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Prognosis, Treatment, Recovery, and Future for a Collegiate Male with a Spinal Cord Injury: A Case Study

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Case Study

- August 4th, 2015
  - Patient was 19 years old
  - Construction Accident
  - Fell 3 stories off of a platform that was not tied down correctly
  - The platform that fell rolled on top of him—causing the spine damage

- Patient airlifted to Renown Regional Medical Center in Reno, NV
  - Diagnostic Imaging performed
  - T-10-L-1 Complete Spinal Cord Injury
  - Surgery needed to repair damage to the bony anatomy
  - **note displacement from T-12 to L-1

- Surgical Intervention
  - August 4th, 2015
  - Rods and Screws Placed
    - Rods placed on both sides of the vertebrae
    - Screws were placed posteriorly to the vertebral bodies

- Things to Note about SCI
  - First 48-72 hours are critical
  - People can have spinal cord injuries without bony misalignment
  - No radiological abnormality
  - Skin care is crucial
  - Because of lack of available movement

Anatomical Perspective

- Anatomy of the Thoracic/Lumbar Spine
  - Transverse Processes
  - Spinal Processes
  - Spinal Canal
  - Body
- Anatomy of the Spinal Cord
  - Afferent N. (sensory)
  - Efferent N. (motor)

Therapeutic Perspective

- 6 Months in Hospital
- Rehabilitation at Shepard Center in Atlanta, GA
  - 1. Prevention of Joint Contractures
    - Flaccid
    - Muscle Spasticity
  - 2. Maintaining Movement in Upper Extremities
    - Strengthening Upper Extremities is CRITICAL!!!!
- Corset
  - Used to help patients stabilize and protect fractures in the acute phase
- Life Transitions
  - Day to Day Tasks
    - Showering
    - Dressing
    - Navigation
    - Transportation

Psychological Perspective

- Day to Day Life
  - Moving on with New Outlook on Life
  - Facing New Reality
  - Facing Disability Stigmas
  - Coping Strategies
  - New Activity Interests
  - Different view of the world and how peers view the patient
- Community
  - Family
  - Friends
  - Significant Others
  - Teammates
  - Peers
  - Grieving is apparent for many of the surrounding community
  - Note all parties involved as a medical professional
  - Many go through a life transition that isn’t physical