



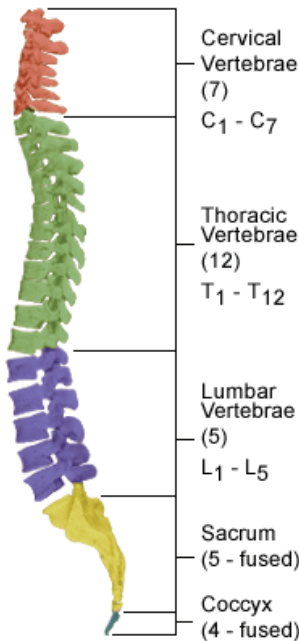
FALL 2011

SPINAL CORD INJURY
OUTCOMES RESEARCH
GROUP (SCIORG)

SCIORG NEWSLETTER

A newsletter of research activities and implications for participants of SCI Outcomes Research

Spinal Column with Vertebrae



Prediction of Work & Time Worked after SCI

Returning to work is an important goal after SCI. The amount of time worked is almost as important. However, work rates after injury are lower than pre-injury and general population rates. Previous research has shown that 30% have worked since their injury, and only one-fourth of those were working full-time.

We completed a study to look at post-injury employment and the percent of time employed since SCI. A survey gathered information on work status and the amount of time employed. We then looked at many factors affecting employment outcomes; we identified biographic, injury, education, and work factors.

The results showed about 50% of participants worked at some point after SCI onset. On average, those who were employed worked 20

hours a week. Many factors related to returning to work and the number of hours worked after SCI. Non-whites and women worked less after SCI, which is similar to other research findings. The chances of working increased with less severe injury. Education level was very important to both outcomes. Those who received at least a 4-year degree after injury had a higher chance of employment after SCI. Of those who worked after SCI, earning a 4-year degree or higher before the injury resulted in more working hours per week. These results stress the importance of higher education in returning to work and the amount of time worked after SCI.

Further research will expand on these findings and help guide SCI research and rehabilitation.

(SCIORG) You Tube Videos to Check Out!

To date we have posted 15 You Tube videos and they can be found at the following link:

<http://www.youtube.com/user/SCIResearchTeam>

Videos Include presentations by Dr. Jim Krause on research findings, including earnings and SCI, employment and SCI, and depression and SCI. and Consumer Advisory Panel Participant interviews. They are very informative and will give consumers and professionals more information on our team's research.

Checkout our SCIORG website and blog:

<http://www.musc.edu/chp/sciorg>

<http://sciandtbiresearch.blogspot.com>

State's First Comprehensive Care, One-Stop Center for Spinal Cord Injury Patients Opens

Charleston, S.C., July 15, 2011 – Roper Rehabilitation Hospital, MUSC Health, Carolinas Rehabilitation and the Spinal Cord Injury Research Fund (SCIRF) have developed a new, collaborative program that will improve patient care for people in Charleston and surrounding areas living with spinal cord injury.

The Center for Spinal Cord Injury (CSCI) officially opened today in the 6th floor rehabilitation gym at Roper Hospital. The CSCI will offer specialized services unique to spinal cord injury patients in one location and during a single appointment. It is the first medical program of its kind in South Carolina.

Inside this issue: Page

Work after SCI	1
Shepherd Center CAP	2
Ongoing Research Updates	2
Dr. Krause wins National Award!	3
Research Highlight	3
Recent Presentation & Awards	4

Shepherd Center CAP meets in Atlanta!



“All participants agreed that an online survey of basic SCI facts including the most common causes of death would be very beneficial for the general SCI population, especially if instant feedback for incorrect answers are provided.”

~ Richard Aust,
CAP Facilitator

On June 30, 2011, our consumer advocate, Richard Aust, conducted a meeting of the consumer advisory panel (CAP) at the Shepherd Center in Atlanta, GA with our collaborator, Sarah Lottes.

Five attendees came to the meeting, and a handout was given to each individual asking them to list five common causes of death after spinal cord injury (SCI). Most individuals did well in their choices, probably because the attendees are all active in care for others with disabilities, as well as their own care. All participants agreed that an online survey of basic SCI facts including the most common causes of death would be very beneficial for the general SCI population, especially if instant feedback for incorrect answers is provided.

There was also much discussion in the CAP regarding educating peo-

ple with disabilities, as well as employers, of benefits and opportunities available. A Fact Sheet was discussed that would work to dispel myths:

- Standard document showing statistics
- Tax breaks and other employer benefits
- Could be “blasted” to potential employers, perhaps via various websites
- Could be given to those exiting rehabilitation
- Print out could be available for handout to potential employer at time of job interview

There was discussion for feasibility of a credit card sized fact sheet foldout for one to carry with them. The CAP felt that this would be beneficial to individuals with SCI, and all felt that it is a must that people with SCI take responsibility for their own health

and learn to be an advocate. This card could provide some people with basic advocacy points.

- Possible information to be listed on card would be medical alerts and general information aimed at health care providers for treating one with SCI or other disability.
 - Would be especially helpful for one not skilled at articulating needs. Make sure there is a comment to encourage people to write down their questions for the doctor before their appointment.
 - It was suggested that perhaps this info could be carried on a flash drive as well.
 - Helpful to have empty space for prescriptions or other personal info.
- There were many valuable points and tips brought up and we can utilize this information for dissemination of our research findings to clinicians and consumers.

Ongoing Research Updates!

NEW STUDY!!!

Participation, Subjective Well Being, Health, and SCI: A 40-year Longitudinal Study.

10/1/2011-9/30/2014

On October 1, we will be starting a new study focused on health and well being among persons aging with SCI. This study will include a large portion of people with SCI who are 40 + years post-injury.

This is an important study that will examine the impact of SCI on health and well-being over the life span.

