

## Self-care, Self-Advocacy, & Wellness for People with Spinal Cord Injury: Consumer Resources

In this edition of *reSearch*, we explore the topic of self-care, self-advocacy, and wellness for individuals with spinal cord injury (SCI). Self-care refers to the practice of maintaining one’s personal well-being and health. Individuals with SCI have unique issues related to their condition and benefit from self-management and self-advocacy to ensure that their unique medical and emotional needs are met.

The spinal cord coordinates body movement and sensation. An injury to the spinal cord can interfere with its ability to send and receive messages from the brain to the body’s systems that control sensory, motor, and autonomic function. A SCI occurs when the bony protection and other structures surrounding the cord are damaged due to fractures, dislocation, bursts, compression, hyperextension, or hyperflexion. Trauma (i.e., motor vehicle accidents, falls, swallow diving, sports injuries, etc.) are the most common cause of spinal cord dysfunction (Reeve Foundation Paralysis Resource Center. *Spinal cord injury types: Understanding your SCI*. Retrieved from <https://www.christopherreeve.org/ja/international/top-paralysis-topics-in-japanese/spinal-cord-injury-types>). The spinal cord does not have to be severed to lose function—it can be bruised, stretched, or crushed. The location of the SCI dictates the parts of the body affected. There are four vertebral segments used to delineate the area/level where the SCI has occurred and include: Cervical (C1-C8), Thoracic (T1-T12), Lumbar (L1-L5), and Sacral (S1-S5). A SCI can be either complete or incomplete. In an incomplete injury, the ability of the spinal cord to convey messages to and from the brain is not completely lost. It may be possible to experience some sensation and movement below the level of injury. A complete SCI is indicated by a total lack of sensory and motor function below the level of injury.

The location and severity of the SCI can pose challenges to one’s ability to maintain their health and wellness. Like many chronic conditions, SCI requires individuals and/or their caregivers to be on top of their self-care needs, particularly bladder and bowel management and skin care. To avoid infections of the bladder and kidneys or an impaction of the intestines, bladder and bowel control may need to be managed through bladder

and/or bowel programs/care that may involve the use of catheters or stimulated voiding of the bladder and/or bowels. The largest external organ of the body is one’s skin which serves three main functions: protection, sensation, and temperature regulation. For individuals with SCI, skin care and pressure injury prevention and/or management are essential. A pressure injury is an injury to the skin and tissues underneath. It is caused by excessive and prolonged pressure. When pressure is applied too long, blood supply can be diminished causing the skin to break down. Due to the lack or reduced sensation, the body may not signal to adjust position naturally. Pressure injuries can form in two ways—from the outside of the skin inward and may be shallow when they start, or from the bone outward toward the skin and can be quite deep by the time they reach the surface of the skin. These particular injuries may appear small but may be much larger underneath the surface. Individuals with SCI that have secondary medical conditions such as diabetes or poor blood circulation may be at higher risk of skin breakdown.

This edition of *reSearch* provides a 10 year “snapshot” of consumer and caregiver resources for individuals with SCI related to self-care, self-advocacy, and wellness. The combined search terms for this edition of *reSearch* included: bladder and bowel management, chronic pain, exercise (lifestyle/therapeutic), skin care, and pressure ulcers/sores. A listing of over 170 additional descriptor terms between the NARIC and ERIC databases can be found at the end of this document. A search of the REHABDATA database resulted in 102 documents published between 2008 and 2016. The ERIC database search resulted in two documents from 2015 and 1993.

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### **NIDILRR Funded Projects Related to Self-Care, Self-Advocacy, & Wellness for Individuals with SCI**

In addition to document searches, we searched our NIDILRR Program Database to locate grantees/projects related to self-care, self-advocacy, and wellness for individuals with SCI. The search resulted in 12 currently funded and 11 projects that are no longer active. Project information and their publications are offered as additional resources for our patrons.

#### **Ageing and Spinal Cord Injury: A 45-Year Longitudinal Study**

Project Number: 90IF0112  
Phone: 843/792-3117  
Email: [roperde@musc.edu](mailto:roperde@musc.edu).  
<http://www.longevityafterinjury.com>.

#### **The Disability, Rehabilitation, Engineering Access for Minorities (DREAM) project**

Project Number: 90IFST0001  
Phone: 323/343-4654  
Email: [skeslac@calstatela.edu](mailto:skeslac@calstatela.edu).

#### **Improving Quality of Personal Care Assistance Services for People with SCI Through Online Education**

Project Number: 90IF0115  
Phone: 973/324-3558  
Email: [jzanca@kesslerfoundation.org](mailto:jzanca@kesslerfoundation.org).

#### **A Lifestyle Intervention Targeting Enhanced Health and Function for Persons with Chronic SCI in Caregiver/Care-Receiver Relationships: Effects of Caregiver Co-Treatment**

Project Number: 90DP0074  
Phone: 305/243-3628  
Email: [mnash@med.miami.edu](mailto:mnash@med.miami.edu).

#### **A Multidisciplinary Approach to Translating New Knowledge into Practice to Promote Health and Well-Being after Spinal Cord Injury**

Project Number: 90DP0098  
Phone: 843/792-1337  
Email: [roperde@musc.edu](mailto:roperde@musc.edu).  
<http://www.longevityafterinjury.com>.

#### **PHOENIX: Development of a Spinal Cord Injury Peer-Supported Self-Management Intervention**

Project Number: 90IFRE0012  
Phone: 843/792-9255  
Email: [newmansu@musc.edu](mailto:newmansu@musc.edu).

#### **Prevalence of Chronic Disease After Spinal Cord Injury: A Longitudinal Study**

Project Number: 90IF0070 (formerly H133G140101)  
Phone: 843/792-3117  
Email: [roperde@musc.edu](mailto:roperde@musc.edu).  
<http://www.longevityafterinjury.com>.

#### **Project WOWii: Developing and Testing a Web-Based Intervention to Promote Exercise Among Those with Spinal Cord Injury**

Project Number: 90IF0106  
Phone: 214/818-2584  
Email: [kfgrobe@bir-rehab.com](mailto:kfgrobe@bir-rehab.com).

#### **ReInventing Yourself After SCI: A Multi-Site Randomized Controlled Trial of an Intervention to Improve Outcomes After Spinal Cord Injury**

Project Number: 90DPHF0002  
Phone: 303/789-8306  
Email: [susie@craighospital.org](mailto:susie@craighospital.org); [kmonden@craighospital.org](mailto:kmonden@craighospital.org); [jcoker@craighospital.org](mailto:jcoker@craighospital.org).

#### **The Relations Among Pain, Depression, and Resilience and Their Prediction of Life Satisfaction in Men and Women with Spinal Cord Injury**

Project Number: 90IF0099  
Phone: 713/797-5981  
Email: [michelle.feltz@memorialhermann.org](mailto:michelle.feltz@memorialhermann.org).

#### **Successful Employment and Quality Work Life After Severe Disability Due to Spinal Cord Injury**

Project Number: 90DP0050 (formerly H133A120122)  
Phone: 843/792-7051  
Email: [swayngim@musc.edu](mailto:swayngim@musc.edu).  
<http://tinyurl.com/yd2jwfn3>.

#### **University of Washington Rehabilitation Research and Training Center on Promoting Healthy Aging for Individuals with Long-Term Physical Disabilities**

Project Number: 90RT5023 (formerly H133B130018)  
Phone: 866/928-2114  
Email: [agerrtc@uw.edu](mailto:agerrtc@uw.edu).  
<http://agerrtc.washington.edu>.

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*These projects have completed their research activities and are now closed.*

**Addressing Self-Management Skills Through Electronic Gaming: Meeting the Needs of Underserved Individuals with SCI**

Project Number: H133G100118

Phone: 734/936-7205

Email: [mameade@med.umich.edu](mailto:mameade@med.umich.edu).

**Ambulation and Secondary Complications: Participants with Chronic Spinal Cord Injury**

Project Number: H133G090059

Phone: 843/792-7051

Email: [swayngim@musc.edu](mailto:swayngim@musc.edu).

<http://www.longevityafterinjury.com>.

**Center on Health Outcomes Research and Capacity Building for Underserved Populations with SCI and TBI**

Project Number: 90DP0004 (formerly H133A080064)

Phone: 843/792-7051

Email: [swayngim@musc.edu](mailto:swayngim@musc.edu).

<http://www.longevityafterinjury.com>.

**Evaluating the Effects of Activity-Based Therapy for Individuals with Chronic Spinal Cord Injury**

Project Number: H133G080031

Phone: 404/350-7595

Email: [mike\\_jones@shepherd.org](mailto:mike_jones@shepherd.org).

**Exercise Treatment of Obesity-Related Secondary Conditions in Adults with Paraplegia**

Project Number: H133G080150

Phone: 305/243-3628

**NERSCIC: Improving the Lives of People with SCI Across the Lifespan Through Innovative Science and Technology**

Project Number: 90SI5013 (formerly H133N120002)

Phone: 866/607-1804

Email: [SCIctr@bu.edu](mailto:SCIctr@bu.edu).

<http://www.bu.edu/nerscic>.

**Novel Exercise and Diet Prescription to Improve Body Composition and Metabolic Health in Individuals with Long-Standing Spinal Cord Injury**

Project Number: H133F130051

Email: [cymarar@uab.edu](mailto:cymarar@uab.edu).

Phone: 205/996-7936, 205/996-7938

**Pathways to Depression: An Examination of Vulnerability and Stress in Adults with Spinal Cord Injury**

Project Number: H133G070020

Phone: 734/763-0971

**Participation, Subjective Well Being, Health, and Spinal Cord Injury: A 40-Year Longitudinal Study**

Project Number: 90IF0015 (formerly H133G110157)

Phone: 843/792-3117

Email: [roperde@musc.edu](mailto:roperde@musc.edu).

<http://www.longevityafterinjury.com>

**Rehabilitation Engineering Research Center on Spinal Cord Injury**

Project Number: H133E070024

Phone: 412/624-6214

Email: [dkeelan@pitt.edu](mailto:dkeelan@pitt.edu).

<http://www.neresci.pitt.edu>.

**Rehabilitation Research and Training Center on Secondary Conditions in Spinal Cord Injury**

Project Number: 90RT5002 (formerly H133B090002)

Phone: 202/877-1694

Email: [inger.h.ljungberg@medstar.net](mailto:inger.h.ljungberg@medstar.net).

<http://sci-health.org>.

**There are 15 currently-funded Spinal Cord injury Model Systems Projects**

A list of the current SCI Model Systems may be found on the NARIC website at <http://tinyurl.com/ycr75bhs>.

The Model Systems Knowledge Translation Center (MSKTC) serves as a central source for all NIDILRR-funded model systems.

Resources on living with SCI including factsheets, slideshows, videos are available at <https://msktc.org/about-model-systems/sci>.

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***Why do I see different grant numbers?***

In 2014, President Obama signed the [Workforce Innovation and Opportunity Act \(WIOA\)](#) into law. As part of WIOA, the institute changed its name from the National Institute on Disability and Rehabilitation Research (NIDRR) to the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) and moved from the Department of Education to the Administration for Community Living (ACL) at the Department of Health and Human Services. Approximately 250 active grants received new ACL grant numbers and all new grants funded under NIDILRR have only an ACL grant number. For more information about NIDILRR/ACL grant numbers please visit: <http://naric.com/?q=en/content/about-nidilrracl-grant-numbers-0>.

