Renew the Spirit of ‘LIFE’

SCI Consumer Group, India
Prof. Dr. Ketna L. Mehta,
Mumbai
Nina Foundation

Spinal Injury Awareness Day

25th June
some eye popping facts
India has 3 LAC (conservative estimate) and 15 LAC (liberal estimate) of people with spinal injury.
INDIA

20,000 fresh cases every year
<table>
<thead>
<tr>
<th>Total No of People with Spinal Injury</th>
<th>3,00,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Cases Per Year Presuming Life Expectancy as 50</td>
<td>20,000</td>
</tr>
<tr>
<td>Total Spinal Injury Rehabilitation Centers From All 4 Zones</td>
<td>28</td>
</tr>
<tr>
<td>Total No of Beds</td>
<td>858</td>
</tr>
</tbody>
</table>

Source: PHD Thesis “Market Potential Study for a world class spinal cord injury rehabilitation centre in Mumbai”
— Prof. Dr. Ketna L. Mehta - 2008
how does spinal injury happen?
how does spinal cord injury happen

accident
VEHICLE
how does spinal cord injury happen

accident
GUNSHOT
how does spinal cord injury happen

accident
FALL FROM HEIGHT
how does spinal cord injury happen accident AT HOME
how does spinal cord injury happen

accident

AT WORKPLACE
how does spinal cord injury happen
how does spinal cord injury happen

adventure sport

BIKING
how does spinal cord injury happen

adventure sport
ROCK CLIMBING
how does spinal cord injury happen

adventure sport
RIVER RAFTING
how does spinal cord injury happen

adventure sport
PARAGLIDING
REHABILITATION is the key for a GOOD QUALITY OF LIFE.
levels of spinal injury rehabilitation
A PERSON WITH SPINAL CORD INJURY

spinal injury rehabilitation is teamwork
rehabilitation in Indian conditions is like being born again
Total number of REHAB CENTRES in 4 zones.
<table>
<thead>
<tr>
<th>INDIAN REHABILITATION CENTRES</th>
<th>LOCATION</th>
<th>NO. OF BEDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paraplegic Foundation</td>
<td>Mumbai</td>
<td>28</td>
</tr>
<tr>
<td>SHARAN</td>
<td>Navi Mumbai</td>
<td>32</td>
</tr>
<tr>
<td>Cheshire Home</td>
<td>Mumbai</td>
<td>45</td>
</tr>
<tr>
<td>AIIPMR</td>
<td>Mumbai</td>
<td>48</td>
</tr>
<tr>
<td>Helpers of the Handicapped</td>
<td>Kolhapur</td>
<td>20</td>
</tr>
<tr>
<td>Army Hospital</td>
<td>Kirkee</td>
<td>30</td>
</tr>
<tr>
<td>Civil Hospital</td>
<td>Ahmedabad</td>
<td>60</td>
</tr>
<tr>
<td>Shri Sarvodaya (BIDADA Trust)</td>
<td>Kutch</td>
<td>10</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>273</strong></td>
</tr>
</tbody>
</table>

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— Prof. Dr. Ketna L. Mehta - 2008
<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Beds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shanta Memorial Rehabilitation Centre</td>
<td>Bhubaneswar</td>
<td>20</td>
</tr>
<tr>
<td>Regional Spinal Injury Centre</td>
<td>Cuttack</td>
<td>30</td>
</tr>
<tr>
<td>NIRTAR, Swami Vivekananda</td>
<td>Cuttack</td>
<td>20</td>
</tr>
<tr>
<td>National Institute of Rehab Training and Research</td>
<td>Cuttack</td>
<td>20</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>70</td>
</tr>
</tbody>
</table>

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— Prof. Dr. Ketna L. Mehta - 2008
<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Beds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indian Spinal Injuries Centre</td>
<td>New Delhi</td>
<td>128</td>
</tr>
<tr>
<td>Regional Spinal Injury Centre</td>
<td>Punjab</td>
<td>25</td>
</tr>
<tr>
<td>Indian Rehab Centre</td>
<td>Safdarjung</td>
<td>20</td>
</tr>
<tr>
<td>Regional Spinal Injury Centre</td>
<td>Uttar Pradesh</td>
<td>25</td>
</tr>
<tr>
<td>Regional Spinal Injury Centre</td>
<td>Jabalpur</td>
<td>25</td>
</tr>
<tr>
<td>Hope Hospital</td>
<td>Patna</td>
<td>30</td>
</tr>
<tr>
<td>Command Hospital</td>
<td>Chandigarh</td>
<td>25</td>
</tr>
<tr>
<td>Paraplegic Rehabilitation Centre</td>
<td>Mohali</td>
<td>25</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>303</strong></td>
</tr>
<tr>
<td>Name</td>
<td>Location</td>
<td>Beds</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>--------------</td>
<td>------</td>
</tr>
<tr>
<td>CMC (Christian Medical college)</td>
<td>Vellore</td>
<td>150</td>
</tr>
<tr>
<td>Andhra Mahila Sabha</td>
<td>Chennai</td>
<td>10</td>
</tr>
<tr>
<td>Apollo Asha</td>
<td>Chennai</td>
<td>10</td>
</tr>
<tr>
<td>Association of People with Disability</td>
<td>Bangalore</td>
<td>06</td>
</tr>
<tr>
<td>Amar Seva Sangam</td>
<td>Ayikudi</td>
<td>08</td>
</tr>
<tr>
<td>SWIMS</td>
<td>Tirupathi</td>
<td>10</td>
</tr>
<tr>
<td>BIRRDS</td>
<td>Tirupathi</td>
<td>06</td>
</tr>
<tr>
<td>NIMHANS</td>
<td>Bangalore</td>
<td>12</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>212</strong></td>
</tr>
</tbody>
</table>

Source: PHD Thesis “Market Potential Study for a world class spinal cord injury rehabilitation centre in Mumbai”

— Prof. Dr. Ketna L. Mehta - 2008
In India there are only 2 world-class rehabilitation centers.

