

WHY IS RESEARCH IMPORTANT?

SPINAL RESEARCH INSTITUTE | CONSUMER ENGAGEMENT PROGRAM



Research is important because without it, social and scientific progress would be limited. Research has led to vast improvements in our understanding of spinal cord injury (SCI), paralysis, and the secondary complications that accompany SCI. This understanding translates to better care, which has ultimately led to longer life expectancy following SCI.

Although research is still progressing therapies for curing paralysis, quality of life has been greatly improved by research into the secondary complications of SCI. Greater understanding of the social issues relating to SCI, and disability generally, has also led to more robust government policies and stronger legislation.

Research in the spinal cord injury community is vital for improving understanding and management of these injuries. It focuses on both physical and psychological aspects, aiming to enhance medical care and tackle social challenges. This approach significantly improves quality of life for those affected and drives society towards greater inclusivity and potential future breakthroughs.

Social issues

- marginalisation
- relationship issues
- barriers to employment and education

Physical conditions

- sleep apnoea
- muscle wasting
- sexual function
- osteoporosis
- pressure sores
- blood pressure fluctuation
- bladder and bowel dysfunction
- bronchitis and pneumonia

Mental health issues

- depression
- anxiety



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The Consumer Engagement Program is supported by the SRI's major partner, the IOOF Foundation. Resources are developed with the support of the John T Reid Charitable Trusts, The Marian and E.H. Flack Trust and the Brian M. Davis Charitable Foundation.