



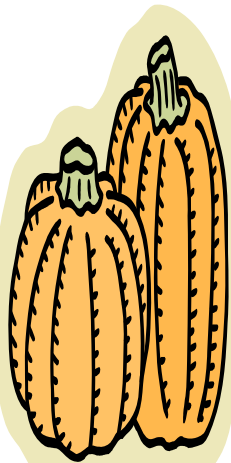
The Spinal Column

Fall issue

Oct. 2006

"I saw old Autumn in the misty morn stand shadowless like silence, listening to silence."

Thomas Hood



ANNUAL SPINAL CORD INJURY FORM-BLAST-OFF TO WELLNESS!

The eleventh annual spinal cord injury forum was held on August 4th, 2006 at MetroHealth Medical Center. This year's theme was "Blast-Off to Wellness" which was noted through-out the forum. Especially enjoyable were the decorations provided and arranged by Kathy Murany and family. They worked many hours in preparing the table centerpieces which consisted of "moon vases" and "moon rocks".

Over 90 spinal cord injured men and women, along with their caregivers, attended the forum. Alma Krakus, last years recipient for Community Achievement Honorarium, was on hand to present the plaque to Adam Sweeney. Adam is also the current president of the North-East Spinal Cord Chapter which meets at MetroHealth every third Monday of the month.

Dave Lytle, the current vice president of the NorthEast Spinal Cord Chapter, was the forum's keynote speaker. Dave enthralled the audience with his down to earth account of every day life of a spinal cord injured person. He offered gratitude to his mom and dad

who have been his caregivers, as well as support system, since his injury.

We would like to thank all the speakers who gave us their time. The sessions were well attended and enjoyed by all.

Thanks to Dr. Auckley, pulmonologist, who presented a compelling talk on sleep apnea and spinal cord injured. Dr. Auckley has a clinic at Metro and specializes in sleep disturbances. Dr. Nemunaitis' session, "Ask the Doc", is one of the favorites of the attendees. Dr. Nemunaitis, Director of the Spinal Cord Injury Unit at MetroHealth, has given his time every year since the forum began.

A BIG Thanks to all the vendors who sponsored the forum. Without the vendors, the forum wouldn't be possible. The attendees kept the vendors pretty busy with questions about their products. We hope to see all of you back again next year.

Last but not least, thanks to the forum committee led by Denise Forster-Paulsen. It takes hard work cont.



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THE AMERICAN ASSOCIATION OF SPINAL CORD INJURY NURSES recently held their annual conference in Las Vegas. The conference was jam packed with exciting information for all those dedicated nurses in the rehabilitation field focusing on the care and rehabilitation of spinal cord persons.

Several nurses from the Spinal Cord Unit at MetroHealth Rehabilitation Institute of Ohio attended. Hopefully, all brought back with them a new vim and vigor for spinal cord nursing. The information presented was new and interesting. For example, one paper presentation focused on the OT and Nurse connection as it pertains to Bowel programs. Did you know that 5-10% of deaths associated with SCI are due to unidentified GI complications? Over 54% of SCI patients rank bowel and bladder dysfunction as major life-limiting problems. It may seem like your nurse is obsessed with your bowel routine, but read over the stats mentioned above again. Bowel Dysfunction affects the lifestyle of over 41% of the Spinal Cord population. How many

AASCIN meeting, cont.



of you have been out and about and not worried about your bowel routine?

For patients with a T12 or above injury, the Upper Motor Neurons have been damaged. What occurs is involuntary defecation, partial or complete sensory loss of perineum and rectum, partial or complete loss of sphincter control.

For patients with an injury below the T12 level, there is Lower Motor Neuron damage which leads to incontinence which can be continuous or brought on by exercise or stress. Disimpaction may be required due to decreased peristalsis with partial or total sensory loss in rectum, perineum and external sphincter control.

What is the goal of any bowel program? There are a few goals which are:

- ◆ *Prevent accidents*
- ◆ *Prevent problems such as constipation, diarrhea*
- ◆ *Prevent embarrassment*
- ◆ *Improve self control and confidence*

The goal is a daily bowel routine if there is incontinence or dysreflexia present and every other day if there is not. Take into consideration the premorbid bowel rou-

tine and the schedule of the person (caregiver) who will be performing the bowel routine. Get a nutrition consult if your diet is lacking. Drink plenty of fluids daily.

Where will the bowel routine take place? On a toilet (bedside commode) or in bed? Do you have all the supplies necessary to perform the bowel routine such as

- ◆ *Gloves*
- ◆ *Lubricant*
- ◆ *Digital stimulators*
- ◆ *Toilet aids, tongs*
- ◆ *Suppository inserters*
- ◆ *Mirrors*

The speakers, RN and OT, suggested communication is a key component to a successful bowel routine. Transfers need to be consistent. The bowel routine should be as close to what will be used at home as possible. Also, the environment of where the routine will be done should mimic the home setting. Family and patient need to be involved as early as possible. Last but not least, attempt to use DME that will be used at home. This will involve the therapist ordering the DME and the case manager assisting with insurance issues.

Spinal Cord forum, cont.



