Clinical Practice Committee

Suggested Reading List

The Clinical Practice Committee (CPC) of the Academy of Spinal Cord Injury Professionals (ASCIP) develops an updated list of readings annually. The purpose of this reading list is to provide persons working in the area of spinal cord injury with a list of classic, important, or otherwise useful references that cover the main areas related to the psychosocial aspects of rehabilitation.

The reading list is generated in the following manner: 1) the committee brainstorms and reviews previous reading lists in order to generate any new topic areas; 2) committee members, who are experts in the area of SCI, suggest readings in each topic area; 4) ASCIP members are encouraged to make suggestions for new readings, and 5) committee members review and edit the final list. Readings marked with an asterisk are considered to be the most important readings by committee members and/or topic experts.

Selected members of the Academy Clinical Practice Committee and peers are recognized for their dedicated revision work on this project: **PSW:** Heather F. Russell, Ph.D.; Pamela Fitzpatrick, Ph.D.; Lynette Ballard, MASW, LCSW; Chuck Bombardier, Ph.D.; Phil Ullrich, Ph.D; Elizabeth Richardson, Ph.D.; and Tracey Presley, MSW, LICSW. **TLC:** Alicia Williams, OTR/L; Amy Icarangal, PT, NCS; Deborah Backus, PT, PhD; Sam Adams, OTR/L, Cathy Carver, PT, MS, ATP; Steven Mitchell, OTR/L, ATP; Kristin Kaupang, PT, NCS, ATP; Christina Calhoun, MSPT; Ellen Severe, OTR ; Rafferty Laredo, MA, OTR, ATP; and Theresa F. Berner, MOT, OTR/L, ATP. **Nursing:** Cissi Wimberly Oloomi, MSN, APRN, CNS-BC, FNP, CNRN, CRRN and Lisa A. Beck MS, RN, CNS, CRRN. **APS:** MaryAnn Richmond, MD, Scott Campea, MD and Lawrence Vogel MD.

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Adjustment

This section addresses the process of adjustment after having sustaining a spinal cord injury. The process of adjustment in both the individual with the Spinal cord injury and in the caregivers is explored. Topics such as depression, anxiety, post-traumatic stress, and grieving are discussed.


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### Aging

_Aging is something that will affect everyone, and it has a unique impact on individuals with spinal cord injury. Much of the following literature has focused on the medical and psychosocial aspects of living with a spinal cord injury._


Assessment Tools - Try This® and How To Try This Resources. (2011, August). Retrieved from [http://consultgerirn.org/resources database](http://consultgerirn.org/resources database).


Accessibility


Assessment/SCIM

This section highlights publications focusing on exam, neurological classification and recovery related to the diagnosis of spinal cord injury.


Assistive Technology

Anything that helps promote independence can be considered assistive. Assistive technology is practical application of the various simple to complex ways to utilize past, present, and future technology for all to be more independent.


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Autonomic Dysreflexia

Autonomic dysreflexia is a potentially life-threatening complication that all spinal cord injury clinicians, at risk individuals and their family members should be familiar with. This section features review articles and management guidelines related to this important topic.


Bioethics

This section addresses issues pertaining to ethics including informed consent, competence, capacity, assessment, and research. Policy issues and provider-patient relationships are also discussed within the context of rehabilitation.


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**Bladder**

*Neurogenic bladder management is a critical part of spinal cord injury care. Successful management of the upper and lower motor neuron bladder will promote urinary tract health by creating a balanced bladder with adequate urinary drainage, prevention of high intravesical pressure and reduction of urinary tract infection incidence.*


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**Bowel Elimination**

*Resources focus on the anatomy and pathophysiology and the management of bowel issues and bowel programs for spinal cord injury/disorders patients.*


*Videos/DVDs:*


*Websites:*

www.Enemeez.com
www.carecure.org
www.sci-info-pages.com
www.spinalcord.uab.edu
http://sci.washington.edu

**Durable Medical Equipment**


**Caregivers**

(TOC)
This section addresses issues related to family caregivers and their attitudes toward caring for a person with a disability. The focus is on basic needs as well as rights of family caregivers. Interventions for caregiver support are also discussed. The impact of (chronic) illness on family and individual psychosocial functioning is explored.

