

Autonomic Dysreflexia (AD)

As an NDIS provider, Life Without Barriers (LWB) must comply with the NDIS Practice Standards and Quality Indicators to deliver high quality and safe High Intensity Daily Personal Activities (HIDPA) support. In addition, trainers should use the [High Intensity Support Skills Descriptors](#) to ensure the training they offer equips LWB staff with the skills and knowledge expected to provide high-intensity supports.

To support this, on the next page is a table to guide Appropriately Qualified Health Practitioners (AQHP) in the training requirements regarding the provision of Autonomic Dysreflexia (AD) management.

When training LWB staff in Autonomic Dysreflexia (AD) management, please include ALL the essential elements relevant to the person's plan and support task.

You will be asked to complete an endorsement following training to confirm the following:

- you have accessed the NDIS LWB 5633 HIDPA Spinal Injury Autonomic Dysreflexia (AD) - Training Essentials (this document).
- you have accessed the relevant LWB HIDPA Support Procedure.
- the names of the staff member/s you trained in the person's plan and support task/s.
- that the staff member/s were assessed as competent and effectively demonstrated skills, knowledge and understanding associated with the plan, or whether further training is required.

If you have any additional questions regarding the training and requirements of our staff, please contact our Professional Learning Team at LearningDMH@lwb.org.au.

Thank you for working in partnership with LWB to maintain the safety and well-being of the people we support and assist us in complying with the [NDIS Practice Standards and Quality Indicators](#) related to the provision of Spinal Injury Autonomic Dysreflexia support.

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
Understands the basic anatomy of the spine, the cause of Autonomic Dysreflexia and associated complications.	An understanding of the basic anatomy of the spine.
	An understanding of the causes and triggers for an AD episode.
	An understanding of the signs and symptoms of AD.
	An understanding of any complications associated with AD.
	An understanding of the person’s Autonomic Dysreflexia Management Plan, including when and what action is required.
Emergency Response	An understanding of what immediate emergency actions need to be taken and when.
Administration of the person’s Autonomic Dysreflexia (AD) Management-Plan.	How to check the person’s Autonomic Dysreflexia Management Plan.
	How to gather equipment and prepare the area.
	How to wash hands and put on appropriate PPE.
	How to check the person’s blood pressure, for example, every 15 minutes or as per the Autonomic Dysreflexia Management Plan.
	How to elevate the person’s head and lower their legs, for example, every 15 minutes or as per Autonomic Dysreflexia Management Plan.
	How to loosen any restrictive clothing, including shoes and socks.
	How to check any bladder drainage devices for kinks or other blockages.
	How to check the person for any injuries, including pressure areas.

	An understanding of the need for continued monitoring of the person’s BP and documentation.
	How to administer emergency medication as prescribed following the seven rights of medication administration.
	How to remain with the person until emergency medical support arrives.
Shows respect for the individual and works with them to make the process comfortable	Ensuring support practice respects the person throughout the process.
	An explanation to the person of each step to be taken, and seek their consent before performing any tasks.
	Actively involving the person in their support, as outlined in their plan, and to their chosen level.
Health, Safety and Environment	How to assist the person into the correct position for the procedure and reassuring them throughout the process.
	How to follow hygiene and infection control procedures. For example, they wash their hands and put on clean gloves before commencing activities
	How to clean and dispose of all equipment and waste appropriately.
	Appropriate and accurate documentation, and when it is completed.