

## Burden of Spinal Disability in Nepal

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### Abstract

Spinal cord injury possess as a major burden even in Nepal, however unlike in the Western countries, fall injuries are the cause of spinal cord injuries rather than road traffic accidents. According to a recent survey, fall injury accounts for 64% spinal cord injury preceding road traffic accident and trauma.

In context to Nepal, Spinal cord injury faces incredible challenge as it can lead to not only disability but also handicap of the patient. Nepal still lacks multi-dimensional approach to a patient. Lack of trained first responders, tertiary centers with super-specialized consultants, up-to-date equipment, patient awareness and community geared towards the disabled adds to the burden to spinal disability in Nepal. Currently Nepal lacks trained EMT. Recent study showed that 84% of patient arrived at Hospital without cervical or spinal immobilizer. There is also lack of health professionals who specialized in spinal cord disability.

Recent earthquake in 2015 added to incidences of spinal cord injury and many still face major handicap and have reduced quality of life. Spinal cord injury is a national burden and we must faces challenges to overcome these burdens.

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