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Factors Affecting Rehabilitation Participation In Patients With Spinal Cord Injury

Topic: Rehabilitation Across the Continuum of Care

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BACKGROUND

Low participation in inpatient rehabilitation is a common and relevant prognostic factor in rehabilitation outcomes. However, despite the increasing awareness of this factor, few studies have evaluated rehabilitation participation in patients with SCI. The aim of our study is to investigate the factors affecting participation in rehabilitation in patients with spinal cord injury.

METHODS

Our study included 87 patients with spinal cord injuries who were hospitalized for rehabilitation. The demographic and clinical characteristics of the patients were noted. Depression, neuropathic pain, independence in activities of daily living, and participation in the rehabilitation program were assessed using the Beck Depression Scale, DN-4 score, Spinal Cord Injury Independence Measure (SCIM), and Pittsburgh Rehabilitation Participation Scale, respectively.

RESULTS

Nearly one-third of patients (31%) showed low participation. The frequency of tetraplegics was higher, the median motor score was statistically lower, the rate of training in the locomat and mechanical balance devices was lower, and the median Beck Depression Scale score was higher in the lower participation group ($p = 0.043$, $p < 0.001$, $p = 0.007$ and $p < 0.001$, $p = 0.019$, respectively). The determinant factors for low participation in rehabilitation were low motor score, locomat training, presence of neuropathic pain, and high Beck Depression Scale scores ($p < 0.001$, $p = 0.006$, $p = 0.016$, and $p = 0.040$, respectively). Patients with high participation showed greater improvement in SCIM scores ($p = 0.030$).

CONCLUSION

Our results confirm the importance of rehabilitation participation. Patients should be encouraged to participate in rehabilitation and problems such as neuropathic pain and depression should be appropriately addressed and solved. Intensive rehabilitation including locomat and mechanical balance training is recommended. Further studies should examine the factors affecting participation in rehabilitation.

Statement of Disclosures

None

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