

## 7. Spasticity

**7.1 STANDARD** Staff members will identify spasticity and provide intervention as appropriate. Intervention will include identifying and addressing potential triggers, providing medical and therapeutic care as needed and monitoring patient's status.

### Minimum Requirements:

- Facility has a process to educate staff members re: the identification, evaluation and management of spasticity using an inter-disciplinary approach
- Staff competency conducted for all care providers
- Maintain an open discussion and provide access to education about spasticity in both formal and informal settings throughout the treatment continuum
- Care providers may offer referral to the appropriate rehabilitation professional in collaboration with the medical provider

### Recommended Resources:

- Christopher and Dana Reeve Foundation Paralysis Resource Guide <http://tinyurl.com/m5w3yo3>
- MSKTC SCI Factsheet Spasticity and Spinal Cord Injury <http://tinyurl.com/lsgbeztc>
- FacingDisability.com <http://tinyurl.com/mxc3azy>
- eLearn A web-based teaching and educational resource <http://tinyurl.com/kv8qu4b>

**7.2 STANDARD** Patient/Family/Caregivers Teaching: Individuals, their family members, and caregivers will receive appropriate spasticity education to maximize functional independence and minimize secondary health conditions

### Minimum Requirements

- Care providers trained to educate patient, family members and caregivers re: spasticity
- Ongoing spasticity education

### Recommended Resources:

- Christopher and Dana Reeve Foundation Managing Spasticity <http://tinyurl.com/mjd6p76>
- Northwest Regional SCI Model System Consumer Information Factsheet-Spasticity and SCI <http://tinyurl.com/kwgrymc>
- Online lecture from Marika Hess, M.D. from the VA Get a Jump on Spasticity <http://tinyurl.com/lu9opf6>
- Spasticity and Movement Disorder Checklist <http://tinyurl.com/khtgbqb>
- Daily Diary <http://tinyurl.com/n5hvzpb>

THIS TOOL DOES NOT PROVIDE MEDICAL ADVICE. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Never ignore professional medical advice in seeking treatment because of something you have read in the Toolkit. If you think you may have a medical emergency, immediately dial 911.