

SPINAL INJURIES AWARENESS

Course Number

S1

Validity

1 Year

Duration

6 Hours

Assessment

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This full-day course offers health and social care professionals a comprehensive overview of spinal injury and its implications for practice. Delegates will develop an understanding of spinal anatomy, types and causes of spinal cord injuries, and the impact on everyday life. The course also covers key clinical topics such as Autonomic Dysreflexia, catheter and bowel management, and the role of baclofen pumps. Designed for care staff supporting individuals with spinal cord injury, the course blends theoretical learning with group discussion and practical considerations.

Suitable for:

Care



Introduction

- Welcome, housekeeping and introductions

Course Programme

- Anatomy and physiology of the spinal column and spinal cord
- Spinal cord injuries: types, levels, and associated paralysis
- Group activity: symptoms and function loss by level of injury
- Autonomic Dysreflexia: recognition, treatment, and prevention
- Catheter care: suprapubic and urethral catheters, infection prevention
- Bowel management: anatomy, reflex bowel, digital removal, suppositories
- Baclofen pumps: purpose and side effects
- Client education and supporting independence
- Final Q&A, course reflections and evaluations

"In the UK, it's estimated that around 4,400 people are newly diagnosed with a spinal cord injury (SCI) each year, which equates to someone becoming paralyzed every two hours." Spinal Injuries Association