As the Years Go By: Accepting New Help, Caregiving, and Long-term Caregivers: RRTC on Aging With Spinal Cord Injury. Craig Hospital, Englewood, CO 80110.


Ellenbogen PS; Meade MA; Jackson MN; Barret K. "The impact of spinal cord injury on the employment of family caregivers." Journal of Vocational Rehabilitation, 2006; 25(1): 35-44.


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**Community Integration, Recreation/Leisure**

* This section addresses the reintegration of individuals back into their communities/lives after having sustained a spinal cord injury. The articles discuss the realms of play, sports, school, work, community, family. The issues of independence, quality of life, and life satisfaction are explored. Some of the barriers to participation are highlighted.


Schopp, L., Clark, M., Hagglund, K., Sherman, A., Stout, B., Gray, D., & Boninger, M.


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**Culture and Diversity**

This section highlights relevant articles and books to the issue of culture, ethnicity and diversity related to individuals with spinal cord injury. Beyond the disability and condition, is the person who brings his or her individual experience and background into the area of healthcare. Here, is the critical need to respect, understand and explore access to the individual beyond the identified medical or mental health concern.


End of Life

This section addresses readings related to perspectives on aging and dying among persons with disabilities and their loved ones. Adjustment, grief, loss, and other psychological responses to the loss of a loved one, or a preparation for such an event, are the focus of these readings. The section emphasizes end-of-life arrangements as well as hospice perspectives for persons with disabilities.


**EXERCISE**


**Health Behaviors and Prevention**

*Articles focus on the quality of health care resources, technology, expertise, equipment and funding. Information is presented in all aspects of spinal cord injury and health behavior and prevention from acute medical care through rehabilitation treatment to community based reintegration. Attention is given to the role of behavior on development of pressure ulcers. Influences of daily routine, personal choices, motivating influences, lifestyle and prevention strategies are explored with reference to pressure sores. The values of safety education programs is referenced.*


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### Heterotrophic Ossification

*Resources focus on the anatomy, pathophysiology and the management of heterotrophic ossification for spinal cord injury/disorders.*


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### Home Modifications


Interdisciplinary Team Functioning

Life after spinal cord injury will require interaction with a wide variety of professionals. Some of these professionals work individually and some function as a team for a mutual goal of increased independence. The individual with a spinal cord injury is the most important part of the team. The team functions and communicates in unison with the individual with a spinal cord injury as they proceed toward mutually defined goals. Team members can be representative of a wide variety of disciplines and backgrounds.


* Strasser, D. C., Falconer, J. A., & Martino-Saltzmann, D. (1994). The rehabilitation team: staff perceptions of the hospital environment, the interdisciplinary team environment, and interprofessional relations. *Archives of Physical Rehabilitation Medicine, 75*(2), 177-82.


**Limb Preservation**


Marriage and Family Issues

Having an individual in your family with a spinal cord injury can affect the relationships within the family in many different ways. This section explores how a spinal cord injury can affect the marital/partner relationship and how family support is so important for emotional adjustment.


Medications


Mental Health Disorders

This section highlights relevant articles to the issue of mental health disorders in individuals with a spinal cord injury and implications for therapy for those with a variety of mental health conditions. The authors discuss specific conditions along with recommended treatment approaches. The challenges of working with individuals with dual diagnoses are explored.


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**Neuropsychology and Traumatic Brain Injury**

This section highlights relevant articles and books to the issue of neuropsychology, with a specific focus on co-existing traumatic brain injury, related to individuals with spinal cord injury. The fact that cognitive deficits can impact upon rehabilitation healthcare efforts and quality of life is readily acknowledged. However, the professional field continues the refinement of assessment and identification of strengths and weaknesses, along with development of compensatory strategies and intervention to maximize rehabilitation efforts and life functioning.