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 **Documents from NARIC's REHABDATA search listed are listed below:**

**2016**

Hoatlin, T. (2016). ***Different types of independence.***

NARIC Accession Number: O20850

Project Number: H133A110004

Video is available at: [http://www.msktc.org/sci/Hot-Topics/Bowel\\_Function/Different-Types-of-Independence](http://www.msktc.org/sci/Hot-Topics/Bowel_Function/Different-Types-of-Independence).

ABSTRACT: A person with spinal cord injury (SCI) talks about being independent and how it can mean different things to different individuals with various types of SCI. This video is part of the Hot Topic Module: Managing bowel function after SCI. Run time: 1 minute 18 seconds.

Hoatlin, T., Ways, M., & Young, Z. (2016). ***Overcoming embarrassment.***

NARIC Accession Number: O20956

Project Number: H133A110004

Video is available at: [http://www.msktc.org/sci/Hot-Topics/Bowel\\_Function/Overcoming-Embarassment](http://www.msktc.org/sci/Hot-Topics/Bowel_Function/Overcoming-Embarassment).

ABSTRACT: Group of individuals share their stories and experiences on the awkwardness and embarrassment of having a bowel program and overcoming those emotions to become comfortable with themselves. This video is part of the Hot Topic Module: Managing bowel function after SCI. Run time: 2 minutes 18 seconds.

Rasul, A., & Biering-Sorensen, F. (2016). **Parents with a spinal cord injury.** *Spinal Cord (formerly Paraplegia)*, 54(5), 396-401.

NARIC Accession Number: J74597

ABSTRACT: Study examined the impact of parenting young children with a spinal cord injury (SCI) on various life situations (for example, personal, vocational, and social). A postal survey was designed to collect data in persons with SCI regarding the following: (1) socio-demographics, injury characteristics and parental status; (2) employment status; (3) environmental adjustments to support parenting roles; (4) childcare institution use and experiences; (5) network support for parenting; and (6) parenting advice for others. A total of 62 parents (58 percent men) responded to

the survey, with 56 percent having paraplegia and 44 percent having tetraplegia. The majority of men (83 percent) and women (62 percent) were employed during the first 10 years of their child's lives. Half of the sample did not find the accessibility of their childcare institutions optimal to accommodate their SCI. Only 22 percent felt that they got answers about being a parent with an SCI. The main advice provided by the sample to those considering of becoming a parent was encouragement, whereas the advice for municipalities was to provide more funding. This study provides insights into the challenges and satisfaction of being a parent post SCI across various life domains. Overall, the sample was very satisfied with their parenting role. The major issue noted for parents with SCI was the lack of support from local municipalities.

Rodriguez, G. (2016). *Fecal incontinence*.

NARIC Accession Number: O20847

Project Number: H133A110004

Video is available at: [http://www.msktc.org/sci/Hot-Topics/Bowel\\_Function/Research-On-Constipation](http://www.msktc.org/sci/Hot-Topics/Bowel_Function/Research-On-Constipation).

ABSTRACT: Speaker explains some possible causes for fecal incontinence, what steps can be taken to prevent it, and talks about the importance of having regular and consistent bowel movements. This video is part of the Hot Topic Module: Managing bowel function after SCI. Run time: 56 seconds.

Rodriguez, G.M. (2016). **Information/education page: Bowel function after spinal cord injury.**

*Archives of Physical Medicine and Rehabilitation*, 97(2), 339-340.

NARIC Accession Number: J73168

Project Number(s): H133A110004, H133N110002

ABSTRACT: Article presents ways to deal with bowel problems after spinal cord injury. Options discussed a bowel program and surgery.

Roller, S. (Ed.). (2016). **SCI Access**, 23(1), Spring/Summer 2016.

NARIC Accession Number: O20261

Project Number: H133N110002

Available in full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=130969>.

ABSTRACT: Newsletter of the University of Michigan (UM) Spinal Cord Injury (SCI) Model System provides information on research briefs, treatment,

and social issues for individuals with SCI. This issue focuses on successful bowel and bladder function. Topics include: 10 tips to make life better with bowel and bladder challenges, one wheelchair user's personal story of bowel management, an interview with Dr. Andrei Krassioukov on bowel dysfunction, practical new information about bowel and bladder issues, and a new documentary on SCI bowel function. Also included are articles about from wheelchair users who discuss traveling to astonishing places and achieving major life goals.

Tate, D. (2016). *Mental challenges of a spinal cord injury*.

NARIC Accession Number: O20812

Project Number: H133A110004

Video is available at: [http://www.msktc.org/sci/Hot-Topics/Bowel\\_Function/Mental-Challenges](http://www.msktc.org/sci/Hot-Topics/Bowel_Function/Mental-Challenges).

ABSTRACT: Speaker talks about challenges and cognitive demands a newly injured person with a spinal cord injury (SCI) faces, like being independent, working with caregivers, and other activities of daily living. This video is part of the Hot Topic Module: Managing bowel function after SCI. Run time: 1 minute 14 seconds.

Tate, D. (2016). *Research on the causes of constipation*.

NARIC Accession Number: O20813

Project Number: H133A110004

ABSTRACT: Speaker presents information on the focus of current research; medical complications including constipation and incontinence from bowel dysfunction in people with spinal cord injuries (SCI). Findings indicate certain factors are associated with having these complications, like race and age. She suggests that more studies are needed to determine the causes of constipation or incontinence in people with SCI. This video is part of the Hot Topic Module: Managing bowel function after SCI. Run time: 1 minute 42 seconds.

Ways, M. (2016). *Analyzing your bowel movements*.

NARIC Accession Number: O20848

Project Number: H133A110004

Video is available at: <http://www.msctc.org/sci/Hot-Topics/Bowel-Function/Analyze-Bowel-Movements>.

ABSTRACT: An individual with a spinal cord injury (SCI) talks about how your diet and the types and quantities of food you eat can affect bowel movements. She also shares tips and strategies about different things she does to manage her bowel program. This video is part of the Hot Topic Module: Managing bowel function after SCI. Run time: 56 seconds.

Young, Z. (2016). *Travel Challenges*.

NARIC Accession Number: O20957

Project Number: H133A110004

Video is available at: <http://www.msctc.org/sci/Hot-Topics/Bowel-Function/Travel-Challenges>.

ABSTRACT: Individual talks about traveling and accessibility issues and how having a bowel program can affect your social life, including steps he takes to eliminate the stressors of traveling and going out. This video is part of the Hot Topic Module: Managing bowel function after SCI. Run time: 1 minutes 36 seconds.

## 2015

Evans, N., Gorgey, A.S., Harness, E., Hicks, A., Sasso, E., & Wingo, B. (2015). **Exercise recommendations and considerations for persons with spinal cord injury.** *Archives of Physical Medicine and Rehabilitation*, 96(9), 1749-1750.

NARIC Accession Number: J72412

ABSTRACT: Article presents exercise recommendations for improving cardiovascular health, muscular strength and endurance, and flexibility in people with spinal cord injury (SCI). Increasing activity and exercise is essential for health and quality of life for people living with SCI. Obesity, cardiovascular disease, and diabetes are 2 to 4 times higher for people with SCI compared to the general population. This is due, in part, to low levels of activity, limited access and opportunities to participate in exercise, as well as changes in muscle and heart function that are common after injury. Exercise is necessary to improve fitness and reduce long-term health complications after SCI.

Evans, N., Sasso, E., & Zottnick, J. (2015). **Information/education page: Five key exercises for upper body strength: A guide for persons with paraplegia.** *Archives of Physical Medicine and Rehabilitation*, 96(12), 2253-2256.

NARIC Accession Number: J72893

ABSTRACT: Article presents exercises designed to strengthen the upper extremities of individuals with spinal cord injury (SCI) who use manual wheelchairs for mobility. For people with SCI, it is important to maintain sufficient strength of the arm and shoulder muscles in order to safely and effectively perform activities of daily living, maintain bone health, burn calories, and reduce stress on muscles and joints. It includes general guidelines, safety considerations, instructions on how to perform, and photos demonstrating the following exercises: seated row, chest fly, lat pulldown, triceps extension, and biceps curl.

Gernenz, L., Klebine, P., & Smitherman, O. (2015). *Entendiendo la lesión medular, Parte 2 -- Recuperación y rehabilitación.*

NARIC Accession Number: O19897

Project Number: H133A110004

Full-text in Spanish is available at: <https://search.naric.com/research/rehab/download.cfm?ID=128255>.

ABSTRACT: This fact sheet is the second in a two-part series in understanding spinal cord injury (SCI). It provides information about the potential improvements that can be obtained from SCI rehabilitation services. Part 1, The Body Before and After Injury, contains terms and information that are discussed in this fact sheet. This publication is also available in English (see accession number O19723). El artículo está disponible en español (vea el número de acceso O19723).

Kirshblum, S., Linsenmeyer, T.A. (2015). *Bladder management options following spinal cord injury.*

NARIC Accession Number: O20055

Project Number: H133A110004

Available in English full-text at: [http://www.msctc.org/lib/docs/Factsheets/SCI\\_Bladder\\_Health.pdf](http://www.msctc.org/lib/docs/Factsheets/SCI_Bladder_Health.pdf).

Available in Spanish full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=129285>.

ABSTRACT: This fact sheet offers basic information about how the bladder functions after spinal cord injury, how changes to bladder functioning may impact

health, and the bladder management options that can be used to address any problems. This publication is also available in Spanish (see accession number O20056). El artículo está disponible en español (vea el número de acceso O20056).

Kirshblum, S., & Linsenmeyer, T.A. (2015). *Surgical alternatives for bladder management following SCI*.

NARIC Accession Number: O20057

Project Number: H133A110004

Available in English full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=129286>.

Available in Spanish full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=129287>.

ABSTRACT: This fact sheet describes 2 types of surgery that use the intestines to manage bladder problems caused by spinal cord injury (SCI). Surgery is only used when other bladder management strategies have not worked. This publication is also available in Spanish (see accession number O20058). El artículo está disponible en español (vea el número de acceso O20058).

Parten, R. (Ed.). (2015). *SCI Access*, 22(1), Summer 2015.

NARIC Accession Number: O20260

Project Number: H133N110002

Available in full-text at: <https://search.naric.com/research/rehab/download.cfm?ID=130968>.

ABSTRACT: Newsletter of the University of Michigan (UM) Spinal Cord Injury (SCI) Model System provides information on research briefs, treatment, and social issues for individuals with SCI. This issue focuses on alternative therapies. Topics include: medical marijuana, acupuncture, nutrition, therapeutic massage, aroma therapy, and meditation. Also included are articles on the use of ReWalk™ robotics, research studies currently being conducted by the UM SCI Model System, living with SCI, and alumni news.

Rodriguez, G.M. (2015). *Bowel function after spinal cord injury*.

NARIC Accession Number: O19741

Project Number: H133A110004

Available in English full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=127259>.

Available in Spanish full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=128297>.

ABSTRACT: This fact sheet explains how and why a bowel program can improve the quality of life for

people with spinal cord injury (SCI). The bowel program is best done daily or every other day. A daily bowel program involves: eating a proper diet and drinking plenty of fluids, using bowel medications as recommended by the doctor, practicing techniques that activate the reflex to empty the rectum, and using methods to clean out stools. Following a bowel program can help people with SCI regain control over their bowel movements and avoid complications and bowel surgery. This publication is also available in Spanish (see accession number O19928). El artículo está disponible en español (vea el número de acceso O19928).

## 2014

(2014). *Perspectives on pain: An SCI panel discussion*.

NARIC Accession Number: O19713

Project Number: H133N110009

Video is available at: <http://sci.washington.edu/info/forums/reports/pain.asp>.

