

Comprehensive community rehabilitation status among the Spinal Cord Injury (SCI) survivors in selected districts of Nepal(Post-Earthquake Nepal, 2015)

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Purpose: The main purpose of the study was to explore the contemporary rehabilitation status among SCI earthquake survivors in the community.

Objectives: The specific objectives of this study were to find the present status of spinal cord injured living in community, their functional level of independence in daily activities, to identify the percentage of people involved in vocational training along with employment situation and to assess whether they are getting support from family and society (social-integration).

Methodology: A cross-sectional study was conducted with 75 earthquake survivors with SCI from four districts (Bhaktapur, Kathmandu, Lalitpur and Sindupalchowk). Well-structured questionnaire were used for data collection which was translated in local language i.e. Nepali language.

Results: Of total 75 participants, the mean age of participants was 34.09 (ranged between 14-70 years) with SD 12.344. The majority of participants were female n= 47 (62.7%) and n= 28 (37.3%) were male. The level of injury was higher in thoracic region (92.0%), cervical region (6.7%) and least were in lumbar region (1.3%). Most of the respondent n= 52 (69.3%) need assistance followed by independent n= 13 (17.3%) and n= 10 (13.3%) were dependent for doing their activities. The training group contained relatively less n=23 (30.7%). Maximum respondent n= 60 (80.0%) got family support as required by the people with SCI.

Conclusion: This study provides the information on status of individual with SCI living in community. It also provides hint on the importance and need of functional independence, vocational services, and support from family and society as they do relate to provide better physical and mental health along with QoL. It had concluded that many challenges were facing by individual with SCI in Nepal after returning back to community.

Key words: Earthquake, Nepal, Spinal cord injury, Community status, Vocational reintegration

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