

척수재활

발표일시 및 장소: 10 월 18 일(금) 14:45-14:55 Room C(5F)

### **OP3-2-4**

## **Hospital Based Transitional Rehabilitation System Model Using Daily Living Home for Persons with SCI**

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### **Objective**

For disabled person with spinal cord injury (SCI), return to society and adaption is most critical problem and object of fear. In the cases of overseas, it has been known that it usually takes 3 to 8 months to return to daily living after SCI. But in domestic circumstance, due to the lack of a transitional rehabilitation system(TRS), average period is over 31 months and there are many cases in which the patient lives a secluded life after discharge. In this project, we developed hospital based TRS model using daily living home for disabled person with SCI and verified effectiveness of it.

### **Subjects & Methods**

Through reviewing domestic researches, the return to daily living program of the Korea Spinal Cord Injury Association and cases of overseas institutions, 12 educational items (activity of daily living, wheelchair skill up, education for management of crisis, emotional support, sexual rehabilitation, driving, counseling for housing, sports or leisure for the disabled, return to school or work, counseling for linkage of economic and community resource, orthosis evaluation, education of spinal cord injury) were established and manuals of each item was developed. The first subject of the project was a 47-year-old woman who had been hospitalized for 26 months, six hospitals after SCI, April 2017. Before admission to the program, in-depth interviews with subject was done, the patient's needs were identified and user-centered program was planned through the goal setting meeting (table 1). Even if it was not in the patient's needs, the program was coordinated by supplementing the part of the educational items. Physicians, nurses, physiotherapists, occupational therapists, social workers, technician of orthosis, independent living coach(disabled person with SCI) were participated in the program operation. Neurological, occupational, social welfare, psychological, quality of life (QOL) evaluation was done before and after program and achievement of goals were measured.

### **Results**

Her neurological level of injury was C8, sensory incomplete injury. There was no significant change in neurological evaluation. But meaningful improvement was observed in occupational, social welfare, psychological and quality of life evaluation (table 2). Also goal attainment scaling(GAS) of six core goal showed much improvement 34.95 to 73.01 (table 3). The cost of implementing the program was 7,068,134 korean won. After this program, she can return to home from long term hospitalization.

## Conclusion

Comprehensive TRS offer improvement in ability of daily living and QOL to disabled person with SCI and reduce the fear of returning to society. And it can be expected that the shortening of length of stay and the reducing of medical expenses through application of hospital based TRS using daily living home at the appropriate time

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Table 1. Monthly schedule for the first subject of the project

	Mon(6/3)	Tue(6/4)	Wed(6/5)	Thu(6/6)	Fri(6/7)
Morning	Admission / AIS evaluation	ADL(OT) / D	ADL(OT) / Wheelchair fitting	Memorial day	ADL(OT) / D
	ADL(IL) / T, WH	ADL(IL) / T, WH	ADL(IL) / T, WH		Emotional support
Afternoon	PT	PT	PT		PT
	OT evaluation ADL(IL) / CIC, Dressing	ADL(IL) / CIC, Dressing	ADL(IL) / CIC, Dressing		ADL(IL) / T, WH
	Feedback	Education	Social work (Economy)		Social work (Housing)
	Mon(6/10)	Tue(6/11)	Wed(6/12)		Thu(6/13)
Morning	ADL(IL) / T, WH	ADL(OT) / T, S	ADL(OT) / D	ADL(OT) / T, S	ADL(OT) / T, S
	PT	ADL(IL) / T, WH	ADL(IL) / Cooking	ADL(IL) / Visiting house of peer	Emotional support (Family)
Afternoon	ADL(IL) / CIC, Dressing	Education	PT	PT	PT
	Orthosis Consultation	ADL(IL) / T, WH	ADL(IL) / T, WH	OT evaluation	ADL(IL) / CIC, Dressing
	Social work (Society)	Social work (Society)	Feedback	ADL(IL) / T, WH	Intermediate evaluation
	Mon(6/17)	Tue(6/18)	Wed(6/19)	Thu(6/20)	Fri(6/21)
Morning	ADL(OT) / T, S	ADL(OT) / D	ADL(OT) / T, S	ADL(OT) / T, S	ADL(OT) / T, S
	ADL(IL) / T, WH	ADL(IL) / Shopping	ADL(IL) / Para table tennis	ADL(IL) / CIC, Dressing	Emotional support
Afternoon	PT	PT	PT	PT	PT
	ADL(IL) / CIC, Dressing	ADL(IL) / T, WH	ADL(IL) / Cooking	ADL(IL) / T, WH	ADL(IL) / CIC, Dressing
	Social work (Housing)	Education	Para table tennis Grading	Education	Visiting home
	Mon(6/24)	Tue(6/25)	Wed(6/26)	Thu(6/27)	Fri(6/28)
Morning	ADL(OT) / T, S	ADL(IL) / Leisure	ADL(OT) / D	ADL(IL) / CIC, Dressing	Feedback
	ADL(IL) / T, WH		ADL(IL) / Para table tennis	AIS evaluation	Emotional support
Afternoon	PT	Education	PT	PT	PT
	ADL(IL) / Cleaning house	ADL(IL) / T, WH	Driving Certification renewal	OT evaluation	ADL(IL) / Home Exercise
	Education	Social work	Orthosis Consultation	ADL(IL) / T, WH	Completion Ceremony

AIS : American Spinal Injury Association Impairment Scale, ADL : Activities of Daily Living,  
IL : Independent Living Coach, T : Transfer, WH : Wheelchair Skill Up, PT : Physical Therapist,  
OT : Occupational Therapist, CIC : Clean Intermittent Catheterization, D : Driving Simulator,  
S : Strengthening