ABSTRACT: This video is the second in a two-part series. Part two hosts a panel of four individuals (two participated in the Northwest Regional Spinal Cord Injury System's ongoing SCI-CARE study) with different levels of spinal cord injury (SCI). Panelists share their personal experiences about how to cope with and manage pain after a SCI, which can interfere with daily activities and affect quality of life. They discuss how they think about or understand their pain, different treatments they tried, which ones worked the best/least, the difference between good pain and bad pain, having a positive attitude, and offer advice for newly injured individuals and those struggling with chronic pain. Audience questions are answered at the end of the presentation. Part one is available under accession number O19694. Run time: 1 hour 15 minutes 25 seconds.

Burns, A.S., Chau, B.A., Delparte, J.J., & Mills, S. (2014). *Spinal cord essentials: The development of an individualized, handout-base patient and family education initiative for people with spinal cord injury*. *Spinal Cord (formerly Paraplegia)*, 52(5), 400-406.

NARIC Accession Number: J68716

ABSTRACT: Article describes the development and evaluation of Spinal Cord Essentials, a customizable patient and family education resource for people with

spinal cord injury (SCI). An environmental scan was conducted and stakeholder input sought to generate a list of potential handouts and inform content development. Staff members were recruited to draft handouts, which were later edited and finalized by the project team. Hardcopies of handouts were placed in cabinets throughout the rehabilitation center. Staff members were also trained and coached to facilitate and promote usage; which was then tracked for 2 years. One hundred fifty-six potential handouts were identified; 83 were deemed high priority. Seventy-two handouts addressing patient organization, self-management and community integration were finalized for phase 1. At inpatient admission, patients receive a binder containing base materials. The binder is then customized and populated with pertinent handouts throughout the rehabilitation admission, and taken home at discharge for future reference. Handouts with the highest usage covered medical management (for example, bladder, bowel and pressure ulcers); mobility; and activities of daily living. Handouts were also helpful for staff training and orientation, as well as increasing the confidence of staff providing education outside their immediate area of expertise. Spinal Cord Essentials is a novel patient and family education initiative comprised of practical handouts that address many important aspects of SCI management. Handouts can be downloaded for free in four languages (English, French, Chinese and Farsi) at [www.spinalcordsententials.ca](http://www.spinalcordsententials.ca).

Crane, D., & Ehde, D. (2014). *Managing chronic pain after spinal cord injury*.

NARIC Accession Number: O19694

Project Number: H133N110009

Video is available at: [http://sci.washington.edu/info/forums/reports/pain\\_chronic.asp](http://sci.washington.edu/info/forums/reports/pain_chronic.asp).

ABSTRACT: This video is the first in a two-part series. In part one, two presenters provide information on chronic pain, a common, often difficult to treat problem for individuals living with spinal cord injury (SCI). They discuss the different types, causes, and potential treatment options for chronic pain; talk about medications, surgical options, injections, pumps, massage, and other treatments; offer different self-management strategies for decreasing and coping with chronic pain, including relaxation, pacing, and hypnosis; and share resources for self-management. Audience questions are answered at the end of the forum. Run time: 1 hour 6 minutes 33 seconds. Part two is available under accession number O19713.

Holicky, R. (2014). *Aging with SCI: Good news, bad news*. *New Mobility*, 25(251), 49-53.

NARIC Accession Number: J69371

Project Number: H133N110006

ABSTRACT: Article examines issues that wheelchair users may face as they get older while living with a spinal cord injury (SCI). Many of the problems are in line with what research reports for their non-disabled peers. Tips for coping with the problems and informational websites are provided.

## 2013

(2013). *A medida que pasan los años: Cómo aceptar ayuda nueva (revised 7/2013)*.

NARIC Accession Number: O19552

Project Number: H133B30040

Available in Spanish full-text: <https://search.naric.com/research/rehab/download.cfm?ID=125176>.

ABSTRACT: Educational brochure for individuals with spinal cord injury (SCI) discussing issues of dependence and independence in relation to personal assistance services. The brochure discusses the reasons some people with SCI prefer to do without personal assistance services in order to be independent, and reasons for accepting use of personal assistance services despite partial loss of independence. The brochure suggests hanging on to the activities that really matter to you, and delegating the ones that don't. This document is also available in English (see accession number O19561). Esta publicación también está disponible en inglés (mire al número de acceso O19561).

(2013). *The ABCs of parenting with an SCI*.

NARIC Accession Number: O20007

Project Number: H133N110009

Video is available at: <http://sci.washington.edu/info/forums/reports/parenting.asp>.

ABSTRACT: Panel discussion includes three individuals with spinal cord injury (SCI); one injured before becoming a parent, one after, one injured and becoming a parent at the same time, and one spouse. They share their tips and experiences on how to manage parenting with SCI, what role they took, whether or not it changed how they parented, different ways to connect with kids, what they missed out on because of the injury, the impact it may have



had on their children, and how important it is to have and accept help and support from extended family members. All panelists agree that being able to get around the whole home, and not just in the front door, allowed them to fully participate in all family activities. Run time: 1 hour 19 minutes 30 seconds.

(2013). *As the years go by: Accepting new help (revised 7/2013)*.

NARIC Accession Number: O19561

Project Number: H133B30040

Available in full-text at: <https://search.naric.com/research/rehab/download.cfm?ID=125175>.

ABSTRACT: Educational brochure for individuals with spinal cord injury (SCI) discussing issues of dependence and independence in relation to personal assistance services. The brochure discusses the reasons some people with SCI prefer to do without personal assistance services in order to be independent, and reasons for accepting use of personal assistance services despite partial loss of independence. The brochure suggests hanging on to the activities that really matter to you, and delegating the ones that don't. This publication is also available in Spanish (see accession number O19552). El artículo está disponible en español (vea el número de acceso O19552).

(2013). *Employment after spinal cord injury: How do you get there?*

NARIC Accession Number: O19198

Project Number: H133N110009

Video is available at: <http://sci.washington.edu/info/forums/reports/employment.asp>.

ABSTRACT: Video presentation talks about concerns that individuals with spinal cord injury (SCI) have when thinking about returning to or finding new employment for the first time after a SCI including insurance, financial, and accessibility issues, and health problems. Three panelists, injured at different points during their lives (high school, college, and on the job), share their experiences, the different paths they took to re-enter the workforce, tips for navigating challenges, and talk about the importance of self-advocacy. In addition to the panelists, a rehabilitation counselor discusses the role of the rehabilitation counselor, what types of services are available, possible funding, accommodations, and self-advocacy. Run time: 78 minutes.

(2013). *Pain after spinal cord injury*.

NARIC Accession Number: O18869

Project Number: H133A110004

Video is available at: <http://www.msktc.org/sci/slideshows/Pain-After-Spinal-Cord-Injury>.

ABSTRACT: This presentation provides basic information for individuals with spinal cord injury (SCI) living with chronic pain on how to understand pain, work with a doctor, and identify treatment options to manage pain and improve quality of life. Types of pain, managing pain after SCI, medications, surgical treatments, prevention and self-care, and finding help are topics discussed. Accompanying factsheet is available under accession number O17814. Run time: 8 minutes 5 seconds.

Hall, B. (2013). *Taking care of business: Your bowel program*.

NARIC Accession Number: O19579

Project Number: H133N110009

Video is available at: <http://sci.washington.edu/info/forums/reports/bowel.asp>.

ABSTRACT: Video provides an overview on individualized bowel management after spinal cord injury (SCI). Topics discussed include: how the central nervous system controls bowel function, how the bowel is affected by SCI, what makes up a successful bowel program, why is bowel management important, best practice guidelines for long-term management, long-term management goals, diet, and medications. Three individuals on the panel with SCI also share their own experiences with bowel programs, how and why they've changed programs over the course of injury, and different options or solutions to establish a successful bowel program. Run time: 1 hour 12 minutes 32 seconds.

Hastings, J. (2013). *Tips for choosing the right wheelchair*.

NARIC Accession Number: O19380

Video is available at: [http://sci.washington.edu/info/forums/reports/wheelchair\\_choosing.asp](http://sci.washington.edu/info/forums/reports/wheelchair_choosing.asp).

ABSTRACT: Webinar provides information and tips for therapists and individuals with spinal cord injury (SCI) who use a wheelchair on the process of and how to pick the right chair to live as healthy and independently as possible. The presenter discusses the two most important needs (postural, functional) in the evaluation of wheelchairs and seating and answers the main question: what does the wheelchair need to do? Other subjects explained are optimal seating, SCI and

skin health, and how and when to use pressure mapping as a tool for seating assessment. The presenter also shares examples of evaluations she's done along with tips and resources on when a wheelchair seating expert is needed and how to find one. Run time: 1 hour 20 minutes 46 seconds.

Kaupang, K. (2013). *Get moving: Exercise and SCI*. NARIC Accession Number: O19284  
Project Number: H133N110009  
Video is available at: [http://sci.washington.edu/info/forums/reports/exercise\\_2013.asp](http://sci.washington.edu/info/forums/reports/exercise_2013.asp).

ABSTRACT: Webcast discusses the benefits of exercise and stresses the importance of regular physical activity for staying healthy, especially for individuals with spinal cord injury (SCI), and provides strategies to overcome barriers to exercise. The presenter explains how SCI affects the body's ability to exercise, things to watch out for while exercising, the American College of Sports Medicine (ACSM) guidelines and recommendations, elements of an exercise program (frequency and duration, intensity, and quality of technique and motion), and the three components every exercise program should have (cardiovascular conditioning/aerobic exercise, muscle strengthening/resistance training, and flexibility/stretching exercises). Audience questions are answered at the end of the presentation. Run time: 1 hour 2 minutes.

Murphy, M. (2013). *How to do arms warm up*. NARIC Accession Number: O18741  
Project Number: H133B090002  
Video is available at: <https://www.youtube.com/watch?v=WMOOr1kYqd3M>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to do proper arm warm ups to help prepare the body for exercise. Run time: 1 minute 17 seconds.

Murphy, M. (2013). *How to do biceps exercise with a theraband*. NARIC Accession Number: O18899  
Project Number: H133B090002  
Video is available at: <http://sci-health.org/exercise/Theraband-biceps-exercise.flv>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to safely and properly do biceps exercises with a theraband. Run time: 2 minutes 31 seconds.

Murphy, M. (2013). *How to do chest press exercise*. NARIC Accession Number: O19155  
Project Number: H133B090002  
Video is available at: <https://www.youtube.com/watch?v=PAu81sIOFAQ>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI), along with a partner, demonstrating tips and techniques for his preferred method for stabilizing himself on the bench and how to safely and properly do chest press exercises using both the bench press machine and free weights. Run time: 4 minutes 35 seconds.

Murphy, M. (2013). *How to do dumbbell hammer curls*. NARIC Accession Number: O18900  
Project Number: H133B090002  
Video is available at: <http://sci-health.org/biceps-exercise-videos>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to safely and properly do dumbbell hammer curl exercises. Run time: 1 minute 1 second.

Murphy, M. (2013). *How to do lat pull back exercise using theraband*. NARIC Accession Number: O19143  
Project Number: H133B090002  
Video is available at: <https://www.youtube.com/watch?v=XWRpNYphWEU>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to safely and properly do exercises for strengthening the latissimus dorsi (lats) muscles, located in the upper back, with the theraband. Run time: 2 minutes 26 seconds.

Murphy, M. (2013). *How to do lower trap exercise using theraband*. NARIC Accession Number: O19117  
Project Number: H133B090002  
Video is available at: <https://www.youtube.com/watch?v=e1vSP3GRRvs>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to safely and properly exercise the lower trapezius (trap) muscles, located in the upper back, with a theraband. Run time: 1 minute 12 seconds.

