

척수재활

발표일시 및 장소 : 10 월 26 일(금) 15:25-15:35 Room D(5F)

OP3-2-8

Target Recovery Priorities of Patients with Spinal Cord Injury

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Introduction

It is estimated that there are more than 64,000 individuals with a spinal cord injury (SCI) in Korea and increasing by about 2000 people every year. Healthcare for these individuals creates a significant economic burden for the society as well as the individuals or their family, not to mention the physical, psychological, and social suffering of these people. Regaining partial function and social support can lead greater independence and improvement of their quality of life. To ascertain what health and life domain are the most important to the SCI population in regard to enhancing quality of life, this survey was performed in which subjects were asked to rank each domains as an importance for their quality of life after SCI.

Methods

The survey questionnaire (Table 1) was designed to determine which areas of functional recovery and life domain were the most important to be achieved for the patient with SCI. We handed out the questionnaire to the responders either paraplegics or tetraplegics in inpatients and outpatients.

Results

A total number of 41 patients with SCI were recruited. To assess the target recovery priorities of patients with SCI, the responders were grouped into either tetraplegics or paraplegics. Twenty-five individuals were tetraplegics and 16 individuals were paraplegics. We have calculated the frequencies of their target functional recovery domain and life domain questionnaire. Figure 1 represents the areas of functional recovery ranked as the highest priority to tetraplegics and paraplegics. Figure 1A showed the first priority of tetraplegics and paraplegics, which were the arm/hand function (36%) for tetraplegics, while improvement of bladder and bowel function (56%) for paraplegics. Figure 1B showed the second highest priority of tetraplegics and paraplegics. It was an arm/hand function (32%) for the tetraplegics, and regaining walking movement (31%) and elimination of chronic pain and spasticity (31%) for the paraplegics. Figure 2 showed life domain priorities. The first priority for the tetraplegics and paraplegics were psychological health (36% and 16%). Income policy/financial matters were also the first priority for the paraplegics (16%) (Fig 2A). Secondary priority for the tetraplegics was friends/family relationships (40%) and psychological health (20%) for the paraplegics.

Conclusion

There were significant variations in health priorities but similar tendency in life domain priorities of patients with SCI. In order to improve the relevance of research in this area, the concerns of the SCI population must be better known and taken into account. This will provide basic data for the development of rehabilitation programs that can positively affect the quality of life of individuals with SCI.

Table 1. Survey questionnaire

1. What gain of function would dramatically improve your life?

Rank the following functional recovery in order of importance to you, 1 being most important and being least important:

A-1) Arm/hand function

B-1) Upper body/trunk strength and balance

C-1) Bladder/bowel function

D-1) Elimination of dysreflexia

E-1) Elimination of chronic pain and spasticity

F-1) Walking movement

G-1) Sexual function

H-1) Normal sensation

2. What is the importance things of life domains on your life?

Rank the following life domains in order of importance to you, 1 being most important and 8 being least important:

A-2) Psychological health

B-2) Friends/family relationships

C-2) Participating in community

D-2) Self-esteem

E-2) Employment issues

F-2) Income policy/financial matters

G-2) Communicating

H-2) Leisure/recreation

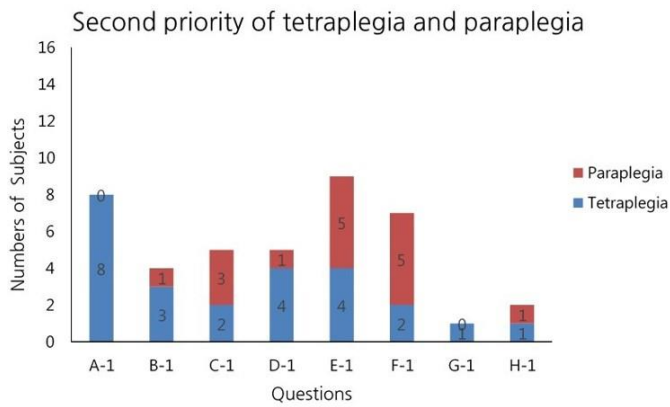
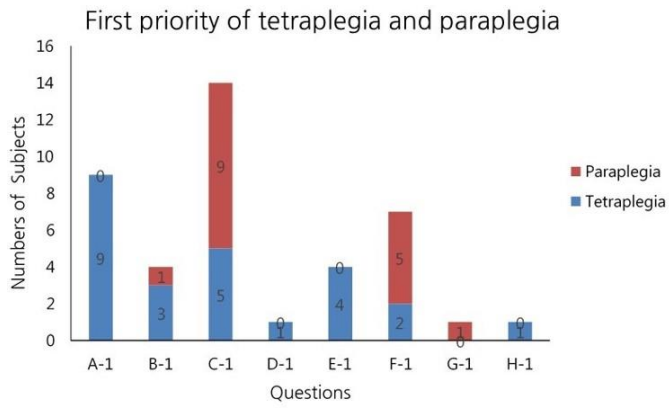


Figure 1. A representation of the areas of functional recovery ranked as the highest priority to quadriplegics (A) and paraplegics (B).

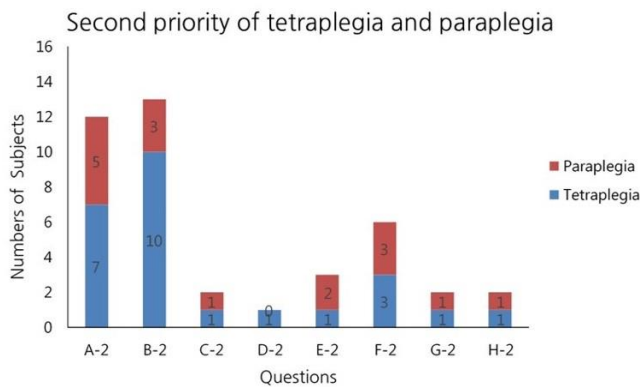
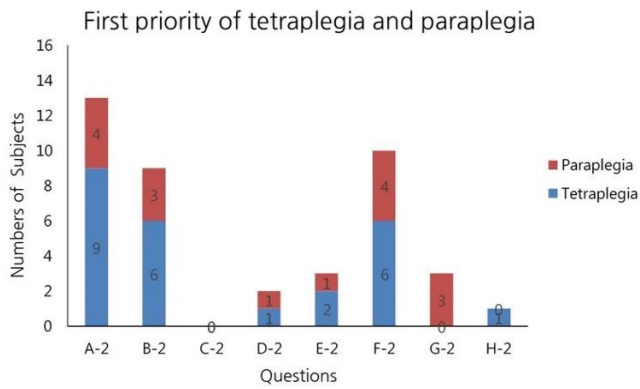


Figure 2. A representation of the areas of life domains ranked as the highest priority to quadriplegics (A) and paraplegics (B).