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## Spinal cord injuries in UAE: Retrospective, demographic & overview study of patients admitted & managed in Neuro-Spinal Hospital Dubai during last 12 years

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**Study Design:** Retrospective Demographic Statistical Analysis & Overview of the Concept of Comprehensive Management & Rehabilitation in UAE.

Settings: Neuro -Spinal Hospital /Dubai UAE

**Objectives:** Demographic Statistical Analysis of 232 patients (age, gender, nationality, etiology/nationality: UAE locals, Expats: Arabs & Non Arabs, levels & types of injuries, surgical & conservative managements). 2) Overview of quality, concepts, status of comprehensive care, management & rehabilitation In UAE.

**Patients:** Spinal cord injured patients admitted in Neuro-Spinal Hospital during the period February 2003 till December 2014 was 232 patients. UAE locals were 114 (49%), expats 118 (51%). Males were 176(76%) and females 56(24%). Tetraplegia 66 (28%) and paraplegia 166 (71.5%). Age: 153 (66%) are below 40 years. Etiology: RTA 135 (58%), fall from heights 44 (19%), sport injuries 23 (10%), diseases 20 (8.5%). Surgical procedures (fixation, decompression laminectomy, excision, baclofen pumps, spinal cord stimulation, sacral roots stimulations, etc.) were done on 140 patients (60%) while the rest were admitted for conservative treatment. These figures are as per total number of the group, however for demographic purposes, they were subdivided into three main subgroups: UAE Locals, Arab Expats & Non Arab Expats just to show the variations between them as far as etiology, age, gender, level & types of injuries. For example RTAs among locals were 71%, while Arab expats 47 % & 44% in non Arab expats, and accordingly there are differences in the other variables. UAE is multinationality country and according to 2013 population census 88.5% are expats while locals constitute only 11.5%. On the other hand, in UAE there is huge construction works, all kinds of sport activities, high speed modern vehicles. In each kind of work, the domain is from certain countries and each of them has different interests, hobbies as per their culture, habits, religion, traditions etc. Concept & status of SCI management & Rehabilitation in UAE differs from other countries where there are holistic SCI centers, such are not available & for that reason it is very difficult to obtain national data or registry of such cases or incidence, adding to that patients usually receive their acute treatment and then disappear (return home) being unable to cover treatment costs & no insurance covers that for good. Even the local people, the government used to send them abroad to continue their treatment and rehabilitation after the initial acute management. Only we see them afterwards if there is complication or for certain procedures.

**Conclusions:** In spite of all modern life facilities, services & high standard health care whether governmental or private which are afforded by local emirates or federal governments for all people, locals or residents, concept of SCI comprehensive care ,management & rehabilitation is still not coping with the international standards. No national data about incidence, impact & awareness of such issue can be obtained or retrieved & no SCI center per se neither in the capital/Abu Dhabi nor in the other emirates.

### Biography

Kaydar M Al-Chalabi is a physiatrist working in the Neuro-Spinal Hospital of Dubai, UAE. He is also a Specialist Physician in Physical Medicine, Rheumatology and Rehabilitation in RMRC (Rheumatology, Rehabilitation Medicine and Physiotherapy Clinic). He used to be the CEO and Chairperson of JCI Accreditation Committee at Neuro-Spinal Hospital Dubai (2005 till 2011). In addition, he practiced as consultant physician and a general director of the Iraqi National Spinal Cord Injuries Center (NSCIC), 2003 till 2005. He has been actively involved in many national and international conferences both as a key speaker and an attendee.

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