FIG 1. AUTONOMIC DYSREFLEXIA TREATMENT PATHWAY

Sit the patient upright and drop their feet over the side of the bed to allow orthostatic hypotension due to the loss of peripheral vasoconstriction in SCI (Krassioukov et al, 2009)

Loosen or remove any form of clothing that might be restrictive

Reassess heart rate and BP every 2-5 minutes to check whether they are returning to normal (remember: the resting BP in patients with SCI can be lower than that in able-bodied patients (Popa et al, 2010)

Investigate and remove possible triggers for AD, starting with possible bladder and bowel obstruction

If hypertension persists, consider drug therapy

AD = autonomic dysreflexia. BP = blood pressure. SCI = spinal cord injury.