

SCI Educational Resources Available on the Web

The following is a list of Websites that were recently highlighted at the Palo Alto Patient Education Lunch Program. These are just a few of many good resources to find Spinal Cord Injury information across a wide range of topics. As with all Web based information, please check with your healthcare providers if you are going use Web information to modify your health practices.

VA Palo Alto Spinal Cord Injury and Disorders (SCI/D) Center

<http://www.paloalto.va.gov/sci.asp>

Related Links - VA National SCI/D Centers

My HealthVet Library links for over 20 topics related to SCI

Bay Area & Western PVA

<http://www.bawpva.org/programs.html>

Patient education luncheon question and answers

Paralyzed Veterans of America

<http://www.pva.org>

Publications -> Consumer Guides. Downloadable brochures that combine scientific literature, incl. evidence-based clinical practice guidelines, and consumer input.

University of Alabama at Birmingham Spinal Cord Injury Model System (UAB-SCIMS)

<http://www.uab.edu/medicine/sci/uab-scims-information/>

UAB maintains this Information Network as a resource to promote knowledge in the areas of research, health and quality of life for people SCI.

Fact Sheets, Video on Smoking's Effects on Secondary complications of SCI

Christopher and Dana Reeve Foundation

<http://www.christopherreeve.org/>

The Reeve Foundation is focused on research and improving the quality of life for people living with paralysis through grants, information and advocacy.

Tab at top - See All videos

Reeve Health Minute: tips from MD, psychologist, PT to improve their health and wellness. Many other informative videos if you click on the tabs.

Follow their page on Facebook for latest updates and videos to their website.

SCI-U

<http://www.sci-u.ca/>

Developed by expert clinicians with input from persons with spinal cord injury.

Topics include: Bladder, bowel, wheelchair, sexuality, fertility and parenting, pain, nutrition, physical activity.

Includes videos and even quizzes to test your understanding. Can be viewed from a computer or mobile device. From the home page click on Courses and choose a topic you would like to view.

Shepherd Center

<http://www.spinalinjury101.org/>

Contains useful videos for understanding the anatomy of Spinal Cord Injury.

From the homepage click on Spinal Cord Injury Rehabilitation and then click the link “View our video series; Understanding Spinal Cord Injury”

The National Spinal Cord Injured Association (NSCIA)

<http://www.spinalcord.org/>

Contains valuable information across many topics including good information on Research and Recreation.

From the homepage click the Resources tab and Select Spinal Cord central and then pick a topic of interest.

Magee Rehabilitation –Jefferson Health System

<http://www.mageerehab.org/page.php?id=1180>

Contains Spinal Cord Injury “Day in the Life Videos” series which can be viewed on YouTube and give practical information on Mobility, kitchen skills, and working out.