E-Poster

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Functional Recovery: Priorities of the Moroccan Spinal Cord Injured Population

Topic: ICF

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BACKGROUND

Spinal cord injury (SCI) is a major cause of disability and altered quality of life (QoL). Rehabilitation programs should focus on the deficits that most affect the patient's QoL and be tailored to their needs and priorities

Most of the existing literature on functional priorities of SCI patients, originates from western countries. Using this data to design rehabilitation programs for our patients may overlook the socio-cultural differences that can exist between countries and populations. Our work's aim is to identify the functional areas that are prioritized by the Moroccan SCI population, in order to assist their recovery in the most effective way.

METHODS

Spinal cord injury patients who are either hospitalized or following up in the department of physical and rehabilitation medicine of Ibn Rochd University Hospital of Casablanca, were asked to fill in a survey where they rank from 1 (most important) to 5 (least important) five functional areas : hand and arm function, walking, bladder and bowel function, sexual function and pain relief. The rest of the survey was filled by medical personnel with information regarding the patients' age, gender, educational level, cause of SCI, time since onset of injury, level of injury and ASIA score.

RESULTS

Fifty nine patients were included in the study, of which 37.3% were women and 62.7% were men. The mean age of the participants was 38.9 ± 16.4 years. The mean duration since onset was 6.8 ± 9.5 years, and 81.3 % of patients had onset since ≥ 3 years. Only 35% had a high level of education. 39% were tetraplegic and 61% were paraplegic. 32.2% had a complete injury.

Walking (n = 22) as well as hand and arm function (n = 18) were the areas most selected as first priority, followed by bladder and bowel function (n = 14). Sexual function was the least important priority for 33.9% (n = 20) of our study population.

There was a strong positive correlation between tetraplegia and selecting hand and arm function as first priority. No significant correlation was found between other demographic elements and the functional priorities' ranking.

CONCLUSION

Understanding the recovery priorities of SCI patients in Morocco enables healthcare providers to deliver targeted, patient-centered care. Larger studies are needed to gather enough data in order to develop rehabilitation programs that are tailored to our socio-cultural context, which can lead to better results regarding QoL and overall wellbeing

Statement of Disclosures

None

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