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A Day in the Life of a SCI

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University of the Pacific

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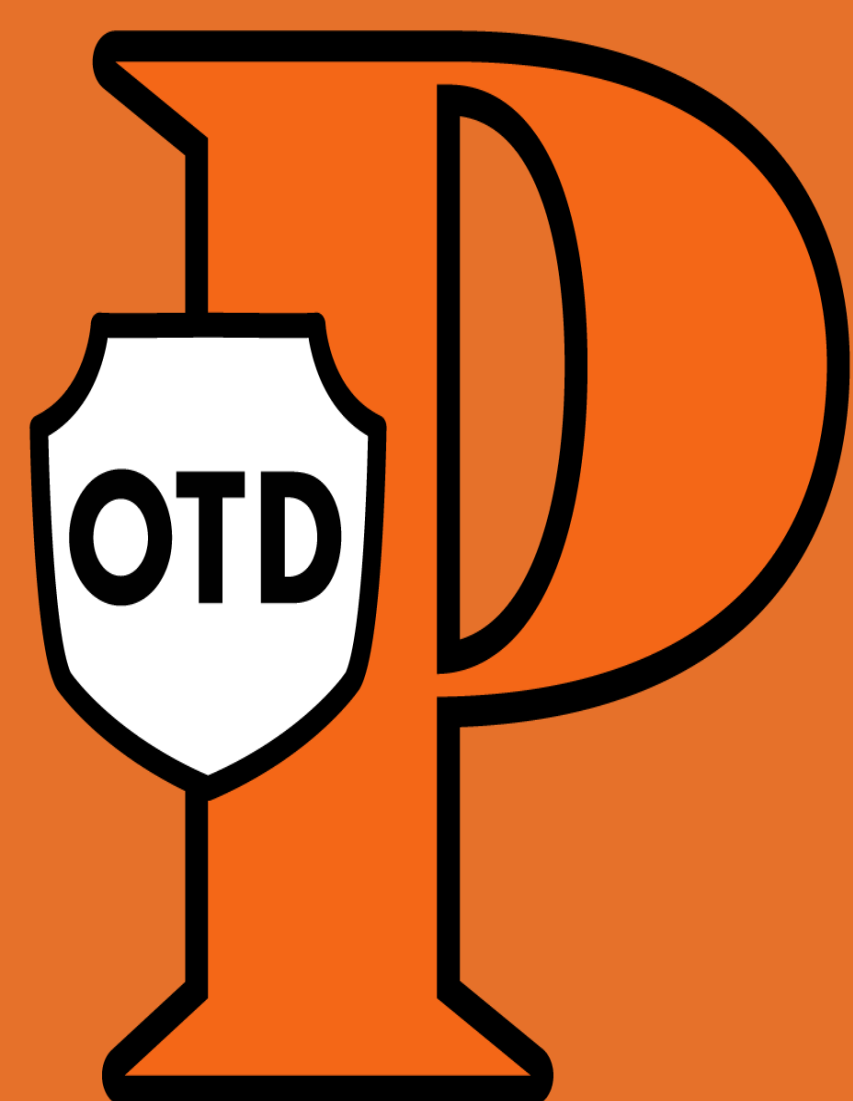
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A Day in the Life of a SCI



Created by: Jeffrey Garcia OTD/S
Site: SCI-FIT, Sacramento
Capstone Mentor: Bobby Huntington
University Mentor: Shawna Townsend
Capstone Coordinator: Professor Natalie Haight

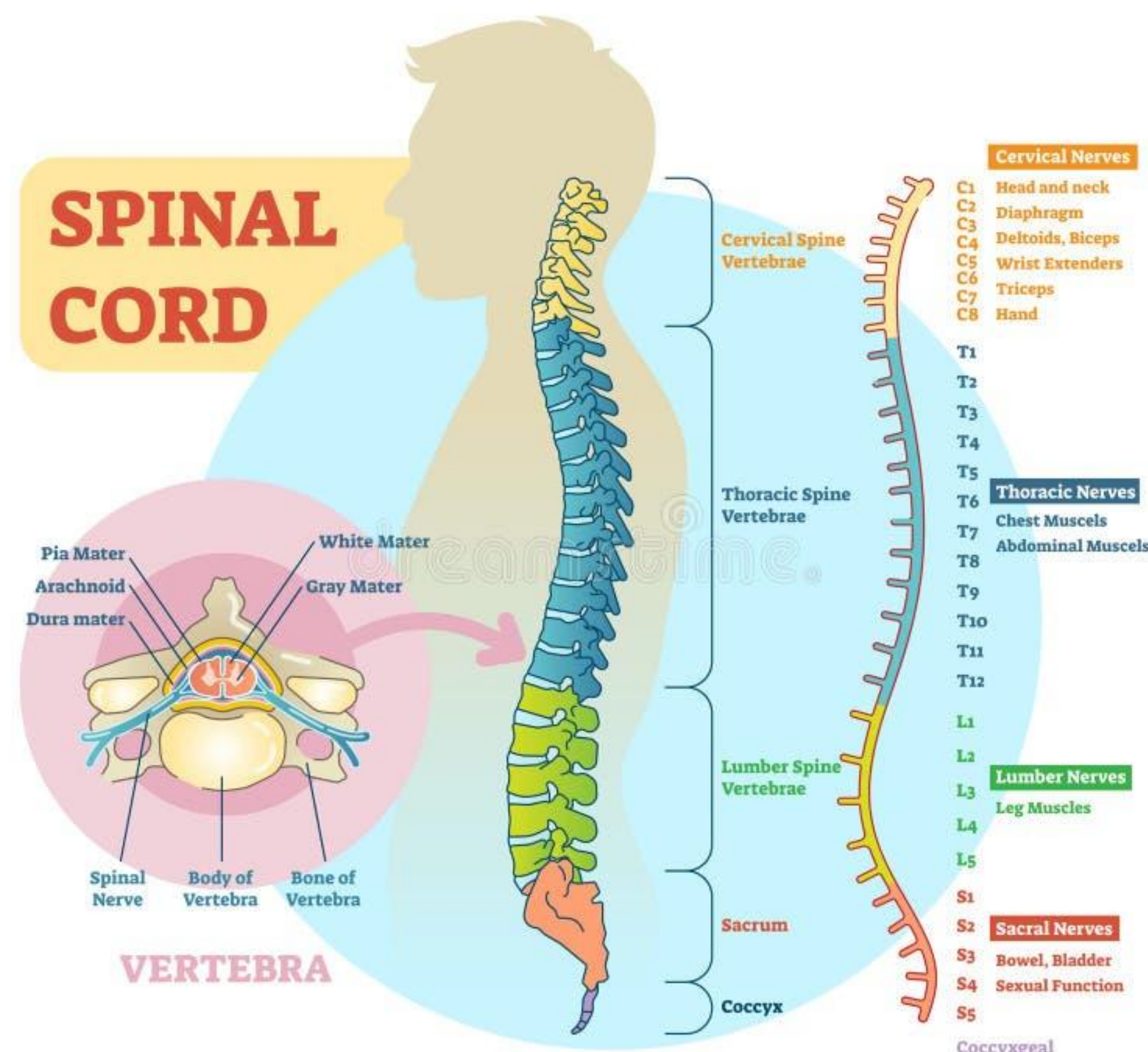
“There are no limitations, only possibilities”



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Background

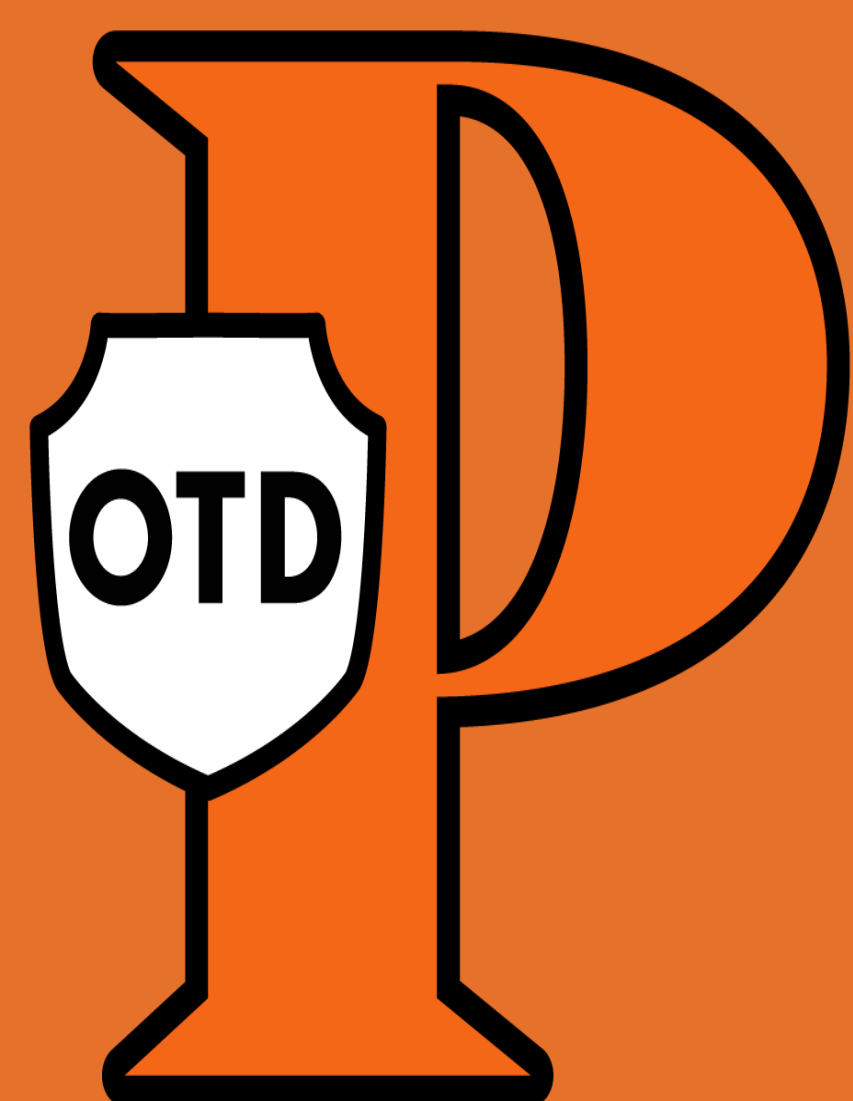


- Clinical Condition
- Impact on overall quality of life.



