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Result of outpatient rehabilitation program for self-care, pressure ulcer prevention and quality of life of spinal cord lesion patients

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The patients with spinal cord lesions who defective ambulation, self care impairment and incontinence were risk to complications such as pressure ulcer, quality of life decreases. Moreover, limitation right to medicare, patient was not well prepared and the bed in patient is not enough. Rehabilitation program which consists of educating and demonstration of home-care rehabilitation were constructed by rehabilitation medicine multidisciplinary team. This operation research aimed to study the result of rehabilitation program for self-care, pressure ulcer prevention and quality of life of spinal cord lesion patients. 15 new cases were prospectively enrolled in this program. The pressure ulcers and self-care score were documented pre and post program. The quality of life patients was assessed using the Quality of Life of the World Health Organization in Thai version. Data were tested descriptive statistics percent and Wilcoxon Signed Rank test by using SPSS software. The results showed that 33.33 percent of patients with pressure ulcers, after rehabilitation program pressure ulcers healing were 100.00 percent and pressure ulcers were not increase. Improved self-care of patients were 70.53 percent and improved quality of life of patients were 86.70 percent, respectively ($P<0.001$). However, admission and full continuous full program of patients by rehabilitation medicine multidisciplinary team is needs to independent self care, into society, have a job and a better quality of life.

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