Murphy, M. (2013). *How to do one arm cable bicep row/curl with a cable machine.*

NARIC Accession Number: O18901

Project Number: H133B090002

Video is available at: <http://sci-health.org/biceps-exercise-videos>.

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to safely and properly do one-arm bicep row/curl exercises using a cable machine. Run time: 1 minute 35 seconds.

Murphy, M. (2013). *How to do posterior deltoids exercise using theraband.*

NARIC Accession Number: O19156

Project Number: H133B090002

Video is available at: <https://www.youtube.com/watch?v=F4wMgfZQkZc>.

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to safely and properly do exercises for strengthening the posterior deltoid muscles, located in the upper back of the shoulder, with the theraband. Run time: 1 minute 32 seconds.

Murphy, M. (2013). *How to do shoulder external rotation exercise using theraband.*

NARIC Accession Number: O19154

Project Number: H133B090002

Video is available at: <https://www.youtube.com/watch?v=0NqK3YfCXUc>.

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to safely and properly do external rotation exercises for strengthening the shoulder using the theraband. Run time: 57 seconds.

Murphy, M. (2013). *How to do shoulder external rotation/rotator cuff exercise.*

NARIC Accession Number: O18742

Project Number: H133B090002

Video is available at: <https://www.youtube.com/watch?v=qz4VqAl74Ic>.

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to do exercises for strengthening the rotator cuff; a muscle group that helps maintain shoulder stability. Run time: 1 minute 3 seconds.

Murphy, M. (2013). *How to do triceps strengthening exercises using theraband and dumbbell.*

NARIC Accession Number: O19144

Project Number: H133B090002

Video is available at: <https://www.youtube.com/watch?v=f4KFe4LowCk>.

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating tips and techniques for how to safely and properly do exercises for strengthening the triceps with either the theraband or dumbbell. Run time: 2 minutes 8 seconds.

## 2012

(2012). *Before you begin exercise.*

NARIC Accession Number: O18640

Project Number: H133B090002

Available in full-text at: <https://search.naric.com/research/rehab/download.cfm?ID=119696>.

ABSTRACT: Fact sheet provides information about exercising for people with spinal cord injury (SCI). Discussion includes the benefits of regular physical activity and exercise, the different benefits gained from different types of exercise, SCI-related considerations when exercising, and important safety considerations.

(2012). *Everybody's doing it: Aging with a spinal cord injury.*

NARIC Accession Number: O19069

Project Number: H133N110009

Video is available at: <http://sci.washington.edu/info/forums/reports/aging-2012.asp>.

ABSTRACT: Video presents a panel of five individuals with longstanding (collectively, 189 years) spinal cord injury (SCI) who share their thoughts about living long enough to develop the same kind of age-related health issues that affect the general population. Panelists discuss the special concerns individuals aging with SCI have and offer their experiences and methods for coping with changes and what they do to stay healthy and positive while aging. Audience questions are also answered. Run time: 1 hour, 18 minutes 08 seconds.

(2012). ***How to do pressure relief.***

NARIC Accession Number: O18632

Project Number: H133B090002

Video is available at: <http://sci-health.org/power-wheelchair-pressure-relief>.

ABSTRACT: This "how to" video presents general information about pressure ulcers and shows three individuals performing multiple techniques to relieve pressure from the buttocks and bony areas that can be used in a power wheelchair. They are: tilting or reclining, leaning forward, and leaning side to side. Run time: 5 minutes 35 seconds. Accompanying fact-sheet is available under accession number O18639.

(2012). ***Pressure reliefs in a power wheelchair.***

NARIC Accession Number: O18639

Project Number: H133B090002

Available in full-text: <https://search.naric.com/research/rehab/download.cfm?ID=119697>.

ABSTRACT: Fact sheet describes techniques that power wheelchair users can use to relieve pressure from the buttocks and bony areas to help prevent pressure ulcers. The techniques are: tilting or reclining the chair, leaning forward, and leaning side to side. The accompanying video is available under accession number O18632.

Boninger, M. (2012). ***To walk or roll: The controversy over walking and research.***

NARIC Accession Number: O19057

Project Number: H133N110009

Video is available at: [http://sci.washington.edu/info/forums/reports/research\\_boninger.asp](http://sci.washington.edu/info/forums/reports/research_boninger.asp).

ABSTRACT: Webcast presents an interactive discussion with the audience on how the initial focus on walking shifts, over time, to more important issues that impact daily living for individuals with spinal cord injury (SCI). Questions answered include: what should the rehabilitation team do, whether the wheelchair is as an enabler or disabler, do individuals with SCI and researchers focus on walking too much, how the skills an individual uses to maneuver a manual wheelchair can affect quality of life, and where SCI research dollars should be focused. Issues are presented from the standpoint of both a physiatrist who has worked with SCI patients and a researcher seeking solutions to the many problems caused by SCI injuries. Also, evidence-based research results from the SCI model system surveys are provided. Run time: 1 hour, 8 minutes, 20 seconds.

Burns, S., & Fogelberg, D. (2012). ***Sleep problems and sleep apnea in persons with spinal cord injury.***

NARIC Accession Number: O18650

Project Number: H133N060033

Video is available at: <http://sci.washington.edu/info/forums/reports/sleep.asp>.

ABSTRACT: Video presents an overview of sleep problems and information on why sleep is essential to being healthy and how not getting enough sleep can negatively affect an individual's health and cognitive function. Topics are: why is sleep important, types of sleep problems, why is sleep affected by spinal cord injury (SCI), tips for improving sleep, sleep disturbances and alertness, sleep apnea and sleep disordered breathing, treatments for sleep apnea, and avenues for future research. An individual with SCI shares his experiences on the diagnosis of, testing for, and living with sleep apnea, along with the pros and cons of using a bi-pap or c-pap machine. A question-and-answer session with the audience follows. 1 hour 22 minutes.

Coggrave, M.J., Gardner, B.P., Ingram, R.M., & Norton, C.S. (2012). ***The impact of stoma for bowel management after spinal cord injury.*** *Spinal Cord (formerly Paraplegia)*, 50(11), 848-852.

NARIC Accession Number: J64879

ABSTRACT: Study examined the characteristics of spinal cord injured (SCI) individuals with a stoma, their stoma management and outcomes, their sources of information and support for decision making, and the impact of a stoma on their life satisfaction. A study-specific questionnaire accompanied by self-concept, life satisfaction, and mood measures, and three simple rating scales for satisfaction, impact and restriction on life were sent to all known ostomates at five participating SCI centers in the United Kingdom. Responses from 92 individuals, mean age 56 years, mean duration of injury 26 years, 91 percent with colostomy, were analyzed. Multiple sources of information were utilized in deciding on surgery; discussion with other SCI ostomates was important. Duration of bowel care, fecal incontinence, bowel-related autonomic dysreflexia, dietary manipulation, and laxative use were all significantly reduced following surgery. Rectal mucous discharge was the most common and bothersome post-stoma problem. Satisfaction with stoma was high; provision of sufficient information preoperatively was important, those with ileostomy were more dependent and less satisfied. Life satisfaction and physical self-concept

were both lower in this sample than in previously reported samples of SCI individuals without reported bowel difficulties or stoma. The findings emphasize the benefits of stoma in selected individuals and the importance of timely intervention, the complexity of the associated decision-making, and of preoperative counseling.

Crane, D., & Hall, B. (2012). *Pressure ulcers can wreck your life! Preventing and managing skin problems after SCI.*

NARIC Accession Number: O18628

Project Number: H133N060033

Video is available at: [http://sci.washington.edu/info/forums/reports/pressure\\_ulcers\\_2012.asp](http://sci.washington.edu/info/forums/reports/pressure_ulcers_2012.asp).

ABSTRACT: This presentation illustrates why individuals with spinal cord injury (SCI) need to take skin care seriously and describes the potential consequences of developing a pressure ulcer. Part 1 reviews the risks and common causes of pressure ulcers and what individuals can do to prevent them. Part 2 provides important information about skin inspection, recognizing early signs of breakdown and what immediate action individuals can take to stop further damage. The presenter also describes in detail and shows images of the different stages of pressure sores, the treatment required at each stage, and how to manage and monitor healing. Part 3 discusses flap surgery for treating pressure ulcers, who is the right candidate for surgery, surgery complications, what happens after surgery, and explains why surgery is considered the treatment of last resort. Run time: 50 minutes.

Hoffman, J. (2012). *It happened to both of us: Conversations with couples.*

NARIC Accession Number: O18661

Project Number: H133N110009

Video is available at: <http://sci.washington.edu/info/forums/reports/couples.asp>.

ABSTRACT: This video presents a panelist of couples that have been through the trauma and adjustment of spinal cord injury (SCI) together who talk about their experiences and what they do to stay together and maintain a healthy and lasting relationship. Topics include: how partners cope, feel, and adjust; how roles and expectations change; how couples survive the stresses and challenges of a life altering event; and how to lead a satisfying life together. Run time: 1 hour 21 minutes 14 seconds.

Holicky, R. (2012). *Spinal cord injury and aging. New Mobility, 23(230), 36-39.*

NARIC Accession Number: J64857

Project Number: H133N110006

ABSTRACT: Article discusses the effects of aging in people with spinal cord injury (SCI) and offers practices, habits, and strategies to minimize or even eliminate some common age-related problems.

Houston, C. (2012). *How to ride Amtrak in a wheelchair.*

NARIC Accession Number: O18711

Project Number: H133B090002

Video is available at: [https://www.youtube.com/watch?feature=player\\_detailpage&v=HLVJDT0AD\\_A](https://www.youtube.com/watch?feature=player_detailpage&v=HLVJDT0AD_A).

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) providing tips and techniques for easier travel using Amtrak, including navigating the train and station. Run time: 1 minute 42 seconds.

Houston, C. (2012). *How to transfer from a wheelchair to a hospital bed (stretcher) with a sliding board.*

NARIC Accession Number: O18870

Project Number: H133B090002

Video is available at: <https://www.youtube.com/watch?v=msPBI-LVJ1o>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) demonstrating how to transfer, with a sliding board, from a wheelchair to a hospital bed while sharing tips and techniques she uses to transfer safely. Run time: 2 minutes 47 seconds.

Kaupang, K. (2012). *Protecting your shoulders and staying active after spinal cord injury.*

NARIC Accession Number: O18743

Project Number: H133N110009

Video is available at: [http://sci.washington.edu/info/forums/reports/shoulder\\_health.asp](http://sci.washington.edu/info/forums/reports/shoulder_health.asp).

ABSTRACT: Video presentation provides basic information about shoulder pain in individuals with spinal cord injury (SCI), reviews the relevant literature, and presents ideas and strategies for protecting the shoulders from pain to live healthy now and throughout the lifespan. Objectives of the video are to: recognize the changing function and impact on shoulders after SCI, identify key structures in the

shoulder complex and strategies to protect shoulder health with SCI, demonstrate basic strengthening and stretching exercises to facilitate preservation of shoulder function, and demonstrate positions or environmental adaptations that help to preserve shoulder health. At the end of the presentation, questions are answered. Run time: 61 minutes 54 seconds.

Meade, M. (Ed.). (2012). *SCI Access*, 20(1), Spring 2012.

NARIC Accession Number: O18688

Project Number: H133N110002

Available in full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=120109>.