- Functional Integrated Therapy
- 5 Key Components – Functional Electrical Stimulation (FES), GAIT training, AAROM/PROM, Tactile Stimulation, Functional and Developmental Movement Patterns
- Physical deficits focused

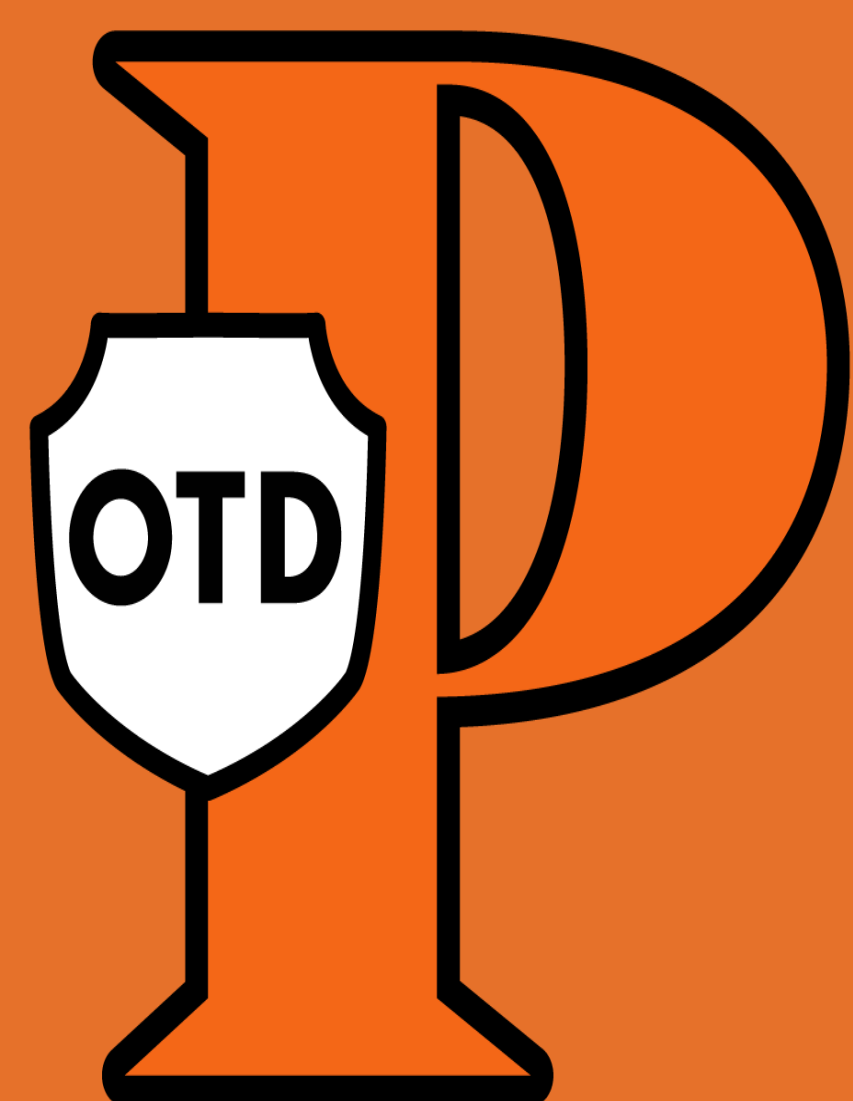
(Krysa et al., 2022; Simpson et al., 2012)



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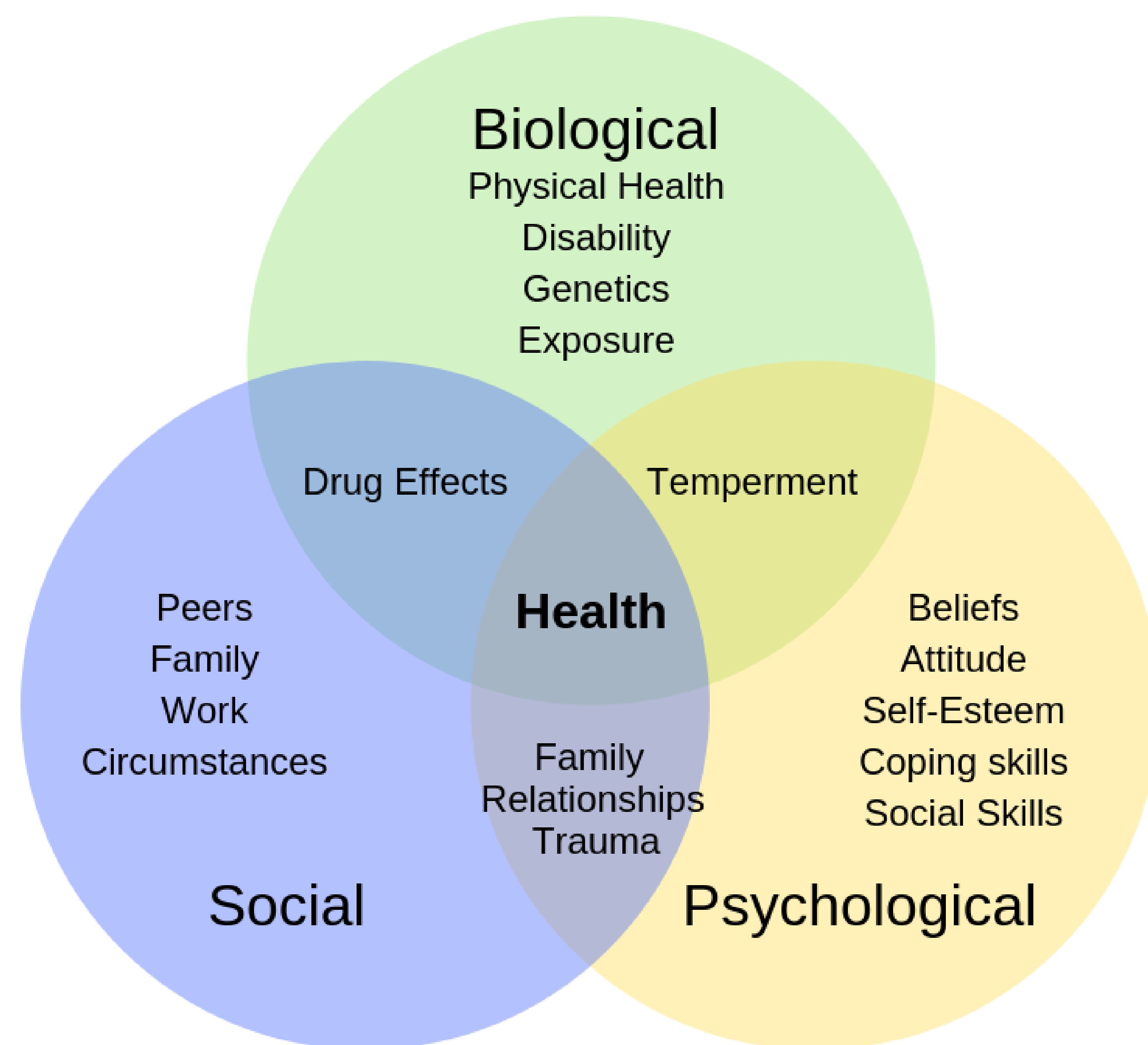
Program Purpose

- To gain a deeper understanding of the challenges and barriers of the SCI population and understand what life is like living with a SCI.
- To discuss the impact on the physical, psychological, social, and community reintegration of the SCI population.
- Advocate the value and need of Occupational Therapy within a Biomechanical-focused facility.



