



September is Spinal Cord Injury Awareness Month

Spinal Cord Injury Awareness Month

Each year 18,000 people experience a spinal cord injury in the United States. The month of September is a time to spread awareness of spinal cord injuries.

Spinal cord injuries can present in many ways such as vehicle accidents, sports injuries, acts of violence, falls, industrial accidents, and more. Understanding the ways that SCI can occur can help people work to protect themselves and others as best as possible.

This is a time to identify the risk associated with SCI as well as the challenges that those with SCI face. Raising awareness and educating the community is just one way that we can act to support those with SCI and work to minimize the rate of injuries.

We take this time to not only recognize those who have SCI, but celebrate the lives and strides dedicated to improving the lives of those with SCI.



While September is SCI Awareness Month, dedicating research to the continued effort of understanding SCI and improving quality of life for those who have SCI is our goal every month.

C O N T E N T S

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FALL 2024



Opioid use as little as once a month was associated with elevated fall injury risk



Research Highlight



Relations Between Self-Reported Prescription Hydrocodone, Oxycodone, and Tramadol Use and Unintentional Injuries Among Those with Spinal Cord Injury

People with SCI often face many health risks and challenges such as chronic pain, secondary health conditions, and unintentional injuries. Opioids such as hydrocodone, oxycodone, and tramadol are a commonly prescribed medication to people with SCI to manage pain. Although it is known that prescription medication use is a risk factor of unintentional injuries to people with SCI, little is known about specific medications such as opioids.

Significant Findings:

- **Over 20% of all participants** reported at least one unintentional injury in the past year
- **Hydrocodone** was most strongly related to the unintentional injuries compared to oxycodone and tramadol
- **All three studied opioids** were found to be related to fall related injuries
- **Using opioids as little as monthly** was associated with an elevated risk of fall related injuries
- **9.6% of all participants** reported fall related injuries

What does this mean?

There is an association between prescription opioid use for pain and unintentional injuries. We do not know cause and effect. Injury prevention efforts and pain management must consider the potential effect of opioid use, especially hydrocodone.

Our findings do NOT replace medical advice. You should never change your medication use without seeking advice from your medical provider.

Krause, J. S., DiPiro, N. D., Dismuke-Greer, C. E., & Cao, Y. (2024). Relations Between Self-Reported Prescription Hydrocodone, Oxycodone, and Tramadol Use and Unintentional Injuries Among Those With Spinal Cord Injury. Archives of physical medicine and rehabilitation, S0003-9993(24)01002-5. Advance online publication. <https://doi.org/10.1016/j.apmr.2024.05.013>

Spinal Cord Injury Research Retreat

2:00PM – 5:00PM Saturday, October 12th

22 Westedge St, Suite 700

Charleston, SC 29403

Please join the MUSC EPOC Lab for the 2024 Spinal Cord Injury Research Retreat. This event is an excellent opportunity to enjoy food and drinks with the SCI community while taking part in presentations and discussions about SCI research. The event hopes to bring together family, friends, caregivers, healthcare professionals, researchers, and those with SCI. Use the QR link to the left to RSVP for this event. Please contact info@operantconditioning.org with any questions.



South Carolina Assistive Technology Program



Click here
for more
information
on the
SCATP can
be found
here

South Carolina
Spinal Cord Injury
Association

Virtual and in
person support
groups available –
find what's right
for you

What is Assistive Technology?

Assistive technology (AT) is any device or equipment that is used to promote and increase function of those with disabilities. This can include mobility aids, communication devices, speech recognition software, and much more.

It is important that those who use assistive technology have access to resources that allow them to make an informed decision about their purchases.

Understanding assistive technology is not only important to those in direct use of it, but also people and organizations who learn, work, and live with those who utilize AT.

What is SCATP?

The South Carolina Assistive Technology Program (SCATP) is a program that offers services and expertise to residents of South Carolina living with disabilities. This program works to promote independent learning, working, and living.

Services Offered

- Assistance for Organizations
- Device Demonstrations
- Device Loans
- Equipment Reuse Service
- SC Assistive Technology Exchange
- Trainings and Workshops

Breeze Peer Support Groups

Breeze Peer Support Groups are an opportunity for those impacted by spinal cord injury to find community and support. The support groups allow a time to share personal experiences, learn about coping, and information about treatments. Not only do these groups provide support and community, but they also create an opportunity for peers to take part in engaging activities and outings.

Breeze

Weathering Life's Storms Together

Learn more
about Breeze

<https://www.scpinalcord.org/breeze>

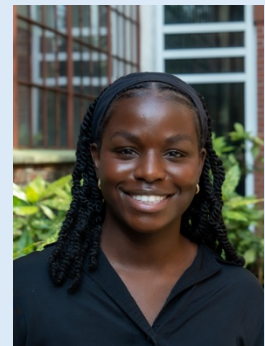
Meet Our New Team Members



Our team is growing! This summer we welcomed two research program assistants to our team.



Brielle recently graduated with a bachelor's degree in psychobiology. She is passionate about understanding the experiences of individuals with neurological conditions and aspires to become a clinical neuropsychologist. Specifically, she is interested in how health conditions, such as spinal cord injury, affect people over time. Brielle is excited to be part of the team and looks forward to contributing to the ongoing research projects and learning from the experiences of study participants.



Abby is a recent graduate with a bachelor's in health services management. Before joining our team Abby worked in various roles in healthcare including work as a certified nurse assistant and a research fellow with the NC Agromedicine Institute. She has a love for healthcare and enjoys expanding her knowledge on special populations and conditions. Abby looks forward to learning more about spinal cord injuries and neurological conditions as well as advancing her skills in research to advance her career.

We are exciting for our continued growth and are looking forward to this season.