ABSTRACT: Newsletter provides information on research briefs, treatment, and social issues for individuals with spinal cord injury (SCI). This issue focuses on secondary conditions that occur as a result of SCI, including neurogenic bladder and neurogenic bowel. It also features articles on promoting self-management through electronic gaming and accessibility issues in the Detroit metropolitan area.

Minnick, S. (2012). *How to change baby's diaper*.

NARIC Accession Number: O18721

Project Number: H133B090002

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) sharing tips and techniques she uses for safely changing a baby's diaper from a wheelchair. Run time: 3 minutes 46 seconds.

Minnick, S. (2012). *How to change the bed sheets from a wheelchair*.

NARIC Accession Number: O18740

Project Number: H133B090002

Video is available at: <https://www.youtube.com/watch?v=TYBSymjIbCg>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) sharing her tips and techniques for the layout of the furniture, as well as removing and replacing sheets from a bed. Run time: 4 minutes 16 seconds.

Minnick, S. (2012). *How to cook from a wheelchair*.

NARIC Accession Number: O18660

Project Numbers: H133B090002, H133N060028

Video is available at: <http://sci-health.org/how-to-cook-from-a-wheelchair>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) demonstrating

how to cook from a wheelchair. The presenter provides advice, tips, and techniques for cooking safely. Run time 4 minutes 27 seconds.

Minnick, S. (2012). *How to feed and burp a baby from a wheelchair*.

NARIC Accession Number: O18722

Project Number: H133B090002

Video is available at: <https://www.youtube.com/watch?v=WxHq1IoxuZQ>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) sharing tips and techniques she uses for safely holding, feeding, and burping a baby while seated in a wheelchair. Run time: 2 minutes 19 seconds.

Minnick, S. (2012). *How to vacuum from a wheelchair*.

NARIC Accession Number: O18739

Project Number: H133B090002

Video is available at: <https://www.youtube.com/watch?v=DyuKA6PBqSg>.

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) vacuuming while sharing her tips and techniques for maneuvering the vacuum around the room and furniture. Run time: 2 minutes 28 seconds.

Pelletier-Cameron, A. (2012). **Bladder management after spinal cord injury: Yesterday and today.** *AUA News*, 17(5), 18.

NARIC Accession Number: J66658

Project Number: H133N110002

ABSTRACT: Article summarizes trends in the use of different types of bladder management after spinal cord injury. While most bladder management guidelines recommend clean intermittent catheterization, reasons for why patients often abandon this technique are discussed.

Smith, E. (2012). *Ultralight wheelchair skills: From rehab to real world*.

NARIC Accession Number: O18471

Project Number: H133N060033

ABSTRACT: In this video, a physical therapist provides practical tips and explanations for learning and perfecting wheelchair skills, including why and where to learn wheelies, wheelies for curbs and maneuvering in small spaces, on gravel roads, up and down hills, and more. Wheelchair users with spinal cord injuries are shown demonstrating several of these skills. Run time: 31 minutes.

Wand, M. (2012). *How to do arm exercises using resistance exercise bands.*

NARIC Accession Number: O18587

Project Number: H133B090002

ABSTRACT: This "how-to" video presents an individual with a C5-C6 spinal cord injury completing arm exercises using exercise bands. The presenter shows the proper techniques for performing both a rowing exercise and biceps curls and gives tips on the do's-and-don'ts while performing the exercises. Run time: 1 minute 47 seconds. Accompanying factsheet is available under accession number O16295.

Wand, M. (2012). *How to do arm exercises using wrist weights.*

NARIC Accession Number: O18588

Project Number: H133B090002

ABSTRACT: This "how-to" video presents an individual with a C5-C6 spinal cord injury completing arm exercises using wrist weights. The presenter shows the proper techniques for performing the biceps curl, lateral raise, overhead punch, chest or forward punch, combination of shrug and row, and reverse fly. Differences between the weights, their function, and what part of the body each exercise affects are also described. Run time: 2 minutes 25 seconds. Accompanying factsheet is available under accession number O16295.

## 2011

(2011). *Pressure relief techniques in a manual wheelchair.*

NARIC Accession Number: O18434

Project Number: H133B090002

Video and full-text are available at: <http://sci-health.org/pr-techniques>.

ABSTRACT: This video presents two individuals using both a wheelchair with and without arm rests demonstrate different pressure techniques to relieve pressure from the buttocks and the bony prominences. The three techniques are: the push-up, leaning from side to side, and leaning forward. Accompanying fact sheet is available under accession number O18227. Run time: 4 minutes 57 seconds.

(2011). *Skin care: Skin breakdown and pressure ulcer prevention in persons with SCI.*

NARIC Accession Number: O18365

Project Number: H133B090002

Available in full-text at: <http://sci-health.org/RRTC/>

[publications/PDF/Skincare-Factsheet.pdf](#). Video is available at: <https://www.youtube.com/watch?v=b7utewKDqC0&feature=share&list=PLRtbEmxXOicvacupnDUehxCXpxQkBloYa>.

ABSTRACT: Video describes what a pressure ulcer is and how they happen along with the important factors to think about for proper skin care and pressure ulcer prevention. Individuals are shown with different stages of pressure sores from slightly red to a major open wound and practicing prevention techniques. Since untreated pressure sores can lead to widespread infections, limb amputations, and the loss of life, having the right knowledge on pressure sore prevention is important. Pressure ulcer prevention topics include: (1) circulation; (2) the importance of positioning; (3) tips for changing positions; and (4) the importance of staying active and eating healthy including physical activity, nutrition, hydration, diet and general health. Run time: 8 minutes 22 seconds. Accompanying factsheet is available under accession number O18218.

Barton, V., & Kim, S. (2011). *Everyday nutrition for individuals with spinal cord injury.*

NARIC Accession Number: O18267

Project Number: H133N060033

Video and other information is available at: [http://sci.washington.edu/info/forums/reports/nutrition\\_2011.asp#report](http://sci.washington.edu/info/forums/reports/nutrition_2011.asp#report).

ABSTRACT: This webcast features reasons, tips, and resources on why nutrition is important after a spinal cord injury (SCI). Because of increased risks of developing specific medical complications as well as the physical challenges of shopping and meal preparation, nutrition plays an important role in the well-being of people living with SCI. Topics discussed include: general guidelines for weight control, protein recommendations, bone health, nutrition supplements, physical activity, steps toward healthier eating, food preparation, and cookbooks. Running time: 58:00.

Bryant, A., & Connolly, J. (2011). *Community mobility: Getting where you want to go.*

NARIC Accession Number: O18629

Project Number: H133N060033

Video and other information is available at:

[http://sci.washington.edu/info/forums/reports/transportation\\_2011.asp](http://sci.washington.edu/info/forums/reports/transportation_2011.asp).

ABSTRACT: Video provides information about different accessible transportation options available for people with disabilities in the greater Seattle metropolitan area, including buses, light rail, Access, Senior

Shuttle (HYDE Shuttle), Metro's Dial-A-Ride Transit (DART) and Bus Rapid Transit. Presenters discuss these services as well as additional programs that can help people learn how to use the transportation system, plan their trips, and feel comfortable traveling around the community independently. Helpful resources, travel tips and information about volunteer transportation and wheelchair accessible taxis are also provided. Run time: 52 minutes.

Colescott, D. (2011). *Power wheelchair mobility*.

NARIC Accession Number: O18541

Project Number: H133N060033

Video and other information is available at:

[http://sci.washington.edu/info/forums/reports/power\\_wc\\_skills\\_2011.asp](http://sci.washington.edu/info/forums/reports/power_wc_skills_2011.asp).

ABSTRACT: The presenter provides practical tips and guidelines to individuals on learning power wheelchair skills to successfully navigate the wheelchair in a variety of situations, which allows full participation in daily activities. Tips and guidelines include proper positioning, types of drive controls, pros and cons of three power base designs, principals involved with driving and maneuvering indoors and outdoors, challenges of loading into and unloading from a van, and wheelchair maintenance. Run time: 30 minutes 47 seconds.

Curtis, C., Meyer, J., & Van Kleek, C. (2011). *Travel after spinal cord injury: Finding your comfort zone*.

NARIC Accession Number: O18417

Project Number: H133N110009

Video and other information available at:

[http://sci.washington.edu/info/forums/reports/travel\\_2011.asp](http://sci.washington.edu/info/forums/reports/travel_2011.asp).

ABSTRACT: Video features three individuals with spinal cord injuries who talk about their experiences traveling after injury and share tips for making travel successful. Panelists address the topics of knowing what you need and how to ask for it, caregivers, handling the unexpected, your health, air and ground transportation, and hotels and accommodations. Resources cover travel tips, travel checklists, accessible travel websites, travel and tour companies, accessible vehicle rentals, and more. Along with sharing their experiences and tips, the panelists also respond to a question and answer session. Run time: 1 hour 2 minutes 45 seconds.

Groah, S., Jacobs, S., Libin, A., Ljungberg, I., Minnick, S., Reinauer, K., Schladen, M.M., Spungen, M., & Tsai, B. (2011). *YouTube as an on-line disability self-management tool in persons with spinal cord injury*. *Topics in Spinal Cord Injury Rehabilitation*, 16(3), 84-92.

NARIC Accession Number: J59963

Project Number(s): H133B031114, H133B090005. H133N060028

ABSTRACT: Article describes a preliminary analysis of spinal cord injury (SCI)-specific educational videos posted to the YouTube Web site. A consumer-focused training project conducted at the Rehabilitation Research and Training Center (RRTC) on Spinal Cord Injury aims to promote self-management skills in people with SCI in the areas of skin care, cardiometabolic risk reduction, and obesity prevention. SCI therapists and consumers with chronic SCI, together with the RRTC team, developed a set of how-to videos (HtVs) for the purpose of educating the online SCI community, including newly injured individuals, about the skills and techniques necessary to effectively perform a variety of everyday tasks. A series of pilot studies was conducted exploring qualitative and quantitative aspects of SCI-specific educational videos generally available on YouTube, as well as HtVs specifically developed by the RRTC. The studies focused on: (1) content analysis of SCI-specific educational YouTube videos, (2) therapists' evaluation of SCI HtVs, and (3) analysis of viewers' responses to SCI HtVs. It is anticipated that findings from the project will enable individuals with SCI to self-manage health and function more independently in their daily lives.

Hoffman, J. (2011). *Conversations from the bedroom: Sex after spinal cord injury*.

NARIC Accession Number: O18472

Project Number: H133N060033

Video and other information is available at:

[http://sci.washington.edu/info/forums/reports/sex\\_sci\\_2011.asp](http://sci.washington.edu/info/forums/reports/sex_sci_2011.asp).

ABSTRACT: This video presents a forum of two men with tetraplegia (quadriplegia) and one woman with paraplegia who talk about their real sexual experiences since injury including the good, the bad, and the funny. Participants answer real life questions that newly injured people have concerns about like: will they ever have sex again or for the first time, how to develop satisfying intimate relationships, and how



to navigate sexuality with a spinal cord injury (SCI). Also, a rehabilitation physician answers questions related to medical issues and sexual activity. Run time: 1 hour 14 minutes. Note: This video is of a frank sexual nature. Viewer discretion advised.

## 2010

(2010). *Bladder management following spinal cord injury: What you should know: A guide for people with spinal cord injury.*

NARIC Accession Number: O18407

Project Number: H133N060022

Available in full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=117820>.

ABSTRACT: This consumer guide explains bladder management options for people with spinal cord injuries (SCI). The publication, which is the companion book to the clinical practice guideline, "Bladder Management for Adults with Spinal Cord Injury", provides an overview of the urinary tract system, discusses common bladder issues and concerns, bladder-emptying techniques, and medications. The guide also describes different surgical procedures to assist with gaining more control over poorly functioning bladders and provides advice to those who are considering a bladder management program.