Guiding Theory

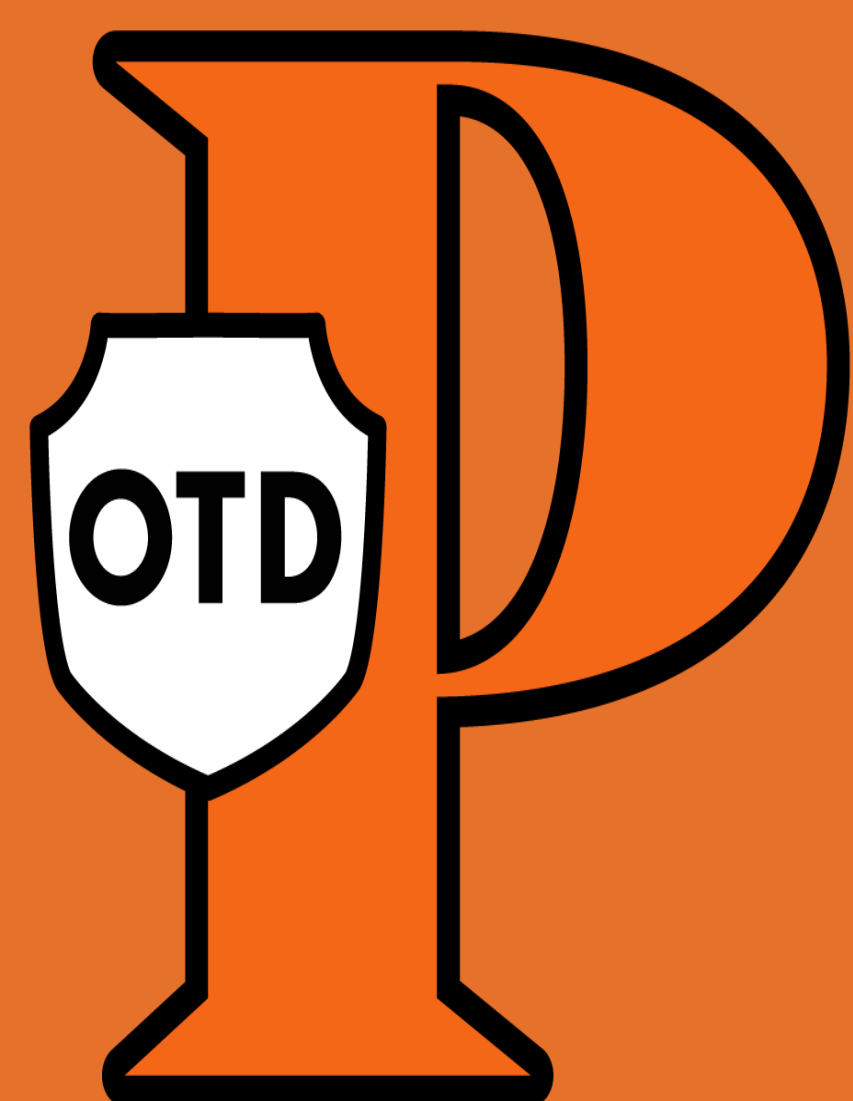
Biopsychosocial Model (BPS)



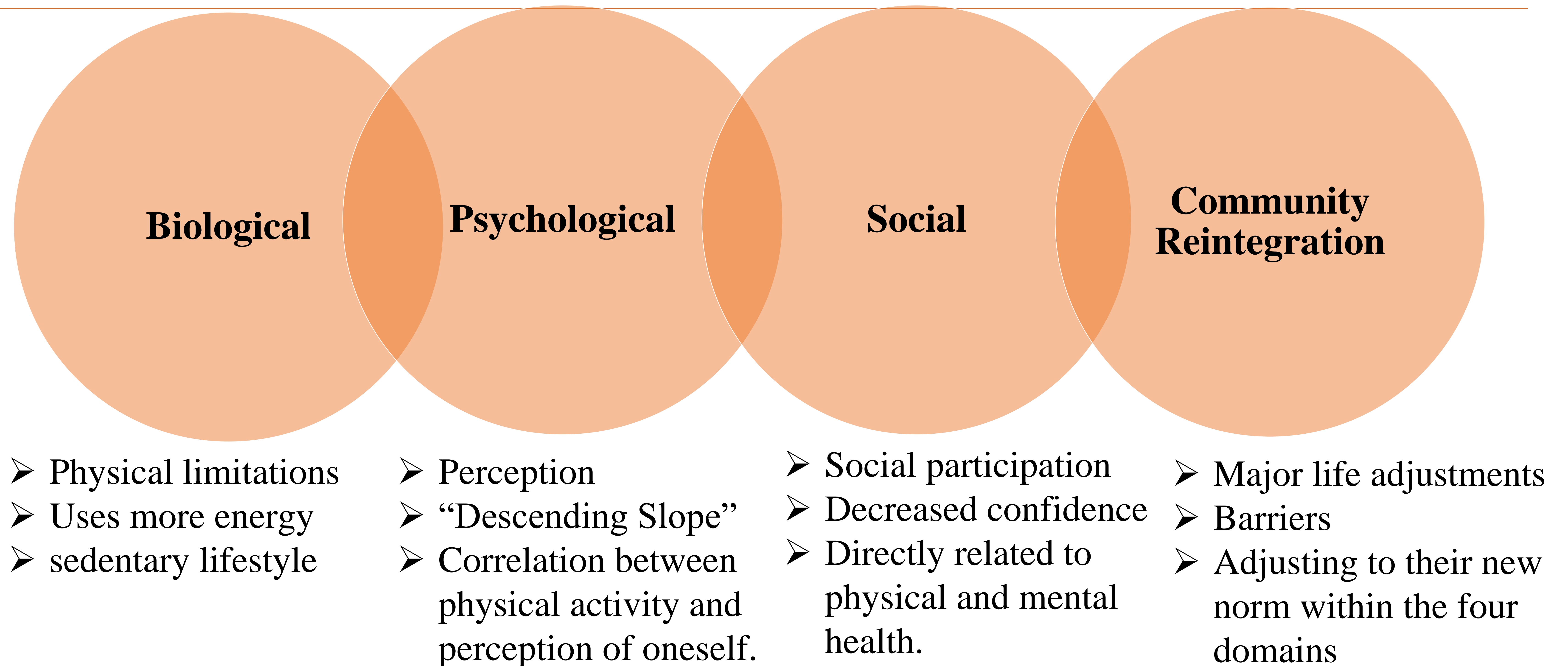
Person-Environment-Occupation-Performance Model (PEOP)



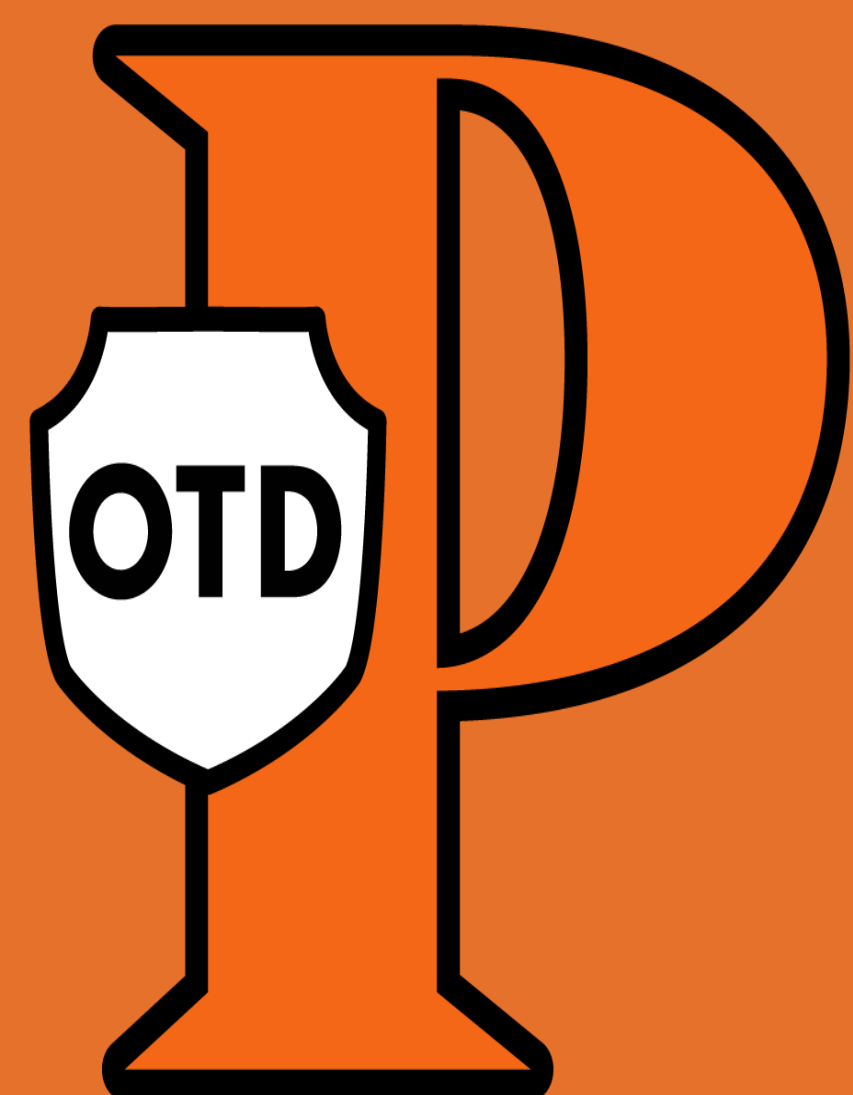
(Gentry et al., 2018; Baum et al., 2015)



