



The Spinalis Botswana SCI-rehabilitation Centre

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Reclaiming life after a spinal cord injury

An example of Partner Driven Cooperation between Botswana and Sweden

Pre- and post SCI-rehabilitation



SCI care prior to Spinalis Botswana

- No specialized SCI rehabilitation
- Occasionally rehabilitation abroad
- High mortality due to pressure wounds, sepsis, respiratory and kidney failure



Challenges in care

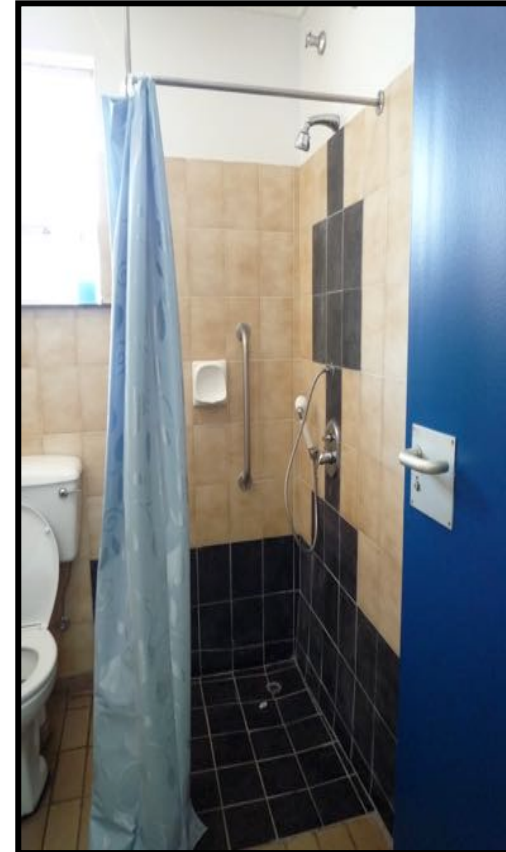
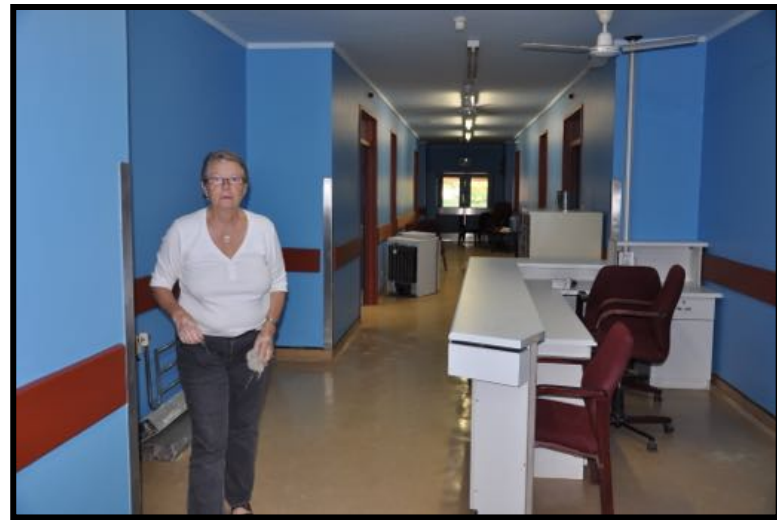
- Acute management
 - Long time to surgery
 - Bowel and bladder management
 - Pressure ulcers
- No dedicated unit
- Supply of technical aids, medications, consumables
- Staff rotations
- Inaccessible/unreliable transport



