

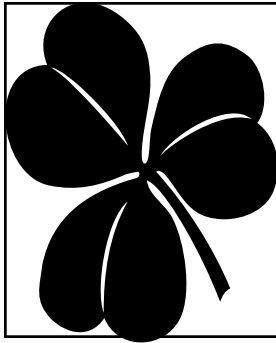


# The Spinal Column

Spring 2007

March 2007

*Next Spinal Cord Chapter Meeting is March 19th, 2007. 7th floor Activities Center at MetroHealth!*



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## MEGAN THOMAS FUNDRAISER

*Friends of Megan Thomas, a former 7A Spinal Cord Injury patient, are hosting a Fundraiser on March 31st. The information is below. Please try and attend if possible. Contact Jen Stewart (a nurse on 7A) for any questions at:*

*Stewartjl@adelphia.net*

*Spaghetti Dinner Fundraiser for Megan Thomas*

*March 31st, 2007 from 5-10pm.*

*Where? At Queen of Heaven Church*

*Steese Road, Uniontown, Ohio*

*Dinner: 5pm-7pm.*

*Tickets: \$15 for adults, \$5 for kids*

*Live Entertainment will be provided by*

*The Shaffer Brothers Band.*

*There will also be a Silent Auction, Chinese Auction and 50/50 Raffle.*

*For Tickets, Donations, or Volunteer*

Information contact:

Elaine@ (330) 351-9651

Or

Tara (330)730-7200.



Organizations You may want to contact for information on Spinal Cord Injury:  
National Rehabilitation Information Center: [www.naric.com](http://www.naric.com) or [naricinfo@heitechservices.com](mailto:naricinfo@heitechservices.com)

Miami Project to Cure Paralysis/ Buoniconti Fund:  
[mpinfo@miamiproject.med.miami.edu](mailto:mpinfo@miamiproject.med.miami.edu)

National SCI Assoc.:  
[info@spinalcord.org](mailto:info@spinalcord.org)

***Have you heard about Section 6086 of the Deficit Reduction Act of 2005? I doubt many of you have. It offers States funding for community-based services for seniors and people with disabilities. For many people, if community services were available, they would not need to be institutionalized. Beginning January, 2007, states can use this new statutory provision without applying for Medicaid Waiver, which may take as long as 12 months to be approved.***

***There are income parameters for Section 6086. It applies to those persons mentioned above with incomes up to 150% of the poverty level. As of January 2007, that means \$14,700 for single persons and \$19,800 for couples.***

## Dr. Mejia writes.....



Dr. Melvin Mejia presented at the January spinal cord chapter meeting on Neurogenic Bladder. The following are some notes from his presentation.

- ◆ There are currently over 300,000 persons with spinal cord injuries to date.
- ◆ The average age of spinal cord injuries occurring is 30.7 with more spinal cord injuries sustained by males v.s. females.
- ◆ Approximately 53% of the persons with spinal cord injuries are Tetraplegic while 46% are Paraplegic. The vast majority of these have neurologic impairment.
- ◆ Bowel and bladder impairment is considered a major social issue.
- ◆ Goals of care for persons with Neurogenic Bladder are: Preservation of upper tract which are the kidneys, ureters, Minimize lower tract complications, and to have a bladder program that is compatible with the patient's lifestyle.
- ◆ Patient's with indwelling catheters have a

higher risk of bladder cancer.

- ◆ The PVA released a Consortium of Bladder Guidelines. Go to the PVA website to obtain a copy (last page of this newsletter).
- ◆ Patients with spinal cord injuries are considered to be out of "spinal shock" when the reflexes (bladder etc) come back. The time frame is approximately 2-12 weeks.
- ◆ Complete lesions above the sacral spinal cord cause hyper-reflexia, sphincter dyssergia.
- ◆ Sacral lesions cause flaccid bladder which leads to incontinence.
- ◆ Incomplete lesions lead to variable patterns of bladder dysfunction.
- ◆ The 3 centers that control urine are the Brain, the Pons, and the Sacral Micturition Center S2-S4.

Thanks to Mark Bowers from Hollister for providing information on Bladder supplies and for sponsoring the Chapter meeting!

## SPINAL CORD ANNUAL FORUM



The Annual Spinal Cord Injury Forum is right around the corner. This year's date is August 3, 2007. The committee has met once so far and is in earnest discussion on a theme. Some ideas are

- Reggae
- Ethnic, like Polish
- Mardi Gras
- Circus

If you have an idea for a theme, call Kathy Murany at 216-778-4427 or Karen Hooven at 216 778-3776. As you know, we center the entire forum around the theme-from food to entertainment!

