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Nursing experience for a patient with a spinal cord injury caused by car accident

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Objectives: This paper investigates the nursing experience of a 54-year-old male who suffered a cervical spine injury at the C4 and C5 levels combined with paralysis from a car accident. The patient suffered from restricted mobilization and lost the power to control his life due to paralysis.

Methods: The study was conducted with assessments based on Orem's theory. Our data was collected from observations, interviews and physical assessments during the care from August 5 to September 9, 2010. The case study confirmed that the major health problems of the patient were: Impaired physical mobility (self-care deficit) with care issues related to traumatic cervical spine injury and feelings of hopelessness. His care issues were related to central nervous system damage that leads to quadriplegia and spinal cord injury impairing physical mobility.

Results: We adopted the concepts of a complete compensatory system, partly compensatory system and supportive education system based on Orem's nursing theory. Additionally, we employed empathy, encouragement and accompaniment to assist the patient to communicate his experience and eventually begin to face the reality of his illness, i.e. to accept it as part of his life. We provided the patient and his wife some information on rehabilitation programs. We facilitated visitation with other patients who had overcome similar obstacles to assist the patient to participate in rehabilitation treatment enthusiastically.

Conclusion: This case is to investigate a car accident, the loss of self-control of the body's ability to care experience. In addition to providing physical, illness care, it also plays during the care support, listening, consulting role and to discuss the rehabilitation plan and the health care team and his spouse, enhance care techniques to enhance self-care skills training caring seeds, implement basic education, emphasis on human caring and communication skills to provide holistic care.

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