

# ISCOS SCI Management Course – 2-4 September 2008, ICC Durban Introduction & Provisional Program

## **Fundamentals of SCI for Africa**

A 3-day workshop in spinal cord injury management will be held in conjunction with the ISCOS Annual Scientific Meeting. Delegates to the Course are invited to the first day of the Annual Scientific Meeting to provide them with exposure to leading experts and current best practice. The Course will run for 3 days from the second day of the Annual Scientific Meeting. The course will be run as a series of workshops in partnership with the WHO-DART team and the South African Department of Health. The emphasis will be on applying best scientific practice in varying contexts and environments.

## **Scope of SCI Course**

Management and rehabilitation of spinal cord injury is a lifelong process that takes place along a continuum of care. Health care workers in the field should be involved in prevention activities wherever possible. They should be present to resuscitate the newly injured, establish physiological stability, train the patient/client and family to maintain this physiological stability in their home and then establish residential re-integration. The health worker must be prepared to move out of the hospital into the community and the workplace to empower individuals and communities to take care of themselves and of the spinal cord injured who live in them.

The workshop will be based in the community and outcome based model of rehabilitation, while recognizing that spinal cord injury does present as a life threatening injury that frequently requires hospital care.

The International Classification of Function Disability and Health (ICF), developed and published by WHO, provides a common language and classification of the factors encountered in SCI – including impairments of body function and structure, environmental facilitators and barriers, personal factors and limitations of activity and restrictions of participation. It provides a framework for assessing patients/clients and populations, for planning interventions and for monitoring outcomes. The workshops will lean on this biopsychosocial model of human functioning.

## **Aim of the Course**

The aim of the Course will be to train health care workers from the developing world in general, and Africa in particular, in the basic principles of spinal cord injury management.

## **Target Audience**

Teams from centers in Africa and from other countries in the developing world are being invited to participate in the course.

- Nurses
- Psychologists
- Physiotherapists
- Nutritionists
- Occupational Therapists
- Community Health Workers
- Social Workers
- Health Care Managers

## **Course Handouts & Educational Material**

Handouts / Educational material will be provided to all delegates who will then be encouraged to disseminate knowledge and material of SCI management in their home region/country in their role as trainers.

## **For information contact us at:**

Web: [www.iscos2008.org.za](http://www.iscos2008.org.za)  
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## Provisional ISCOS Spinal Cord Injury Course Program 2-4 September 2008, ICC Durban

### Course for Combined SCI Team – 2 September 2008 –DAY 1

	Session	Topic
08:30	1	Introduction to SCI
09:00		Setting up and running the SCI team in real life
09:30		An outline for assessing patients with SCI
10:00		Panel Discussion
10:30	TEA	
11:00	2	How to set up and do CBR & Outcome Based Rehabilitation
11:30		ASIA Neurological Standards - what, why and how?
12:00		Using International Data Sets to promote quality care
12:30		Panel Discussion
13:00	LUNCH	
14:00	3	How clinicians can be involved in prevention of SCI
14:30		ABC's of SCI Extrication & First Aid
15:00		Panel Discussion
15:30	TEA	
16:00	4	Providing SCI care in the first weeks
16:30		Obtaining and maintaining vertebral stability in the team environment.
17:00		Panel Discussion

### Course for Combined SCI Team – 3 September 2008 – DAY 2

Time	Session	Topic
08:30	5	Nursing in SCI care - what, why & How?
09:00		Physiotherapy in SCI - what, why & how?
09:30		Occupational therapy in SCI - what, why & how?
10:00		Panel Discussion
10:30	TEA	
11:00	6	How to do Pressure Ulcer <b>Prevention</b> & Management in a team
11:30		How to do Bowel care & Management
12:00		How to do Bladder Care & Management
12:30		Panel Discussion
13:00	LUNCH	
14:00	7	Psychosocial rehabilitation - what, why & how
14:30		Sexual rehabilitation - what, why & how
15:00		Panel Discussion
15:30	TEA	
16:00	8	How to overcome barriers to mobility at home, in the community and at work
16:30		How to overcome barriers to participation at home, in the community and at work
17:00		Complications of spinal cord injury - recognizing them in time and responding properly
17:30		Panel Discussion & Closure

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**Discipline Specific Course for Medical Doctors – 4 September 2008 - DAY 3**

Time	Session	Chair
08:30	1	A simple guide to the evaluation of a patient with spinal cord injury
09:00		An approach to the management of the acute phase of spinal cord injury
09:30		An approach to the management of common respiratory and cardiovascular complications
10:00		Panel Discussion
10:30	TEA	
11:00	2	Managing anxiety and depression in spinal cord injury
11:30		Medical approach to the management of pressure ulceration
12:00		Bowel management in the real world
12:30		Panel Discussion
13:00	LUNCH	
14:00	3	Bladder management in the real world
14:30		An approach to managing fertility and sexuality in spinal cord injury
15:00		Panel Discussion
15:30	TEA	
16:00	4	Recognizing and managing other common complications in SCI
16:30		Management of spasticity and pain - a rational approach
17:00		Panel Discussion
17:30	5	Closure

**Discipline Specific Course for Nurses – 4 September 2008 – DAY 3**

Time	Session	Topic
08:30	1	Defining an effective role for the nurse in the management of SCI
09:00		Barrier nursing and infection control - what, how and why?
09:30		Nursing of the acutely ill/newly injured patient - including chest care.
10:00		Panel Discussion
10:30	TEA	
11:00	2	Prevention and management of pressure ulcers - local management essentials
11:30		Patient positioning, lifts and turns
12:00		Demonstration of patient positioning, lifts and turns
12:30		Managing autonomic dysreflexia
13:00	LUNCH	
14:00	3	Role of the nurse in Bladder management
14:30		Sterile and clean intermittent catheterisation technique
15:00		Panel Discussion
15:30	TEA	
16:00	4	Role of the nurse in bowel management
16:30		Role of the nurse in facilitating healthy sexuality and fertility
17:00		Panel Discussion
17:30	5	Closure

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Discipline Specific Course for Physical Therapists – 4 September 2008 – Day 3

Time	Session	Chair
08:30	1	Welcome and introduction
09:00		Measuring progress & participation - ICF, FIM, SCIM & other tools
09:30		Setting sensible goals and achieving them
10:00		Panel Discussion
10:30	TEA	
11:00	2	Teaching motor skills
11:30		Understanding how people with paralysis move
12:00		Facilitating bed mobility & transfers -what, when, why & how?
12:30		Panel Discussion
13:00	LUNCH	
14:00	3	Standing & gait training -what, when, why & how?
14:30		Wheel chair assessment & prescription
15:00		Panel Discussion
15:30	TEA	
16:00	4	Facilitating and maintaining upper limb function
16:30		The physical therapists role in preventing and managing complications
17:00		Panel Discussion
17:30	5	Closure