Abstract:

This bachelor thesis deals with the rehearsal of self-catheterisation by spinal lesion patients from the occupational therapist’s point of view. The aim of the thesis is to create a self-catheterisation manual for patients after spinal lesion, which might be beneficial for paraplegic as well as tetraplegic patients. The manual contains information about the self-catheterisation procedure and offers instructions, methods and alternatives of compensatory aids and strategies for becoming independent in one of the ADL activities – urinary bladder emptying. The thesis is divided into a theoretical and practical part. The theoretical part clearly explains the problems of tetraplegia and the level of disability and analyses the effects of spinal injury to urinary bladder functioning. The practical part is concerned with the benefits of the Self-catheterisation Rehearsal by Spinal Lesion Patients from the Occupational Therapist’s Point of View manual which were examined through a qualitative research. Two case studies including a detailed medical history, the course of therapies and therapy evaluation were created through this research method. The Self-cathetherisation Rehearsal by Spinal Lesion Patients from the Occupational Therapist’s Point of View manual is to be found in the practical part of this thesis.

Key words:
autocatheterization, tetraplegia, occupational therapy, spinal cord, compensatory aids