

Fold first before cutting out.

2nd Fold

AUTONOMIC DYSREFLEXIA (Medical Emergency Card)



Autonomic Dysreflexia (AD) results from a sudden rise in blood pressure in an individual with a spinal cord injury (SCI), with a neurological level of T6 or above.

The cause of AD is a pain stimulus below the level of injury, resulting in an unopposed sympathetic system discharge. Raising the blood pressure 20-40mm Hg systolic above the person's normal baseline blood pressure, may trigger the symptoms of AD.

Symptoms of Autonomic Dysreflexia

- Increased blood pressure
- Severe headache
- Flushing & sweating above the level of the SCI
- Bradycardia
- Anxiety
- Cardiac irregularities
- Bronchospasm or respiratory distress
- Goose bumps on skin above the level of the SCI

If left untreated, this condition can result in seizure, retinal hemorrhage, stroke or in extreme cases, death.

If any symptoms of AD appear, ensure the following:

- Keep the person in a 90° upright position.
- Check there is free urinary drainage.
- Check for distended bowel.
- Check for ingrowing toenails and skin sores.
- Assess for other possible noxious stimuli.
- Hypertension should be treated medically if it persists with prescribed Nifedipine.

Card Holder's Medical Information

Name:

Baseline Blood Pressure:

Level of Injury:

Emergency Contact:

Relationship:

Phone Number:

0860ROLLING

2nd Fold

1st Fold

1st Fold