The Planning committee will be meeting monthly

for the next couple months, then weekly until all the organization is complete: food, speakers, brochure, rooms and time. Ask any member of the Spinal Cord team for information. You can also call Denise Forster-Paulsen at 216-778-3804 for any questions.


If you know any vendors who would like to be involved as a sponsor, please let Jacquie Stanton know at 216-778-3174.

Every year the planning committee attempts to outdo the year before and this year is no exception!

If you would like to donate any items for the raffle, contact Karen Hooven.

Any general questions can be directed to any Spinal Cord team member. Thanks.

# March 2007

| SUN | MON                           | TUE          | WED | THU | FRI | SAT   |
|-----|-------------------------------|--------------|-----|-----|-----|---|
|     |                               |              |     | 1   | 2   | 3   |
| 4   | 5                             | 6<br>AA 7pm  | 7   | 8   | 9   | 10  |
| 11  | 12                            | 13<br>AA 7pm | 14  | 15  | 16  | 17<br> |
| 18  | 19 SCI<br>Chapter<br>mtg. 7pm | 20<br>AA 7pm | 21  | 22  | 23  | 24  |
| 25  | 26                            | 27<br>AA 7pm | 28  | 29  | 30  | 31  |

**MARK YOUR CALENDARS NOW FOR THE EVENTS NOTED! EVERY MONTH, WE WILL TRY AND KEEP EVENTS CURRENT. SUBMIT ANY EVENTS, MEETINGS, ETC. TO THE EDITOR ASAP!**

**MARCH 19, 2007:** Dr. Ronald Triolo will speak on Spinal Cord Injury-Research Update. SPONSOR: TBA.

**APRIL 16, 2007:** Karen Kennedy will speak on Nutrition and Health Maintenance. Kathleen Ferguson, PT to speak about the Break Out Fitness program (tentative). April Kosior, CTRS, Cleveland MetroParks, will speak on Adaptive Paddling and Cycling. SPONSOR: TBA.

**MAY 17,18,19:** Ohio Wheelchair Games in Columbus, Ohio.

**MAY 20, 2007, SUNDAY:** Anticipated date for the MetroHealth Challenge

**May 21, 2007:** Dr. Frost to speak on Neurogenic Bowel management issues. Speaker to be announced to discuss Adaptive Golfing (tentative).

**June 18, 2007:** Dr. Dimarco and Dana Hromyak, RRT will speak on Restoration of Cough using electrical stimulation(tentative).

**August 3, 2007:** Spinal Cord Injury Forum.

## **ARE YOU INTERESTED IN RESEARCH?**

### **How about being a participant? See Below...**

How would you like to participate in a research study which could impact the treatment and care of all Spinal Cord Injured persons? It's easy. Go to the websites below:

[www.ninds.nih.gov](http://www.ninds.nih.gov) and [ClinicalTrials.gov](http://ClinicalTrials.gov)

There are FIVE research projects on this website that you could take part in, in the State of Ohio. Some of these studies may have concluded. It was hard to tell from the information on the website. I would encourage you to call and find out if you could still participate.

The FIVE studies are as follows:

1. Study of an Implantable Functional Neuromuscular Stimulation System for Patients with SCI

You have to be 18yrs or older. The Protocol for the study can be found on the website. This study is being conducted by Dr. Ron Triolo Case West-

2. A 15-Week Trial to Assess Pregabalin for the Treatment of Nerve Pain due to SCI.

Contact Pfizer at 1-800-718-1021.

3. Electrical Activation of the Diaphragm for Ventilatory Assist.

The principal investigator is Dr. Onders at University Hospital Case Medical Center. Contact Mary Jo Elmo, NP, for more information at (216) 844-8594.

4. Effects Of GW679769 on Bladder Nerve Function and Symptoms of Overactive Bladder in SCI.

Contact Firouz Daneshgari at 877-379-3718

5. Oxandrolone to Heal Pressure Ulcers.

Contact Dr. Chester Ho at the Cleveland VAMC at (216) 791-3800 ext 5520. This study is current! Go to the website to read the eligible criteria for this study.

