

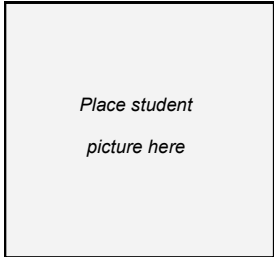
Emergency Plan– Autonomic Dysreflexia

School Name: _____ School Year: _____

Student name: _____

Provider's Name: _____ Contact Number: _____

Medical condition: _____



Autonomic Dysreflexia (AD) is a potentially life threatening medical emergency. You cannot control the autonomic nervous system; it works on its own to control bodily functions like heart rate, breathing, blood pressure and digestion. AD occurs when a stimulus below the level of the spinal cord injury causes irritation. As the message wants to travel up the cord to the brain, it is blocked by the injury. When this message cannot reach the brain, a reflex is activated that increases the sympathetic portion of the autonomic nervous system. This causes a narrowing of the blood vessels leading to an abrupt increase in blood pressure.

Student complaints/ observations	Educator Actions	Nursing Action/Intervention
Sudden onset headache, sweating above level of injury, flushed face, slowed pulse, red blotchy skin above level of injury, nasal stuffiness, blood pressure > 200/100	<ol style="list-style-type: none"> 1. Call school nurse/ health room immediately. 2. Encourage student to perform pressure releases, if capable. 3. Place in upright position, lower legs. 4. Tilt wheelchair into recline position. 	<ol style="list-style-type: none"> 1. Place in upright position, lower legs. 2. If able, perform pressure release immediately. 3. Loosen any restricting items including clothing, socks, braces. 4. Empty bladder or bowel. 5. Administer medication for blood pressure per orders.

Parent Signature: _____ Date: _____