

SCI-INFO-PAGES

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Fold at center, and laminate for safe-keeping.

AUTONOMIC DYSREFLEXIA

AD is considered a medical emergency. It can develop suddenly and if it is not treated promptly it can lead to seizures, stroke, and even death.

SYMPTOMS:

- Pounding headache
- Flushing of skin & sweating above the level of injury
- Increased blood pressure (high as 250/150), slow pulse
- Apprehension / Anxiety
- Nasal Congestion, Vision Changes, Nausea
- Blotching of the skin or "Goose Bumps"
- Tightness in chest, flutters in heart, or trouble breathing

WHAT TO DO (First Aid)

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1. Place patient in sitting position. Keep head elevated!
2. Drain the bladder and check catheter for kinks.
3. Loosen or take off anything tight.
4. Empty bowel or stop digital stimulation until symptoms subside.
5. Monitor blood pressure about every 5 minutes.
6. Check skin for sores, toenail problems and soles of feet.
7. Call a health-care professional even if symptoms go away.
8. If symptoms return go to the emergency room.
9. At the emergency room tell staff you need immediate care:
 - May have dysreflexia
 - Needs blood pressure checked
 - Needs to remain sitting up
 - Needs causes sought