

Case report - Community reintegration of a young male following a complete spinal cord injury

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Introduction

Spinal cord injury is a major trauma, which is a life-changing event for the affected person and to his family. As traumatic spinal cord injuries are common among young males, it has a negative impact on the workforce in a country. Therefore, the rehabilitation following a spinal injury is an important step to regain physical independence as well as psychosocial reintegration and community participation.

Case report

We report a 31-year-old unmarried male sustained a thoracic spinal cord injury caused by a motorcycle accident. He was referred to the spinal injury rehabilitation center 3 weeks following the injury, after completion of the acute surgical management, with the diagnosis of 6th and 7th vertebral body fracture resulting ASIA -type A injury and a right-side clavicle fracture without neurological or vascular injury.

Six months after the successful inward rehabilitation period, wheelchair assisted mobility and independence in basic ADLs were archived. Sphincter control is also trained with regular bowel opening and self-intermittent urinary catheterization. On discharge, his independence level has been improved from 35 to 65 according to the spinal cord independence measure version III. The resettlement plan was designed after assessing the workplace and the barriers to community integration and inaccessibility was identified. His job security was confirmed after a discussion held with the head of his company. And, with the financial support of the clients of our patient, workplace adjustments were also planned to overcome the identified architectural barriers. Currently, he is doing his higher education, which he was unable to complete during the hospitalized period and awaiting to be attending back to his previous occupation as an accountant in a property sales company.

Conclusion

As a developing country, a person with SCI with residual disability, when entering the community might experience various types of barriers and inaccessibility in our society. This report comprehends the ascertainment of the diversity of barriers and the pathways for the strategies to overcome those challenges to obtain a better quality of life for our patients.