Literature Review and Needs Assessment



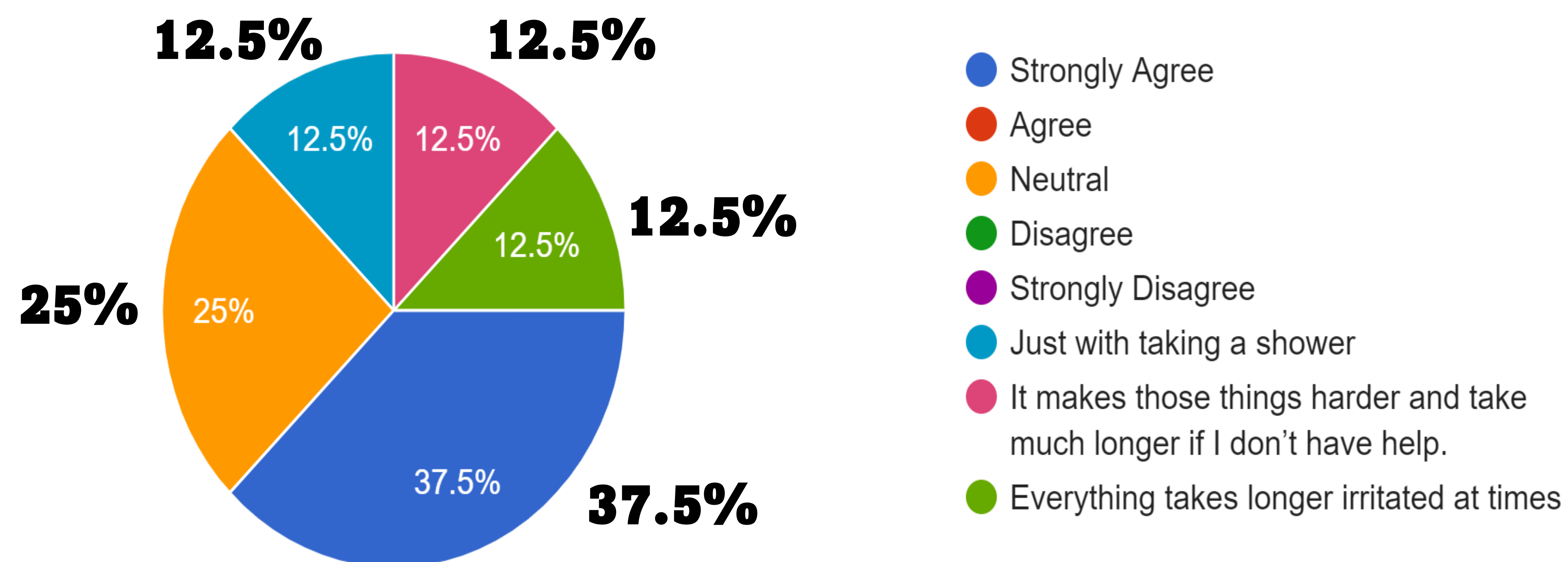
(Alve, Bontje & Begum, 2019; Baehr et al., 2022; Dickson et al., 2011; Dwyer & Mulligan, 2014; Halvorsen et al., 2021; Joseph et al., 2016; Kendall et al., 2021; Sepanou et al., 2020; Scovil et al., 2011; Vissers et al., 2008)



Outcomes #1

Has your physical limitations affected your ability to complete independently necessary tasks, i.e., self-care, errands, and obligations?

8 responses



A Day in the Life of an SCI Survey

Jeffrey Garcia at the University of the Pacific, Sacramento, is inviting you to participate in an online survey. This survey is being completed as part of a requirement of the Capstone Curriculum in the Doctor of Occupational Therapy Program at The University of the Pacific.

The objective is to understand better what life is like living with a Spinal Cord Injury and how this condition has affected one's ability to engage in meaningful occupations. There are no known risks if you decide to participate in this survey, nor are there any costs. Your participation in this study is crucial. The information you provide will help us gain a deeper understanding of the challenges that Spinal Cord Injuries face daily when living on their own after being discharged from rehabilitation. This understanding is vital for improving the lives of individuals with Spinal Cord Injuries. The information collected may not benefit you directly, but what we learn from this survey should benefit OT students, faculty, and researchers in general.

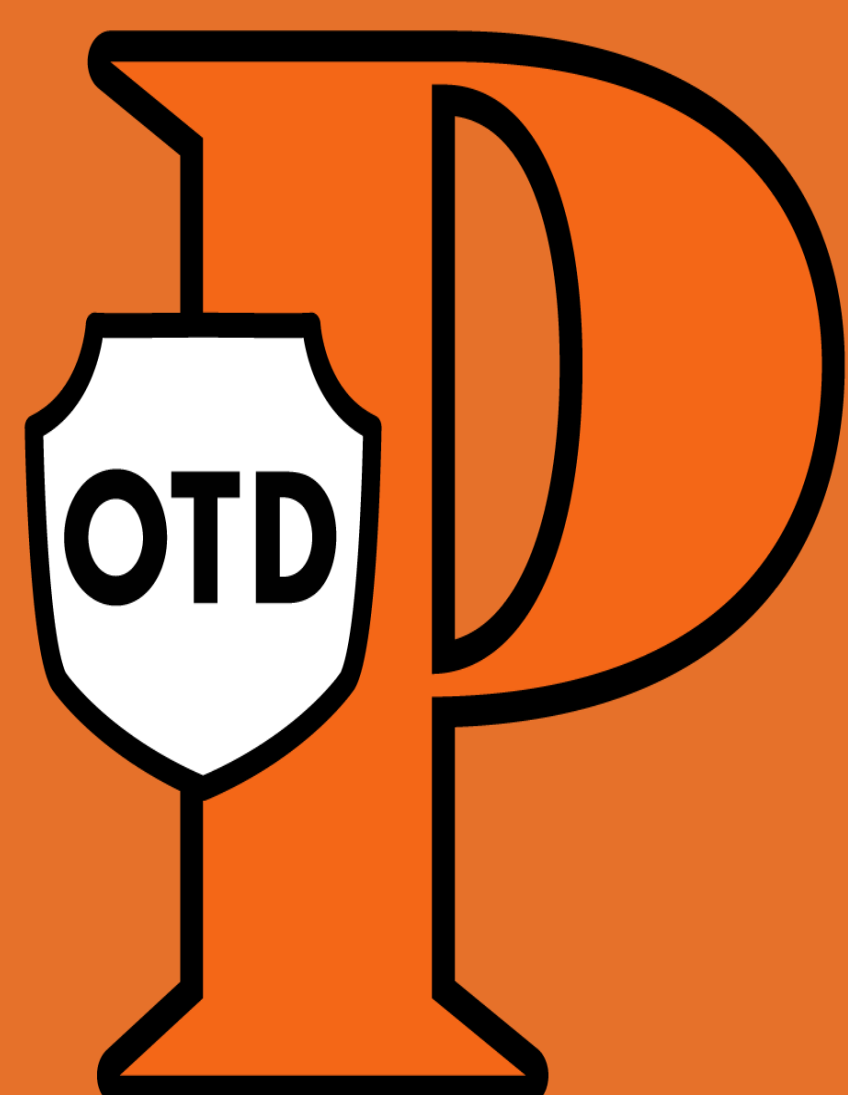
This survey is anonymous. If you choose to participate, you will not be asked for your name. No one will be able to identify you, nor will anyone be able to determine who you are. No one will know whether you participated in this study. Nothing you say on the questionnaire will in any way influence your association with SCI-FIT Sacramento. Your participation in this study is voluntary. Information will be gathered through an online survey via QR code and/or link. The information gathered will only be used for research and will not be shared with anyone else. By continuing with the online survey, you have read this consent form and agreed to participate in the online survey.

If you have any questions or concerns about completing the questionnaire or about being in this study, you may contact me at (310)951-2650 or email j_garcia77@u.pacific.edu.

j_garcia77@u.pacific.edu [Switch account](#)

Not shared

* Indicates required question



Outcomes #2



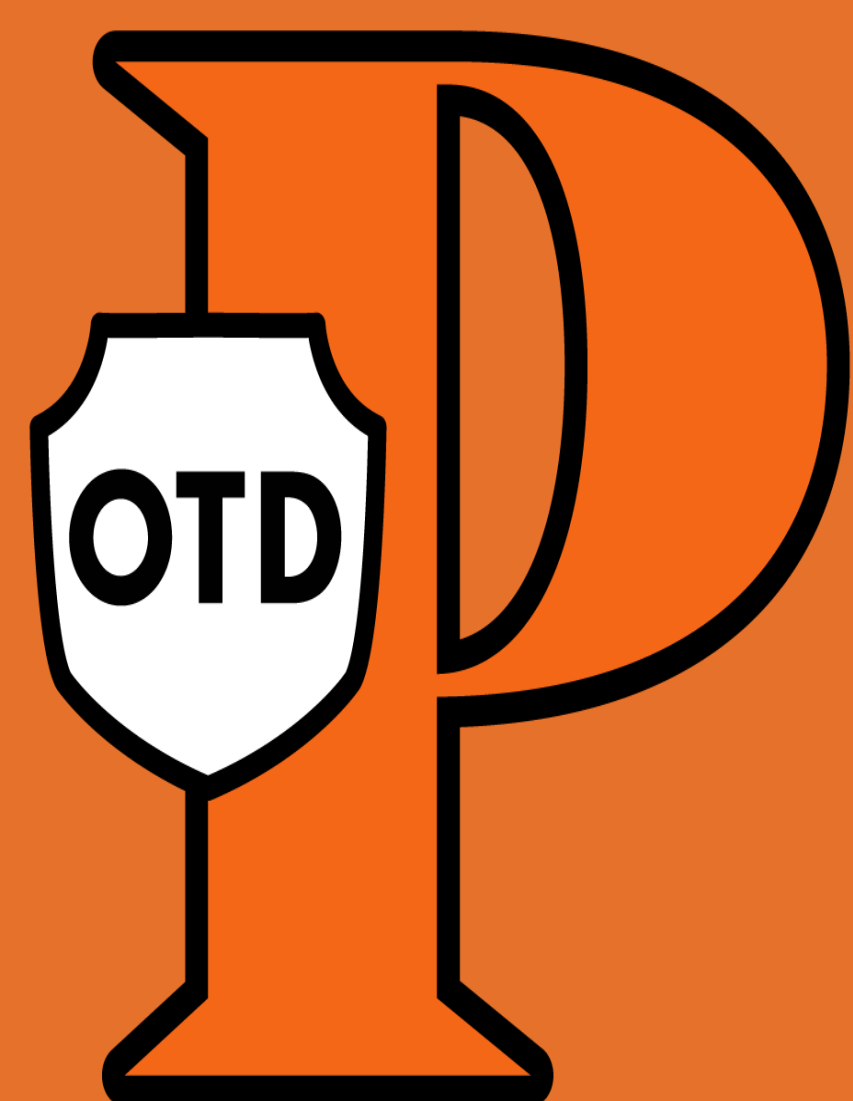
A Day in the Life of a SCI Client Interview Questions