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**Outcomes**


Osteoporosis


Pain

Acute and chronic pain is common after a spinal cord injury. This section provides information on pain research and types of pain. The issues around the categorization, location, type, duration, and severity of pain are discussed. Pain management and treatment approaches are presented.


Parenting with a Disability

Being a parent with a spinal cord injury can present a variety of unique issues. Specific parenting strategies are discussed. How the spinal cord injury may affect the other members of the family and the relationships between the family members is also explored.


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**Pediatrics**

This section highlights relevant articles and books in regards to Pediatric Spinal Cord Injury. When an infant, child, or adolescent sustains a spinal cord injury, many unique factors may emerge. Some of the articles in this section review typical developmental issues and how they interact with the experience of having a spinal cord injury at each stage. School re-entry and issues unique to pediatric rehabilitation are explored. The transition into adulthood and long-term outcomes for a child/adolescent with a spinal cord injury is also discussed.


**Topics in Spinal Cord Injury Rehabilitation Fall 1997 Volume 5; Number 2. Pediatric Issues, issue editor Lawrence C. Vogel. Various authors**


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**Personal Assistance Services**

This section highlights relevant articles and books in regards to personal assistance/animals and the SCI patient. The readings in this section address challenges as well as mundane actions that need to be taken into consideration when arranging for personal assistance services. The readings focus primarily on paid help in the home and the hiring process. A wide range of disabilities is considered in this section.

*As the Years Go By: Accepting New Help, Caregiving, and Long Term Caregivers: For Better or Worse, RRTC on Aging with Spinal cord Injury*, Craig Hospital, Englewood, CO 80110.


Personal Care Assistance (SCI Information Sheet #6; 1994). RRTC Training Office. Spinal Rehabilitation Center, Birmingham, AL 35233-7330.


Pressure Ulcers/Skin
Pressure ulcers are a prevalent and yet often times a difficult management problem following spinal cord injury. The articles in this section explores pressure ulcer definitions, prevention, management and research in the SCI patient.


Salcido, Richard, Pressure Ulcers and Wound Care, found at http://emedicine.medscape.com/article/319284-overview, July 9, 2009


Quality of Life

This section addresses the issue of quality of life and life satisfaction in individuals after sustaining a spinal cord injury. The interaction between quality of life and life satisfaction, well-being, health issues, participation, culture, financial issues, and environmental factors is explored.


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**Respiratory**

Respiratory problems are one of the commonest causes for morbidity and mortality in both the acute and chronic phases of spinal cord injury. This section highlights articles, and books for the respiratory care of SCI patients.


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**Seating and Mobility**

Manual Mobility


Powerchairs


Posture/Seating System/ Cushions


Sexuality
This section highlights relevant articles, books and videos to the issue and expression of sexuality related to individuals with spinal cord injury. Physical and emotional, function and dysfunction, illness and health are the balance of themes addressed within these educational materials.


http://www.sexsci.me/ is a sex, intimacy, and spinal cord injury forum funded by the Auckland (New Zealand) Spinal Rehabilitation Unit.

* Sexual Health Network Hosted by: Mitch Tepper, Ph.D., MPH. The Sexual Health Network's web site (www.sexualhealth.com) provides easy access to sexuality information, education, counseling, therapy, medical attention, and other sexuality resources for people with disability, illness, or other health related problems. The Sexual Health Network also provides continuing education and training for health professionals and facilitates educational groups for people with disability or illness.

* Sexuality and Disability is published quarterly by Springer Publications. The journal is abstracted through services such as Psychological Abstracts, Social Service Abstracts, and Rehabilitation Literature Abstracts as well as about a dozen other services.


