

ROADMAP AFTER SCI: PRIMARY REHABILITATION FOR PEOPLE WITH SCI IN SLOVENIA

Prim. Rajmond Šavrin, MD. MSc.

University Rehabilitation Institute, Republic of Slovenia



HEALTH SYSTEM IN SLOVENIA

Compulsory Health Insurance

- Provided by the Health Insurance Institute of Slovenia
- Payment of health services
- Sick pay during temporary absence from work
- The reimbursement of travel expenses tied to obtaining health services
- Urgent medical treatment and urgent medical assistance (fully covered)
- Some others services are fully covered by compulsory insurance (..... & treatment and rehabilitation of paraplegia and tetraplegia)
- Other necessary services are only provided free of charge to a certain percentage - from 10 % to 90 % of the value

HEALTH SYSTEM IN SLOVENIA

Compulsory Health Insurance

Medical Devices

- The personal physician is only authorized to prescribe medical devices required for care and treatment at home
- All other devices may only be prescribed by a specialist
- Certain medical devices require prior approval by the Health Insurance Institute
- In certain cases, an assessment of justification by an appointed doctor from the Health Insurance Institute is required
- The right to medical devices is implemented by an insured person according to the set standard, which concerns the functionality, specification of materials and prices

HEALTH SYSTEM IN SLOVENIA

Complementary Health Insurance

- There are 3 complementary health insurance companies in Slovenia
- They offer:
 - Insurance for co-payments (they insure the difference in price of a health service, covered by the compulsory health insurance, and the full price of the service)
 - Supplementary health insurance (they provide insurance for all other risks, not covered by the compulsory health insurance)
 - Insurance for a higher standard of service

THE INCIDENCE OF SCI

Worldwide:*

- SCI total: 40-80/10⁶; 250.000 – 500.000 people each year
- Traumatic: 13-53/10⁶ (USA: 25-59/10⁶)
- No-traumatic: 68/10⁶ (CAN); 26/10⁶ (AUS); 13/10⁶ (ESP)

Slovenia:**

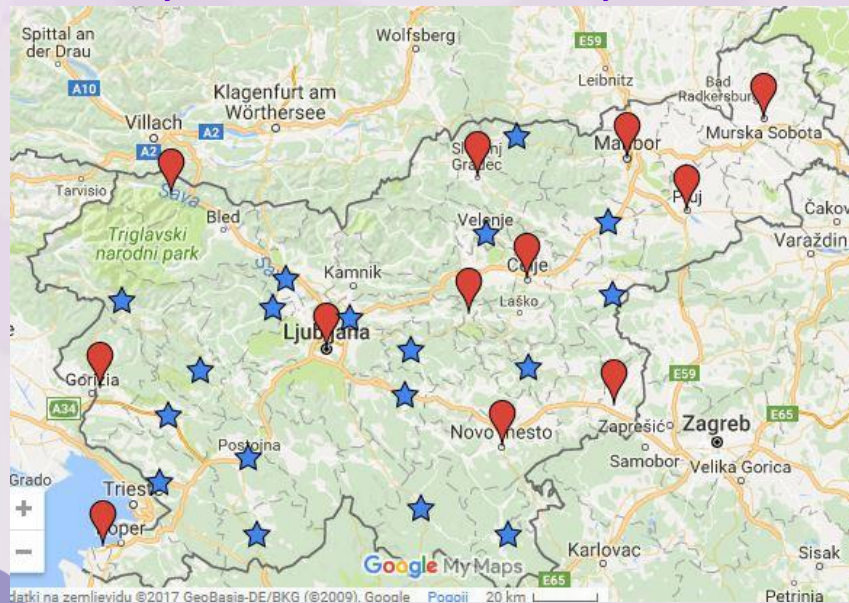
- SCI total: 42/10⁶
- Traumatic: 20/10⁶
- No-traumatic: 22/10⁶

*http://apps.who.int/iris/bitstream/10665/94190/1/9789241564663_eng.pdf

**URI-SOČA

EMERGENCY CARE OF PEOPLE WITH TRAUMATIC SCI IN SLOVENIA

- Patients receive their primary care in a nearby hospital
- Patients are transferred within 24 hours to one of the three trauma centers in Slovenia
- Final surgical care is carried out in the trauma centers
- They also have an early medical rehabilitation



