Editorial

# Spinal cord injury and importance of patient assessment based on international classification of functioning, disability and health (ICF)

## Editorial

Spinal cord injury (SCI) is a life threating conditions not only restricted to bodily impairment but also affects the person as a whole. In fact injury to the spinal cord depending on the patient's affected neurological level, patient exhibits various impairments alongside with activity limitation and participation restrictions. Unfortunately, traditional medical management focuses on correction of impairments whereas maximization of activity level and participation in the social activities is an important aspect of rehabilitation. In this regard an interdisciplinary team (IDT) approaches incorporating International Classification of Functioning, Disability and Health (ICF) framework helps to count every aspect of patients in rehabilitation. ICF provides a common language and set up a common goal for a patient based on their impairments, activity limitations, participation restrictions, environmental factors and personal factors (Figure 1). In this regard Physiotherapist assess the patient, make a treatment plan based on his impairments, limitation in activities and restriction of participation. At the end of rehabilitation, patient was discharged

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from the hospital was modified independent. This was only possible because of a collaborative management approach among physician, physiotherapist, occupational therapist, nurse, psychologist and Prosthetist & Orthotist.
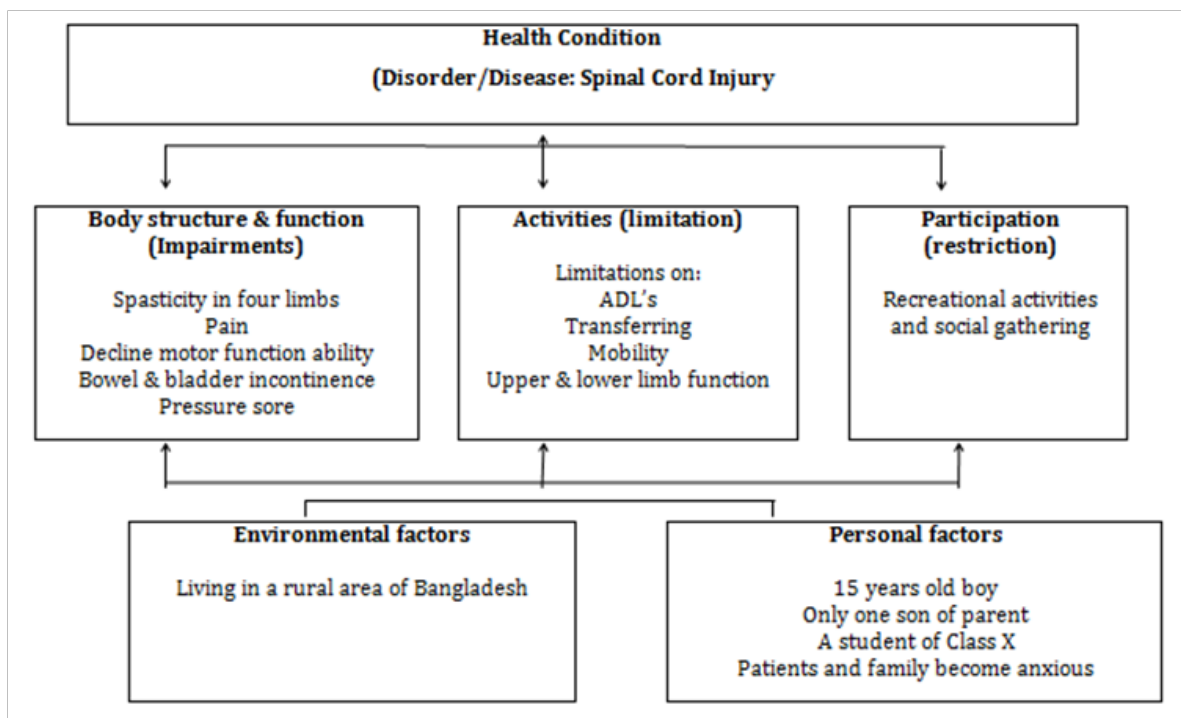


**Figure 1** Case Problems according to ICF.

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## Conflict of interest

The author has no conflict of interest.