

24-7 Posture Care Management for Individuals with Spinal Cord Injury



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INTRODUCTION

Project Purpose: Develop a 24-7 PCM resource suitable for people with SCI

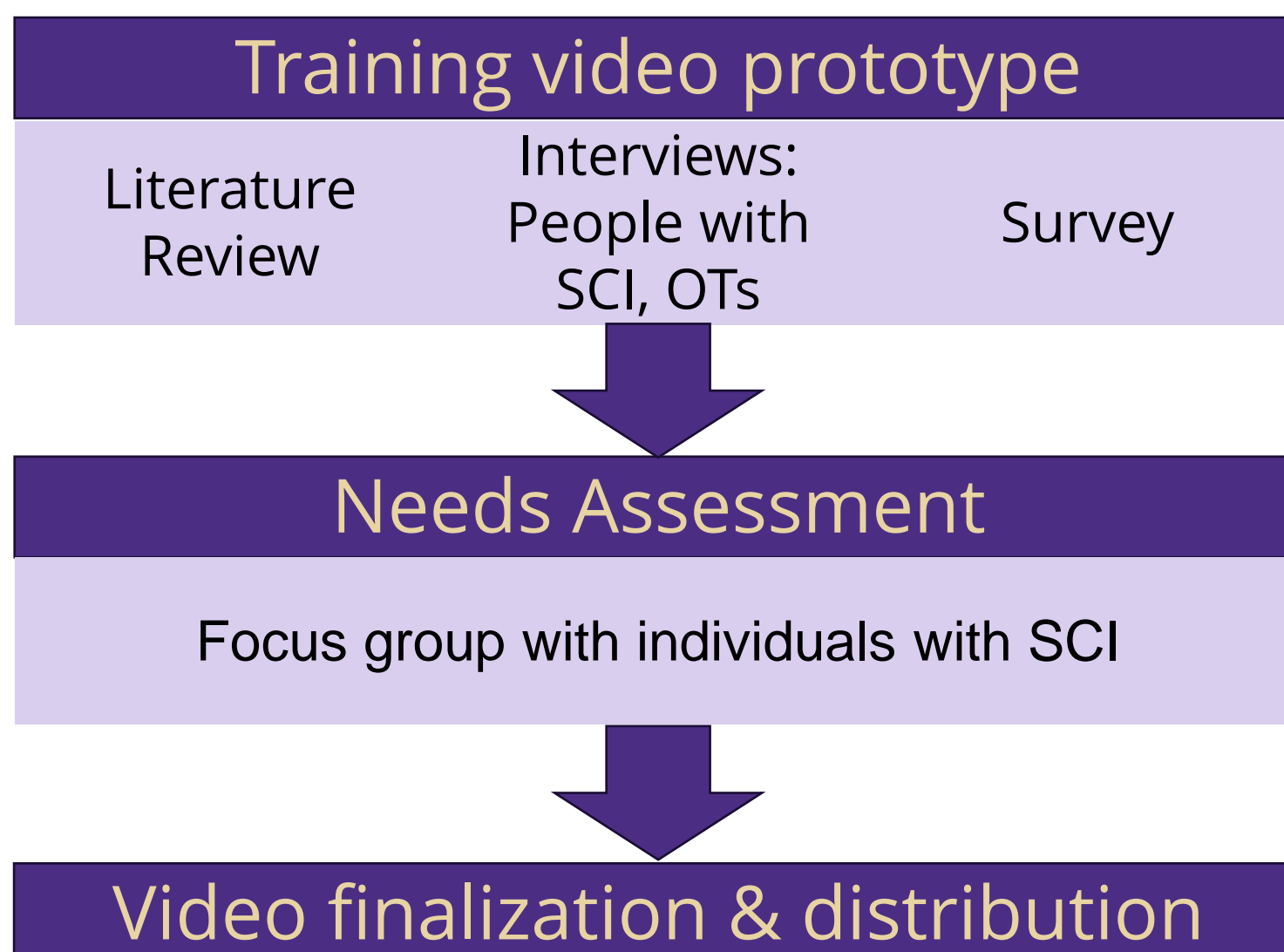
What is 24-7 Posture Care Management?

