

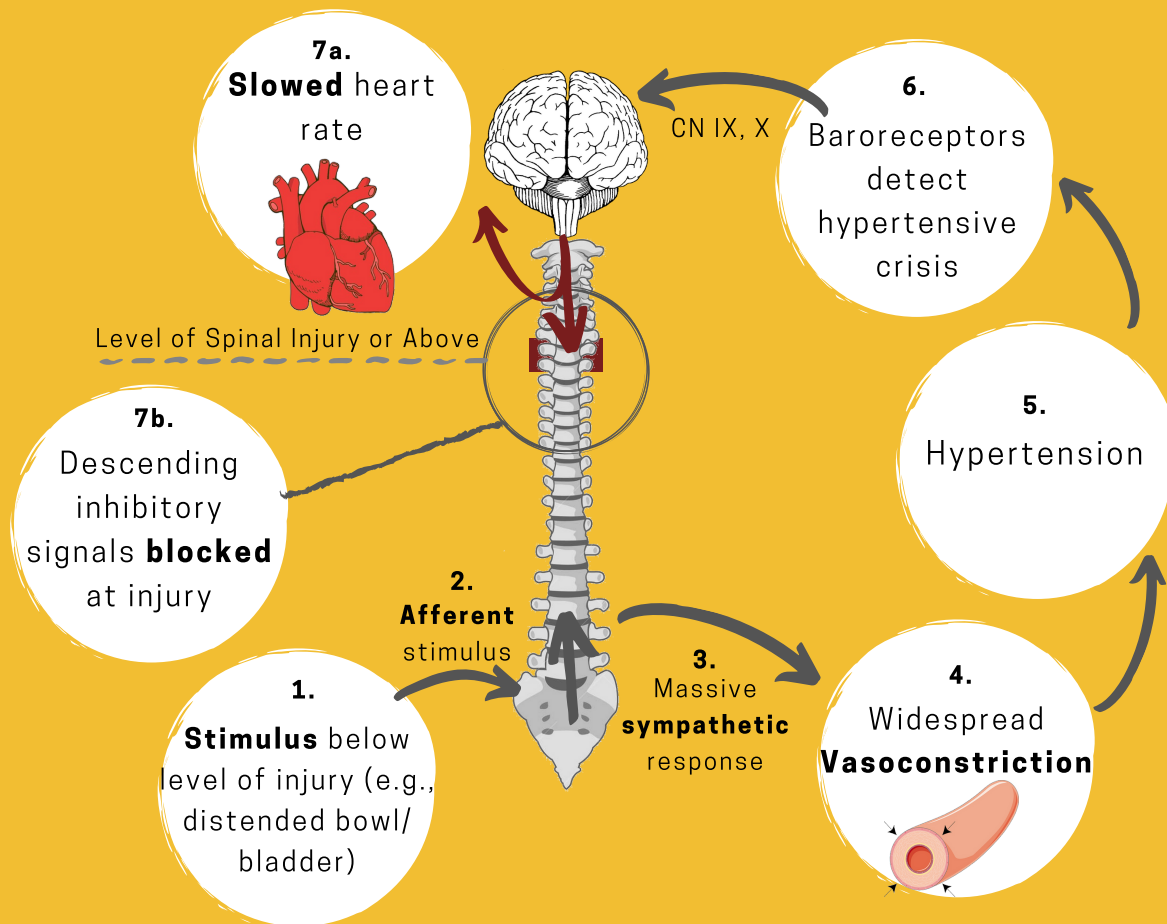
AUTONOMIC

DYSREFLEXIA

SIGNS & SYMPTOMS



Can occur in any patient who has a Spinal Cord Injury at or above **T6 level**



RED FLAGS

- Pounding headache
- Spots in front of eyes
- Blurred vision
- Feeling anxious
- Diaphoretic
- Red flushed face
- Goose bumps
- Nasal Stiffness



PREVENTION

- Bladder emptying with routine maintenance
- Indwelling catheter is NOT the answer
- Good pressure relief
- Loose clothing, regulate temperature regularly
- Monitor cuts, scrapes, and ingrown toenails carefully
- Ensure good pain control