1. Tell me a few things about yourself, such as hobbies, roles, and occupations.
2. How did your spinal cord injury happen?
3. How has your spinal cord injury impacted your life? (Biological, Psychological, Social)
4. Please describe your rehabilitation experience.
5. Please describe your experience working towards being a part of your community again.
Examples include returning to school/work, doing your daily hobbies, and going to community places.
6. Are you familiar with or have you received occupational therapy services? If so, how has occupational therapy improved your life?
7. What are some resources you think could improve your quality of life?
8. What are some challenges you think the spinal cord injury population faces?



A Day in the Life of a SCI SCI-FIT Employee Interview Questions

1. Tell me a few things about yourself, such as hobbies, roles, and occupations.
2. How did your spinal cord injury happen?
3. How has your spinal cord injury impacted your life? (Biological, Psychological, Social)
4. Please describe your rehabilitation experience.
5. Please describe your experience working towards being a part of your community again.
Examples include returning to school/work, doing your daily hobbies, and going to community places.
6. Are you familiar with or have you received occupational therapy services? If so, how has occupational therapy improved your life?
7. What are some resources you think could improve your quality of life?
8. What are some challenges you think the spinal cord injury population faces?



Outcomes #3

SCI-FIT IN-SERVICE PRESENTATION

By: Jeffrey Garcia OTD/s'24
Capstone 395A
University of the Pacific, Sacramento



Three major Themes of the challenges/barriers within the SCI Population

Financial Component: During the interview processes, there has been a recurrent theme of financial burdens. This included not being financially covered by insurances to access vital resources such as home modifications, adaptive equipment, transportation and basic necessities. A client's socioeconomic status should not be the main challenge/barrier to becoming independent again.

Mental Health Component: There was a recurrent theme of how our current health care system does not take into consideration of SCI's population of mental health and how this can impact an individual's ability to engage in everyday occupation and can also lead to secondary condition such as depression and anxiety and emotions such as fear, anger, and remorse of the life they use to have. Mental health has a direct correlation to their physical deficits.

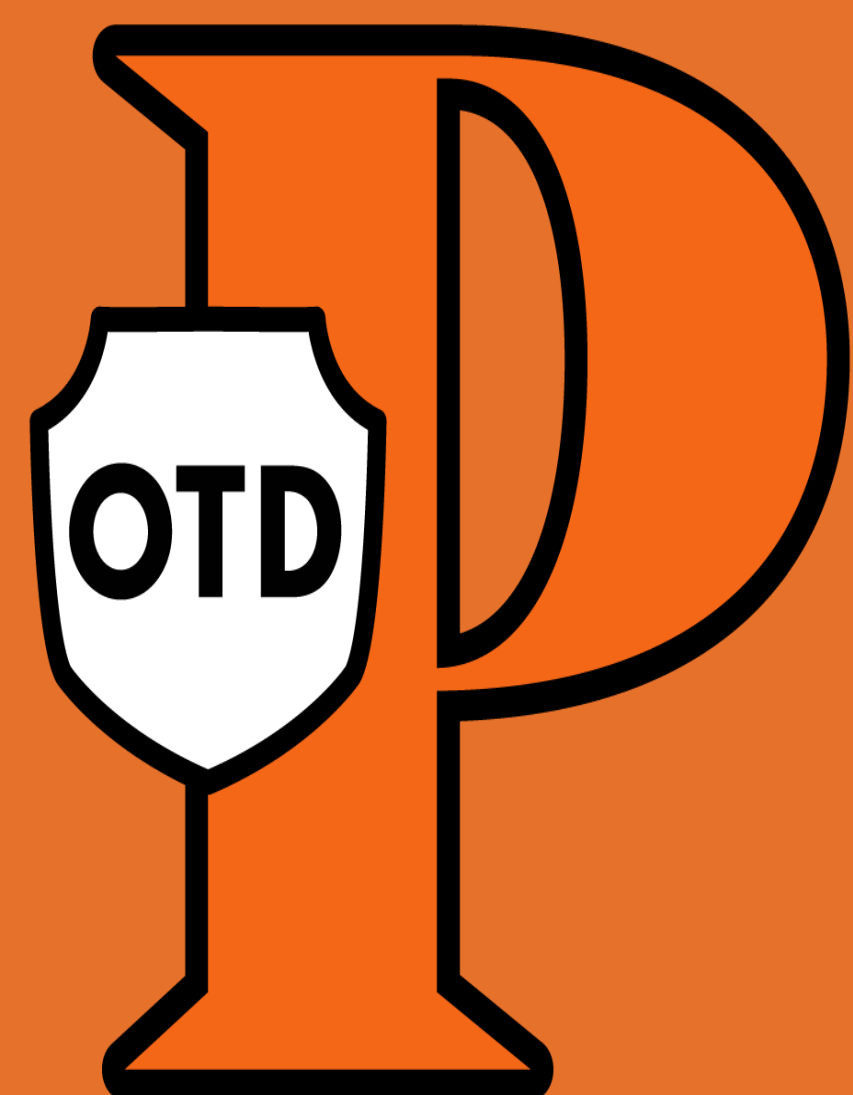
Lack of Available Resources - There is a need to emphasize the rehab therapy portion of recovery in which is seen as undervalued. Limited resources during the initial recovery period which includes short hospital stays, limited-to-none rehabilitation such as PT/OT, insurances determining what clients qualifies for and not valuing the benefits of SCI-FIT/therapy.

Value of Occupational Therapy

- Unfamiliar or do not see the value of occupational therapy.
- The following are some recommendations from an occupational therapy perspective:
 - In what ways can we improve a person's ability to engage in their meaningful occupations?
 - When creating goals or interventions, think about their current roles, routines, priorities and habits as this can impact how well they perform outside of SCI-FIT.
 - Identifying what activities are meaningful to them.
 - Personal and environmental factors: How these factors play a significant role in their SCI-FIT experiences.
 - Overall gaining an occupational profile of your clients and what they are looking to achieve in your facility.
 - SCI-FIT principles is actually improving a client's performance skills such as motor skills, process skills, and social interaction skills.

Resource Manual

- Introduction
- Table of Contents
- Signs/Symptoms of clinical condition
- Value/Advocating for Occupational Therapy
- Occupational Therapy Recommendations
 - Safety
 - Home Modifications
 - Adaptive Equipment
 - Energy Conservation Techniques
- How Occupational Therapy can align with SCI-FIT core principles
- Resources located within the Sacramento area including current resources SCI-FIT has.
- References



