



A NEWSLETTER DEDICATED TO THE ACHIEVEMENTS
OF JENNIFER M WHITTALL LTD - THE TEAM AND CLIENTS

Thinking OUTSIDE THE BOX

Edition 7



Autumn 2019

News

Congratulations to Associate Case Manager Lisa Thacker who completed the Trek over Pen-Y-Fan on 15th September, raising £317 for the Alzheimer's Organisation.
<https://www.alzheimers.org.uk/>

We wanted to take this opportunity to pay tribute to a wonderful man GR who sadly passed away earlier this month aged 27 years. as a result of an Autonomic Dysreflexia attack. GR had been a physio client of Jennifer's for over 5 years and our thoughts go out to his family.

The family would like to thank West Wales Air Ambulance for the part they played in assisting GR.

As a result, in this issue we thought we would raise awareness of Autonomic Dysreflexia; causes and prevention (see overleaf).

<https://www.walesairambulance.com/>

Welcome to our Autumn Edition.

The team have had the opportunity to attend a number of interesting events and training during the past few months, which have included "Capacity, the Internet and Social Media", a thought provoking event hosted by Exchange Chambers, organised by Brain Injury Group in conjunction with West Country Case Management, Enable Law and TSF Consultants.

As professionals working with vulnerable members of society, it is extremely difficult to mitigate all risk and so therefore important that we are able to understand the risks our clients are open to and work with them to advise and guide them in a safer direction, whilst still maintaining their independence.

I am convinced this hot topic will continue to be highlighted in future conferences and news articles as access to mobile devices and apps increases as technology improves.

The team will be considering existing practice and any areas that can be improved in order to support this vulnerable client group.

In the meantime, some interesting quotes we would like to share, from two very famous individuals who were avid innovators and users of technology:

"Success in creating AI would be the biggest event in human history. Unfortunately, it might also be the last, unless we learn how to avoid the risks". Stephen Hawking

"Technology is nothing. What's important is that you have a faith in people, that they're basically good and smart, and if you give them tools, they'll do wonderful things with them." Steve Jobs





Did you know?



Autonomic Dysreflexia is potentially a life threatening emergency that affects people with spinal cord injuries at the T6 level or higher.

Although rare, some people with T7 and T8 injuries can develop AD and for most people it can be easily treated as well as prevented.

AD indicates over-activity of the autonomic nervous system (part of system that controls things you do/not have to think about such as heart rate, breathing and digestion) and since these impulses cannot reach the brain, the body does not respond as it would normally.

A Day in the life of the Office



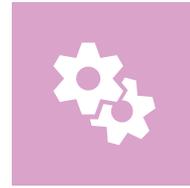
Promoting Independence

We are all about encouraging independence and assisting clients to engage with activities/hobbies.

You may have heard of Back Up Trust who offer a variety of services to support those who have suffered a spinal injury the opportunity to live their life to the full!

More locally we have been working with The Edge, a rural outdoor adventure centre where one of our younger clients has been accessing their facilities which includes Archery, quad biking and segway. The team have been working with The Edge to link his rehab goals such as Hazard Awareness, Social Awareness/Interaction and Zones of Regulation to the activities he is undertaking. So far this has been a great success.

www.theedgeadventure.co.uk



New Referrals

The team continue to take on a number of new cases.

Below are only some of the recent Case Management and Medico Legal Expert referrals the team have been involved with:

- Red Kite Law - INA/Case Manager (4 year old soft tissue injury to hip and back/psychological injury).
- Lanyon Bowdler- Care Expert Report (21 year L1 incomplete spinal injury).
- Pearson Rowe Solicitors - Occupational Therapy Expert Report (4 year old girl who has suffered birth damage)

If you would like to make a referral contact enquiries@jmw-ltd.co.uk

Signs of Autonomic Dysreflexia

High blood pressure
Pounding headache
Sweating (above level of injury)
Flushed face (above level of injury)
Metallic taste in mouth

Nasal stuffiness
Nausea
Goose flesh below the level of injury
Slow pulse (slower than 60 bpm)

NB: Symptoms will vary on individual.

RESOURCE: <https://www.christopherreeve.org/living-with-paralysis/health/secondary-conditions/autonomic-dysreflexia>

Prevention of AD

1. DO NOT let the bladder become too full
2. Practice proper bowel care to avoid stool impaction
3. Practice proper skin care to avoid bedsores and skin infections
4. Prevent bladder infections
5. Monitor body temperature (too hot or too cold?)