## **AUTONOMIC DYSREFLEXIA MANAGEMENT GUIDELINES**

(The guidelines are found on the 7A spinal cord injury unit)

**What is AD/ Autonomic dysreflexia?**

*It is a reflex sympathetic response seen in the spinal cord population. The reflex is triggered by a noxious stimulus below the level of the injury which triggers a reflex sympathetic response, such as severely increase blood pressure, facial flush, blurred vision, nasal congestion, cardiac irregularities, pounding headache, sweating, or a pilo-erection.*

**What are some things that could trigger AD?**

*Many physical things such as pregnancy, insect bites, fractures, tight clothing, gall stones, bladder distention, ulcers, Deep Vein Thrombosis (blood clot), bowel impaction.*

**What is the treatment for AD?**

*Check BP, Monitor every 2 minutes, If BP elevated have 2% topical nitropaste ready to put on the patient, about 1-2 inches. When the BP returns to normal range, wipe off the nitropaste. Other medications that can be used are: Diastat, Hydralazine, Nifedipine. Check the BP every 2 hours for 8hrs. If it remains elevated, the pt. needs to be admitted. For stool impactions=inject 2% lidocaine into the rectum, wait 2 minutes and examine.*

*AD is a serious, life threatening event, not to be taken lightly. Both the patient and caregiver, as well as family and friends, need educated on this. Call your spinal cord doctor or nurse today!*

**THE NORTH EAST OHIO CHAPTER OF THE  
NATIONAL SPINAL CORD INJURY ASSOC.**

MetroHealth Rehabilitation Institute of  
Ohio (MRIO)  
2500 MetroHealth Dr.  
Cleveland, Ohio 44109-1998  
Main phone: 216-778-7800  
\*The Northeast Ohio Spinal Cord  
Injury Association is a 501 (C)(3 )  
Tax exempt, Non-Profit Association\*

**THANKS TO OUR  
MEETING SPON-  
SORS for their gen-  
erous donation of  
information and re-  
freshments!! Yum**

Editor: Karen Hooven 216-778-3776  
Fax: 216-778-1120 \*note new numbers  
Email: khooven@metrohealth.org



Do you have any items for sale? Let the  
editor know and your items will be in-  
cluded in the newsletter.

The NorthEast Ohio Chapter of the Spinal Cord Injury Association  
is a non-profit organization aimed to support and empower those  
persons with a spinal cord or associated injury.

Chapter meetings are held once a month on the third Monday of  
each month. The meetings are held at MetroHealth Medical Center  
7th Floor Activities Room.

Parking is free and wheelchair accessible. Food is provided by donat-  
ing vendors and companies at no cost to participants.

A Chapter newsletter is published several times during the year.  
Any member of the chapter is welcome to submit ads, articles, or  
other newsworthy items to the editor. Please do so at least one  
week prior to the meeting. Items for sale are welcome.

**PARALYSIS RESOURCE GUIDE** from the Christopher and Dana Reeve Paralysis Research  
Center is available at **NO COST** call toll free 1-800-539-7309 or email [info@paralysis.org](mailto:info@paralysis.org) or internet  
site [www.paralysis.org](http://www.paralysis.org) 9am-5pm Eastern time.

**JUST A REMINDER.....**

**MARCH 19TH IS THE NEXT CHAPTER  
MEETING!**

**Thanks to Maxim Healthcare Services, ERIC  
HOWARD AND DAVID COOPER, who are  
sponsoring the meeting! We welcome their com-  
mitment and continued support of the Chapter.**

**Dr. Ron Triolo will present on Spinal Cord In-  
jury-Research Update-Electrical Stimulation.  
In case you weren't aware, MetroHealth Medi-  
cal Center is the FES Center in the World.  
Both Don Wheeler and Dale Moore have been  
working with Dr. Triolo on his research.**

**Would you like to Sponsor a meeting? Contact  
any of the Officers at the numbers listed. We  
appreciate your support.**

**Thanks and see you there!**

**7A SCI Cord Injury Unit: 216-778-3805**

**Dr. Greg Nemunaitis, Director, Spinal Cord Injury  
Unit: 216-778-5514**

**Dr. Melvin Mejia, new attending for the Spinal  
Cord Injury Unit: 216-778-3805**

**Denise Forster-Paulson RN NP 216-778-3804**

**Outpatient Therapy Services: 216-778-4414**

**Wheelchair Clinic: 216-778-5514**

**United Spinal Assoc: [www.unitedspinal.org](http://www.unitedspinal.org)**

**National Spinal Cord Assoc: [www.spinalcord.org](http://www.spinalcord.org)**

**ADA: [www.ada.gov](http://www.ada.gov)**

**Chapter Officers:**

**Adam Sweeney (President):  
[asweeney@leapinfo.org](mailto:asweeney@leapinfo.org)**

**Dave Lytle (V.President): [lytle101@msn.com](mailto:lytle101@msn.com)**

**Kendra Bohland (Secretary): [sweet-cope@hotmail.com](mailto:sweet-cope@hotmail.com)**

**Jeff Shieman (Treasurer): [jjscpajd@aol.com](mailto:jjscpajd@aol.com)**