(2010). *Skin care & pressure sores. Part 2: Preventing pressure sores. Supplement: Building skin tolerance for pressure. Spinal Cord Injury Model System Consumer Information.*

NARIC Accession Number: O19043

Project Number: H133A110004

Available in full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=122010>.

ABSTRACT: Fact sheet provides basic consumer information for people with spinal cord injury on how to build skin tolerance to prevent pressure sores. Skin tolerance is how much time the skin can stand to be under pressure before damages starts to occur. This publication is also available in Spanish (see accession number O19044). El artículo está disponible en español (vea el número de acceso O19044).

(2010). *Skin care & pressure sores. Part 2: Preventing pressure sores. Supplement: How to do pressure reliefs (weight shifts). Spinal Cord Injury Model System Consumer Information.*

NARIC Accession Number: O19047

Project Number: H133A110004

Available in full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=122014>.

ABSTRACT: Fact sheet describes techniques that wheelchair users with spinal cord injury can use to relieve pressure on their skin to help prevent pressure sore development. This publication is also available in Spanish (see accession number O19048). El artículo está disponible en español (vea el número de acceso O19048).

Boninger, M.L. (2010). *Getting the right wheelchair: What the SCI consumer needs to know. Spinal Cord Injury Model Systems Consumer Information.*

NARIC Accession Number: O18111

Project Number: H133A060070

Available in full-text at: <https://search.naric.com/research/rehab/download.cfm?ID=115215>.

ABSTRACT: Fact sheet provides information for consumers with spinal cord injuries about how to select the right wheelchair. Discussion includes medical and physical, caregiver, and environment and lifestyle considerations. Steps in the process of getting a wheelchair are outlined. This publication is also available in Spanish (see accession number O19053). El artículo está disponible en español (vea el número de acceso O19053).

Boninger, M.L. (2010). *The manual wheelchair: What the SCI consumer needs to know. Spinal Cord Injury Model Systems Consumer Information.*

NARIC Accession Number: O18112

Project Number: H133A060070

Available in full-text at: <https://search.naric.com/research/rehab/download.cfm?ID=115216>.

ABSTRACT: Fact sheet provides information to help consumers with spinal cord injury select a manual wheelchair that best suits their needs. Features and components, propulsion techniques, and resources for additional information are discussed. This publication is also available in Spanish (see accession number O19054). El artículo está disponible en español (vea el número de acceso O19054).

Boninger, M.L. (2010). *The power wheelchair: What the SCI consumer needs to know. Spinal Cord Injury Model Systems Consumer Information.*

NARIC Accession Number: O18113

Project Number: H133A060070

Available in full-text at: <https://search.naric.com/research/rehab/download.cfm?ID=115217>.

ABSTRACT: Fact sheet provides information to help

consumers with spinal cord injury select a power wheelchair that best suits their needs. Power wheelchair components and controls are described, as well as features such as seating and positioning, recline and tilt-in-space, and seat elevation and standing mechanisms. This publication is also available in Spanish (see accession number O19055). El artículo está disponible en español (vea el número de acceso O19055).

Hoffman, J. (2010). *Communication in dating and relationships after spinal cord injury.*

NARIC Accession Number: O18598

Project Number: H133N060033

Video is available at: <http://sci.washington.edu/info/forums/reports/communication.asp>.

ABSTRACT: This video presents a panel of single, dating, and married individuals with a spinal cord injury (SCI) who share their experiences with pre- and post-injury dating and relationships. Participants answer real life questions like: how to meet new people, get out and date, have long term relationships, breaking the ice and putting down barriers, and how communication plays such an important part in starting and continuing a lasting relationship. The panelists also discuss when and how to start talking about the physical side of SCI, such as bowel, bladder, and sexual function. Run time: 73 minutes.

Hoffman, J. (2010). *Conversations about advocacy: Making a difference for yourself, your community and the world.*

NARIC Accession Number: O18473

Project Number: H133N060033

Video is available at: <http://sci.washington.edu/info/forums/reports/advocacy.asp>.

ABSTRACT: Forum includes four individuals with spinal cord injury who discuss the different ways they have had involvement with advocacy from personally advocating for themselves, to the transition out into the community, to talking about advocating for larger causes and improving the lives of others both locally and nationally. Each panelist provides their background information and experiences, and answers follow up questions. Run time: 64 minutes.

Holicky, R. (2010). *Living well: Diabetes and SCI. PN/Paraplegia News, 64(10), 26-27.*

NARIC Accession Number: J59685

Project Number: H133B031114

ABSTRACT: Article provides an overview of what people with spinal cord injury (SCI) should know about diabetes. Discussion includes risk factors for diabetes, pre-diabetes and obesity, prevention, and diagnosis and treatment.

Minnick, S. (2010). *How to apply makeup.*

NARIC Accession Number: O18708

Project Numbers: H133B090002, H133N060028

Video is available at: <https://www.youtube.com/watch?v=0XwRUVt8uO0&list=UU7UFQy9xF2BOaCShS250Pjg>.

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating how to apply makeup while providing some tips and techniques she uses to make the process of applying makeup and styling her hair easier. Run time: 3 minutes 15 seconds.

Minnick, S. (2010). *How to do pressure reliefs in a power chair.*

NARIC Accession Number: O18525

Project Numbers: H133B090002, H133N060028

Video is available at: [https://www.youtube.com/watch?v=bOZcnCPoof8&feature=share&list=PLRtbEmxXOIcuGxn\\_Z8Tgh9GqTD\\_ptH\\_U9](https://www.youtube.com/watch?v=bOZcnCPoof8&feature=share&list=PLRtbEmxXOIcuGxn_Z8Tgh9GqTD_ptH_U9).

ABSTRACT: This “how to” video presents an individual demonstrating different pressure techniques, leaning from side to side and leaning forward, using a power wheelchair to relieve pressure from the buttocks. Recommendations from the National Rehabilitation Hospital (NRH) on the frequency and duration pressure relief techniques should be performed is stated. Run time: 2 minutes, 19 seconds.

Minnick, S. (2010). *How to take off the boots.*

NARIC Accession Number: O18709

Project Numbers: H133B090002, H133N060028

Video is available at: <https://www.youtube.com/watch?v=HpEE6Zoic20&list=UU7UFQy9xF2BOaChS250Pjg>.

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating how to take boots off in a wheelchair while providing some tips and techniques. Run time: 2 minutes 28 seconds.

2009

(2009). *Mayo clinic guide to living with a spinal cord injury: Moving ahead with your life.*

NARIC Accession Number: R09214

ABSTRACT: This guide offers people who have sustained a spinal cord injury (SCI) a complete picture of the road to recovery, as well as the specifics to move ahead with their life. When possible, it encourages readers to resume their favorite hobbies, participate in athletic activities and return to the workplace. Leading medical specialists at the world-renowned Mayo Clinic offer their expert advice on everything from emotional adjustments, to skin care, to home and car modifications, to quality-of-life improvements. Easy-to-read, illustrated, and well organized, this book provides the "how-to" regarding the day-to-day challenges faced by anyone who has affected by SCI.

(2009). *Skin care & pressure sores. Part 1: Causes and risks of pressure sores. Spinal Cord Injury Model Systems Consumer Information.*

NARIC Accession Number: O17697

Project Number: H133A060070

Available in full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=111320>.

ABSTRACT: Fact sheet provides basic consumer information about the causes and risks for developing pressure sores following spinal cord injury. This publication is also available in Spanish (see accession number O19042). El artículo está disponible en español (vea el número de acceso O19042).

(2009). *Skin care & pressure sores. Part 2: Preventing pressure sores. Spinal Cord Injury Model Systems Consumer Information.*

NARIC Accession Number: O17698

Project Number: H133A060070

Available in full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=111321>.

ABSTRACT: Fact sheet provides basic consumer information on ways to prevent pressure sores. This publication is also available in Spanish (see accession number O19049). El artículo está disponible en español (vea el número de acceso O19049).

(2009). *Skin care & pressure Sores. Part 2: Preventing pressure sores. Supplement: Areas at high risk of developing pressure sores. Spinal Cord Injury Model System Consumer Information.*

NARIC Accession Number: O19045

Project Number: H133A110004

Available in full-text at: <http://search.naric.com/research/rehab/download.cfm?ID=122011>.

ABSTRACT: Fact sheet outlines areas of the body that are at high risk of developing pressure sores after spinal cord injury. This publication is also available in Spanish (see accession number O19046). El artículo está disponible en español (vea el número de acceso O19046).

(2009). *Skin care & pressure sores. Part 3: Recognizing and treating pressure sores. Spinal Cord Injury Model Systems Consumer Information.*

NARIC Accession Number: O17699

Project Number: H133A060070

Available in full-text at: <https://search.naric.com/research/rehab/download.cfm?ID=111322>.

ABSTRACT: Fact sheet provides basic consumer information on ways to recognize and treat pressure sores. This publication is also available in Spanish (see accession number O19050). El artículo está disponible en español (vea el número de acceso O19050).

Arbor, K. (2009). *Sexability.*

NARIC Accession Number: O18744

Project Number: H133N060003

Video is available at: <http://sci.washington.edu/info/forums/reports/sexability.asp>.

ABSTRACT: This video is a general presentation of techniques that are options for individuals with spinal cord injury (SCI) for enhancing sexual experiences. The information is of a general nature and does not include specific concerns or risks for individuals with SCI. Topics discussed include anatomy, masturbation, communication tips, and sex toys. Questions are also answered. Run time: 62 minutes 25 seconds. NOTE: This video is of a frank sexual nature. Viewer discretion advised.

Atkins, M., Blanche, E.I., Carlson, M., Clark, F., & Fogelberg, D. (2009). **Decisions and dilemmas in everyday life: Daily use of wheelchairs by individuals with spinal cord injury and the impact on pressure ulcer risk.** *Topics in Spinal Cord Injury Rehabilitation, 15*(2), 16-32.

NARIC Accession Number: J57595

Project Number: H133G000062

ABSTRACT: Study examined wheelchair users' perceptions of the impact of their wheeled mobility use on the development of pressure ulcers through a secondary analysis of data collected during a 2-year

ethnographic study of 20 community-dwelling adults with spinal cord injury (SCI). Data from a subset of these individuals are described; each of these stories contains a pressure ulcer risk episode related to wheeled mobility or cushion use. The participants' stories illustrate the crucial relationship between individuals' minute-to-minute decision-making and pressure ulcer risk. The risk episodes identified were associated with selecting a wheelchair, adjusting to the wheelchair, and integrating the wheelchair into daily life.

Burns, S. (2009). *Management of urinary problems caused by spinal cord injury.*

NARIC Accession Number: O18627

Project Number: H133N060033

Video is available at: [http://sci.washington.edu/info/forums/reports/urinary\\_problems.asp](http://sci.washington.edu/info/forums/reports/urinary_problems.asp).

ABSTRACT: The presenter provides a brief history of urinary problems for people with spinal cord injury (SCI) and presents information based on his experiences in treating individuals with SCI on the importance of urinary problems caused by SCI. Explanations for how the bladder works and suggestions on choosing the best method of bladder drainage for males and females, urinary complications and screening tests, recommended candidates for surgery options along with advantages and disadvantages, and urinary tract infections and antibiotics are given. Two individuals with SCI talk about their experiences before and with the bladder management method they use. Questions are answered at the end of the presentation. Run time: 65 minutes.

Ducharme, S. (2009). *Let's talk about sex – please!* *PN/Paraplegia News*, 63(11), 32-35.

