

Ageing With Spinal Cord Injury

»» The challenges and the triumphs

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Te Pōari Hauora o Waitaha

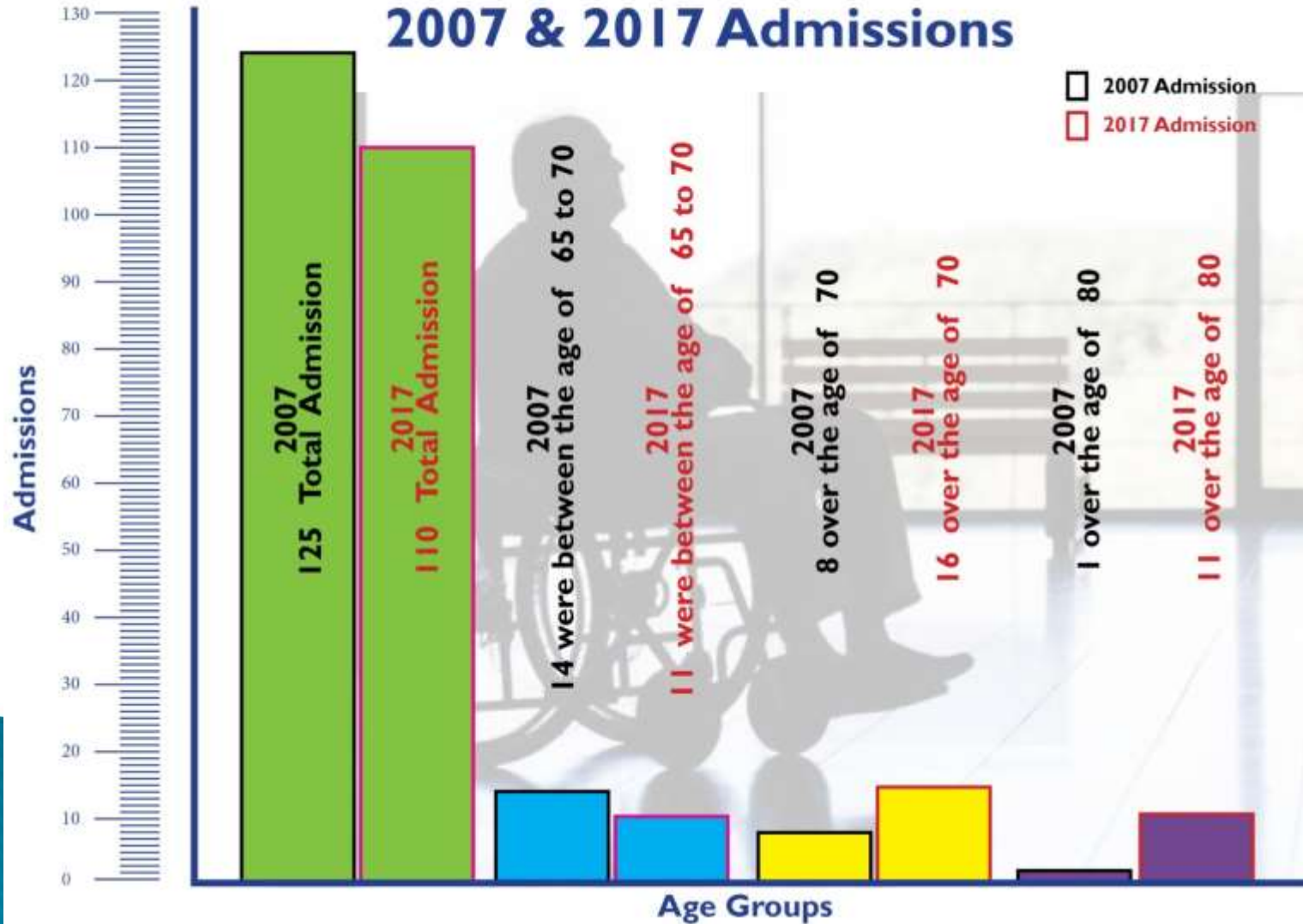


Background

- ▶ 26 bed unit
- ▶ Transitional rehabilitation
- ▶ Catchment – South of Hawkes Bay
- ▶ Admissions – Acute, arranged, reassessments
- ▶ 14 years and older



