

In-Country WHO Fellowship in Comprehensive Rehabilitation in Spinal Cord Injury at Safdarjang Hospital, New Delhi

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I reached Delhi on 03rd June 2007 and was placed comfortably by the administration of Safdarjang Hospital, New Delhi.

On 04th June, I was introduced to the Medical Superintendent of Safdarjang Hospital and received a warm welcome in the Physical Medicine and Rehabilitation Department, I stayed until 30th June 2007..

In my experience, paraplegics and quadriplegics were leading a miserable life of various complications and neglect in the society. Dr. S. Y. Kothari and the whole team of the department showed me the rehabilitation of spinal cord injured patients to lead a useful and productive life.

A structured program for the four weeks duration was given to me under which I was given training in receiving these patients with detailed clinical, laboratory and radiological assessment. These patients are kept in the ward in an innovative way so that the small numbers of beds are utilized to the maximum limit. Treatment is divided in three phases so that the patients can practice this training in the inter-phase period, and come to know that this training is meant for their ultimate rehabilitation in their own milieu.

Skin (frequent change of posture), Bladder (self intermittent catheterization), and Bowel training and treatment is meticulously planned. General health is improved. Complications are treated. Upper limb strengthening and wheel chair ambulation training helps in mobility. Dr. R. Sharma and Dr. D. R. Tripathi are very active and innovative in patient management. Weekly Grand Round attended by full team of the department is a big learning experience, where all patients are thoroughly reviewed, progress assessed and further treatment planned.

Weekly seminars are a platform for theoretical inputs and discussions. All the seminars during my stay were around SCI rehabilitation and covered everything from basics, clinical work to physical, social and vocational rehabilitation. Dr. Sindhu, being young specialist, gives valuable theoretical inputs. Weekly operation theatre visit was a valuable experience in reconstructive and rehabilitation surgery. I could also attend various specialty clinics in the department where Dr. N. Laisram showed me rehab. management of many pediatric cases. Visit to various therapy sections and prosthetic and orthotic workshop was a big learning experience. Mrs. Poonam Dhanda is helping patients in social and vocational rehabilitation. Many patients have got help in getting bank loans for starting own business.

Empowered with this knowledge, I hope, I will be able to disseminate new ideas about rehab management among my colleagues and be able to create some facilities for similar patients, back home. I also plan to get enrolled for DNB in PMR, now that I have developed interest in the field.

I am thankful to the WHO, Safdarjang Hospital, New Delhi and Dr. S. Y. Kothari & Dr. R. K. Wadhwa for this opportunity to learn and my comfortable stay at Delhi. Now I am a proud Associate Member of IAPMR for lifetime.

Forwarded to the journal by

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