More information to come soon!

STUDY UPDATE

Association of health services with secondary conditions: Use of a population-based cohort of persons with SCI in South Carolina.

10/1/2009-9/30/2014

The second study of our Rehabilitation Research and Training Center is currently underway.

This study will assess access to health care among persons with SCI in South Carolina and the effect on health.

We have had 359 participants so far!

STUDY RESULTS

On Tuesday, July 26, Dr. Krause presented a webcast on ‘Racial Disparities in Outcomes after SCI: Twenty Years of Research.’ The purpose was to:

- Describe our studies on outcomes after SCI
- Highlight racial differences in health outcomes after SCI
- Discuss needs for future research

This webcast can be viewed on our website.

Dr. Krause Wins 2011 Medtronic National Courage Award!

MINNEAPOLIS/PRNewswire/

James S. Krause, PhD, a Wadena Minnesota native, is the 2011 recipient of the Medtronic National Courage Award presented by Courage Center. Dr. Krause, a professor and Associate Dean for Research in the College of Health Professions at the Medical University of South Carolina in Charleston, is a leading national expert and researcher who specializes in health and longevity following a spinal cord injury (SCI).

The Medtronic National Courage Award recognizes an individual's outstanding contributions to the health, welfare, and rehabilitation of people with disabilities. This year's award was presented during the annual Celebration of Courage on Saturday, Sept. 24, 2011 in Brooklyn Center, MN.

The award is especially meaningful to Dr. Krause, who has an SCI at the C4-C5 level. From 1976-79, he was a patient at Courage Center's Transitional Rehabilitation Program, known then as Courage Residence. A three-year inpatient stay at Courage Center was common during the 1970s and 1980s. Today, the average length of stay for someone with a spinal cord injury is 99 days.

"With numerous medical rehabilitation and assistive technological advancements in the past 25 years, our client's length of stay in the TRP has

been dramatically reduced," said Martha Swenson, senior director, Transitional Rehabilitation Program. "Our program continues to be based on a holistic approach to rehabilitation with the belief that our clients can realize their full potential in every aspect of life."

After leaving Courage Center, Dr. Krause received his bachelor's degree in 1980 and his PhD in 1990 from the Department of Psychology at the University of Minnesota. He worked at the Shepherd Center in Atlanta, GA, a nationally known rehabilitation facility, for 13 years. His career includes numerous published articles in professional journals, as well as numerous awards. In 2008, Dr. Krause was inducted into the SCI Hall of Fame by the National SCI Association for his research in quality of life.

"I am truly honored beyond anything that can easily be put into words," said Dr. Krause upon learning of his award. "I was a Courage Center inpatient for more than three years and certainly would not have been able to accomplish nearly as much as I have without the benefit of the services I received there. It gave me a foundation from which to build. The friendships I developed there have lasted. Receiving this award will help me continue my work and to positively impact the lives of people with disabilities."



"I was a Courage Center inpatient for more than three years and certainly would not have been able to accomplish nearly as much as I have without the benefit of the services I received there. It gave me a foundation from which to build."

~ Dr. James Krause

Research Highlight: Health Behaviors among African-Americans with SCI: A Comparison with the General Population

We compared the health behaviors of African-Americans with SCI to those of African-Americans in the general population.

CIGARETTE SMOKING

- Those with SCI were more likely to smoke every day than those in the general population
- Persons in the general population were more likely to have attempted quitting than those with SCI

ALCOHOL USE

- 26% of persons with SCI reported binge drinking (5+ drinks in a sitting) vs. 10% of the general population

IMMUNIZATIONS

- Persons with SCI were more likely to have gotten a flu shot in the past year and to have ever gotten a pneumonia vaccine

SCREENING

- Only 63% of persons with SCI had ever had their cholesterol checked compared with 75% of the general population

While persons with SCI were more likely to perform most preventive behaviors and screenings than persons in the general population, they were also more likely to perform negative health behaviors, including alcohol use, binge drinking, and smoking.

DR. JAMES S. KRAUSE

MUSC-College of Health Professions
Department of Health Sciences and Research
77 President Street, Suite 117
MSC 700
Charleston SC 29425-7000

Toll-free number: 1-866-313-9963

Fax: 843-792-5649

E-mail: krause@musc.edu

Recent Presentation & Awards

PRESENTATIONS

Race-ethnicity, Health Behaviors, and Secondary Conditions in Spinal Cord Injury. Presented at the Paralyzed Veterans of America Annual Meeting in Orlando, FL. September 2011.

Disparities in Health Outcomes after Traumatic Brain Injury and Traumatic Spinal Cord Injury. To be presented at the American Congress of Rehabilitation Medicine Annual Conference in Atlanta, GA. Oct 2011.

AWARDS

National Association of Rehabilitation Research and Training Centers (NARRTC) Research Award, April 27, 2011, Awarded for the outstanding manuscript published in a peer-reviewed journal by a NIDRR grantee during 2010 for: Krause, J. S. (2010). Risk of subsequent injuries after spinal cord injury: A 10-year longitudinal study. Archives of Physical Medicine and Rehabilitation, 91(11), 1741-1746.

American Spinal Injury Association (ASIA) Awards Session Presentation, June 8, 2011, 2nd place for best oral presentation for: Krause, J.S., & Saunders, L.L. Do risk factors for mortality after SCI parallel those from the general USA population?.

Websites To Check Out!

South Carolina Spinal Cord Research Fund:

www.scscirf.org

Disability Information and Resources:

www.makoa.org

SCI Information Network:

www.spinalcord.uab.edu

National Spinal Cord Injury Association:

www.spinalcord.org

SCI Information Pages:

www.sci-info-pages.com

Shepherd Center:

www.shepherd.org