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**Sexuality Videos**

*(See “Sexuality” section above for description.)*

*Sexuality after Spinal Cord Injury* Video, Hosted by Michael Dunn, PhD, and John Lavelle, MD; The Valley Medical Center Foundation and the Accessible Events Program, San Jose, CA, USA, November 20, 2008, DVD, 60 minutes; Reviewed by S. Hough, PhD Sex Disabil (2009) 27:181–182. Obtain a copy by emailing: Steve.Lyon@accessibleevents.org.

Paralyzed and Pregnant (tv special). From Discovery Health Network. See [http://health.discovery.com/tv-schedules/special.html?paid=62.4480.116988.0.0](http://health.discovery.com/tv-schedules/special.html?paid=62.4480.116988.0.0) for local listings. This program is great for staff members, but may cause patients stress. Description: When Michelle Carston was 23 years old, she dove into shallow water off the coast of Mexico and injured her spinal cord--an action that sent her to a wheelchair as a quadriplegic. Michelle got pregnant and we follow her pregnancy.

Sexuality and Spinal Cord Injury (video). From BC Rehabilitation in Vancouver, Canda. (Telephone: 604-737-6225). The video is designed for staff members and for training of staff rather than patient use. There may be parts of it however that would be useful in getting some group discussions.


Spinal Cord Injury Network International, 3911 Princeton Drive, Santa Rosa, CA 95405 (Telephone: 800-548-2673). A video lending library ([www.spinalcordinjury.org](http://www.spinalcordinjury.org)) includes three videos on sexuality: # 20 LOOKING UP: A SUCCESS STORY, A ROMANCE. Person with quadriplegia in Portland, Oregon discusses adjustment he has made after a spinal cord injury; # 137 SEXUALITY & PHYSICAL DISABILITY. A panel of men and women discuss thoughts and concerns about their bodies and the consequence of disability occurring at a young age versus those occurring later in life; and # 138 GIVE IT A TRY. Husband with quadriplegia and his wife attempt to re-establish their marriage after his return from the hospital. Depicts a counseling program where the couple acknowledges their concern and frustration over sexual issues.
The Treatment of Erectile Dysfunction Following Spinal Cord Injury (video, 1995). From SCI Video, 706 Sunny Brook Drive, Edmond, OK 73034-4849 (Telephone: 405-330-8657). This video features the personal accounts of 4 men with impotence secondary to SCI. Each person speaks candidly about his accident, his impotence, as well as its treatment and how life and relationship have been affected after treatment. A Urologist discusses the options for treatment, concentrating on the use of Prostaglandin E-1 injection therapy. A demonstration of its use is included.

Skin


Social Support: Peer/Community

* An individual with a spinal cord injury is human and humans are social creatures. We typically enjoy the company of others. Our friends and family are our most natural support system. In some circumstances, the social support changes drastically after spinal cord injury.


Substance Abuse

The articles in this section explore the relationship between substance abuse and disability. Patterns of use, treatment approaches, pre-injury/post-injury use comparisons, as well as accessibility of substance abuse treatment are discussed. Emphasis is put on rehabilitation efforts.


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**Technology**


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**Textbooks: General/Comprehensive**
This section highlights entire textbooks which are relevant to the field of spinal cord injury across all topics.


Transportation


**Treatment Adherence**

*This section highlights relevant articles on treatment adherence and strategies for enhancing treatment recommendations. The authors identify treatment barriers and methodological obstacles that limit the various ways that spinal cord injury patients follow treatment recommendations. Psychosocial complications and coping strategies are highlighted.*


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**Vocation**

*Work and what one does, or hopes to do, often define who and what we are. Various resources exist for individuals with spinal cord injury to explore work options. A variety of circumstances will have an effect on individual work options.*


Prediction of employment status one year post-discharge from rehabilitation following traumatic spinal cord injury: an exploratory analysis of participation and environmental variables

Murphy, Gregory. Middleton, James. Quirk, Ruth. De Wolf, Annelies. Cameron, Ian D


**Women**

*This section explores the topic of disability and gender. Specific emphasis is placed on the experience of female persons with disabilities and the difference between male and female perspectives. Reproductive/gynecological services available to women with a range of disabilities are discussed.*


