

Autonomic dysreflexia in spinal cord injury

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Abstract

Autonomic dysreflexia is a relatively common condition in people who have a spinal cord injury above the level of T6. It is a potentially life-threatening; without timely and effective treatment, it can have deleterious cardio physiological and systemic consequences.

It is therefore imperative for medical professionals to have a clear understanding of its acute management and be prepared to provide support and education to those caring for at-risk patients. In this paper we provide practical guidance and supporting evidence regarding the management of autonomic dysreflexia in adults with spinal cord injury.

Areas for reflection

- How do you ensure that plans are in place for people at risk of autonomic dysreflexia to prevent this complication arising?
- What specific actions are needed in relation to bladder and bowel management?
- How can we ensure appropriate management is shared across care settings for this group of people? e.g. on admission to an acute ward where they may not be familiar with their routine and the risk that AD can pose.

Our website contains a range of resources for bladder and bowel management for people with spinal cord injury. You can find more information [here](#).

