

Course Outline for 'Understanding Spinal Cord Injury' Delivered by ParaQuad NSW

This workshop provides an overview of spinal cord injury (SCI) and the effect this has on the body. The workshop examines a range of personal care tasks that personal carers may be involved with and places the procedures in the context of a professional relationship.

Who will benefit?

Personal Carers whose clients have a spinal cord injury, service coordinators and interested individuals.

Course Contents

The workshop will cover:

- **Client Carer relationship**
Explores professional boundaries of the client carer relationship and how a personal carer contributes to a client's independence
- **Barriers to Independence**
Examines what is required to live independently in the community after SCI and potential barriers to independence
- **Definitions and Incidence of SCI**
Explains what a spinal cord injury is, the different levels of injury and the demographics of SCI
- **The impact of spinal cord injury**
Examines the impact of a SCI and its effect on body function
- **Hoisting and Transfers**
Identifies the principles of safely transferring and moving clients
- **Bladder anatomy and Care**
Describes the anatomy of the urinary system, bladder care issues and procedures after SCI
- **Bowel anatomy and Care**
Describes the anatomy of the digestive system, bowel care issues and procedures after SCI
- **Autonomic Dysreflexia**
Explains the condition 'autonomic dysreflexia' and what to do if it occurs
- **Skin care and cushioning**
Provides information about skin care after SCI, the development of pressure areas and effective pressure relief