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Outcomes #4

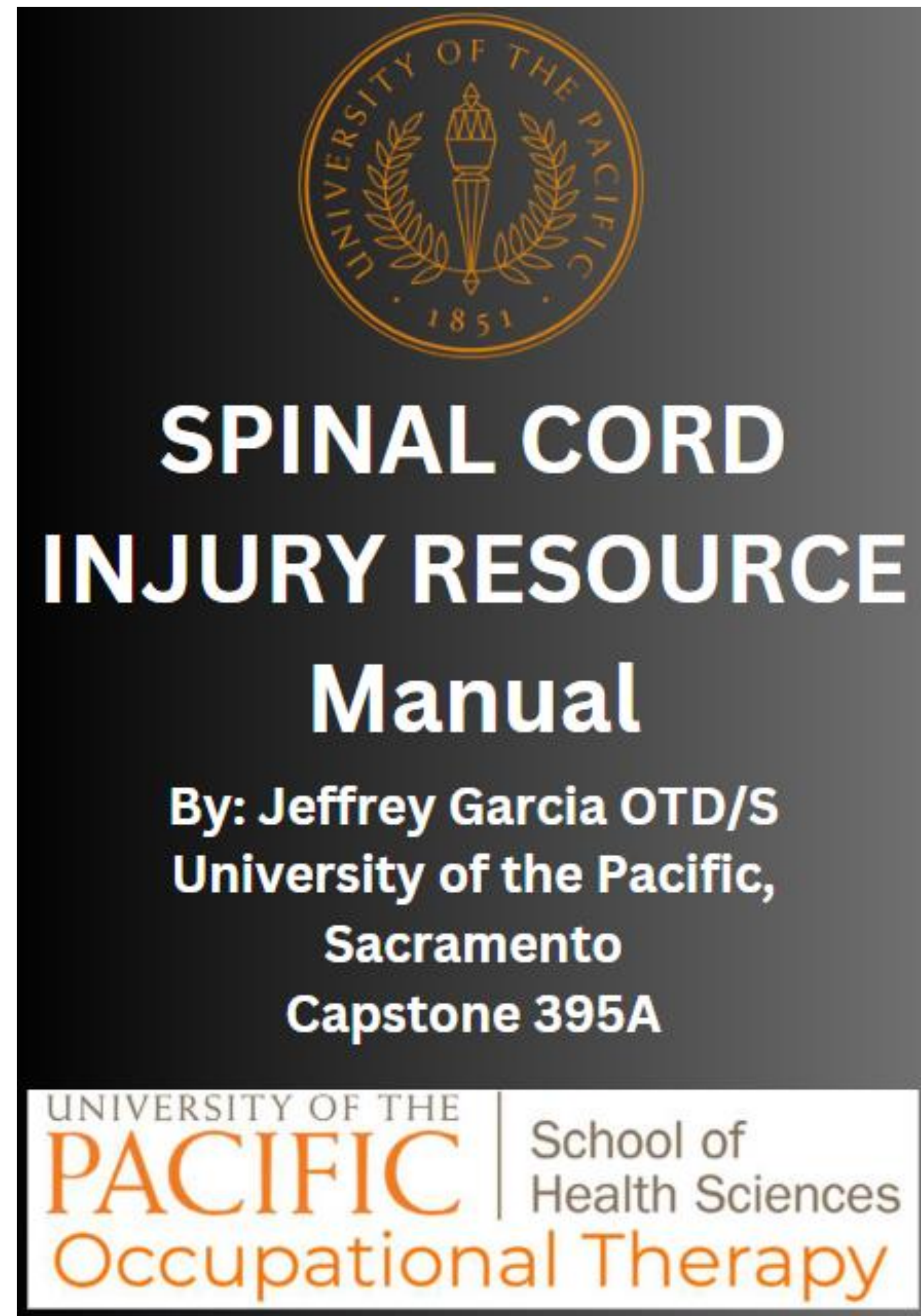
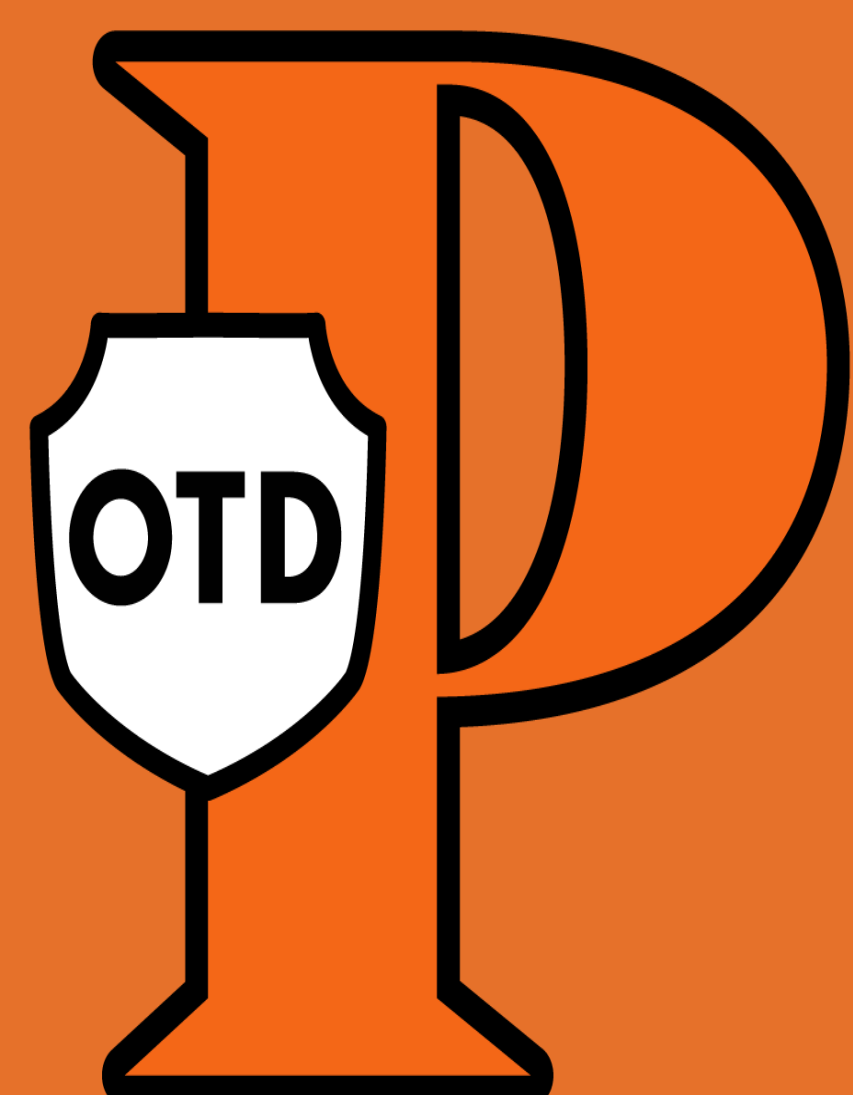
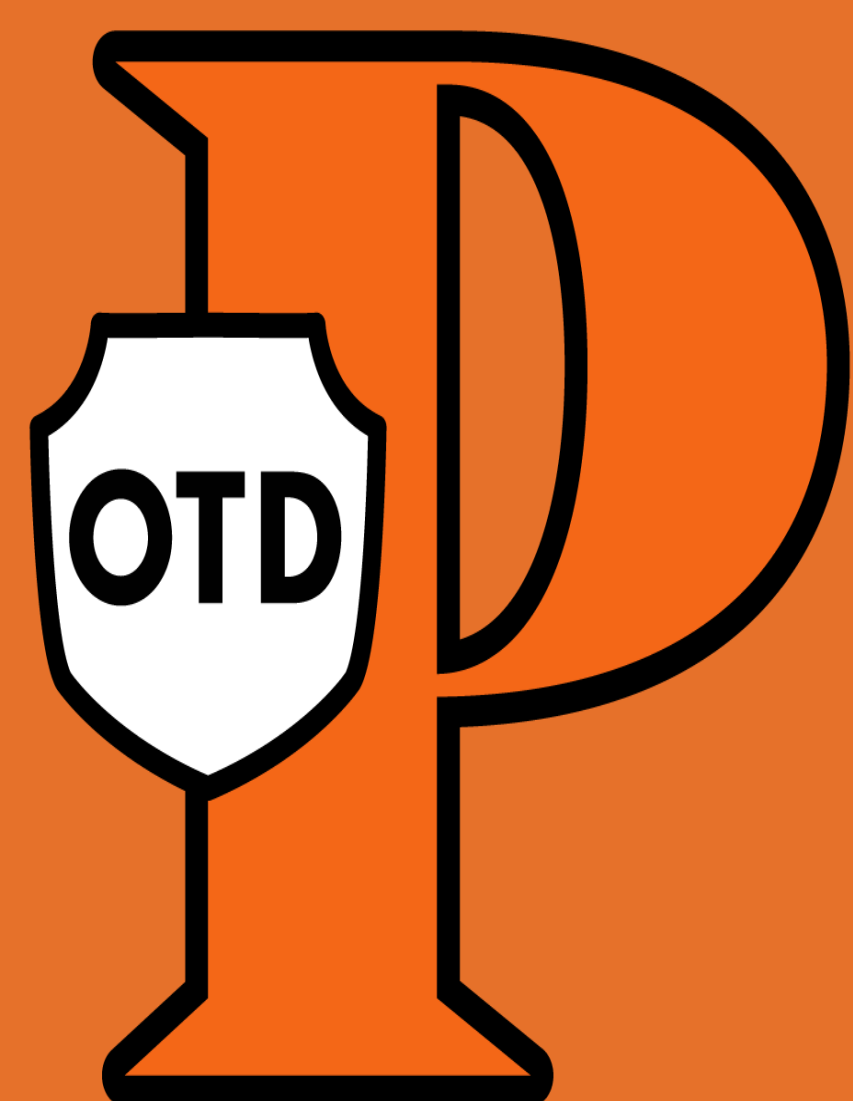