24-7 PCM is a collaborative therapeutic process by which a person who has limited movement ability is enabled to lie, sit, and stand in increased symmetry through the skillful placement of therapeutic supports.

The purpose of 24-7 PCM is to protect healthy posture and maximize the user's everyday functioning.¹

Individuals with SCI (sometimes) receive training in body positioning in their wheelchair and bed as part of their rehabilitation stay. However, our study highlights a gap in postural care and training after the patient leaves the hospital. Therefore, there is a need for additional easily accessible training resources for people in the SCI community and their caregivers.

PROCESS



NEEDS ASSESSMENT FINDINGS

Sitting²

- People with SCI often receive wheelchair fitting training to avoid pressure sores, postural asymmetries, and discomfort.

Standing³

- Daily standing program correlated with improved health outcomes for people with SCI.
- No current universal guidelines for a standing program exist.

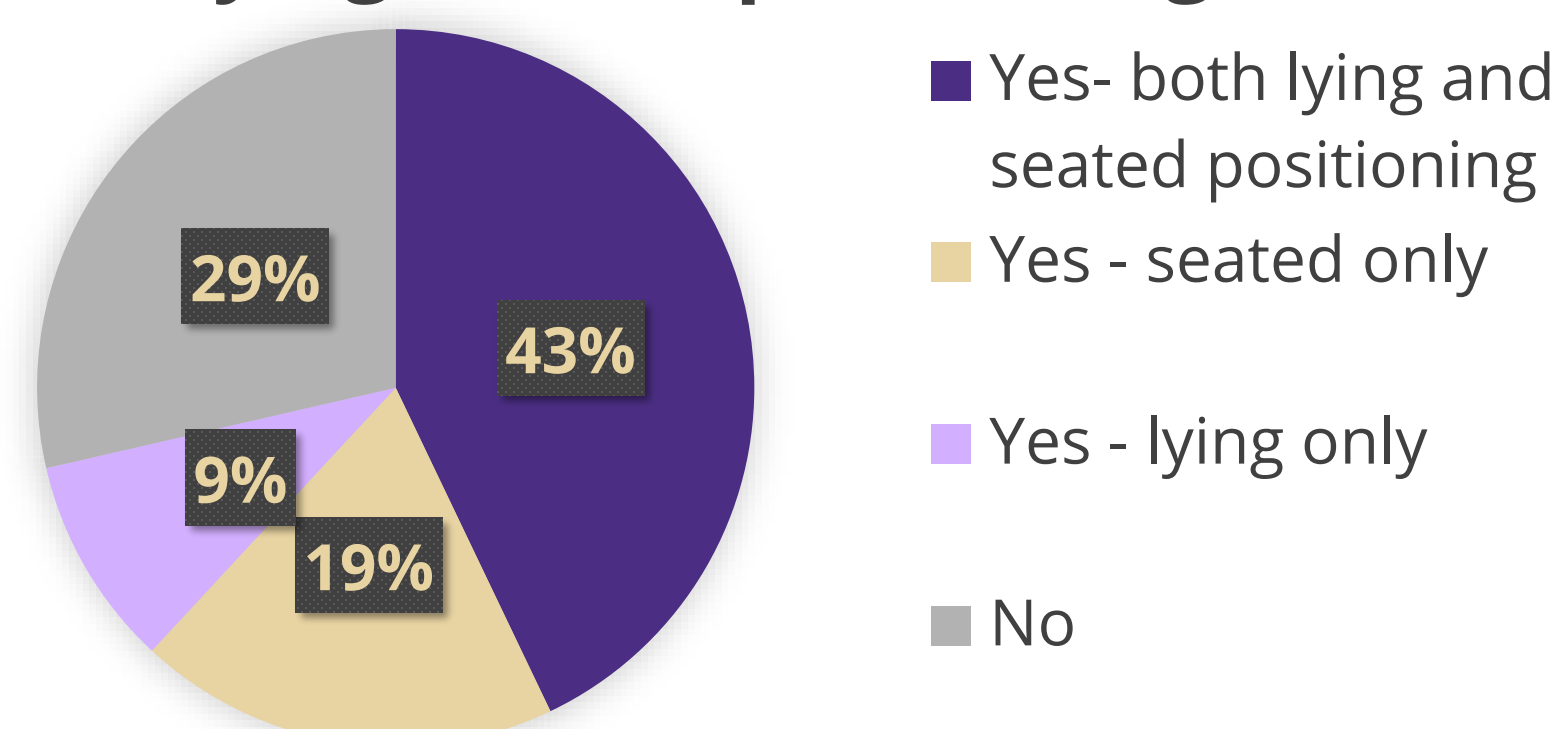
Lying⁴