ISIC, New Delhi

CMC - Vellore

Indian Spinal Injury Centre set-up by Major HPS Ahluwalia

Christian Medical College set-up by Dr. Mary Varghese

COINCIDENTLY both with spinal injury...
to spread optimism and hope of good health to people with spinal cord injury by offering innovative rehabilitation services.
Nina Foundation’s mission

to offer world class spinal cord injury services encompassing physical, psychological, vocational, social, recreational & spiritual rehabilitation for overall well being.
OBSTACLES FACED BY PEOPLE WITH SPINAL INJURY IN INDIA

SCIs in lower income group face the existential problems of health, access and employment. They face problems in:

• Getting access to **good quality healthcare services and expert knowledge** necessary to survive the severe health problems of Spinal Cord Injury.

• **Accessible public transport** so they can travel for employment, access to hospitals and socializing.

• **Schools and colleges** which accept people with disabilities.

• Avenues of **employment** so they can survive, afford healthcare, support their families and live with dignity.

• The process of getting **disability certificate** is also cumbersome and difficult.
OBSTACLES FACED BY PEOPLE WITH SPINAL INJURY IN INDIA

SCIs in higher income group face problems of quality of living:

- Major problems in getting driving license and also to renew it.
- Car manufacturers don't provide driving helper attachments.
- Lot of people don't have access to good quality healthcare services, physiotherapy, occupational therapy, etc. because there simply isn’t any available.
- Good quality wheelchairs are also not easy to get at reasonable cost. Not a single brand of excellent sturdy wheelchairs for less than Rs. 25,000.
- Avenues of sports - tennis, swimming etc. is lacking.
The other obstacles faced in India are:

- **Lack of health statistics** for spinal injury by Government.
- **Lack of interest** in the concept of **rehabilitation**.
- The credo ‘do it right the first time’ missing.
  - **Bed Sores, Pressure Sores, UTI, Osteoporosis** very common.
- **Alternate therapies** - Madiwala, Massage, Maalish, Black Magic, Karma, Scrubbing with a Scotch Brite, Acupressure, Acupuncture, Pyramid Therapy, Magnet Therapy etc. proliferate shifting the focus.
- **Lack of passion** and complete knowledge by young physiotherapists.
- **Lack of motivation** to continue with schooling, office, daily home activities in kitchen etc.
- Proliferation of fraudulent **Stem Cell** clinics.
The other obstacles faced in India are:

- **Built environment** is not conducive.
- Lack of qualified and **affordable ward boys, attendants**, both male and female.
- Lack of availability of **assistive technology**, simple splints, aids for quadris almost negligible, no occupation therapy intervention.
- **Stigma** for lack of bowel and bladder incontinence. Family shuns and do not invite them to their homes & religious functions.
- **Independent living** concept still a dream.
- **Model rehab centers** with comprehensive facilities missing.
- **Insurance schemes** for various aids / appliances etc. missing.
- **Matrimonial** prospects for young SCI’s bleak.
Collaboration with SCI consumer groups INDIA

- sci-india@yahoogroups.com by Nitin Goyal, Gurgaon
- ISIC, New Delhi (wellness seminars on Active Rehab and SCI day)
- AMAR SEWA SANGAM, Ayikuddy, South India
- CMC, Vellore
- Paraplegic Home, Army hospital, Pune
- Paraplegic Foundation, Mumbai
- Cheshire Home, Mumbai
- Sharan, Mumbai
- Helpers of the Handicapped, Kolhapur
- All India Institute of Physical medicine and research, Mumbai
Collaboration
with other disability groups
INDIA

- NCPEDP
- ADAPT
- ABILITY FOUNDATION
- ACCESSIBILITY
- ENABLE INDIA
- FRIENDS OF THE DISABLED
TRUSTEES INCLUDE
Eminent Doctors, Therapists and Philanthropists

Dr. Riten R. Pradhan
M. S. Orth. FRCS(Ed), FRCS Tr. & Orth., Orthopedic Surgeon, UK.

Dr. S. Y. Bhojraj
MS, FCPS (Ortho), D (Ortho), Cunsustant Spine Surgeon.

Dr. V. C. Jacob
BSc, D.P.T., MIAP, Physiotherapist.

Dr. Sharad N. Sagade
MS (General Surgery), MIICH (Urology), Consultant Urologist.

Dr. Himanshu Doshi
MBBS, Ensco Shipping.

Dr. Parinaz Humranwala
DHMS, M.D. Consultant Homoeopath

Dhaval L. Mehta
B.Com, DMM, Chairman – kreate advertising pvt ltd

Prof. Dr. Ketna L. Mehta
PhD, MMM, FIMC, Editor & Associate Dean, Research, we school of management.

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