DEPARTMENT FOR REHABILITATION OF PATIENTS WITH SPINAL CORD LESION / URI-SOČA

- One unit for rehabilitation of SCI patients with 30 hospital beds
- Admission of traumatic patients:
 - paraplegic patients: 2-4 weeks after SCI
 - tetraplegic patients: 4-8 weeks after SCI
 - depending on their condition, level of injury and availability of hospital beds
- The patients are selected on the basis of admission criteria
- The selection of patients is done
 - by PRM specialists on the basis of a written proposal
 - by other specialists in Slovenian hospitals
 - after an examination at the Outpatient Clinic

ADMITTANCE OF SCI PATIENTS TO URI-SOČA IN THE YEARS 2012-2016

	2012	2013	2014	2015	2016	AVERAGE
ALL	118	125	129	132	129	127
FIRST TIME	61.8%	75.4%	65.2%	76.2%	77.1%	66.1%
TRAUMA	52.1%	49.4%	45.5%	47.8%	42.9%	47.6%
DISEASE	47.9%	50.6%	54.5%	52.2%	57.1%	52.4%
MALE	71.2%	67.4%	74.0%	65.6%	57.1%	66.7%
FEMALE	28.8%	32.6%	26.0%	34.4%	42.9%	33.3%
AVERAGE AGE	57	55	56	60	58	57
C1-C5	6.8%	6.7%	5.2%	5.5%	4.4%	5.9%
MECHANICAL VENTILATION	0	0	0	2	1	

DEPARTMENT FOR REHABILITATION OF PATIENTS WITH SPINAL CORD LESION / URI-SOČA

- Multidisciplinary team (MD, RN, PT, RT, OT, psychologist, social worker, engineer O&P)
- External team members (speech therapist, dietitian, internal specialist, surgeon, urologist, otorhinolaryngologist,.....)
- Tests: ASIA, SCIM, FIM, FIC, MMT, 10MWT, 6MWT, BBS, TUG, COPM, respiratory tests



DEPARTMENT FOR REHABILITATION OF PATIENTS WITH SPINAL CORD LESION / URI-SOČA

- Nursing care, training of neurogenic bladder, US measurement of residual urine, training of clean intermittent catheterization & neurogenic intestine, treatment of pressure sores
- Training of activities of daily living, manufacturing orthotic devices for tetraplegic patients, testing of medical devices
- Active and passive exercises, active and passive standing, muscle strength training, training of walking, (FES, KAFO, AFO, Lokomat, walking on treadmill with suspension), FES cycling
- Assessment of the situation at home
- Sports activities
- Pool swimming



DEPARTMENT FOR REHABILITATION OF PATIENTS WITH SPINAL CORD LESION / URI-SOČA

- Urodynamic examination
- EMG, SSEP, MEP
- Ultrasound diagnostic
- Cardio-respiratory & vascular diagnostic
- Conseling on nutrition problems
- Counseling on sexual dysfunction
- Intrathecal baclofen application and implantation of baclofen pumps
- IRIS (Intelligent Smart Home)
- Triage interview in the Center for vocational rehabilitation
- Evaluation of driving skills (FIAT Mediatester simulator)
- Counseling on vehicle adaptation (Ministry of Labour, Family, Social Affairs and Equal Opportunities)

DEPARTMENT FOR REHABILITATION OF PATIENTS WITH SPINAL CORD LESION / URI-SOČA

- The average rehabilitation length
 - 3 to 4 months for persons with paraplegia
 - 4 to 6+ months for persons with tetraplegia
- There are no restrictions on the duration of rehabilitation
- The patient is discharged
 - when the goals are achieved
 - if there is no progress in more consecutive weeks
- Lifetime follow-up in outpatient clinic

PRESCRIBING MEDICAL AIDS DURING PRIMARY REHABILITATION WHEELCHAIRS

Health Insurance Institute of Slovenia provides 14 groups of wheelchairs:

- 9 groups of manual wheelchairs
- 4 groups of electric powered wheelchairs
- electric scooters

STANDARD WHEELCHAIRS (manual handling) prescribed by the GP/specialist



SECONDARY WHEELCHAIRS (active, manual handling) prescribed by the specialist



TERTIARY WHEELCHAIRS

prescribed by the specialist in URI-SOČA

Groups A1, A2, A3 (electric powered wheelchairs)



TERTIARY WHEELCHAIRS

prescribed by the specialist in URI-SOČA

- Groupa B1 (lightweight), B2 (ultralight), B3 (reclining wheelchairs)



TERTIARY WHEELCHAIRS

prescribed by the specialist in URI-SOČA

Electric scooters

