuss specific types of SCI including classification, level, severity, and mechanism of injury.
- Identify the major multi-system effects of SCI and their management using accepted clinical guidelines.
- Explore educational resources for SCI directed at promoting, maintaining, and restoring health in individuals with SCI.

This one-day comprehensive course is designed to provide basic knowledge about the care of the individual with spinal cord injury or impairment (SCI) and increase the participants' competence in any work setting. Topics will include the pathophysiology of and interventions for SCI by body system.

Target Audience:

- RN's, LPN/LVN's new to SCI nursing working on rehabilitation units or VA SCI Centers
- RN's, LPN/LVN's working in medical/surgical, critical care, long term care, case management, outpatient clinics or home health care settings who regularly come in contact with patients with SCI
- Social workers, occupational therapists, physical therapists, kinesiotherapists, recreation therapists or other members of the interdisciplinary team who work with patients with SCI and would benefit from increased understanding of their unique bio-psycho-social issues.

6.5 Contact Hours

Time Frame	Core Topics	Suggested Speakers/ CPC Coordinator
8:00–9:30 AM	Pre-test/ Introduction to SCI <ol style="list-style-type: none"> 1) Discuss the anatomy and pathophysiology of SCI during the first year post injury. 2) Describe the American Spinal Cord Injury (ASIA) Classification and implications for health care professionals. 3) Discuss the psychosocial impact of SCI on patients and families. 	
9:30-9:45AM	BREAK	
9:45-10:45AM	Skin: Keys to Success <ol style="list-style-type: none"> 1) Discuss risk factors for the development of pressure ulcers and other secondary skin complications in the person with SCI. 2) Describe methods to promote skin integrity and prevent pressure ulcers. 3) Identify the essential components of a teaching program for 	

	patients with SCI and their families regarding skin care.	
10:45-11:45AM	<p>Bladder and Bowel Control: A Never Ending Story</p> <p>1) Discuss the anatomy and pathophysiology of the neurogenic bladder and bowel.</p> <p>2) Describe essential base knowledge needed on discharge from acute rehabilitation for the patient to direct care with new caregivers or for admission to non-rehabilitation settings.</p> <p>3) Discuss prevention of and treatment for autonomic dysreflexia, chronic renal disease, and obstipation.</p> <p>4) Identify bladder and bowel resources to assist individuals with spinal cord injury, families, caregivers, and providers.</p>	
11:45-1:00PM	CE – Lunch on own.	
1:00-2:00PM	<p>Cardiovascular Review: The Heart of the Story</p> <p>1) Describe the pathophysiology of the autonomic dysfunctions (autonomic dysreflexia, altered thermoregulation, orthostatic hypotension and reflex bradycardia) and why they occur in persons with spinal cord injury.</p> <p>2) Discuss the incidence, assessment, and management of deep vein thrombosis in persons with spinal cord injury.</p> <p>3) Identify cardiovascular resources available to assist individuals with SCI, families, caregivers and health care professionals.</p>	
2:00-3:00PM	<p>Pulmonary Management of the SCI Population: Atelectasis, Ventilators, PE's and Beyond</p> <p>1) Discuss the pathophysiologic changes to the pulmonary system resulting from SCI.</p> <p>2) Discuss common pulmonary conditions experienced by the person with SCI, including atelectasis, pneumonia, pleural effusions, and pulmonary embolism.</p> <p>3) Discuss the basics of ventilator management and weaning in the person with SCI with respiratory failure.</p>	
3:00-3:15PM	BREAK	
3:15-4:15PM	<p>Neuro/Musculoskeletal Changes, Pain and Spasticity in SCI</p> <p>1) Describe three common musculoskeletal changes in persons with SCI.</p> <p>2) Discuss the pathophysiology of reflex pathways in SCI.</p> <p>3) Describe the disruption in reflex pathways and how spasticity occurs.</p> <p>4) Explain the tiered approach to spasticity management.</p> <p>5) Describe neuropathic pain and common manifestations in persons with SCI.</p> <p>6) Identify three current methods used to treat neuropathic pain in persons with SCI.</p>	
4:15-4:30PM	Post-Test/Evaluations/Wrap Up	