

척수재활

게시일시 및 장소 : 10 월 19 일(토) 08:30-12:30 Room G(3F)

질의응답 일시 및 장소 : 10 월 19 일(토) 11:00-11:30 Room G(3F)

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The Effect of Patient Tailored Exercise Program in Spinal Cord Injured Patients

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According to the survey on the Disabled people in Korea(2014), 53.4% of the respondents thought that their health was "bad". In contrast, in case of non-disabled people, 65.5% of them replied "Good" in subjective results. This shows that disabled people are not healthy in their daily lives and feel so, and this subjective recognition on health can be objectively confirmed in the morbidity of chronic diseases. Therefore, the rehabilitation exercise department in National Rehabilitation Center offers tailored exercise programs based on hospital in order to prevent and manage these chronic diseases, and tries to prepare for the foundation for offering them to local communities, analyzing the effects of the programs executed for spinal cord injured patients.

This study analyzed retrospectively physical tests of spinal cord injured patients who are available for walking before after the program, after completing the tailored programs in the rehabilitation exercise department in National Rehabilitation Center during the period between January and October, 2017. For statistical analysis, SPSS 22.0 version was used, and average of variables, standard deviation, and frequency were calculated by using descriptive statistics. And for variance in the group before and after, it was done by paired t-test. The statistical significance level was set at $P < 0.05$.

The results of total 61 patients were analyzed. And their demographic characteristics are as follows: As seen in (Table 1) and (Figure 1), female patients were 31.1% and male were 68.9%, respectively, showing that the male patients were dominant. For age, their 50's were highest(27.9%). In addition. For Asian Impairment Scale, AIS D(31.1%) was highest, and then AIS B(23.0%) and AIS C(14.8%) followed in order. After the tailored exercise program, the participants with spinal cord injuries showed improvement in their body composition, and muscle amount($P < .029$) and BMR also showed significant changes. (Table 2) All chest strength($P < .001$), cardiopulmonary endurance($P < .000$), and ability and flexibility($P < .000$) showed significant differences with significant improvements of vitalizing emotions, refreshing, as well as positive good, exciting, and happy emotions in quality of life. The rehabilitation exercise department in National Rehabilitation Center offers health promotion tailored exercise programs for adjusting morbidity of higher chronic diseases and improving well-being in comprehensive quality of life. By providing

health promotion programs based on medical evidences by type of disability and severeness, it aims at improving voluntary physical activity ability and preparing framework for health promotion.

As a result, for physical strength enhancement, all the areas including body composition improvement, cardiopulmonary endurance, muscle endurance, ability, flexibility and balancing were improved and first of all, satisfaction for quality of life and decreases in negative emotions were identified.