

RC is a 21-year-old young man who sustained a C2 complete spinal cord injury in 2013 which has left him tetraplegic and dependant on a ventilator.

RC requires the support of 2 complex care workers 24 hours a day 7 days a week due to the nature of his injury and complexity.

RC has a tracheostomy in situ which require daily tracheostomy care including changing the dressing, ties, and inner tube (4 hourly checks) as well as care of the stoma itself. RC's current tracheostomy is a size 9.0, cuffed, un-fenestrated Bivona TT; Tracheostomy changes are performed monthly at home by RC's care team. RC also requires regular Cough Assist therapy and suctioning via his tracheostomy throughout the day for secretion management; he also has frequent nebulisers. RC is ventilated through his tracheostomy and is unable to breath independently without his ventilator. This means that RC needs a care team working with him at all times who are able to perform an emergency tracheostomy change and use an ambu-bag to ventilate him in the event of an emergency.

RC is able to verbally communicate and direct his care, however lots of talking can be tiring for him and makes him quite thirsty. RC is able to eat and drink but needs his care team to prepare food and fluids for him and feed him the same.

RC is usually a very determined, motivated upbeat person with lots of ideas of new challenges to achieve such as taking part in Tough Mudder (an extreme assault course), taking part in Exo Skeleton trials (robotic skeleton which enables the paralysed person to walk using brain waves), trips abroad, internship with a major energy company and attending university to study philosophy and Politics. RC also enjoys a varied social life and attending rugby matches. All of this takes a significant amount of planning and support. RC sometimes experiences periods of low mood and challenging behaviour due to his situation; this can result in RC becoming insular, moody, verbally aggressive and sometimes declining necessary care, all of which requires careful monitoring and management in order to ensure RC's safety and long term well-being.

RC needs to be hoisted with 2 care staff for all transfers; he uses an FES bike to help keep him fit and maintain muscle tone and he uses an electric wheelchair and an all-terrain chair which enables him to go off-roading! RC is able to control his chairs with head and chin controls. RC also has daily passive movements and stretches of his arms and legs in order to prevent contractures developing, RC also experiences muscle spasms and pain at times which is managed with positioning and medication.

RC has a Supra-pubic catheter which requires daily stoma care and management and requires 6 weekly changes which RC's care team perform at home. RC also needs daily bowel care which involves the administration of PR medication and Digital stimulation, this can often be a lengthy process and one that RC finds very stressful.

Due to RC's spinal cord injury he is susceptible to Autonomic Dysreflexia events (AD) which means that his blood pressure can fluctuate significantly to dangerously high levels, he equally suffers from periods of very low blood pressure as well. It is imperative that RC's care team are competent in recognizing the signs and symptoms of such events and are able to act promptly and appropriately to minimise the side effects and ensure RC's safety and well-being.

RC is a big user of technology and is proficient at using eye gaze and voice recognition software and has successfully trialled SmartNav technology. He currently has 2 scribes to assist him with note taking at university and his care team help to support his admin requirements at home.

Due to RC's spinal injury he is unable to control or manage his temperature so carers need to do this for him and ensure that he has the appropriate clothing available.

RC currently lives independently in a purpose built annex to his parent's home. RC has a garden and small allotment plot which he enjoys cultivating, he has dogs, chickens and fish which need looking after. RC has a very supportive family but all of them are struggling at times with RC's long term outlook and continuing health care and social needs.