Denise is the founder and organizer for the Spinal Cord Injury forum. This year marked the eleventh year of the forum. The committee meets, plans, organizes, and solicits the vendors for the forum. Everyone works really hard. They are the set up and clean up crew. They are the backbone of the forum.

Thank you for EVERYONE who does so much to assist-like Mary Jo Roach who gets the brochure out, and brings her daughter every year to help! Thanks to Mama Murany, Kathy's sister and niece who work so hard on the decorations and work the day of the forum helping with whatever is needed.

The lunch was provided by who has been our caterer for several years. The

food is always delicious and served on time. We have not been disappointed yet!

Every year we attempt to match the entertainment with the theme of the forum. This year we had a DJ play "space" themed music as much as possible. I'm not sure he really understood what I wanted, but he did play music!

Next year, it's Reggae entertainment and music-that's what we're thinking about at this time.

If you would like to help at the forum, donate time or money or both, please contact Denise, myself or Kathy Murany. We would appreciate any help that is offered. If you have the name of a Reggae band, contact Karen at 216-778-3776 (note the phone number change). Thanks and see you next August!

October 2006

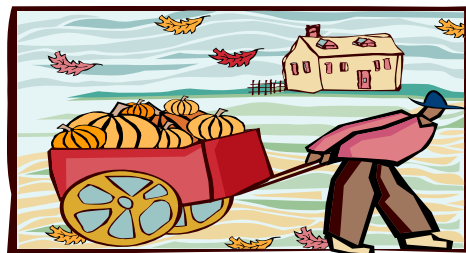
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 AA mtg. 7pm	4	5	6	7
8	9	10 AA mtg. 7pm	11	12	13	14
15	16 SCI chapter mtg. 7pm	17 AA mtg. 7pm	18	19	20	21
22	23	24 AA mtg. 7pm	25	26	27	28
29	30	31 AA mtg. 7pm 				

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!

UPCOMING EVENTS:

OCTOBER 16TH-NORTHEAST SPINAL CORD CHAPTER MEETING AT METROHEALTH MEDICAL CENTER, 7TH FLOOR. BEGINS 7PM/ ENDS 8:30PM.

*The morns are meeker than they were,
The nuts are getting brown:
The berry's cheek is plumper,
The Rose is out of town.
Emily Dickinson*



Adaptive Outdoor Recreation

There's no time like the present to become more active-Outdoors! There are many programs in the community to assist persons with disabilities in meeting their goals-to become more involved in the community, to become more fit, to just have fun! One of these programs is the Adaptive Outdoor Recreation program through the MetroParks System.

The programs are low cost and are able to provide adaptive equipment if needed, such as the handcycles. These programs, which include camping, canoeing/kayaking, fishing, map/compass, and snowshoeing, are "designed to encourage participants of all abilities" to learn new things and just have fun. The goal of this program, sponsored by the Cleveland Metroparks, is to provide a wide range of programs which will not only teach new skills, but to encourage everyone, no matter what skill level, to become more active in the outdoors.

What's great is that the cost is minimal for most programs. There are partial scholarships available for persons with disabilities to participate. You will need to either download an application for the scholarship, or contact the MetroParks area nearest you and have it sent in the mail.

You can participate alone or get a group together.

If you would like more information, contact the IGO office at:

(216) 341-1704 or website www.cleveland-metroparks.com

or send an email to igo@cleveland-metroparks.com

If you would like to contact the Institute of the Great Outdoors located at:

11350 Broadway Avenue

Garfield Heights, Ohio 44125

(216) 341-1704



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, DVT/PE, 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: Diastide, 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.

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THANKS TO OUR MEETING SPONSORS for their generous donation of information and refreshments!! Yum



Do you have any items for sale? Let the editor know and your items will be included 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 donating 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 or internet site www.paralysis.org 9am-5pm Eastern time.

Research Study

The United Spinal Association is looking for women with spinal cord injuries and disorders to take part in a survey answering a questionnaire on their specific needs, concerns, and interests as it relates to health care, health information, community resources, civil rights and overall quality of life.

The United Spinal Association first surveyed women with disabilities who belonged to their organization. Now, the survey is open to all women with spinal cord and related disabilities whether they are a member or not.

The first survey, in the Spring of 2006, brought to light the various challenges women have as it pertains to health related issues. For example, 52% of the women surveyed related that information and resources on sexuality were very difficult to find. Many others related the difficulty in having pelvic exams and pap smears done.

The survey is hoping to shed more light in the challenges faced every day by women with spinal cord and related injuries/disorders. If you would like to participate, please log on to :

www.unitedspinal.org/womensurvey/

Contact the United Spinal Association for further information at: or for a copy of their newest pamphlet, "Women's Health: Special considerations for Women with Spinal Cord Injury and Disorders".

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

Outpatient Therapy Services: 216-778-4414

Wheelchair Clinic: 216-778-5514

United Spinal Assoc: www.unitedspinal.org

National Spinal Cord Assoc: www.spinalcord.org

ADA: www.ada.gov

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Kendra Bohland (Secretary): sweet-cope@hotmail.com

Jeff Shieman (Treasurer): jjscpajd@aol.com