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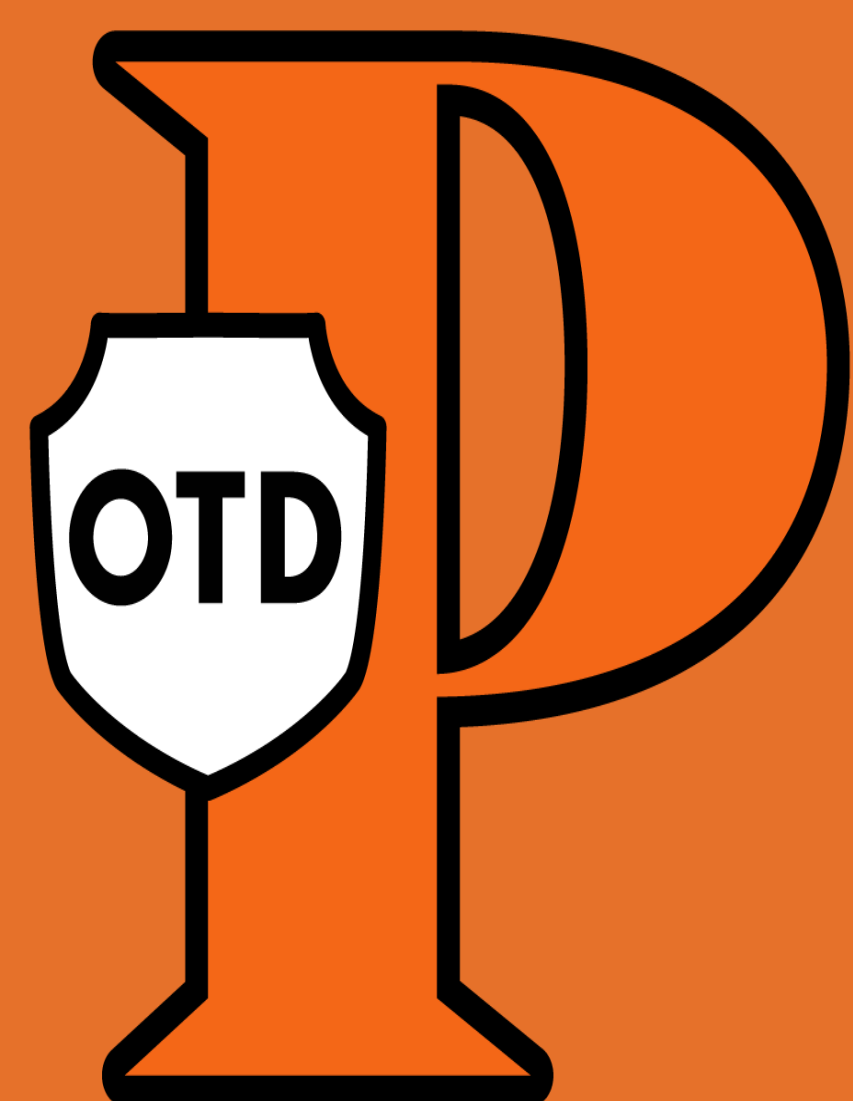
Discussion

- **Theme #1 (Financial Component):** A recurrent theme of financial burden was indicated. This included not being financially covered by insurance to access vital resources such as home modifications, adaptive equipment, transportation, and basic necessities.
- **Theme #2 (Mental Health Component):** The current healthcare system does not take into consideration the SCI population's mental health and how this can impact an individual's ability to engage in everyday occupations. This can also lead to secondary conditions such as depression and emotions such as fear, anger, and remorse for the life they used to have.
- **Theme #3 (Lack of Available Resources):** There is a need to emphasize the rehab therapy portion of recovery, which is seen as undervalued. Limited resources during the initial recovery period include short hospital stays, limited-to-none rehabilitation such as PT/OT, insurance determining what clients qualify for, and not valuing the benefits of SCI-FIT/ rehabilitation therapy.



Impact

- Positive Feedback on the Resource Manual & In-Service Presentation
- Use of Occupational Therapy practices in SCI-FIT's intervention and evaluation processes.
- Progress to being recognized by insurance companies and the rehabilitation profession.
- Continuing the need to advocate for the SCI population.

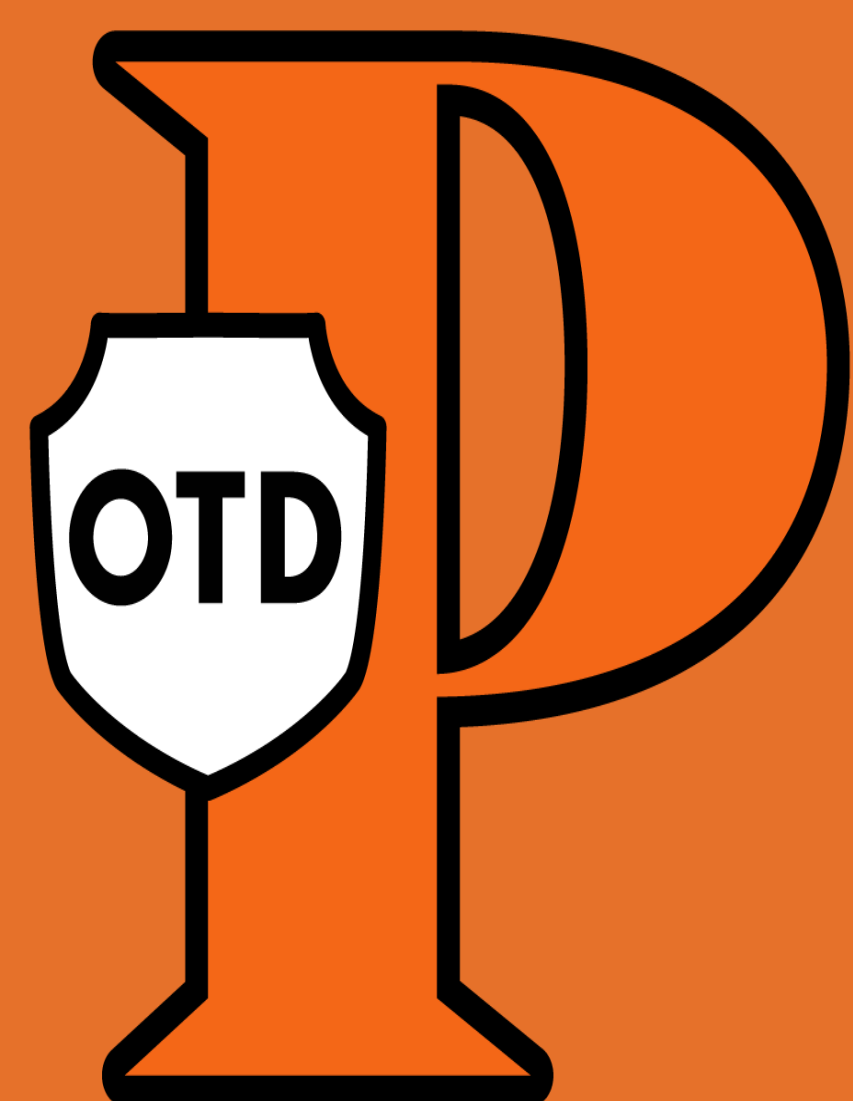


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Future Implications

- Continue the need to advocate for Occupational Therapy.
- Creating a program to implement Occupational Therapy practices into SCI-FIT.



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Acknowledgements

The staff and clients of SCI-FIT

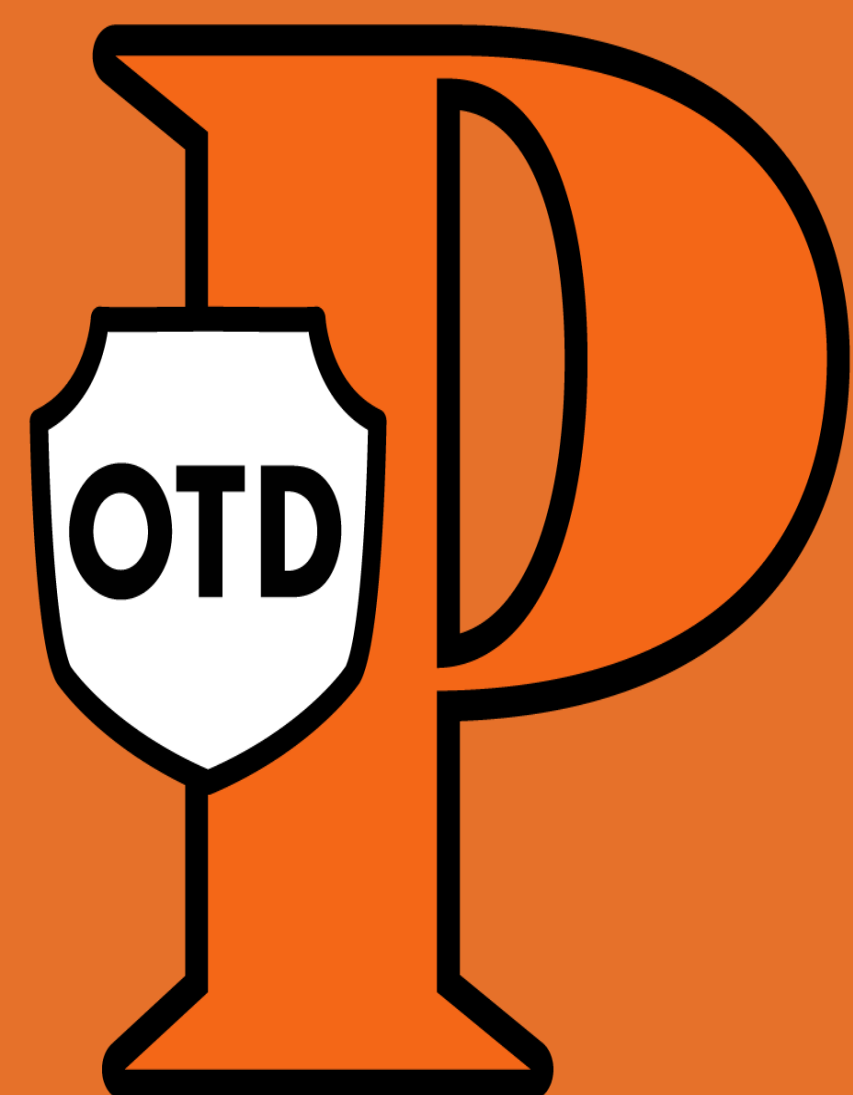
Capstone mentor, Bobby Huntington, and my university mentor, Shawna Townsend

