

## Trainee & Program Details

**Training Program**

Paediatric Rehabilitation Medicine 2026

**Training Program Phase \***

Specialty Foundation

**Date of Observation \***

12/02/26

## Learning Capture Details

**Type of Learning\*:**

Clinical experiences

**Title\***

Multidisciplinary Management of Paediatric Spinal Cord Injury

**Select the primary learning goal \***

16. Spinal cord injury and disease

## Learning Capture Details

**Description of Activity \***

Participated in a week-long inpatient rotation within the paediatric spinal cord injury unit. Observed and contributed to multidisciplinary team meetings, attended ward rounds, and engaged in family education sessions. Reviewed case studies involving traumatic and non-traumatic spinal cord injuries, and shadowed physiotherapy and occupational therapy sessions.

**What did you learn? \***

I gained a comprehensive understanding of the pathophysiology and classification of spinal cord injuries in children, including mechanisms of injury, levels of impairment, and associated complications. I learned how early rehabilitation interventions can influence long-term outcomes, and the importance of a coordinated multidisciplinary approach involving medical, allied health, and psychosocial support. I also developed practical knowledge in managing neurogenic bladder and bowel, spasticity, and pressure injuries. Importantly, I observed the emotional and psychological impact on families and the critical role of communication and education in supporting them through the rehabilitation journey.

**How will you apply this learning in the future? \***

I will integrate this knowledge into my clinical practice by conducting thorough assessments and developing tailored rehabilitation plans that consider both medical and developmental needs. I will advocate for early involvement of the multidisciplinary team and ensure that rehabilitation goals are age-appropriate and family-centred. I plan to engage more actively in discharge planning, ensuring continuity of care and community reintegration. Additionally, I will seek opportunities to educate families/caregivers, and contribute to team discussions with a more informed perspective on spinal cord injury management. I also aim to explore research opportunities related to paediatric spinal cord injury outcomes and contribute to quality improvement initiatives within the unit.

## Assessor Feedback (optional)

**Feedback From \***

Dr Emily Tan

**Assessor Role \***

Supervisor

**Personal Message**

You demonstrated strong engagement throughout the rotation and asked insightful questions during team meetings. Your understanding of spinal cord injury management has grown significantly, and your reflections show maturity and a commitment to holistic care.

**Feedback Requested Date**

15/02/2026

**Feedback \***

Excellent participation and thoughtful learning capture. You showed initiative in seeking out opportunities to deepen your understanding of neurogenic bladder and bowel management and the role of allied health in rehabilitation. Your reflections highlight a clear appreciation of the importance of coordinated care and continuity for patients with spinal cord injuries. Moving forward, I encourage you to continue building on your clinical reasoning and explore opportunities for research or quality improvement initiatives in spinal cord injury rehabilitation.