- People spend over 1/3 of their time lying.
- Proper positioning helps this time act therapeutically, supporting rest and alignment.

Training⁵

- SCI care training typically occurs in a short inpatient stay.
- Ongoing caregiver training on physical positioning improves confidence and skills.

Have you received any training on lying/seated positioning?



Initial survey: 21 participants

VIDEO RESOURCE



Placing Supports

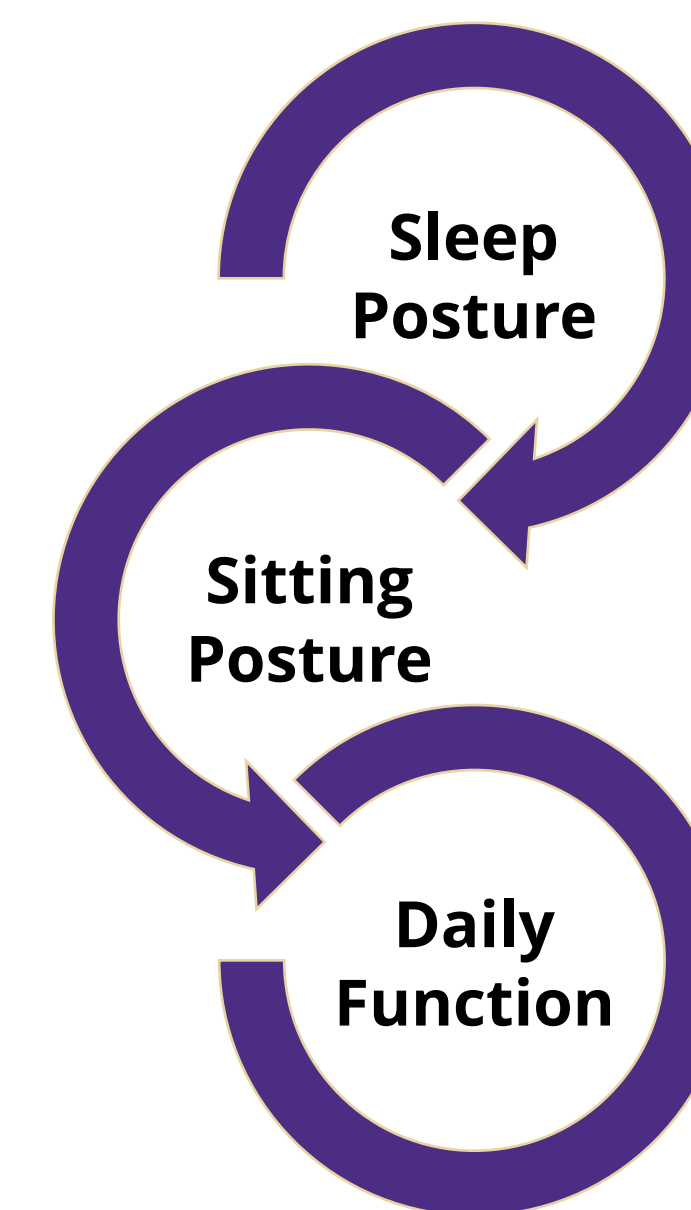


Lying Positioning Adjustment Tips

- Individuals shouldn't switch to lying on their back if advised by a health professional to lie on their side.
- Avoid overheating.
- Build up time in a new position gradually.
- Adjust supports if they are not offering good comfort and alignment.

CONCLUSIONS

- With gravity and positioning, body alignment is subject to change over time.
- Supports can be utilized to protect one's body alignment and prevent changes that could make transfers and mobility more difficult over time.
- Simple solutions exist to make things more comfortable!



REFERENCES

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