



CHAPTER EIGHT

Glossary & Resources



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Staying up-to-date with reliable information and accessing quality resources really contributes to confidence and independence. It's a pleasure helping others with SCI find answers to their questions.

- Oda Al-anizi, SCIO Information and Resource Specialist

GLOSSARY OF ACRONYMS

ABI	Acquired Brain Injury		go home for a weekend.
AD	Autonomic Dysreflexia	MVA	Motor Vehicle Accident
ADL	Activities of Daily Living	ODSP	Ontario Disability Support Program
ADP	Assistive Devices Program	OT	Occupational Therapist
ASIA	American Spinal Injury Association	PSW	Personal Support Worker
FES	Functional Electrical Stimulus	PT	Physiotherapist
IC	Intermittent Catheterization	PTA	Physiotherapy Assistant
ILU	Independent Living Unit: a small apartment type of hospital room, located in the hospital, used to “try out” being away from the medical staff, but close enough to call for help if it is needed.	RN	Registered Nurse
IRB	Income Replacement Benefits	RPN	Registered Practical Nurse
LHIN	Local Health Integration Network (formerly known as CCAC)	SABS	Statutory Accident Benefits Schedule: the document that describes the insurance regulations in Ontario.
LOA	Leave of Absence: used in the context of leaving rehab for a short period of time, usually to	SCI	Spinal Cord Injury
		SLP	Speech-Language Pathologist
		UTI	Urinary Tract Infection
		WSIB	Workplace Safety and Insurance Board

GLOSSARY OF TERMINOLOGY

Activities of Daily Living (ADLs)

Basic tasks required for independent living, such as personal hygiene, dressing, eating, maintaining continence and mobility.

Acute care

Hospital-based care that provides the necessary treatment for a short period of time. The goal is to discharge patients (in the case of SCI, transfer to Rehab hospital) as soon as they are stable.

Assistive Devices Program (ADP)

ADP provides funding to Ontario residents who have long-term physical disabilities. It provides access to personalized assistive devices appropriate for the individual's basic needs. Devices covered are intended to enable the person to increase their independence.

Assistive Mirror

A mirror with a long-extended (flexible) handle that can be used when checking your skin in hard-to-see places. It enables the user to do skin checks independently.

Attendant Care or Attendant Services

Usually provided by trained professionals, they can support physical needs and activities of daily living, such as bathing, personal grooming and hygiene, dressing, toileting, transferring and positioning. Sometimes a person can also be assisted with meal preparation, essential communications and even light housekeeping.

Bowel Routine

A schedule for bowel movements is necessary after an SCI because of neurogenic bowels. Usually, with controlled diet and the use of laxatives and/or suppositories, a routine that fits with one's lifestyle can be established.

Case Manager

Case managers help patients connect with necessary healthcare providers, write and track treatment plans and work with

other human service providers to keep a continuous plan for recovery.

Catastrophic

A term used by the legal/insurance industry to describe a severe injury to the spine, spinal cord or brain.

Community Partners

Health and social care agencies working together to pool expertise, resources and power. The goal of a partnership is to enhance the efficiency and quality of the service, working toward a common goal.

Exoskeleton

A wearable robotic device that provides SCI patients with powered hip and knee motion to assist with standing and walking.

Injury level/line

The term used by SCI patients to describe their level of spinal cord damage, e.g., T4.

Inpatient

A patient who stays in a hospital while receiving treatment (such as OT, PT and nursing).

Insurance adjuster

In personal injury cases, insurance adjusters work for the insurance company to assess the injured in order to determine what the claim is worth.

Intermittent catheterization (IC)

The insertion and removal of a catheter several times a day to empty the bladder;

necessary due to neurogenic bladder dysfunction.

Lokomat

A robotic treadmill physiotherapy training system.

Medical Rehabilitation

The term used in the insurance industry to describe the insurance claim funds used for physiotherapy, medication, devices (like catheters) and home modifications.

Outpatient

After a patient has been discharged from the hospital they can return (by appointment) as an outpatient for therapy, treatment and consultations.

Peer Support

It is recommended that both patients and family members seek out other individuals who have gone through recovery from SCI. SCIO runs a Peer Program where the newly injured and family can be matched with a mentor.

Personal Injury Lawyer

A lawyer who assists people who have been physically injured (or otherwise) as a result of the negligence of another person or agency.

Physiatrist

Doctors who specialize in physical medicine and rehabilitation from major injury or illness.

Rehab

The short form for “rehabilitation”. Rehab hospitals provide therapy and care to help SCI individuals adapt to their new body.

Sliderboard/Sliding Board

Usually made of shellacked wood, it is used to help people transfer their body from their wheelchair to bed, a chair, the car and other surfaces. (See also Transfer)

Social Worker

Social workers help identify the source of stress, mediate conflicts, offer counselling and help people develop coping skills to find effective solutions for their problems.

