



Craig Hospital

Redefining Possible for People with Spinal Cord and Brain Injuries

Provided as a courtesy of
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Autonomic Dysreflexia Wallet Card

<p align="center">AUTONOMIC DYSREFLEXIA WALLET CARD</p> <p>Autonomic Dysreflexia (AD) can happen to people with a spinal cord injury (SCI) at or above T6. It is an acute medical emergency which could result in seizure or stroke due to high blood pressure.</p> <p>Common Warning Signs</p> <ul style="list-style-type: none"> • Sudden rise in blood pressure (Increase of 20-40 mmHG above normal) • Pounding headache • Sweating above level of SCI • Blotchy or flushed skin • Goosebumps • Blurry vision, stuffy nose • Anxiety, something not right • Chest tightness, heart flutters, trouble breathing <p>Common Causes of Autonomic Dysreflexia</p> <ul style="list-style-type: none"> • Bladder – overfilled, plugged catheter, stones, infection • Bowel – irritation, constipation, impaction, hemorrhoids, digital stimulation • Skin – pressure, sores, ingrown toenail, tight clothing or belts • Menstrual cramps, pregnancy labor/delivery, genital stimulation
<p align="center">AUTONOMIC DYSREFLEXIA MUST BE TREATED IMMEDIATELY!</p> <p>Treatment of Autonomic Dysreflexia</p> <ul style="list-style-type: none"> • Sit up 90 degrees; raise level of head • Check bladder drainage • Stop bowel program if in progress • Check skin - Loosen tight clothing or shoes • Seek emergency medical treatment if signs continue • Report all AD episodes to your health care provider <p>Notes to Health Care Provider</p> <ul style="list-style-type: none"> • Temporary treatment (vasodilators): <ul style="list-style-type: none"> ○ 2% Nitroglycerin (Nitro-Bid ointment of Nitroglycerin sublingual tab) ○ Nifedipine Procardia (bitten or chewed) ○ Atropine (only for significant bradycardia) <p>Physician's name and Phone # _____</p> <p>Medications _____</p> <p>_____</p> <p>_____</p>

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