

**Effectiveness of Clinical and Education Efforts for Health Behaviour in
Prevention of Secondary Impairments Following Spinal Cord Injury at
Centre for the Rehabilitation of the Paralysed, Bangladesh**

BY

ABHINASH LAMSAL

Part – II

M.Sc. in Rehabilitation Science

BHPI, CRP, Savar, Dhaka-1343

Session: 2017-2018

DU Registration No.:513

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Submitted in Partial Fulfilment of the Requirement for the Degree of

M. Sc. in Rehabilitation Science

May 2019



BANGLADESH HEALTH PROFESSIONS INSTITUTE (BHPI)

Faculty of Medicine

University of Dhaka

ABSTRACT

Background: The effectiveness of clinical and health education on patients with Spinal Cord Injury plays a significant role in prevention of secondary implications during and after rehabilitation. Many patients certainly develop secondary complications despite of having a wide knowledge regarding the complications. There is no as such empirical data available on determining which health behavior pattern of an individual plays the key role in development of complications.

Objective: The objective of this research study is to know the effectiveness of health behavior education in prevention of secondary complication following SCI. Similarly, the other aim of the study is to explore patient's understanding about the injury and possible impairments followed with it.

Methodology: The design of this research is Quasi-experimental study. It is the empirical study used to know the effectiveness of impact of health education delivery and their consequences. The sample was given wide clinical and health education teachings during start of their admission in hospital. After 3 month of their admission and followed with rehabilitation, they were re-assessed and data collection was taken with Spinal Cord Injury Lifestyle Scale to know about their health behavior and knowledge regarding the secondary complications. The data collection was done among the patients admitted in rehabilitation unit at CRP, Bangladesh.

Results: Among the total respondents (n=65), 63% respondents received official health education and 37% respondent didn't. Maximum respondents were lower thoracic label injured patients (28%). The group attending health and clinical education has significant knowledge about the risk of heart disease ($p=0.001$), the use of an intermittent catheterization program ($p=0.018$), checking skin for any areas of breakdown or redness ($p=0.020$) and any type of pressure relief activities as advised ($p=0.020$) than the group with no training. Similarly, respondents receiving health and clinical education had significant cardiovascular knowledge ($B = -1.673$, $t = -2.859$ and $p = 0.006$), knowledge about skin care ($B = -1.047$, $t = -0.841$ and $p = 0.044$) and psychosocial behavior ($B = -0.659$, $t = -1.791$ and $p = 0.049$) than those respondents not receiving health and clinical education.

Conclusion: Overall, the study result suggests report has to be made and health and clinical related education system should be formally be interactive and shared among the resident Spinal Cord Injury patients so as to prevent or minimize the possible complications/impairments following the damage of spinal cord. There is abundance amount of time to communicate and deliver the health education since the average length of stay at hospital has not been declined.

Key words: Spinal Cord Injury, Secondary complications, Health education.