Spinalis Unit at Princess Marina hospital – a national SCI-Rehabilitation Centre



Wheelchair accessibility



Twin room with bathroom ...patient lounge and dining room

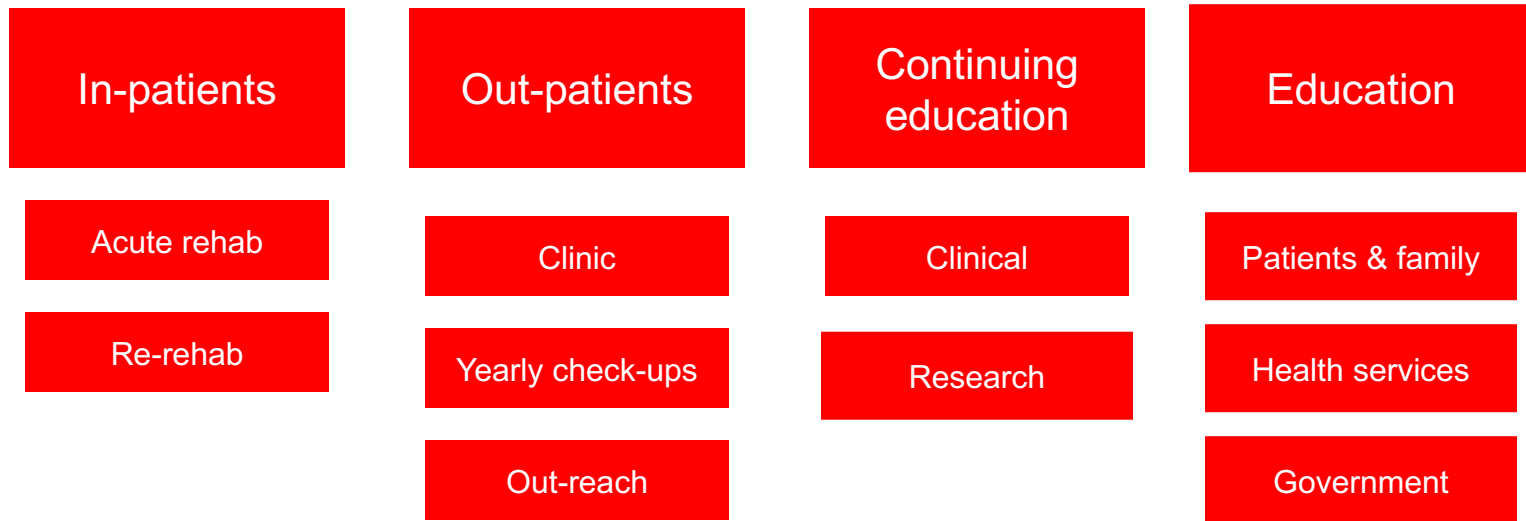


Rehab Coaches in the team

- Role model
- Integrated peer support
- Transfers, positioning
- ADL
- Wheelchair skills
- Wheelchair maintenance



Spinalis Botswana SCI Rehab Centre



SCI Rehab: multi-disciplinary, active neuro-rehabilitation

- Teamwork
- Patient centred rehabilitation
- Medical, social and environmental circumstances

Post SCI centre

- Reduction in secondary complications and mortality rates
- Increase in return to work or studies
- Re-integration into the community



Post SCI centre

- Functional independence
- Appropriate assistive devices e.g. wheelchair
- Continence



Case Presentation

35/M, RTA victim, paraplegic with neurological diagnosis of T2 AIS A. Seen at local clinic with history of elevated BP, profuse sweating, blurred vision, nasal congestion

Autonomic dysreflexia

Case presentation cont...

Symptoms AD

- Headache
- Blurry vision
- Nasal congestion
- Anxiety/Malaise

Case presentation cont...

Aetiology of AD

- Bladder distension
- UTI
- Bowel distension
- Fecal impaction
- Bowel instrumentation
- Pregnancy
- Pressure ulcers
- Ingrown nails
- Fractures
- Surgical procedures

Case presentation cont...

Treatment

- Sit the patient up
- Survey person for instigating causes, start with urinary system
- Use antihypertensives agent

Take home message

- Cost efficient, relatively small investment
- Radical improvement in survival and quality of life
- Prerequisites
 - Designated ward and full staff initially
 - Clinical pathway for acute interventions
 - Sustainable supply system for consumables/drugs/technical aids
- **SCI patients should be educated to recognize the early symptoms of secondary complications and AD**

Acute SCI management only does not create a better everyday life for the spinal cord injured!

Women day





Thank you!