NARIC Accession Number: J57362

ABSTRACT: Article discusses the development and publication of a new clinical practice guideline (CPG) on sexuality and reproductive health that can help healthcare professionals present facts about intimacy and relationships to people living with spinal cord injury (SCI). Based on a 2-year review of the available literature and scientific research, the CPG includes several areas where new research has been reported, including information on the timing of sexual counseling, autonomic dysreflexia, and pregnancy.

Hoffman, J. (2009). *Growing into adulthood with a spinal cord injury.*

NARIC Accession Number: O18626

Project Number: H133N060033

ABSTRACT: In this spinal cord injury (SCI) forum video, four panelists with SCI and one with transverse myelitis who were injured as children or teens share their stories from the time of injury to transitioning out into the world. Panelists talk about their experiences in regard to what helped and what didn't, social and emotional transitioning, self-advocacy, leaving the family home after high school, pursuing higher education or job training, negotiating the world of work, and developing personal relationships. Audience questions are also answered. Run time: 54 minutes.

Holicky, R. (2009). *Living well: Healthcare hotline.* *PN/Paraplegia News*, 63(4), 28-30.

NARIC Accession Number: J57037

Project Number: H133N060005

ABSTRACT: Article introduces the Spinal Cord Injury (SCI) Nursing Advice Line. The service, which focuses specifically on SCI issues, is available to anyone with questions related to SCI and resulting complications. To reach a nurse, call 800-247-0257 or 303-789-8508 (in Denver), Monday through Friday between 9 a.m. and 4 p.m.

Holicky, R. (2009). *Living well: Online health and wellness series.* *PN/Paraplegia News*, 63(7), 42-43.

NARIC Accession Number: J57100

Project Number: H133N060005

ABSTRACT: Article describes a series of webcasts that provide health and wellness educational materials designed for people with spinal cord injury (SCI). The free, web-based modules cover a range of topics, including nutrition and weight control, fitness and exercise, sexuality and intimacy, and emotional and social adjustments following SCI. The webcasts are available for viewing at <http://event.netbriefings.com>.

Jacobs, S. (2009). *How to drive a car and do a transfer from a car to a wheelchair.*

NARIC Accession Number: O18656

Project Numbers: H133B031114, H133N060028

Video is available at: [https://www.youtube.com/watch?v=tRDlInPlu50&feature=share&list=PLRtbEmxXOIcv\\_LTO7dqwKTZWAjna9xSg7](https://www.youtube.com/watch?v=tRDlInPlu50&feature=share&list=PLRtbEmxXOIcv_LTO7dqwKTZWAjna9xSg7).

ABSTRACT: This "how-to" video presents an individual with spinal cord injury (SCI) describing her preferences for operating a vehicle, discussing the usefulness of stop lights as pressure relief reminders, and demonstrating how she safely exits the vehicle and transfers back to the wheelchair. Run time 1 minute 49 seconds.

Jacobs, S. (2009). *How to go up in the escalator.*

NARIC Accession Number: O18654

Project Numbers: H133B031114, H133N060028

Video is available at: [https://www.youtube.com/watch?v=s1dfG0o-8d0&feature=share&list=PLRtbEmxXOIctU-ylC3dgDzQY0S2hIF\\_An](https://www.youtube.com/watch?v=s1dfG0o-8d0&feature=share&list=PLRtbEmxXOIctU-ylC3dgDzQY0S2hIF_An).

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating the correct way to enter and exit off of an escalator using a manual wheelchair. The presenter also provides advice and safety tips on how to ride up the escalator. Run time: 1 minute 35 seconds.

Jacobs, S. (2009). *How to transfer from wheelchair to bed and bed mobility.*

NARIC Accession Number: O18659

Project Numbers: H133B031114, H133N060028

Video is available at: [https://www.youtube.com/watch?v=BWzcII1SGgw&feature=share&list=PLRtbEmxXOIcv\\_LTO7dqwKTZWAjna9xSg7](https://www.youtube.com/watch?v=BWzcII1SGgw&feature=share&list=PLRtbEmxXOIcv_LTO7dqwKTZWAjna9xSg7).

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating a technique to transfer from a wheelchair to a bed while providing tips for moving safely and effectively. Run time 1 minute 58 seconds.

Jacobs, S. (2009). *How to transfer from a wheelchair to a car.*

NARIC Accession Number: O18657

Project Numbers: H133B031114, H133N060028

Video is available at: [https://www.youtube.com/watch?v=qtJIPaeak\\_c&feature=share&list=PLRtbEmxXOIcv\\_LTO7dqwKTZWAjna9xSg7](https://www.youtube.com/watch?v=qtJIPaeak_c&feature=share&list=PLRtbEmxXOIcv_LTO7dqwKTZWAjna9xSg7).

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) explaining transfer techniques and modifications to the vehicle that allow her to safely and comfortably transfer from the wheelchair to the vehicle and how to get the wheelchair into and secured to the vehicle. Run time 2 minutes 2 seconds.

Jacobs, S. (2009). *How to transfer from wheelchair to floor.*

NARIC Accession Number: O18658

Project Numbers: H133B031114, H133N060028

Video is available at: [https://www.youtube.com/watch?v=3KYGuYzxeDg&feature=share&list=PLRtbEmxXOIcv\\_LTO7dqwKTZWAjna9xSg7](https://www.youtube.com/watch?v=3KYGuYzxeDg&feature=share&list=PLRtbEmxXOIcv_LTO7dqwKTZWAjna9xSg7).

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating the useful skill to master of being able to transfer from a wheelchair to the floor and back again, both with and without assistance. Run time 3 minutes 16 seconds.

Jacobs, S. (2009). *How to travel in a metro train and go down the escalator in a wheelchair.*

NARIC Accession Number: O18655

Project Numbers: H133B031114, H133N060028

Video is available at: [https://www.youtube.com/watch?v=8wE8N5bHrRk&feature=share&list=PLRtbEmxXOIctU-ylC3dgDzQY0S2hIF\\_An](https://www.youtube.com/watch?v=8wE8N5bHrRk&feature=share&list=PLRtbEmxXOIctU-ylC3dgDzQY0S2hIF_An).

ABSTRACT: This “how-to” video presents an individual with spinal cord injury (SCI) demonstrating useful skills on how to enter and exit the metro train, what to do while riding the train, body and wheelchair positioning during the escalator ride down, and provides advice on how to master them in the community. Run time 1 minute 42 seconds.

Molton, I., & Reyes, R. (2009). *Aging with spinal cord injury.*

NARIC Accession Number: O18664

Project Number: H133N060033

Video and other information is available at: [http://sci.washington.edu/info/forums/reports/aging\\_6.09.asp](http://sci.washington.edu/info/forums/reports/aging_6.09.asp).

ABSTRACT: Two presenters provide information and advice for individuals with spinal cord injury (SCI) on how to live life as best as possible and for as long as possible. Topics are: (1) understanding and managing physical changes which include: life expectancy; aging with disability; health risks and aging in SCI; changes to the cardiovascular, musculoskeletal, respiratory, gastrointestinal, urinary, and nervous system; skin changes; changing equipment needs; women aging with SCI; and your health care team life expectancy; and (2) social and psychological factors associated with aging with SCI which include: ages and stages, depression, psychological adjustment and emotional well-being, and tips for staying psychologically healthy as you age. Questions from the audience are also answered. Run time: 81 minutes.

2008

(2008). *Conversations about...living with spinal cord injury.*

NARIC Accession Number: O18745

Project Number: H133N060033

Video is available at: <http://sci.washington.edu/info/forums/reports/conversations.asp>.

ABSTRACT: This video presents a panel of three men and one woman, all with longstanding spinal cord injury (SCI), who talk about their personal experiences living, surviving and thriving with their injuries. They share their initial reactions, adjustment, steps toward independence and thoughts about their injuries now. Question-and-answer session follows the presentation. Run time: 73 minutes.

(2008). *Personal caregivers: Tips, tricks, and tales from individuals with spinal cord injury.*

NARIC Accession Number: O18746

Project Number: H133N060033

Video and other information is available at:

<http://sci.washington.edu/info/forums/reports/caregivers.asp>.

ABSTRACT: Video presents three individuals with longstanding spinal cord injury (SCI) who describe their experiences and share tips for finding, hiring and managing personal caregivers. These presentations were followed by a brief talk by a University of Washington rehabilitation psychologist about psychological issues related to caregiving and maintaining personal boundaries when working with a personal caregiver. Run time: 63 minutes.

Donofree, M., & Zajac, T. (2008). *Getting your life back after spinal cord injury: Finding meaning through volunteering, school, and work.*

NARIC Accession Number: O18833

Project Number: H133N060033

Video is available at: [http://sci.washington.edu/info/forums/reports/getting\\_life\\_back.asp](http://sci.washington.edu/info/forums/reports/getting_life_back.asp).

ABSTRACT: Video presents a panel of six individuals with spinal cord injury (SCI) who discuss their adjustment and experiences getting back to school or work and involvement with their communities. One vocational rehabilitation counselor discusses ways an individual can contribute to the community while enhancing their quality of life through school, work,

and volunteering. Another vocational rehabilitation counselor outlines the process of obtaining services from the Department of Vocational Rehabilitation (DVR) and talks about her own training and employment after SCI. Run time: 54 minutes.

Hollicky, R. (2008). *Living well: SCI in focus: General life issues.* *PN/Paraplegia News*, 62(4), 15-16.

NARIC Accession Number: J54200

Project Number: H133N060005

ABSTRACT: Article describes a study underway to identify components of health and functioning that are important to people with spinal cord injury (SCI). A literature review, a survey of clinicians, focus groups, and individual interviews were conducted to define concepts relevant to spinal cord injury. Participants reported barriers and facilitators to living with SCI.

Price, B. (2008). *Documentary short: Moving forward after spinal cord injury.*

NARIC Accession Number: O18662

Project Number: H133N110009

Video is available at: [http://sci.washington.edu/info/video-moving\\_on.asp](http://sci.washington.edu/info/video-moving_on.asp).

ABSTRACT: An individual with spinal cord injury (SCI) describes his journey with quadriplegia from the point of injury through his challenges and achievements. As he narrates the video, images of his activities of present-day life, like driving, working, skiing, and hanging out with friends, are shown. Run time: 6 minutes 54 seconds.

Walters, K.A. (2008). *Conquering SCI challenges.* *PN/Paraplegia News*, 62(9), 21-24.

NARIC Accession Number: J55936

ABSTRACT: Article offers advice on overcoming barriers and challenges and taking control of one's life following spinal cord injury. The author emphasizes the importance of self-empowerment, self-advocacy, the power of positive thinking, and the use of assistive technology for leading a self-sufficient, independent life.

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Full-text copies of these documents may be available through NARIC's document delivery service.

To order any of the documents listed above, note the accession number and call an information specialist at 800/346-2742.

There is a charge of 5 cents for copying and shipping with a \$5 minimum on all orders.

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Documents from the Education Resource Information Center (ERIC) search at [www.eric.ed.gov](http://www.eric.ed.gov) are listed below:

## 2015

Chang, L-S.; Chen, S.; Li, Z.; Madison, T.; Wang, Y.T.; Yang, Y.; Zhong, Y. (2015). **Wheelchair Tai Chi as a Therapeutic Exercise for Individuals with Spinal Cord Injury.** *Journal of Physical Education, Recreation & Dance*, 86(5), 27-37.

