The following health promotion and maintenance recommendations are specific to people with spinal cord injury.

**Urinary Tract**

**ASK**
- Review bladder management program
- Check for history and impact of UTIs. Refer to urologist if >3/year or repeat episodes of Autonomic Dysreflexia (AD), increased leakage, catheter blockage, or haematuria

**ORDER**
- Check creatinine and electrolytes yearly
- Ultrasound every 1-2 years
- Consider cystoscopy if patient has an indwelling catheter, increased leakage, or haematuria
- Consider PSA over age 50 (over age 40 if family history)
- DO NOT order routine urinalysis or culture and sensitivity

**Gastrointestinal**

**ASK**
- Review bowel management program
- Ask about non-specific abdominal complaints (e.g., abdominal bloating, nausea, increased spasticity)

**ORDER**
- Consider colonoscopy for colon cancer screening over age 50 or earlier if positive family history (every 10 years if negative, more often if positive)

**Respiratory**

**ASK**
- Ask about snoring, morning headaches, and daytime drowsiness
- Review history of pulmonary embolism and pneumonia
- Smoking cessation

**ORDER**
- Spirometry or pulmonary function tests (PFT) or overnight oximetry if indicated
- Pneumococcal vaccination (at time of injury then repeat at age 65)
- Yearly influenza vaccination

**Cardiovascular**

**ASK**
- Review for episodes of Autonomic Dysreflexia (AD)
- Ask about symptoms of TIA
- Ask about smoking

**EXAMINE**
- Check lying BP
- Measure weight annually

**ORDER**
- Consider yearly fasting glucose and lipid profile
Neuromuscular

ASK
☐ Ask about change in motor or sensory patterns
☐ Ask about pain or limited range of motion in upper body joints
☐ Ask about spasticity

ORDER
☐ Consider bone mineral density if fracture otherwise SCIC to decide when appropriate

ADVISE
☐ Recommend adequate calcium and vitamin D intake

Skin

ASK
☐ Ask about skin integrity and pressure ulcers

EXAMINE
☐ Examine skin for signs of breakdown or pressure ulcers, especially feet and bony prominences

ADVISE
☐ Early recognition and treatment
☐ Daily skin checks, especially of Areas at Risk
☐ Regular repositioning and pressure redistribution
☐ Keep skin clean, dry, and supple
☐ Regular seating assessment

Mental Health

ASK
☐ Ask about mood

Sexuality

ASK
☐ Ask if sexually active
☐ Ask if fertility/reproduction required

Social

ASK
☐ Ask about source of income
☐ Ask about caregiver situation
☐ Ask about activity/recreation pursuits
☐ Ask about living situation