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Spinal Cord and Neurological Injury Wellness Clinic

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Abstract

To determine if the State of Hawaii is a suitable location for Spinal Cord Injury (SCI) and Neurological injury wellness clinic and whether a project of this scale would benefit the community at large.

Introduction & Research Question

Introduction

As Hawaii is in the middle of the Pacific Ocean, patients who suffer from SCI and Neurological injuries have no dedicated place to receive after care post inpatient and outpatient therapy services. I wanted to look into how people with these injuries have coped with their injuries and whether if some type of wellness program helped with their quality of life.

Research Question

Would a SCI/Neuro specific wellness clinic improve the quality of life for those affected by these debilitating injuries?

Hypothesis

With a wellness clinic available, those who live with SCI/Neuro injuries will have a place to continue to get stronger and be around those who are dealing with the same types of injuries, in turn creating a community for those here specifically in Hawaii.



Figure 1. Patient exercising on cable machine (Elite Learning, 2016).



Figure 2. Patient on FES Bike. (Anatomical Concepts, 2019).

Research Design & Data Collection

- Qualitative data based on research papers.
- Interviews with PT/OT practitioners and former patients.
- Based on the information gathered through the research articles listed above, I created questions to ask PT/OT practitioners related to their observations on whether they believe that an additional after care program would benefit those in this population.
- Those therapist who keep in contact with former patients, were also asked to see if those patients believed that an after care program would help in their recovery.

Note: Writer is a Certified Occupational Therapy Assistant at an inpatient facility.

Results

- 10 PT/OT practitioners and 5 SCI/Neuro patients interviewed. SCI/Neuro patients are within the 3-12 month post injury window, where their outpatient therapy is about to be completed.
- 100% of the therapist believe that a facility that is being mentioned in the study would benefit the population here in Hawaii.
- 3 out of the 5 former patients would be interested in a facility, based on location and accessibility.

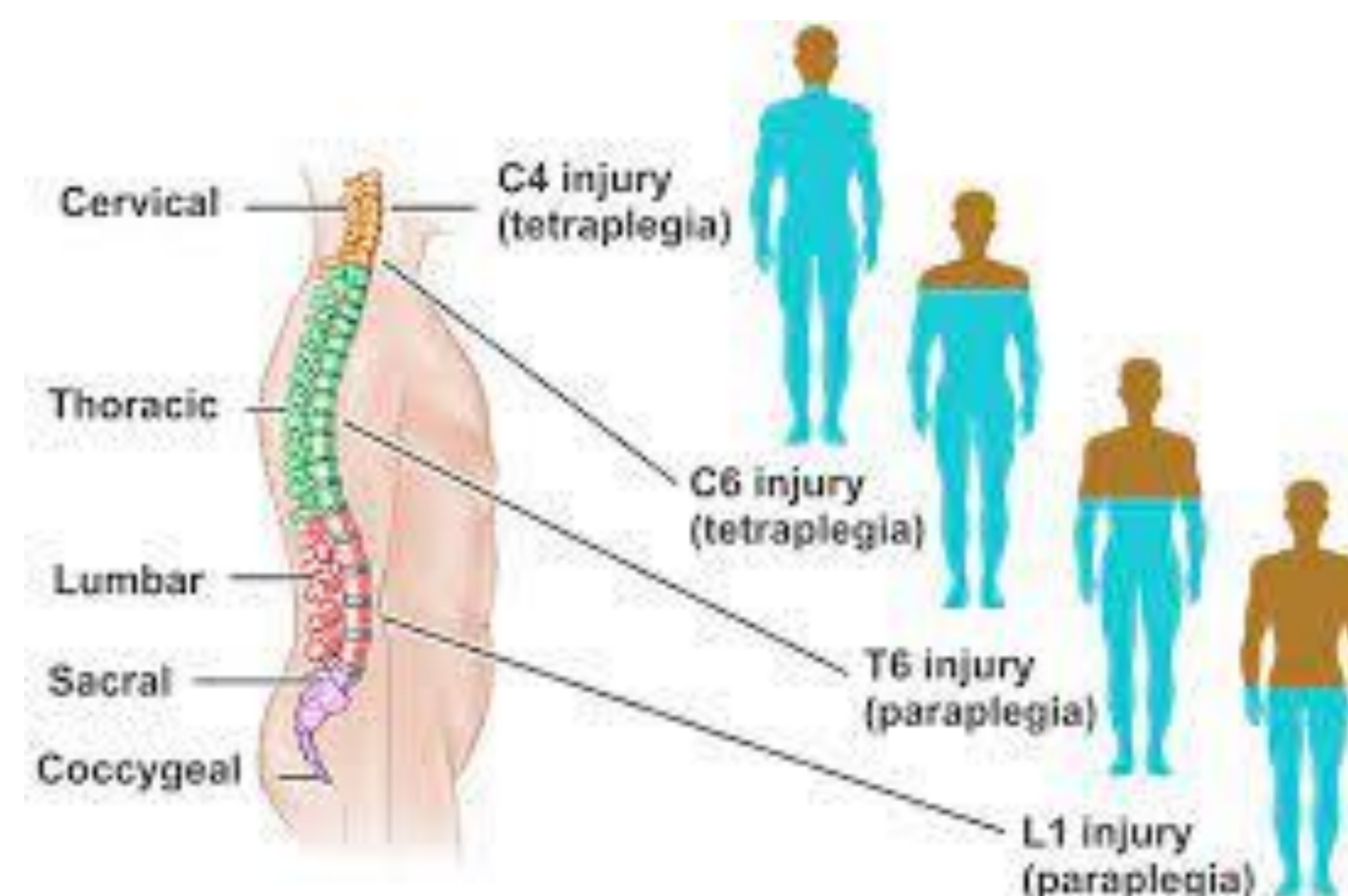


Discussion

- Would more gyms hire therapist's versed in SCI/Neuro injuries to increase membership and allow them to workout in their gyms?
- Are adaptive gyms and clinics marketable and would it actually bring those with injuries to participate in exercise and well being classes?
- How much people in the state of Hawaii actually live with a SCI or Neurological injury?

Conclusions

- A facility/clinic of this sort would be feasible to have in the community and would have support of therapists and patients.
- The biggest concern would be if there are enough SCI/Neuro patients to take advantage of the services, with location, accessibility, and price being possible barriers into participation.
- Another hurdle would possibly be if this clinic would run with insurance aide or as a pay as you go service.



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