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causing it.
MPORTANT: If you go to the
sting up, and need to find what's
blood pressure checked, need to say
you may have dysreflexia, need to say
hospital, tell the doctors and nurses
that you go to the

to the nearest emergency room.
your doctor's office to get more help or go
the symptoms go away on your own, call
 Find help—if not able to promptly make

have not resolved.
 Find other source—look for anything
else that may be hurting you if symptoms
new wounds, sores, blisters, burns, bumps,
cuts, insect bites, etc.

Check skin—See if your skin has any

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Check bowel—Check your bowel after
drinking coffee, jelly or oil meal.

Check bladder—Empty your bladder (i.e.,
catheterize your bladder). If you have an in-
dwelling catheter, check if it's bent or kinked.

Check blood pressure—Take your blood
used.

the right size blood pressure cuff is being
used pressure in adolescents). Make sure
Hg in children, and 15-20 mm Hg above
pressure every 5 minutes if it's still higher
than normal (15 mm above usual pressure
is usually normal).

Take off—Take off or loosen anything tight.

Sit up—Sit up or raise your head 90
degrees.

Sit up—Stay sitting up until
blood pressure is normal.

WHAT TO DO

ATTENTION PHYSICIAN

The following are treatment
recommendations for children with
Autonomic Dysreflexia (AD)

- Sit patient upright (up to 90 degrees).
- Monitor BP every 2-3 min.
- Quick exam to include abdomen for distended bladder/bowel and any other organ system below the level of injury that can be the source of dysreflexia.
- If an indwelling urinary catheter is not in place, catheterize the individual. If indwelling catheter is in place, check system for kinks, folds, constrictions, or obstructions.
- If systolic BP:
>120 in children under 5 yrs
>130 in children 6-12 yrs
>140 in adolescents
give an antihypertensive with rapid onset and short duration while cause of AD is being investigated.
- **Nitro Paste**—1/2" (<13y) or 1" (>13y), apply every 30 min, topically above level of injury, wipe off when BP stable, reapply as needed.
- **Nifedipine** (if Nitro paste NOT available)—0.25-0.5mg/kg per dose (<13y) or 10mg per dose (>13y), squirt immediate release form sublingually or ask patient to chew, may repeat every 20-30 min as needed.
- **IV Antihypertensives**—only in a monitored setting (I.C.U.)
- Monitor symptoms and BP for at least 2 hrs after the resolution of an AD episode.
- AD can lead to seizures, stroke, or death!

MY INFORMATION	
Name:	_____
MEDICAL HISTORY	
Baseline Blood Pressure:	_____
Baseline Body Temperature:	_____
Neurological Location of Injury:	_____
Primary Healthcare Provider:	_____
Phone Number:	_____
Allergies:	_____
EMERGENCY CONTACT	
In Case of Emergency Call:	_____
Relationship:	_____
Phone Number:	_____

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- Pale
- Cool
- Clammy or cold and sweaty
- Chills without fever
- Need to throw up
- Upset stomach, feels like you

BELLOW LEVEL OF INJURY

- Tingling
- Goosebumps
- Sweating
- Stuffy nose
- Blurry vision
- Red cheeks/neck/shoulders
- Feeling nervous/worried/scared
- Big headache
- Tachycardia (slow heart rate or adolesements)
- Hypotension (A fast increase in blood pressure, 15 mm Hg systolic higher than usual in children and 15-20 mm Hg systolic higher than usual in adults)
- Bradycardia (slow heart rate or adolesements)

COMMON SIGNS & SYMPTOMS



WHAT IT IS:
A blood pressure is the measurement of how well blood moves from the heart to the rest of the body. Autonomic Dysreflexia (AD) affects the blood pressure of people with a spinal cord injury above the thoracic T6 level. Their body gets confused when something harmful or painful is hurting them and they are not able to tell what it is. This causes their body to panic and makes their blood pressure go up. It is unsafe for their blood pressure to get too high. It is important to figure out what is hurting them and take it away. Not fixing this can be dangerous and make that person very sick.

Autonomic Dysreflexia is a Medical Emergency!

COMMON CAUSES:

- Full bladder
- Full bowel/ constipation
- Wounds
- Broken bones
- Skin burns
- Infections
- Ingrown toenails
- Any condition or procedures that may cause pain or discomfort but is located below neurologic injury level.

