

Beyond Expectations: Innovative Strategies for Bowel and Bladder Management after Spinal Cord Injury

Faculty:

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Overall Objective:

This full day workshop will stimulate innovative thinking and challenge the interdisciplinary team to establish a unique culture and skill set focused on comprehensive management of bowel and bladder after SCI. This interactive seminar will review traditional techniques and explore new strategies to maximize functional outcomes.

Course Objectives:

The participant will:

- Appreciate the importance of bowel and bladder management to perception of quality of life in individuals with SCI.
- Be able to establish an interdisciplinary culture to address bowel and bladder management.
- Realize and be able to actualize the unique roles and responsibilities of OT, PT, RN, and MD in maximizing functional outcomes in bowel and bladder management after SCI.
- Learn innovative strategies for bowel and bladder management for persons with limited hand function.
- Learn innovative strategies for transfer and mobility techniques required to optimize functional outcomes.

Target Audience:

Occupational Therapists, Physical Therapists, and Nurses

Contact Hours: 7 hours

Time Frame	Core Topics	Speaker
7:30-8:00 AM	Registration	
8:00-9:00 AM	1. Quality of Life Perceptions Related to Bowel and Bladder Management after SCI 2. Establishing a Multidisciplinary Culture	
9:00-10:30 AM	1. Anatomy and Physiology of Urinary System 2. Considerations and Goals for Choosing Effective Bladder Management Options 3. Bladder Management Options: External Condom Catheter, Indwelling Urethral Catheter, Indwelling, Suprapubic Catheter, Urinary Diversion/Catheterizable Stomas, Intermittent Catheterization, Stimulated Voiding 4. Considerations for Catheter Selection and Urine Collection	

	5. Pre and Post-Catheterization Skills Training	
10:30-11:00AM	Break	
11:00-12:00PM	1. Clothing Management: Video Demonstration of Dressing (6 minutes) 2. Bed Mobility: Video Demonstration of Bed Mobility (10 minutes)	
12:00-1:00 PM	Lunch – box lunch provided	
1:00-2:30 PM	1. Transfers: Video Demonstration of Transfers (7 minutes) 2. Considerations for Limited Hand Function 3. Video Demonstration of Catheterization Techniques (45 minutes)	
2:30-3:00 PM	Break	
3:00-4:30 PM	1. Anatomy and Physiology of Gastrointestinal System 2. Considerations and Goals for Choosing Effective Bowel Management Options 3. Adaptive Equipment and Technique Training for Bowel Management Physical Skill Requirements Accessibility: Bathroom, Toilet, Tub, Shower 4. Durable Medical Equipment (DME) 5. Transfers and Mobility Video Demonstration of Transfers (15 minutes) 6. Video Demonstration of Bowel Program Techniques (11 minutes)	
4:30-5:00 PM	Questions and Answers	