ERIC Number: EJ1059274

ABSTRACT: Individuals with spinal cord injuries (SCI) rarely participate in health-promotion programs or wellness screenings due to the lack of accessibility, adaptations, and tertiary healthcare providers. An unconditioned body is more prone to suffer injury and is at risk for more severe health problems than a conditioned one. As is common in individuals with SCI, a physically inactive lifestyle is associated with secondary conditions such as cardiovascular disease, osteoporosis, respiratory complications, urinary tract infections, pain, and depression. While there are many health and exercise programs available for able-bodied individuals, few of them can accommodate individuals with SCI. Wheelchair tai chi, a mind-body harmony exercise focusing on both physical and mental health, is suggested as an activity that could be made available for individuals with SCI. The purpose of this article is to introduce a wheelchair tai chi exercise program to promote the physical and mental health of students with SCI or other disabilities.

## 1993

Schilling, M.L. (1993). **Aquatics and Persons with Disabilities.** *PAM Repeater*, 80, 1993.

ERIC Number: ED361942.

Available in full text at: <http://files.eric.ed.gov/fulltext/ED361942.pdf>.

ABSTRACT: This bulletin shares information regarding adaptive equipment, recommended interventions, precautions, and fun activities related to aquatic activities and exercise for persons with handicapping conditions. The bulletin begins with a list of 13 safety precautions and then describes instructional aids, adaptive aids, fitness-oriented devices, and easy on/off swim suits and names their vendors. Swimming recommendations are offered for individuals with cerebral palsy, spinal cord injuries, muscular dystrophy, amputations, spinal curvatures, visual impairments, seizure disorders, and arthritis. Nine aquatic games are described. (Contains 16 references and a list of 7 catalogs.)



## Quick Looks

### ***Online Resources Related to Self-Care, Self-Advocacy, & Wellness for Individuals with SCI: Consumer Resources***

The following are a selection of resources related to self-care, self-advocacy, & wellness for individuals with SCI:

#### **American Chronic Pain Association (ACPA)**

Toll Free: 800/533-3231

Email: [ACPA@theacpa.org](mailto:ACPA@theacpa.org).

Locate a Local Group:

[www.theacpa.org/Support-Groups](http://www.theacpa.org/Support-Groups).

[www.theacpa.org](http://www.theacpa.org).

#### **Caregiver Action Network (CAN)**

CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

Phone: 202/454-3970

Email: [info@caregiveraction.org](mailto:info@caregiveraction.org).

[www.caregiveraction.org](http://www.caregiveraction.org).

#### **Christopher and Dana Reeve Paralysis Resource Center (PRC)**

PRC is promoting the health and well-being of people living with paralysis and their families through comprehensive information resources and referral services.

Toll Free: 800/539-7309

Information Specialists are available from 9am until 5pm EST (English/Spanish)

Contact:

[http://feedback.paralysis.org/feedback/stage\\_1](http://feedback.paralysis.org/feedback/stage_1).

[www.paralysis.org](http://www.paralysis.org).

#### ***Paralysis Resource Guide (PRG) – A Christopher and Dana Reeve PRC Publication***

A free Comprehensive guide to paralysis-related topics in English and Spanish — The PRG is available in multiple formats at <https://www.christopher-reeve.org/living-with-paralysis/free-resources-and-downloads/paralysis-resource-guide>.

#### **Driver Rehabilitation from the American Occupational Therapy Association –**

Find A Driving Specialist:

[http://myaota.aota.org/driver\\_search/index.aspx](http://myaota.aota.org/driver_search/index.aspx).

#### **Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) under the National Institutes of Health (NIH)**

Spinal Cord Injury (SCI): For Patients and Consumers: <https://www.nichd.nih.gov/health/topics/spinalinjury/resources/patients>.

#### **Family Caregiver Alliance (FCA)**

Toll Free: 800/445-8106, 415/434-3388

<http://caregiver.org>.

#### **Independent Living Research Utilization (ILRU)**

ILRU serves as a national center for information, training, research, and technical assistance in independent living.

Contact: <http://www.ilru.org/contact-us>.

<http://www.ilru.org>.

#### **ILRU Directory of Centers for Independent Living (CILS) and Associations –**

<http://www.ilru.org/projects/cil-net/cil-center-and-association-directory>.

#### **Resources on Personal Assistant Services from ILRU –**

Resources range from guidebooks and tool kits, books, fact sheets and briefs, reports, websites, and journal and magazine articles. Also included are sample forms, plans, and agreements.

<http://www.ilru.org/resources-personal-assistance-services>.

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**The Model Systems Knowledge Translation Center (MSKTC)**

MSKTC serves as a repository for all NIDILRR-funded model systems. Resources on living with SCI include: factsheets, slideshows, videos on a variety of topics related to SCI

<https://msktc.org/about-model-systems/sci>.

**National Center for Complementary and Integrative Health (NCCIH)**

Toll Free: 888/644-6226 (V), 866/464-3615 (TTY)

Pain Information Page:

<http://nccih.nih.gov/health/pain>.

<http://nccih.nih.gov>.

**National Center on Health, Physical Activity, and Disability (NCHPAD)**

An information center concerned with physical activity and disability.

Toll Free: 800/900-8086 (V/TTY)

NCPAD Program Database:

[www.nchpad.org/Directories/Programs](http://www.nchpad.org/Directories/Programs).

NCPAD Parks Database:

[www.nchpad.org/Directories/Parks](http://www.nchpad.org/Directories/Parks).

NCPAD Factsheets on Exercise and Fitness:

[www.nchpad.org/Articles](http://www.nchpad.org/Articles).

[www.nchpad.org](http://www.nchpad.org).

**National Spinal Cord Injury Association (NSCIA)**

The National Spinal Cord Injury Association, a program of the United Spinal Association, serves as a comprehensive information source for anyone effected by spinal cord injury.

Toll Free: 800/962-9629

Email: [info@unitedspinal.org](mailto:info@unitedspinal.org).

Locate a Local Chapter:

[www.spinalcord.org/chapters/directory](http://www.spinalcord.org/chapters/directory).

[www.spinalcord.org](http://www.spinalcord.org).

**Paralyzed Veterans of America (PVA)**

Toll free: 800/424-8200 (V), 800/795-4327 (TTY)

Email: [info@pva.org](mailto:info@pva.org).

<http://pva.org>.

***Yes, You Can! A Guide to Self-Care for Persons with Spinal Cord Injury 4th Edition – A PVA Publication***

[https://healthcare.utah.edu/rehab/specialty\\_programs/spinal\\_cord\\_injury\\_program/yes-you-can.pdf](https://healthcare.utah.edu/rehab/specialty_programs/spinal_cord_injury_program/yes-you-can.pdf).

**SCI-INFO-PAGES.com**

SCI-INFO-Pages is a free informative resource for those living with SCI or other disabling injuries or diseases of the spine.

<https://www.sci-info-pages.com>.



## *Search Terms for Self-care, Self-Advocacy, & Wellness for People with Spinal Cord Injury*

- |  |                                  |
|--|----------------------------------|
| 📖 Access to Education                    | 📖 Empowerment                    |
| 📖 Accessibility                          | 📖 Exercise                       |
| 📖 Access Guides                          | 📖 Family Life                    |
| 📖 Access to Care                         | 📖 Family-Centered Care           |
| 📖 Accommodation                          | 📖 Functional Status              |
| 📖 Adapted Physical Education             | 📖 Games                          |
| 📖 Adjustment                             | 📖 Goal Setting                   |
| 📖 Adults                                 | 📖 Handbooks                      |
| 📖 Advocacy                               | 📖 Health Care/Programs/Promotion |
| 📖 Aging                                  | 📖 Home Care                      |
| 📖 Alternative Medicine                   | 📖 House Keeping                  |
| 📖 Anatomy                                | 📖 Incontinence                   |
| 📖 Aquatic Sports                         | 📖 Independent Living             |
| 📖 Assistive/Devices/Technology           | 📖 Infections                     |
| 📖 Attendant Care                         | 📖 Information Resources          |
| 📖 Attitudes Toward Disabilities          | 📖 Injuries                       |
| 📖 Audiovisual Materials                  | 📖 Instructional Materials        |
| 📖 Barriers                               | 📖 Internet                       |
| 📖 Bladder Function/Management            | 📖 Interpersonal Relations        |
| 📖 Blood Pressure                         | 📖 Intervention                   |
| 📖 Body/Movement                          | 📖 Limbs                          |
| 📖 Bowel Function/Management              | 📖 Marriage                       |
| 📖 Cardiovascular Function                | 📖 Medical Aspects/Treatment      |
| 📖 Caregivers                             | 📖 Mental Health                  |
| 📖 Catheterization                        | 📖 Mobility/Aids/Training         |
| 📖 Child Care                             | 📖 Model Programs                 |
| 📖 Chronic/Conditions/Illness             | 📖 Motor Skills                   |
| 📖 Client Characteristics/Satisfaction    | 📖 Motor Vehicles                 |
| 📖 Community Integration/Living/Resources | 📖 Muscles                        |
| 📖 Computer-Assisted Instruction          | 📖 Nursing                        |
| 📖 Consumers                              | 📖 Nutrition                      |
| 📖 Daily Living                           | 📖 Obesity                        |
| 📖 Decision Support Systems               | 📖 Older Adults                   |
| 📖 Demographics                           | 📖 Outcomes                       |
| 📖 Dependency                             | 📖 Pain/Management                |
| 📖 Devices/Design/Evaluation/Selection    | 📖 Paraplegia                     |
| 📖 Diabetes                               | 📖 Parenting with a Disability    |
| 📖 Diagnosis                              | 📖 Parents                        |
| 📖 Disability Management                  | 📖 Patient Education              |
| 📖 Driving                                | 📖 Peer Counseling                |
| 📖 Drugs                                  | 📖 Physical/Activities/Fitness    |
| 📖 Emotions                               | 📖 Positioning                    |
| 📖 Employment/Re-entry                    |                                  |

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***Search Terms for Self-care, Self-Advocacy, & Wellness  
for People with Spinal Cord Injury Continued ....***

- 📖 Postsecondary Education
- 📖 Pressure/Injury/Sores/Ulcers
- 📖 Prevention
- 📖 Public Transportation
- 📖 Quadriplegia
- 📖 Quality of Life
- 📖 Recreational Activities
- 📖 Rehabilitation Research/Services
- 📖 Research
- 📖 Safety
- 📖 Seating
- 📖 Secondary Conditions
- 📖 Self-Care/Self-Concept/Self-Help
- 📖 Sexuality
- 📖 Skin Disorders
- 📖 Sleep Disorders
- 📖 Social Skills
- 📖 Spinal Cord Injuries (SCI)
- 📖 Stoma
- 📖 Surgery
- 📖 Swimming
- 📖 Therapy
- 📖 Training Materials
- 📖 Transportation/Accessibility
- 📖 Travel
- 📖 Treatment
- 📖 Urinary Disorders
- 📖 Vocational Rehabilitation
- 📖 Wheelchairs/Manual/Powered
- 📖 Work Transition

## *About reSearch:*

*reSearch* is an information product from the National Rehabilitation Information Center (NARIC). Each issue is based on real-world queries received by our information specialists from researchers, educators, and rehabilitation professionals around the world.

We search several sources both in-house and online, to fill these requests including:

 REHABDATA and the NIDILRR Program database


 Education Resources Information Center

 National Clearinghouse of Rehabilitation Training Materials

 Campbell and Cochrane Collaborations

 PubMed and other National Library of Medicine databases

 Agency for Health Care Policy and Research databases

 and other reputable, scholarly information resources.

We hope you find these *reSearch* briefs informative in your own research.

*- NARIC Information and Media Team*