



REVIEW ARTICLE

RECONCILING LIFE AFTER SPINAL CORD INJURY – “ROLE OF SPINAL DISABILITY SUPPORT GROUP”

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ABSTRACT

This article emphasises on the role of spinal disability support group in patients who are paraplegics and quadriplegics post spinal cord injury. The relationship between hope and reconciling life after spinal cord injury is highlighted. The introduction of spinal disability support group improves quality of life in patients of spinal cord injury not only physical wellbeing but also hope inspiring confidence and liaison. The supportive group aims at motivating spinal cord injury patients in changing their perception towards life. Thus helps in improving the overall quality of life such as physical function, independence, emotional wellbeing, occupation, finances, relationship and social functions.

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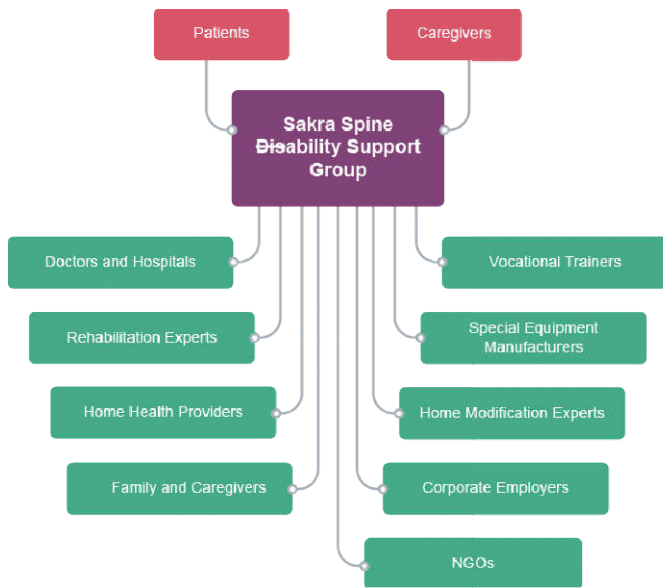
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INTRODUCTION

Spinal cord injuries are caused mostly due to road traffic accidents. Morbidity and disability results in significant decrease in activity of daily living. It is an unfortunate and unexpected incident in a person's life which changes life of individual altogether. He or she is completely dependent physically and financially causing burden to the family members. Spine surgery helps in stabilising spine which helps in making the patient to sit. However the role of spine surgeon is small as compared to the much needed constant support being physically, mentally or financially by the family members and caregivers. Spine Disability Support Group is an initiative to create a more inclusive and accessible community that will dedicatedly work towards the treatment, rehabilitation and motivation of people affected by spinal cord injuries in every possible aspect. This support group provides one-of-a-kind platform where all doubts, queries, and apprehensions with regards to treatment, rehabilitation, lifestyle modifications, future opportunities, and life prospects, related to spinal cord injury can be addressed for all patients and their caregivers. This spinal injury support group aims at helping the patients and caregivers to access to other people who are

affected with spinal cord injury by creating online community to engage and exchange relevant information, for easy access to various service providers, creating a platform for quick expert medical opinion and special offers from service providers to group members and latest updates on Spinal Cord Injury specific information. Spinal disability support group is linked up with doctors and hospitals for attending the patients and help in preventing complications secondary to spinal cord injury such as DVT, UTI, bedsores, etc., rehabilitation experts for physical wellbeing, bowel and bladder training and preventing complications, home health providers to support the patients, vocational trainers to train them choose career and get back to work, special equipment manufacturers to become independent in his daily activities, home medication experts to support in need, corporate employers to recruit and employ them to earn their living, NGOs and none the less family and caregivers who are the real support to the patients with a strong emotional bond. All the paraplegic and quadriplegic patients post spinal cord injury are introduced to the supportive group to get benefited of the same. Thus making his or her life easier to accept what they are and the way they transform their lifestyle and get accustomed to the change and get the best out of it. We have started the support group on SPINAL CORD INJURY DAY this year inviting 25 of our previous patients who are paraplegics and quadriplegics, and introduced them to the group and two of the 25 patients were made to share their

experiences from their fall to riseback by accepting what they are and modifying their lifestyle and working inpar with normal individuals, infact have achieved more.



Courtesy: Sakra world hospital website designing team

One of them started his own business and he is now, the owner of two companies and had given the designing for our support group website. The talk was very inspiring to the other fellows and this event has given a platform for them to discuss and

motivate one another and give them opportunities they deserve. They have been introduced to the group which made them get acquainted with the website and advantages of it. The event was a huge success and have created a great impact in their thought process and touched everyones heart including their family members.

The main agenda of the support group is to create awarness about the website to the patients who need help.“LIFE IS BEAUTIFUL”, and the aim of spinal disability support group is to make the patients feel it.

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