“They teach you to think ahead.”

Michael Yoxall
Spinal Cord Injury

It takes only seconds for one’s life to go from normal to incomprehensible. Patients with spinal cord injuries (SCI) are faced with rebuilding their lives from the ground up. And Baylor Institute for Rehabilitation (BIR) provides the tools.

Since 1991, we have treated patients with paraplegia and tetraplegia (including those who are ventilator dependent) to help return them to an independent and productive lifestyle.

Experience

• You’ll have a dedicated spinal cord team led by board-certified physiatrists sub-specializing in spinal cord injury. Other team members may include nurses, licensed physical and occupational therapists, certified therapeutic recreation specialists, social workers, neuropsychologists, rehab psychologists and care coordinators – all specially trained to treat patients with spinal cord injuries.

• Continuing education is a priority to us in our thirst to continually increase our knowledge base about SCI treatment. Our specialists routinely attend national educational conferences and frequently publish and present new insights on their specialty.

• Last year alone, we treated 171 patients with a spinal cord injury.

• Our unit is dedicated to SCI patients, to provide a safe, warm and inviting environment as well as to address their special needs and to address complex medical issues.

Quality

• BIR has been recognized 14 times in U.S. News and World Report’s “America’s Best Hospitals” guide.

• We were awarded a Quality of Life grant from the Christopher Reeves Foundation to help us support our Spinal Cord Injury Peer Mentor Program that trains individuals with spinal cord injury to act as mentors to newly injured patients.

• We have access to services, advanced technology and 1,300 physician specialists on the medical staff at Baylor University Medical Center.

• In 2008, for the 12th consecutive year, Baylor University Medical Center at Dallas was the Consumer Choice Award Winner in the DFW Metroplex in six important categories, including the best quality, the best doctors, the best nurses and the best reputation.

Services and Programs

• Spinal Cord Injury specific programs, classes and support including:
  - START program, emphasizing anatomy and physiology, skin, bowel and bladder and radiologic studies;
  - Spinal cord educational classes;
  - Individualized counseling and education on sexuality and intimacy;
  - Weekly team meetings for patients and family members;
  - Weekly day and/or evening outings;
  - Peer support by former patients who have similar levels of injury;
  - Support Challenge and Inspire support groups; and
  - End-of-the-Year Bash, offering a full day of activities such as boating, skiing, kayaking and fishing.

• Neuropsychology and Rehabilitation Psychology Services

• Full Care Coordination Services

• Aquatic Center

• Real Life Rehab™

• Driving Evaluation/Adaptive Driving

• Wheelchair Seating and Positioning Clinic

Research

One’s reaction, adaptation and resiliency to a traumatic event is the focus of BIR’s research program, a study conducted in collaboration with the University of North Texas and SCI patients. Researchers are searching why some people adapt more successfully after trauma than others and the role resiliency plays in their outcome. Researchers also want to understand what creates resiliency and how it could be increased in patients to improve outcomes. The results of the study could help psychologists assess a patient’s ability to tolerate stress and develop interventions to improve resilience and coping after injury. Resilience following traumatic injuries is a new area of research in the field and we are proud to be publishing the first article on this in the national peer reviewed journal, Rehabilitation Psychology. This is just one of many studies being conducted on spinal cord injury.

Where do you go from here?

We understand what it’s like to have your life turned upside down – and we can help. To learn more about the SCI program at Baylor Institute for Rehabilitation, call us at 214-820-9300.

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