

**Active LifestyLe Rehabilitation
Interventions in aging Spinal Cord
injury (ALLRISC)**

- ‘Healthy Aging’ in persons with chronic SCI
- Active, fit & healthy living
- Prevention secondary problems
- Rehab over the lifespan
- ICF & BB contextual “steering wheels”

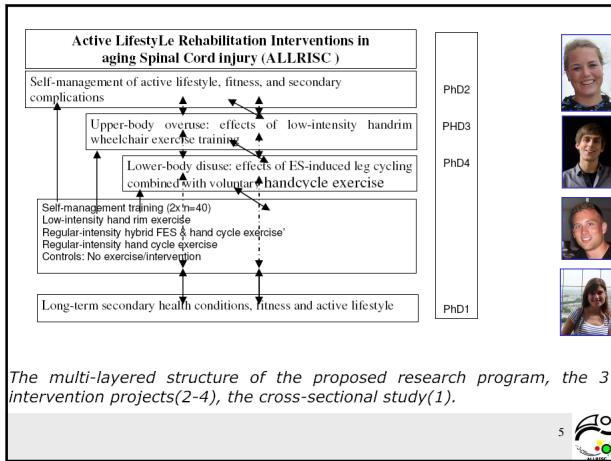
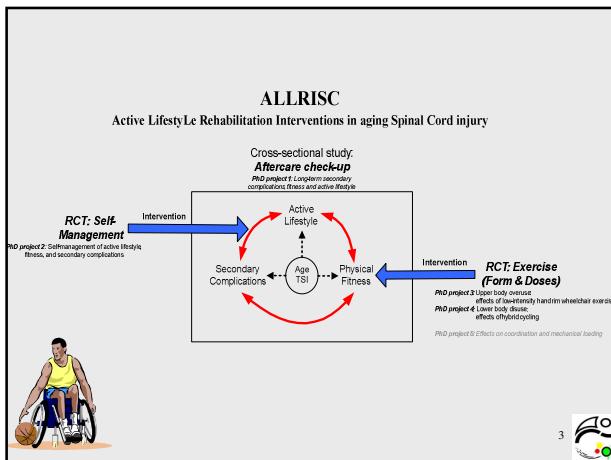
25-3-2011

www.scionn.nl



Overall Objectives

- To obtain a better understanding of the importance & requirements of regular *rehabilitation aftercare* in the context of long-term *preservation of an active lifestyle, fitness, activities, participation, health and QoL* in aging persons with chronic SCI;
- To develop evidence-based components and guidelines for an adequate SCI rehabilitation aftercare system in The Netherlands.



'The A-team'

:Heliomare: Willemein Faber	:Heliomare: Linda Valent
:Beatrixoord: Marga Tepper	:Beatrixoord: Ferry Woldring
:Maartsenkliniek: Dirk v Kuppeveldt	:Maartsenkliniek: Henny Rijken
:Rijndam: Dorien Spijkerman	:Rijndam: Rogier Brooksteeg
:Reade: Janneke Stolwijk	:Reade: Maurits Sloots
:De Hoogstraat: Floris van Asbeck	:De Hoogstraat: ?
:Roessingh: Govert Snoek	:Roessingh: Marijke Schuitemaker
:Adelante: Helma Bongers	:Adelante: Sandra Slangen

Marcel Post, Hans Bussmann, Thomas Janssen, Sonja de Groot, Luc van der Woude

Jacinthe Adriaansen, Hedwig Koomans, Jan vd Scheer, Arjan Bakkum

What we ask:

- Flexibility & perseverance
- Measurement facilities & equipment



•Physician time:

- patient screening: proj 1, 2/3/4
- 'visit' hospital: proj 1/4

•Research Assistant time

- Local organization: proj 1, 2/3/4
- Performing measurements: proj 1, 2
- Assisting/performing measurements: proj 3 & 4 (PhD's)
- Assisting in training: proj 2/3/4 + DBC/RBU

•Training as part of regular aftercare treatment & at cost of health insurance (DBC/RBU)

•Contract/center: 1-03-2011, 3,5yrs, ~1day/wk; 28-4-2011



What we offer:
Financial revenues

Per center:

- Fixed 15,-k€
- Variable per patient:

- Study 1: 200,-€ /patient (+/-35p/center of 8)
- Study 2: 300,-/825,- € /patient (+/- 20p/center (4))
- Study 3-4: 300,-/825,- € /patient (15-25p/center (4))

(unforeseen: 3,-k€ /project)

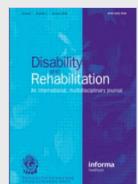
Estimated on average/center: +/-34,-k€ (~140days)

- Plus DBC/RBU

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Output/Publication plan: 5 phd's

- proj 1 (5): + 2/8 rehab phys
- proj 2 (5): + 2/4 rehab phys
- proj 3 (5): + 2/4 rehab phys
- proj 4 (5): + 2/4 rehab phys



•Res Assistants in acknowledgements

•Corporate authorship, if possible



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Follow-up health care in SCI?

Improved health outcomes as potential impact of therapeutic exercise models & follow-up care in SCI*

SCI → Chronic disease

Therapeutic exercise models for SCI lead to improved Health outcomes in multiple domains

Function → Physiological Health, Cardiovascular & Metabolic Risk Factors → Bone & skin tissue Health, Mental Health → QoL

Hospitalization → Rehabilitation → Long-term Care → Others

* Adapted from Stuart et al. IRRD, 45, 2, 329-336, 2008 [90]

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