

## Health Promotion and Maintenance Checklist

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

