

Rehabilitation of spinal cord lesion in Thai Red Cross Rehabilitation Center

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Objectives: To study demographic data, length of stay (LOS), functional outcome and rehabilitation efficiency of patients with spinal cord lesion.

Methods: Medical records of inpatient with spinal cord lesion (SCL) in Thai Red Cross Rehabilitation Center during year 2002–2006 were reviewed. A patient who discharged before achieving goals was excluded.

Results: Seventy-four records were met criteria. The etiologies were as followed: 37 (50%) from trauma, 18 (24.3%) from neoplasm-infection, 17 (23%) from degenerative joint disease (DJD) and 2 (2.7%) from AV fistula. Traumatic SCL had a significantly longer LOS than DJD (117.49 vs. 63.18 days; $p=0.007$) but not significant different from SCL from neoplasm-infection and AV fistula (117.49 vs. 84.83 and 106.50 days; $p=0.25$ and 0.98 respectively). Functional admission score of traumatic SCL was not significant different from neoplasm-infection and AV fistula ($p=0.23$ and 0.96 respectively) but less than DJD ($p=0.05$). Functional score at discharge and rehabilitation efficiency were not significant different in each group ($p=0.93$ and 0.96 respectively). Thirty-eight (51.4%) were achieved full score. Ninety percent were discharged to home.

Conclusions: SCL patients from several causes had different LOS, functional admission score and functional score improvement but same rehabilitation outcome and efficiency at discharge.