The occupational therapy program faculty

My girlfriend, Tiffany Vu

My family

Thank you



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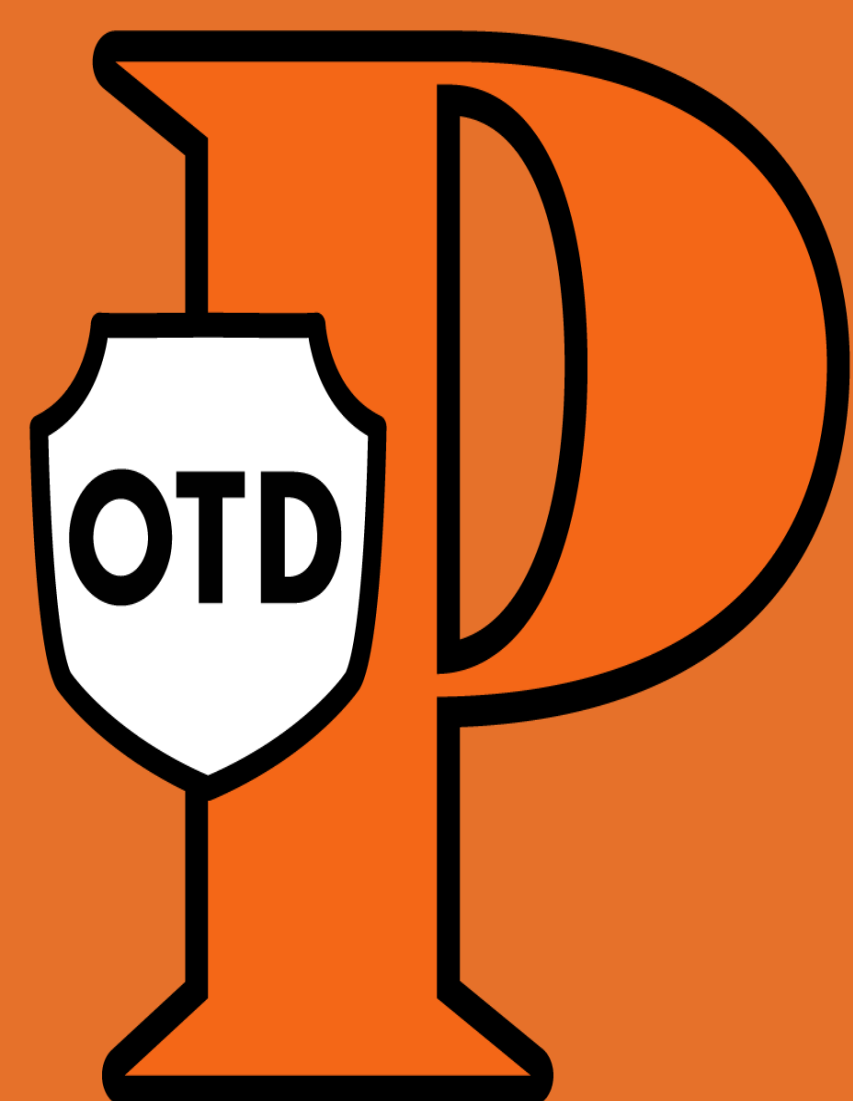
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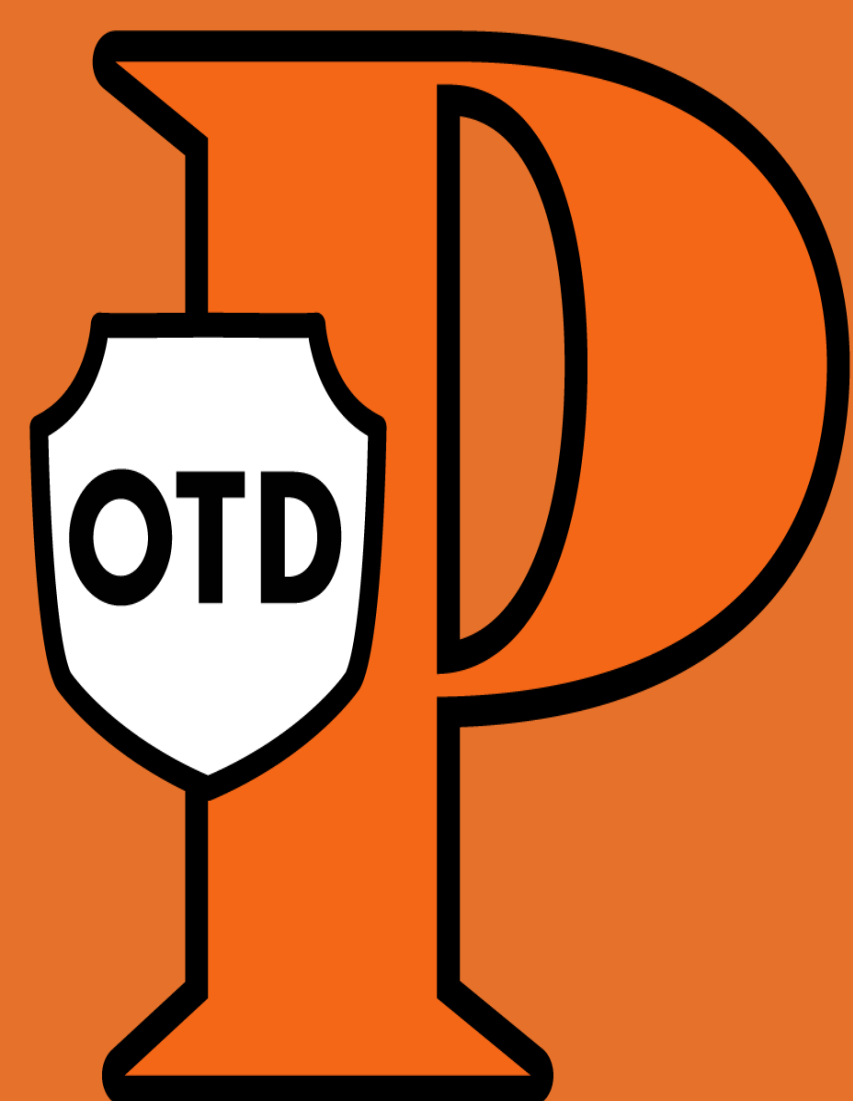
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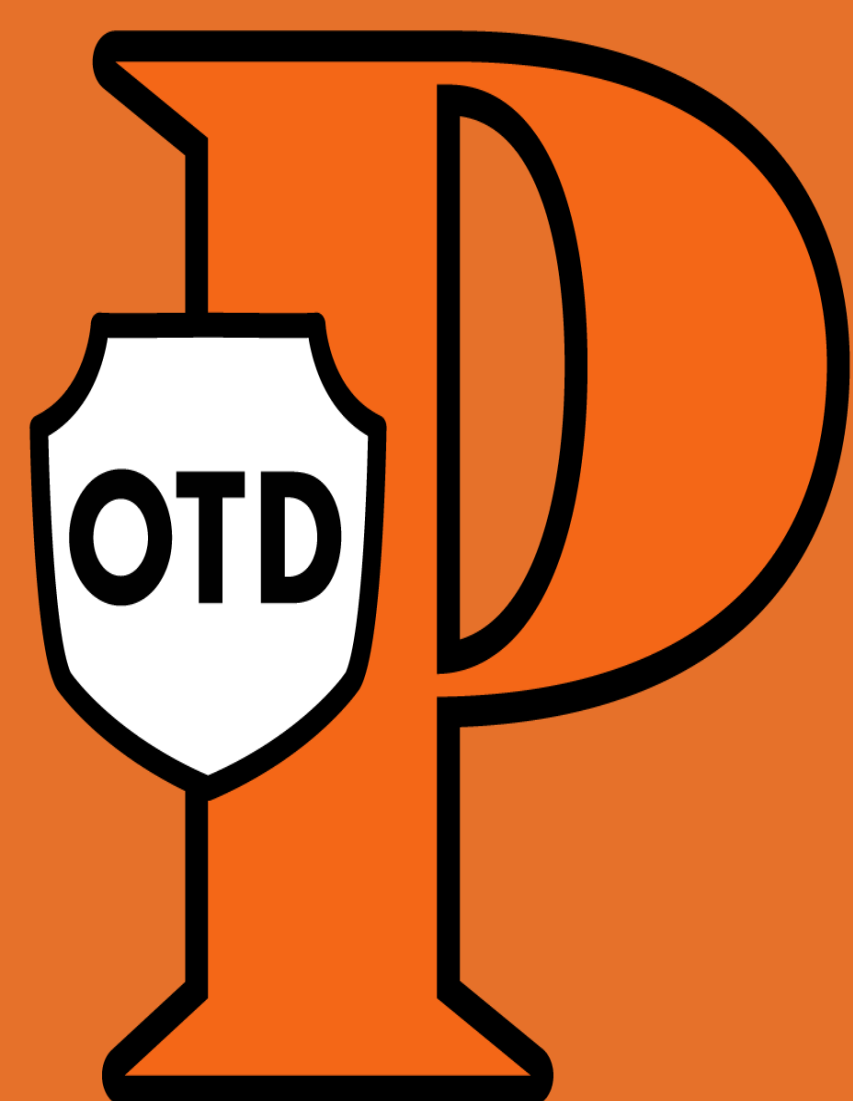
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