Burwood Spinal Unit Christchurch 2007 & 2017 Admissions



Physiological changes – post SCI

- ▶ Osteoporosis
- ▶ Bladder and Kidney Issues
- ▶ Bowel issues
- ▶ Shoulder injury
- ▶ Pressure injuries
- ▶ Fatigue
- ▶ Weight gain/loss



Other things to consider

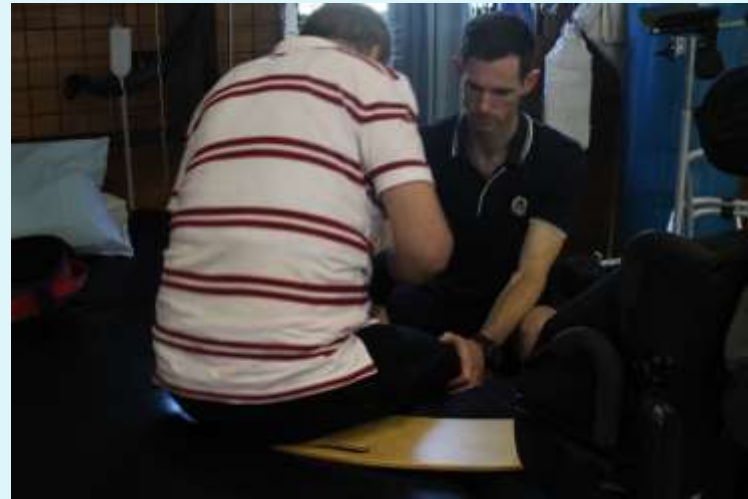
- ▶ Functional decline
- ▶ Age related cardiac changes
- ▶ Respiratory changes
- ▶ Medication contraindications
- ▶ Emotional, psychosocial and cultural wellbeing

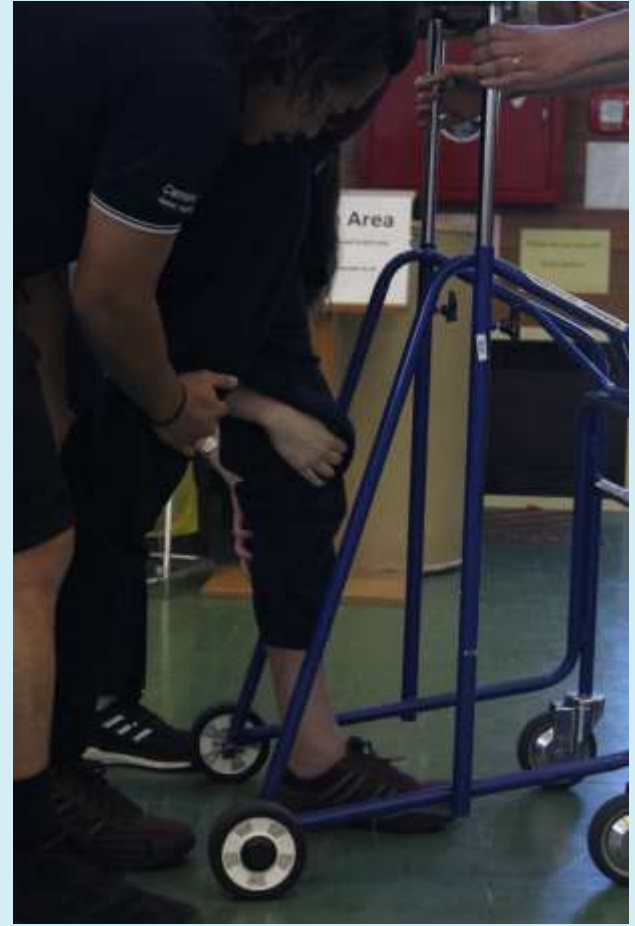


Rehab



Sliding Board transfers





Meika



17 years old, 6 months before injury



27 years later.....



Daughter

Wife

Mother

Peer support

Vocational Rehab Consultant –

NZ Spinal Trust

Meikas' Concerns about ageing

- ▶ Losing independence
- ▶ Slower recovery from illness
- ▶ Deconditioning
- ▶ Relying on Husband and Children in future



Phil

2 weeks before injury



- ▶ 35 years old at time of injury
- ▶ Fell from 3rd to 2nd floor, landing on head
- ▶ Physical training instructor in navy
- ▶ 30 + years in chair



Phil's journey

- ▶ Autonomic Dysreflexia
- ▶ Nephrectomy
- ▶ Reduced function
- ▶ Fractures
- ▶ Pneumonia



2 months' ago



Triumphs?



Thank You for listening



References

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