

# SASTRA

## ROTARY AID FOR SPINAL TREATMENT & REHABILITATION

### **SPINAL CORD INJURY**

Every year close to 20,000 people get affected by varying degrees of Spinal Cord injury. Spinal cord damage, depending upon the severity of the injury, causes a partial / complete paralysis of the body below the level of injury. These patients need urgent treatment with stabilization surgeries and intense rehabilitation along with attention to allied problems like bowel and bladder incontinence, Gastro intestinal problems, psychological disturbances, etc.

### **IMPLICATIONS**

Most of these people belong to the BPL group who earn just enough to meet their daily needs with hardly any savings. Unprecedented instantaneous events like road traffic accidents fall from heights while at work, etc. cause such sudden unexpected setbacks for which they are unprepared. These victims are usually males in the age group 18 – 55 years, who are breadwinners in their family. Following such incidents, all the resources of the family gets diverted towards the care of the patient with the hope of recovery requiring several compromises by the family members, sometimes to the extent of children having to discontinue schooling to support the financial needs of the family. Such unfortunate incidents not only paralyze the patient, but also paralyzes an entire family!!!

### **AIM OF SASTRA**

SASTRA strives to bring the Spinal Cord Injury patient and their family back into the mainstream society and help them live a respectable life by providing a holistic rehabilitation program integrating all the needs of the spinal cord injured patients to become independent and perform their daily activities on their own without burdening the family. This allows the remaining family members to continue their regular work. The training given in the rehabilitation center not only enables them to perform their daily activities but also trains them in skill development which could help them in future to pursue some profession for revenue. We have successfully completed the first Global Grant received for SASTRA No- 1864494 with our International partner RCC Gold Coast Club Dist 7255

## **PROGRAM**

Patients with spinal cord injury, irrespective of where they came from, if found to be below the poverty line (BPL), are included in this project. These patients are admitted at the Spine Injury and Rehabilitation Centre and intensively rehabilitated through detailed investigations, evaluation, treatment, physiotherapy, good nutrition, psycho-social counselling, training on personal habits, etc. with the intention of recovering as much physical strength and function as possible. They are also provided necessary prosthesis, support aids, wheelchairs, etc. to enable them to be as independent as it is possible or least dependency on others.

SASTRA goes one step ahead by also including a **Structured Vocational Training Program** for the patients and their immediate family who are assessed and evaluated for their competencies. They are then provided with individualized vocational training so that they can also be financially self-sufficient.

The entire rehabilitation program lasts between 40 to 50 days until the rehabilitation team are convinced that the patient and their family are self-sufficient to lead a comfortable life. Fortnightly reviews, are then followed up to ensure that they do not face any difficulty in the initial phase and are supported whenever required.

## **OUTCOME**

SASTRA has provided a totally new dimension and outlook in the treatment of Spinal Cord injury patients and there is also a phenomenal change in the outcome of these patients. Now, there is good awareness about this program and patients are being referred from nearby districts. So far 47 patients have been rehabilitated directly funded by our club and another 55 through Global Grant No 1864494 with our International partner RCC Gold Coast Club. We have crossed the 100 beneficiaries mark and look forward for the next Global Grant to cover another 80 beneficiaries.

## **COSTING**

The rehabilitation cost for each patient is decided by the Sastra committee after screening the patient and taking into account the suggestion of the rehabilitation center. The project has been worked out on a cost to cost basis. Wherever possible, services are provided free and only infrastructure maintenance and operational costs have been included. The approximate costing for the rehabilitation program range from \$650 to \$900 per patient.

## **SCOPE OF THE PROJECT**

SASTRA is now a well-known project. It has crossed 100 beneficiaries and has attracted the attention of the society. This project has been a game changer in the treatment of Spinal Cord injury patients and has received genuine appreciation from the family and friends of the patients and the society. With the incidence of Spinal Cord injury on the rise, there has been an increasing need to support families seeking assistance through this project. **Rotary Club of Coimbatore Saicity** proposes to take this project to greater heights by extending support to families of 60 more Spinal Cord injury patients at a proposed project cost of \$ 70,000.

*The details are as mentioned below:*

RC Saicity Contribution	: \$ 15,000.
DIST -3201 DDF	: \$ 15,000.
International Partner Club	: \$ 10,000.
International DIST DDF	: \$ 10,000.
Matching from RI	: \$ 20,000.
<b>Total Project</b>	<b>: \$ 70,000.</b>

**SASTRA**, a joint initiative of **Rotary club of Coimbatore Saicity** with two Rehabilitation Centers.

### **1) Ganga Spine Injury and Rehabilitation Centre (GSIRC)**

**GSIRC** is a dedicated rehabilitation center with modern infrastructure, state of the art equipment and managed by a dedicated and committed team of professionals, spear-headed by Prof. Dr.S.Rajasekaran and Mrs. Rama Rajasekaran, Dr. Ajoy Prased Shetty and Dr. Rishi, Consultant Spine surgeons, Physiotherapists Mr. Vignesh and team, social workers, rehabilitation nurses and support staff.

### **2) Sahai Trust- Injury and Rehabilitation Centre**

**Sahai Trust**, an NGO that reaches out to people with spinal cord injuries was established in the year 1998 by **Professor Dr Thomas Joseph**. Since then, the trust has empowered more than 700 people with spinal cord injuries to become independent and self-reliant through various programmes. Functioning in Coimbatore, Sahai has operations in neighbouring state of Kerala as well. Apart from providing treatment and rehabilitation to people with spinal cord injuries, Sahai trains its inmates to bring out their talents in various arts and sports as well.