Team meeting

Team meetings are held during an inpatient stay to make plans for a patient’s recovery and eventual move home. Team members include the patient’s unit doctor, primary nurse, physiotherapist, occupational therapist, social worker, SCIO Regional Services Co-ordinator, psychologist, etc.

Transfer

Transferring is done by shifting one’s body from the wheelchair to other equipment or onto other surfaces, such as a commode, shower bench, bed or car.

RESOURCES

Spinal Cord Injury Specific Websites

American Association of Neurological Surgeons

Spinal Cord Injury

<https://www.aans.org/Patients/Neurosurgical-Conditions-and-Treatments/Spinal-Cord-Injury>

American Occupational Therapy Association

Occupational Therapy and the Care of Individuals With Spinal Cord Injury

<https://www.aota.org/About-Occupational-Therapy/Professionals/RDP/spinal-cord-injury.aspx>

Christopher and Dana Reeve Foundation

<https://www.christopherreeve.org/>

G.F. Strong Rehab Centre

Understanding Spinal Cord Injury

<https://livingwithsci.ca/understandingsci/>

Paralyzed Veterans of America

Publications & Consumer Guides

<https://www.pva.org/research-resources/publications/consumer-guides/>

Praxis Spinal Cord Institute

<http://praxisinstitute.org/>

SCI Action Canada

<http://sciactioncanada.ca/>

SCI-University

<http://sci-u.ca/>

Spinal Cord Injury BC

<https://sci-bc.ca/>

Spinal Cord Injury Ontario

<https://sciontario.org/>

University Health Network - Toronto Rehabilitation Institute

Spinal Cord Injury Patient and Family

Education and Information Handouts

<http://www.spinalcordessentials.ca/>

Legal and Government Websites

Employment Ontario

<http://www.tcu.gov.on.ca/eng/eopg>

Government of Ontario: People with disabilities

<https://www.ontario.ca/page/people-disabilities>

Injured Worker's Advocate

<http://www.injuredworkersadvocate.ca/home.html>

Neil Squire Society

<https://www.neilsquire.ca/>

Office of the Worker Advisor

<http://www.owa.gov.on.ca/en/Pages/default.aspx>

Health & Sex SCI Related Websites

Fruitful Elements

Specializing in Nutrition for People with Disabilities

<https://www.fruitfulelements.com/>

Phoenix Attitude

Medical and Motivational Tracking
https://www.phoenixattitude.com/how_does_it_work

pleasureABLE Sexual Device Manual for Persons with Disabilities

<https://icord.org/wp-content/uploads/2019/09/PleasureABLE-Sexual-Device-Manual-for-PWD.pdf>

Sexology, Sex and Disability

<https://www.drmitchelltepper.com/>

Sexual Health Rehabilitation Service

<https://scisexualhealth.ca/>

Accessibility and Disability support related websites

Access 2 Entertainment Card

<https://access2card.ca/>

Cortree Disability Education Centre

www.sciontario.org/cortree

Easter Seals Disability Travel Card

<http://easterseals.org>

Job Accommodation Network

<https://askjan.org/>

Julie Sawchuk: Living With Paralysis

www.juliesawchuk.ca

Ontario Disability Support Network

<http://odenetwork.com/>

Ontario Wheelchair Sports Association

<https://onpara.ca/>

Parasports Ontario

<https://www.parasportontario.ca/>

Tetra Society of North America

<https://www.tetrasociety.org/>

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Roadmap to Recovery

SCI

- Catastrophic Injury (e.g., MVA)
- Accident at home
- Sporting accident
- Virus/Disease
- Medical complication

ACUTE

- Physicians
- Nurses
- Respiratory Therapists
- Physiotherapists
- Peer Support
- Social Worker

REHAB

Medical

- Physicians
- Physiatrists
- Psychologists
- RNs, RPNs
- PSW
- Social Worker
- Dietician
- OT & PT

- Equipment
- Pain management

Insurance (if applicable)

- Claims adjuster
- Insurance company
- WSIB (if work related)

Legal (if applicable)

- Tort

- Medical rehabilitation
- Case management
- Attendant care

SCIO

- Regional Services Co-ordinator
- Peer Support Program Mentor

HOME

Home

- Home accessibility or alternative accommodations
- Equipment, e.g., wheelchair, slider/lift, shower chair/bench
- Supplies, e.g., catheters, bowel care, medications
- Family Health Team and Physiatrist

Therapy

- PT at local rehab clinic or pool
- OT equipment home/workplace/car
- RMT and Kinesiologist
- PSW
- Psychologist/Social Worker
- Recreation Therapist

Life

- Transportation and/or driving
- Legal and financial issues, benefits, settlements
- ODSP, RDSP, CPPD
- Family, work, travel, sport, health
- SCI community, SCIO Regional Services, Peer support, resources, events