

2nd Fold

1st Fold

Recognised symptoms of AD

- Severe, pounding headaches.
- Increased blood pressure.
- Above the level of injury: Flushing, sweating, red blotched skin, stuffy nose.
- Below the level of injury: pale, icy cold skin, shivering/chills and goosebumps.
- Cardiac: **Bradycardia** (drop in heart rate below 60 beats per minute) is typical. **Tachycardia** (rise in heart rate above 100 beats per minute) or irregularity may occur.
- Other: Sudden severe anxiety, shortness of breath.



Take Immediate Action

- Sit upright immediately. Never lay flat.
- Loosen clothing by removing binders, shoes or leg straps.
- Check bladder for a kinked/blocked catheter or overfull bag. Lidocaine Gel for catheterisation if necessary.
- Check bowel with the use of Lidocaine gel, checking for hard stool and impaction.
- Check skin for pressure injury, burns or ingrowing toenails.
- Medicate with **immediate release Nifedipine**, e.g. Cardifen 10mg cap placed under tongue.
- Check BP every 5 minutes. Re-dose if there is no adequate BP reduction.



Autonomic Dysreflexia (AD) (Medical Emergency Card)

AD is a life-threatening emergency caused by **uncontrolled sympathetic dysregulation** after spinal cord injury (SCI) at/ **above T6**. Any painful/harmful stimulus below injury level triggers sudden spike in blood pressure (BP) 20-40 mmHg above normal baseline.

Risk of cerebrovascular accident (stroke), retinal haemorrhage, seizure or death is HIGH.



Card Holder's Medical Information

Name: _____

Baseline Blood Pressure: _____

Level of Injury: _____

Emergency Contact: _____

Relationship: _____

Phone Number: _____



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Fold on the dash lines before cutting out the card